



PERSPECTIVES - JANUARY 2026

Presidents Letter - Lisa Varouxis

Happy New Year! I would like to take this opportunity to introduce myself. I am a native Virginian, living most of my life in Falls Church City. My husband, Alex, and I moved to Lake of the Woods in June 2021 after retiring from our careers. We have two adult children – a son in Washington, DC, and a daughter in Aldie, VA – as well as two granddaughters.

In addition to serving as Chapter President, I am a member of two Lake of the Woods committees: a voting member of the Nominating Committee and the secretary for the Communications Committee.

Our Chapter is in need of volunteers to assist with publicity, membership drives, scheduling guest speakers, and generating fundraising ideas so we can continue to support our local agencies. Please consider volunteering for one or more of these important roles.

Our first Board meeting of the year will be held on Monday, January 12, at 10:00 a.m. at the Community Center. If you are interested in filling any open positions—or simply curious about what we do at Board meetings—you are welcome to attend. If you are unable to attend but would still like to volunteer, please email us at aarp5239chapter@gmail.com.

I look forward to working together in the coming year.

Don't forget there will be NO January meeting and the February meeting will Monday the 16th at the clubhouse.

Our New Officers for 2026 and 2027

President - Lisa Varouxis

Vice President - Vacant

Secretary – Beth Drabrant

Treasurer – Kathy Saladino

Outgoing President – Gary Archer

Directors:

To be determined at the January Board meeting

Committee Chairs: Kim Lyttle has now taken over membership from Pam Archer and will also be putting the birthdays in each month.

Charity Donations for 2025 – Kathy Saladino

2025 charity donations were made to the following organizations:

LOW Lions Wilderness Food Pantry - \$500

Paul Stephan Foundation - \$500

LOW Adaptive Water Sports - \$500

Services to Abused Families (SAFE) - \$500

TRIAD – Keeping Seniors Safe - \$400



January Birthdays – Kim Lyttle

Happy Birthday to all you Aquarius & Capricorns: Joan Albertella, Katherine Causby, Barbara Cusack, Jim Drabant, Sandy Harrington, Lana Marr, Toby Musatow, Raymond Poole and Bill Wemmerus



Sunshine – Carolyn Durphy

A get well card was sent to Ed Kessler. He is home from the hospital and improving every day. Please remember to let me know if there is someone that needs cheering up, or has been in the hospital. We want them to know that we have not forgotten them.

Annual Dues

Dues Time - Kathy Saladino

It's that time again when we collect dues for the year. The dues are \$10.00 per person. You may pay by check or cash and can be done at the monthly meeting or mailed to AARP Chapter 5239, P.O. box 945, Locust Grove, VA 22508



Name Tags - Carolyn Durphy

Just to give you a heads up. I will be sending an order in at the end of February. Please let me know if you would like to have a tag made. They are \$9.00 each with a green background and white lettering. They do not say AARP but will have the LOW logo.



Choosing a Healthy Cereal – Joan Albertella

Sweetened breakfast cereals are in the same category as desserts and candy.

- Read the label – for added sugars
- Product with refined grains has less nutrition and doesn't provide the feeling of fullness that whole grains does.

Check ingredient list for whole grains. Then check for added sugars – less than 10g is good and less than 5g is great. Fiber and protein are a bonus helping you feel fuller longer.

- Cereal is a good choice with milk and fresh/frozen fruit.
- Cereal can be added on top of yogurt if you want a high protein option.
- Switching to oatmeal helps to reduce cardiovascular issues.
- Consider mixing unsweetened cereal (75%) with sweetened cereal (25%) – works well with children. Mayo Clinic

Tours & Travel - Pierre Payette



Sights and Sounds of Lancaster, PA

3 days, 2 nights trip to the Amish country of Lancaster, PA, April 29 through May 1st, 2026. Featuring a performance of **JOSHUA at the Sight and Sound Theater**. Includes 2 nights lodging, 2 breakfasts, 2 dinners including a Smorgasborg dinner and a meal at an Amish home, preferred seating at JOSHUA, a visit to the Kreider dairy farm, and Kitchen Kettle Village. Price includes Motor coach transportation, hotel, luggage handling, specified meals including tax and gratuities. Bus leaves from and returns to LOW. For a flyer and info, call Pierre at 540-972-0519 and leave a clear message, or email at pierrel14@verizon.net

Flyer is also downloadable from **WWW.AARP 5239.org** under downloads. Cost is \$599 per person for double occupancy and \$ 799 for single occupancy. A \$25 per person refundable 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 February 14, 2026 or when trip is full.

Time is short for this trip, as we do not have a January meeting, and the February meeting is at the deadline for signing up. Don't be left out! Sign up now!



AARP Tax Aide - Pam Archer

The LOW AARP Tax-Aide site will be preparing tax returns using the Same Day Drop-Off mode and is taking appointments for 9:00-12:00 pm, Fridays and Saturdays from Feb 6 – Apr 12. We will once again be located at the LOW Community Center.

What we help you with – We do returns with social security, W-2s, 1099s, self-employment, itemized deductions, Education and child or dependent care, Earned Income Credit capital gains/losses from stock sales and many other things.

We cannot help if you have – cryptocurrency (sell), business losses, pay employees, home office deductions, rental property (rented for more than 14 days), or if you donated non-cash items worth over \$5000.

Before making an appointment, gather all your tax documents. Review your 2024 tax return to make sure you are not missing any. Pick up a tax packet from the Wilderness Library lobby and call our scheduler at 540-318- 0345 once you receive ALL your tax forms. Leave your name, phone number, and a brief message and one of our volunteers will call you back within 24 hours. Please answer calls from unknown numbers during this time. We look forward to serving you once again.



WINTER

Vibes



The word 'WINTER' is rendered in large, bold, blue letters with a metallic, reflective texture. Each letter is filled with a different pattern: 'W' is solid blue, 'I' is solid blue, 'N' features a snowman, 'T' has a leopard print, 'E' has a plaid pattern, and 'R' is solid blue. Below 'WINTER' is the word 'Vibes' in a black, cursive script. Two large, light blue snowflake graphics are placed on either side of 'Vibes'. The background is a light gray with a repeating pattern of small, faint snowflakes.