Perspectives – November 2024

President's Letter – Garry Archer

I was pleased to see a good turnout for last month's meeting despite the competition of the Democratic Club hosting a Senatorial candidate. All that attended our meeting got a new perspective on what Orange County has to offer.

This month will again be chock full of useful information involving our very own LOW security team and the Orange County Sheriff's Office on November 18th. See more information further on in this newsletter.

In addition, we do have our board meeting on Monday, November 11th at 10:00 in the meeting room next to Fairways Cafe. Please feel free to stop in.

I will be asking one committee chair per general meeting to come up and briefly explain what exactly they do and what really is involved in helping with their committee to help generate support for our committee chair positions.

Sunshine Report – Carolyn Durphy

Thinking of You card sent to Karen Kovarik and a Get-Well card sent to Sue Simmons. Please, if you know of anyone that is under the weather or would like cheering up or a family that has lost a loved one, please let me know.

Food Pantry – Pam Derreberry

Food Pantry needs this month for Thanksgiving preparations are side dishes, such as stuffing, cranberry sauce, rice dishes, mac & cheese, gravy (packets or cans – no glass, please) and soups.

November Speaker – Bill Ruark

AARP meets Monday November 18th, and the focus is security at the Lake. Come at 9:30 for coffee, treats and fellowship. The meeting starts at 10:00 with the program.

Patrick Hennessy, our new Acting Security Chief will discuss Security issues at the lake.

Ronald Kesner is our second speaker. He retired as a master police officer with Alabama County Police Department in 2009, and then went back to work for the Orange County Sheriff's office as a warrant officer, serving in law enforcement for a total of 42 years. He coordinates the Triad program which includes Projects Lifesaver, alert pendants, and several other programs designed to keep our seniors safe. He also investigates crimes against our seniors.

Ok, no movies or popcorn. Just a double helping of security at the Lake.

November Birthdays – Pam Archer

Stephen Cakouros, Patricia Cassese, Berry Dunbar, Lyn Fogarty, Karin Goetz, Dolores Johansmeyer, Joan Litschert, Robert Oldach, Janis Pypniowski, Ann Walker, and Elizabeth Wiley

Age-related Macular Degeneration (AMD) – Joan Albertella

Research has found an association between healthy lifestyle habits and reduced risk and slower progression of AMD. Follow these healthy habits:

- Don't smoke
- Eat a heart-healthy diet emphasizing a wide array of minimally processed plant foods such as fruits, vegetables and nuts with a focus on fish as a protein source.
- Limit or don't drink alcohol. Moderate alcohol use for healthy adults means up to one drink a day for women and up to two drinks a day for men.
- Get 30-60 minutes of moderately intense physical activity 5 to 7 days a week
- Maintain a healthy weight.
- Manage cardiovascular risk factors such as high blood pressure and undesirable cholesterol levels.
- Minimize exposure of the eyes to sunlight, such as by wearing ultraviolet light-blocking sunglasses.

-Information obtained from the Mayo Clinic

Chapter Membership Dues – Kathy Saladino

Just a reminder that if you pay your dues now, (they are $10.00 for the year) they will be paid up through Dec 31st, 2025. Of course, when you 'skip' a year's payments, it does underfund our finances.

Car Seat Installation – Kim Lyttle, F&R Auxiliary

For all you grandparents that have grandchildren that come and stay for a while. There may be times when you transport them in your car and we have a person that comes to the Rescue Building on the 3rd Thursday of each month from 9:00am to noon to show you the correct way to position the seat. Just bring the instructions for the seat and the car manual with you and they will be able to help you out. The next check will be November 21st.