



## *Perspectives* – September 2025

### **Presidents Letter** – Garry Archer

Well, we can put away the bathing suits and break out the sweaters - cool weather is in the air. And speaking of cool, that reminds me of baking. And what can be better than baking than not having to bake it yourself when you can buy a delicious pie from Knakal's Bakery in Culpeper and support your local AARP club? More details to follow at our September meeting.

And on the subject of eating (my favorite pastime) did you know that we are starting up again with a collaboration between our chapter and partnering with restaurants to raise funds? It's a simple idea - we patronize a restaurant (Bring your Friends!) and the café donates 10% of the total bill. The more you eat on a certain day the more we get.

Finally, speaking of doing, reminder that Pierre Payette and his team will be contacting members to see if you would be willing to serve as an officer or director. Contacted or not, this is a great opportunity to give a voice to your ideas on how our club should proceed. Please do not turn down this great opportunity. So many of you folks have had successful careers. Because you are retired doesn't mean you should stop now! Consider how your talents could benefit this club and please volunteer.

## Save the Date for our Fund Raiser – Virginia Wright



**Monday, October 20<sup>th</sup>** will be our monthly AARP Meeting and also our fund raiser at Clear Water Grill. Plan on going there for lunch or dinner. They will be giving us 10% of food sales. Coupons are available to be printed off from the Events Tab. Let's make this a good opportunity to raise money for our December donations this year.

"Dine In or Carry Out" coupons will be available to give at the time of placing orders for take-out or eating in. I think the more we spell things out the more we prepare the public to help us. I asked if there was any limitation on how much we can advertise it and she said no. She said with a date now, that they will make sure they have the waiters and cooks to support a larger crowd on a Monday that would normally be slow. I explained that some may come for lunch since we had our monthly meeting and our clubhouse is closed. Others may come for dinner or takeout orders.

## How is Your Brain Health and How to Protect it? – Virginia Wright



We welcome as our Guest Speaker, Michael D'Ostilio, who will discuss the Six Pillars of Brain Health at our monthly meeting on **Monday, September 15<sup>th</sup>**. Join us at **9:30am** for refreshments and conversions. The meeting begins at **10:00am**.

Mike D'Ostilo retired from the US Army in 1995 and from Federal Government in 2015. He is now a member of the AARP Virginia Executive Council and AARP Virginia Speakers Bureau. He is also a federal advocacy volunteer for AARP Virginia and volunteers with the National Park Service, in addition to his work at the Fredericksburg Battlefield and Chatham Manor.

It's never too late to take charge of your brain health! We can reduce the chance of age-related diseases and optimize our chance of maintaining cognitive health by following the six pillars of a brain-healthy lifestyle which include: learning new things, staying socially engaged, exercising, eating right, sleeping better, and managing stress. This session is a good overview for anyone interested in improving their brain health and provides actionable steps to improve one's cognitive skills.

No registration is necessary. You do not need to be a member. Please invite any friends inside LOW or in the area to join us. They should tell the guards at the gate that they were invited by you to the AARP meeting.

## Sunshine – Carolyn Durphy

There were no cards sent for the month of August. Please let me know if there is someone that needs cheering up or a "thinking of you" message to brighten up their day. Call or send me an email.



## Shopping for OTC Hearing Aids – Joan Albertella



The best first step still is to get a hearing checkup either by your healthcare team or an audiologist. Shop online or retail stores such as pharmacies, electronic stores, or wholesale clubs like Costco.

OTC (over the counter) hearing aids include behind-the-ear or receiver-in-the-ear. Decide which is easier for you to handle. Cost can vary from \$99 a pair to as much as \$3000. Some private insurance providers may cover part or all of the cost. Check your medical insurance regarding coverage.

Typically, Medicare doesn't cover the cost of hearing aids. Check if the hearing aid uses disposable or rechargeable batteries; also check battery life. Some OTC self-fitting hearing aids can be customized with smartphone apps, software or hearing tests.

OTC hearing aid makers don't need to include a warranty. But a one-year warranty that covers manufacturer defects is common. Check if there's a more extensive warranty or money-back guarantee and store's return policy. Ask if there is a risk-free trial available.

Information Source - Mayo Clinic Health Letter

## Tours and Travel – Pierre Payette

### LAST CHANCE!!! Closes September 15th



**Myrtle Beach, SC** – Join the LOW Chapter of the AARP on a 4-day, 3-night trip to Myrtle Beach, SC December 1 through December 4, 2025, featuring two fabulous holiday shows. Includes 3 nights lodging, 3 breakfasts, 3 dinners, holiday shows at the Carolina Opry & Alabama Theater, along with visits to Barefoot Landing and Broadway at the Beach. Bus leaves from and returns to

LOW.

Cost is \$769 pp for double occupancy and \$969 pp for single occupancy. Full payment due by 15 September. For a flyer and info, call Pierre at 540-972-0519 and leave a clear message, or at [pierre114@verizon.net](mailto:pierre114@verizon.net).

## Name Tags – Carolyn Durphy

Just a reminder we will be sending in the quarterly order for name tags after the September General Meeting on Sept 15<sup>th</sup>. Cost is \$9.00 per tag. Tags have a green background and white lettering, with a choice of magnetic or pin fastener. The next order will not take place until January. Please contact me with any questions at 540-972-3306.

## A November Fund Raiser – Virginia Wright

### PREORDERED BAKED GOODS MADE BY KNAKAL'S BAKERY IN CULPEPER (Sorry, no gluten free bake goods available)



All orders will be **PICKED UP** from an AARP member that takes your order or member's by driving through the circular driveway at 139 Harrison Circle, in Lake of the Woods on **Monday, November 24th between 9:30 AM AND 1 PM**. All payments must be submitted with your order.

Mail to LOW AARP Chapter 5239 c/o 139 Harrison Circle, Locust Grove, VA 22508 WITH checks payable to LOW AARP Chapter 5239 for total of your order (**Must be in the mail by October 31, 2025** to allow for mail delivery). All other orders must be submitted to Fundraiser Chair at our upcoming monthly meetings on Sept. 15, or Oct. 20, 2025, or by Nov. 10th Board Meeting. Absolutely **no** orders will be accepted after November 13th as the bakery needs to order supplies in advance due to the Thanksgiving Holiday.

For questions or information call Virginia at 540-219-9531.

Fruit or Nut Pies: (Can be refrigerated by 2-3 days or frozen and thawed in the refrigerator – no preservatives added for extra storage time) \$16.00 each

- Cherry, Apple, French Apple, Pumpkin and Pecan Pies

Yeast Biscuits sold by the Dozen - \$6.00

Yeast Donuts by the Dozen: Costs for each Dozen Donuts is \$18.00 (Sales Tax Included)

- Glazed Donuts, Chocolate Covered Donuts, Carmel Covered Donuts
- Cake Donuts (Variety of plain or flavored like blueberry)
- Mixed Variety of glazed, cake and filled

## September Birthdays – Pam Archer



Uplifting September Birthday wishes to Tina Aris, Hattie Brinsfield, Jean Bunting, Larry Donoho, Barbara Dunbar, Carolyn Durphy, Nicholas Duy, Nancy Lamb, Alan McKinney, Alice Munsell, Irene Payette, Joy Poole, Bill Ruark, Elaine Shirkey, Marcia Shorten, Carolyn Spero, and Ann Wood.

## **Nominating Committee – Pierre Payette**

Judy Schrage and Patti Pfeiffer have agreed to assist me on the nominating committee. We will be calling each of you individually. Please be kind and pleasant with them, (and me) when we call you.



As you all know, the organization will not remain functional if we do not have officers, so please give some consideration to volunteering. Some of you have already expressed an interest in a few positions, but we need more. All our present Officers and Directors have been in office longer than they should have. We need to elect a President, Vice President, Secretary, Treasurer and 5 Directors. We actually have someone willing to run for Vice President, Secretary and Treasurer. Still need a President and 5 Directors. We don't want to go away as the Chapters in Fredericksburg, Orange and Culpeper have.

## **Food Drive for the Wilderness Food Pantry – Judy Schrage**



On Saturday, August 16th LOW AARP, in conjunction with LOW & 'Tiques, conducted a Food Drive. The two clubs in total collected \$1,010 cash and checks and 1,035 pounds of food! This was all collected over a 3-hour period. Great job by both clubs and their volunteers!

A special shout out to AARP members (in no particular order):

Beth Drabant, Virginia Wright, Pierre Payette, Judy Schrage, Barb Ehlen, Sandy Davis, Carolyn Murphy, Elaine Shirkey, Ed Kessler, Joan Albertella, and Garry and Pam Archer.

A special shout out to LOW Tiques members (In no particular order):

Mary Ann and Sam Birchett, Helen and Charles Brewer, Cindy and John Miller, Cris Naser, Debby Evans, Karla Pringle, Sharon Broaddus, Janis Rieley, Connie Skelton, Linda Burton and Cathy Nelson

Pictures are on our website!

## **Food Pantry – Pam Derreberry**

Items needed as we slide into Fall and Thanksgiving: Side dishes (e.g. stuffing, cranberry sauce, macaroni and cheese, rice dishes), and gravy (no glass containers please).



## **Another Matter – Pierre Payette**

I was recently contacted by an elderly lady that resides in Unionville. She is undergoing Chemo, lives alone, and would like someone who could check on her periodically, and maybe visit once in a while. If this is something that you would be interested in, please let me know.

If you know someone, or an organization that provides this service, please call or text me at 540-226-2871 and I will provide info on how to reach her. I do not know the specifics of what she needs or wants.

## **Around the Lake – Barbara Ehlen**

Never Forget!!

Thursday, 9/11/2024 will be the 24th anniversary of the tragic terrorist attacks of 9/11/2001.

In memorial, Tom Ackman will be sounding Taps from his front porch (401 Cornwallis Ave) at the four times of impact of the hijacked planes. Those times are: 8:46am (American Airlines Flight 11, North Tower), 9:03am (United Airlines Flight 175, South Tower), 9:37am (American Airlines Flight 77, Pentagon) and 10:03am (United Airlines Flight 93, Shanksville PA).

Please feel free to stop by.

