



PERSPECTIVES – MARCH 2026

www.aarp5239.org

This edition of the Perspectives is dedicated to the memory of our dear friend Joan Frances Albertella

PRESIDENT’S LETTER - Lisa Varouxis

I would like to extend a warm welcome to our new members and thank everyone (members and guests) who attended the February meeting.

The Chapter needs volunteers to serve as Vice President (run the Board or Membership meeting if I cannot attend), Fundraising Chair (ideas, implementation of ideas to raise money for our benevolent fund), Program Co-Chair (work with Bill Ruark to schedule guest speakers for our meetings, Publicity Chair (in an effort to increase our membership), a “backup” greeter (greet people as they arrive for the meeting) for when one is not available, and someone to take on the coffee duties for the monthly meetings.

If you volunteer time to support any AARP function (Day of Service, Driver Safety, Tax-Advocacy/Legislative, Education: Scholarships or other, Fundraising for Community Service, Health and Wellness, or activities to support our local chapter meetings, please log those on the monthly volunteer sheet. We must provide those numbers to the AARP Office of Volunteer Engagement on an annual basis.

Our guest speaker was Rich Mialik from Rappahannock Electric Coop. A couple of takeaways I got from his presentation were: invest in a programmable thermostat; HVAC accounts for approximately 45% of your electric bill, water heaters for about 12%; supplemental/auxiliary heat (like many of us experienced during the recent arctic blast) uses 300% more energy to produce the same number of BTUs (a standard unit of measurement for heat energy) as the heat

pump; newer heat pumps can pull warm air out of below freezing temps; customers should sign up for the MyREC SmartHub tool (<https://www.myrec.coop/myrecsmarthub>) to view your electricity use and billing history; and, call customer service (800 552 3904) if you would like help in understanding your bill.

What topic(s) would you be interested in learning about at future Membership meetings? Submit your ideas to aarp5239chapter@gmail.com.

The next Board meeting is scheduled for Monday March 9th in Classroom 1 of the Community Center at 10 a.m. Any active Chapter member is welcome to attend.

Our next Chapter meeting be held at the Clubhouse on Monday, March 16, at 10 a.m. The doors will be open at 9:30 if you wish to socialize over coffee and goodies before the start of the meeting. The guest speaker will be Dave Davies, a LOW resident who sits on the Rapidan Service Authority's Board of Directors.

In Memory of Joan Frances Albertella



It is with great sadness that we announce the death of our dear friend and colleague of AARP, Joan Frances Albertella. She passed away on Wednesday, February 18, 2026, at the age of 85.

Joan had been a member of AARP since 2005 and served on the Program Committee with Bill Ruark for many years and wrote up articles about our Health for the monthly perspectives. She was a willing and always ready-to-help gal who will be greatly missed by us all.

Joan will be remembered for her deep faith, endless love for her family and friends, dedication to lifelong learning, and unwavering commitment to service. Her legacy lives on in the lives she touched, the traditions she passed down, and the example of kindness, curiosity, and devotion she set for generations to come. You may pull up a complete obit by logging onto Johnson Funeral Home of Locust Grove, VA, at www.johnsonfuneralhomeandcrematory.com/obituaries

Contribution Letters - Kathy Saladino

We received a letter from Virginia Cooperative Extension, the Orange Unit, asking for our donation for a local youth to attend the 4-H summer camp in Front Royal.

Also, a letter from the Paul Stefan Foundation. They would like us to donate for the 4th Annual Golf Classic on Friday, May 8th at Lee's Hill Golf Club.

Both of these requests will be discussed at our March Board meeting.



March Birthdays – Kim Lyttle

Happy Birthday to all you spring folks!!

Azar Bigdeli, Tom Calhoun, Carol Donoho, Allita (Edwards) Irby, Joyce Haring, Mary Hoffman, Darcy Jennings, Marianne Kraus, Sharon Montie, Joe Nolan, Susie Payden, Richard Scheick, Gary Sibley, Sue Simmons, Susan Trunzo, Lisa Varouxis, Teresa Wisniewski, Virginia Wright



Sunshine – Carolyn Durphy

Cards were sent in February to Joyce Haring on the passing of Robert, to the Irving Grimes family on his passing and the family of Joan Albertella on her passing.



Wilderness Food Pantry – Pam Derreberry

Hello Folks – Help is needed! They are in need of any and all condiments such as mustard, catsup, relish, mayo. BB sauce, etc. A big thanks for your help!!



Tours & Travel - Pierre Payette

The trip to Sight and Sounds Joshua will have 37 participants. A little disappointing, but the numbers are sufficient.

A few months ago, I had flyers from 4 different trips for your review. I asked you all to put your name down for any that you might be interested in. All 4 trips included a train ride and all were popular. However, 1 stood out among the others. I think it was because it had both a train ride and a boat ride. In addition, it was the cheapest of the 4. I went ahead and booked the trip. Details follow:

Connecticut River Valley featuring The Essex Steam Train & Riverboat 4 days, 3 nights trip to Connecticut River Valley October 13 thru 16, 2026. Includes 3 nights lodging, 3 breakfasts, 3 dinners, Essex Steam Train & Riverboat excursion, Olde Mistick Village, Mystic Seaport Living History Museum, Connecticut River Museum and Florence Griswold Museum. Price includes Motor coach transportation, hotel, luggage handling, specified meals including tax and gratuities. Bus leaves from and returns to LOW. For info, call Pierre at 540-972-0519 and leave a clear message, or email at pierrel14@verizon.net

A flyer is also downloadable from www.AARP5239.org. Cost is \$749 per person for double occupancy and \$ 1019 for single occupancy. A \$25 per person deposit will reserve your space. Checks should be made out to **AARP #5239** and mailed to **Pierre Payette, 114 Parliament St, Locust Grove, VA 22508**. Cut-off date is August 1, 2026 or when trip is full.

Just a reminder - Carolyn and Sandy



Daylight Savings starts Sunday, March 8th. Before bed on Saturday evening, set your clocks ahead one hour.

Everyone have a great St. Patrick's Day on Tuesday, March 17th!

And another note – Palm Sunday is Sunday the 29th with Easter being the following Sunday April 5th.

Save the Date: Sunday, March 29th is the Orange County E-Recycling Event It runs for 4 hours from 1 PM to 5 PM. Television can be accepted. This is being held at the landfill on Porter Road off Route 20.

