

## **PERSPECTIVES – OCTOBER 2020**

**Carolyn Durphy – President**

Yes, fall has begun – the leaves are turning and the days shorter and cooler. The time of year to plant bulbs for spring, to rake up leaves, trim trees and get the house ready for winter. Also, it is time to have woodstoves, furnaces and heat pumps checked to make sure they are in good working condition. Don't want them to break down on the coldest day of the year!!

### **APPRAISAL FAIR**

The James Madison Museum of Orange County Heritage will hold its annual appraisal fair on Saturday, October 17th from 9am to 5pm. Bring collectibles and heirlooms for an oral appraisal by area experts. The cost is \$20 per item or \$50 for three items. Participants must make a reservation for specific time slots. Call 682-1776 or email [jamesmadisonmuseuminfo@gmail.com](mailto:jamesmadisonmuseuminfo@gmail.com) Masks will be required for participants. The museum is located at 129 Caroline Street, Orange, VA.

### **EARLY VOTING**

We reported last month about the different ways to vote this year. I went to the Registrar's office a couple of weeks ago in Orange. It was a very pleasant experience – just 4 people in the office, on the second floor over the library, and it went very smoothly. For anyone who does not want to do a mail-in or wait in line on Tuesday, November 3, I highly recommend this way. There is also drive up voting at the Registrar's office. There is drive up voting at the polls on the day of voting. However you do it, please remember to get out and vote.

### **LOW LIONS AND LIONESS CLOTHING DRIVE**

It is that time of the year for our coat drive for the Wilderness Food Pantry. Clean, gently used, or new warm coats, sweaters, gloves, and hats for local needy residents. Children's coats, hats and gloves are especially needed.

**All donations must be received by Wednesday, October 13<sup>th</sup>.**

Donations may be dropped off at the Clubhouse, Fareways Pro shop, Holcomb Building (lower level) and Saturday morning October 10<sup>th</sup> at the yard sale at the Velona Building.

### **DUES DUES DUES!!**

Thank you for the great response to our plea for payment of 2020 chapter membership dues. This will help increase the amount of funds we can use to support our local charities. If you haven't gotten your dues sent in yet we'd appreciate if you could do so very soon, as the Board of Directors will meet shortly to determine the amounts we will be able to award. Checks should be sent to: AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508. If you are not sure if your dues have been paid you can email Pam Archer at [archers0526@gmail.com](mailto:archers0526@gmail.com) and she will check her records.

### **GRAZE FUND RAISER – Karen Kovarik**

From our Thursday, September 24<sup>th</sup>, fund raiser we received a check for \$200. Put **Thursday, November 19<sup>th</sup>**, on your calendars as a tentative date for another fund raiser at Graze.

## **GET WELL & SYMPATHY – Vi Liberti**

Aggie Mucciacciaro - Get Well

Patty Batten – Sympathy card to the family – She passed on June 24<sup>th</sup>

Please send any get well wishes or sympathy to Vi at [parliment115@verizon.net](mailto:parliment115@verizon.net) or 972-1272

## **OCTOBER BIRTHDAYS – Pam Archer**

Pam Archer, Debby Attiliis Charlotte Baker, Vaughn Beucler, Joyce Bowers, Susan Burt, Sandra Davis, Stephen Davis, James Fargo, Lee Anne Hamilton, Suzanne Jenkins, Dave Kraus, David Krebbeks, Patricia Layman, Lea LeBar, Grace McEuen, Nell Meador, Linda Merrell, Agatha Mucciacciaro, Bobbie Prees, Marlenah Spencer, Delores Wiberg

## **HEALTH ADVISORY – Sandie Frame**

It is that time of year again. Flu season is upon us. If you have not already done so, go get your flu shot now. Flu shots are available through your physician and from several pharmacies.

Those on Medicare should not have to pay for the vaccine. Since most of us are over 65 be sure to ask for the high-dose variety. The vaccine provides protection about 2 weeks after you receive it. The CDC recommends getting vaccinated every flu season as soon as you can.

While the flu vaccine will not protect against Covid-19, it can reduce the risk of illness, hospitalization, or death due to complications of the flu itself.

While you are checking on getting your flu vaccine, also check to be sure that you have had the Prevnar-13 vaccine for pneumonia. You only need to get this once ever to help protect against 13 different strains of streptococcus pneumoniae.

If you have concerns about receiving either of these vaccines, please check with your physician.

As an add on to a previous article for chair leg exercises, if you have not worked up to doing 3 sets of ten for each exercise you should do so. Colder weather is upon us and getting outside to get needed exercise will be more difficult. At least doing in home exercises will help keep up your muscle strength.

Stay healthy and stay safe.