



## **PERSPECTIVES – FEBRUARY 2021**

**Carolyn Durphy – President & Pam Archer – Membership**

I want to wish you all a very Happy Valentine's Day on Sunday the 14<sup>th</sup>.

Hope there will be flowers, candy, and cards of some sort. Don't know how many of us will be able to go out to eat so we will have to be "inventive" and do dinner at home. I hope that some of us have had our first Covid shot and maybe even our second. Have heard that our county is in the process of getting the shots out to the 65 and older in the near future. Included in this letter is a question and answer article that will be of help to us all.

**This comes from Dr. Patrick Teefy, Cardiology Head at the Nuclear Medicine Institute University Hospital, London Ont.** (Submitted by Vi Liberti)

Let's say it's 7:25pm and you're going home (alone of course) after an unusually hard day on the job.

1. You're really tired, upset and frustrated.
2. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home.
3. Unfortunately, you don't know if you'll be able to make it that far.
4. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.
5. How to survive a heart attack when alone? Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
6. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds with let-up until help arrives, or until the heart is felt to be beating normally again.

7. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.
8. Tell as many other people as possible about this. It could save their lives!
9. A cardiologist says: "If everyone who gets this message and tells 10 people, you can bet that we'll save at least one life."

## **COVID-19 QUESTIONS & ANSWERS – Submitted by Sandie Frame**

From Dr. David Agos who is a CBS news coordinator and Professor of Medicine at the University of Southern California. Dr. Agos answered some questions asked about the new coronavirus vaccines in a webcast. I have paraphrased or excerpted his script.

1. Which one of the vaccines should I take? Is one better? Should I take all three to maximize the efficacy?

The bottom line is they are all great. They are all safe and they act to reduce the severity of the illness and prevent hospitalization which is the goal. Take the first one that is available to you as a day sooner is a day with less risk.

2. If you take the vaccine does it mean that you can back to your previous normal?

NO! The vaccine dramatically reduces the risk of getting seriously ill or being hospitalized but if you get a mild cold or any symptoms you may still be able to pass on the virus germ. Continue to mask in public, wash your hands and socially distanced until the instances of the virus substantially lessen. He feels that this could be by next summer.

3. If I had the virus do I still need to take the vaccine?

Yes. Until there is a test to easily determine the neutralizing antibodies it is important to get the vaccine to build you own antibodies and T cells to fight the virus.

4. If I have allergies or am on different medications is it safe to take the vaccine?

The vaccine does not interact with other medications and it is doubly important for those with other medical conditions to take the vaccine.

5. If I have an immunosuppression disease should I take the vaccine?

Yes. There is no live virus in the vaccine, so it is safe.

6. Is it safe for children?

That is not known at this time. In the US trials are run on adults first and when it is deemed safe in adults, trials then are done on pregnant women and children. These trials may have begun by now, but the results are not yet known.

7. What are the normal side effects and how long do they last?

It is normal to have some side effects to a vaccine. This demonstrates that the vaccine is working for you. Side effects can be soreness at the injections site, sometimes chills, fever and fatigue occur. These usually go away within 24 to 48 hours. Tylenol can help relieve the symptoms.

8. How long after getting the vaccine are we protected? How long does the vaccine last?

Two weeks after getting the second dose. We know the vaccine lasts for six months. He feels it will likely last at least a year or longer however we may need a booster after the initial immunity and at some future point it may be that it will be incorporated into the annual flu vaccine.

9. After getting the vaccine can you still transmit the virus?

With the AstraZeneca/Oxford vaccine the answer is no. The Moderna and Pfizer vaccines have not been tested to determine that, as yet, so it important to continue wearing the masks, social distancing and handwashing.

10. How much will the vaccine cost?

The government is paying for the vaccine so there will not vaccine money out of your pocket. There will be a cost to administer the vaccine. Most insurances will cover this cost. For those who cannot afford that cost the government is working on a way to help with this.



## **TRAVEL – Pierre Payette**

There will be a “Christmas in the Smokies” trip from December 6<sup>th</sup> through the 9<sup>th</sup>, 2021. This trip was done in 2015 and was very successful and popular. The cost will be \$599 double occupancy for 4 days, 3 nights, 3 breakfasts, 3 dinners and 4 shows. There will be travel to Dollywood, Christmas in the Smokies and Old Smoky Moonshine Distillery.

I am looking forward to doing a few day trips when, and if, this CORONA VIRUS goes away. I will entertain suggestions for places to visit, would gladly accept a volunteer or two to help out. I may, or may not, plan a trip for any suggested places, but I will fully consider all suggestions. Contact Pierre at [pierre114@verizon.net](mailto:pierre114@verizon.net) or 540-972-0519.

## **2021 DUES**

A gentle reminder that the dues of \$10.00 each are due for 2021. If you did not pay your 2020 dues we are happy to collect those too and we want to thank everyone who have been sending their dues in. If you are not sure, please call Joe McEuen-540-972-2054. Even though we can't have meetings yet, there are a few operating expenses and we still want to be able to give out some donations this year. Please your send your checks to AARP chapter 5239, P.O. Box 945, Locust Grove, VA 22508.

## **SUNSHINE REPORT – Vi Liberti**

A sympathy card was sent to Irene Payette for the loss of her brother after a long illness.

## **HELP NEEDED – from the Board**

We are still in need of someone to take over the Web page. It is through Go-Daddy.

## **FEBRUARY BIRTHDAYS – Pam Archer**

Sweet birthday wishes to: Kathleen Bradie, Neil Buttimer, Elizabeth Drabant, Sue East, Barbara Ehlen, Irving Grimes, Ed Kessler, Frank Liberti, Patricia Lieb, Kim Lyttle, Mike Musatow, Robin Neff, Doug Pope, Charles Raines, Barbara Rakes, Eva Rico, Micky Talbott, Richard Ticomb

## **AARP TAX-AIDE – Pam Archer**

AARP's Tax-Aide division, a part of AARP Foundation, is once again getting ready to provide free tax preparation to those of us in the Locust Grove area. Due to the pandemic we have had to make several changes to our procedures. The LOW site will again work from the lower level of the Clubhouse on Fridays and Saturdays, with the current plan to begin on Friday, March 5 and end Saturday, April 17. If you plan to take advantage of our service you will need to acquire a tax packet that provides information about what we can and cannot do. It will be necessary for you to collect all tax documents, sign the appropriate documents and completely fill in the Intake/Interview form (13614-C) before calling for an appointment. Each appointment will be limited to 15 minutes and only one appointment at a time. You will be required to leave the lower level while your return is prepared (usually about one to one and a half hours). You come back when the return is completed and meet with a tax counselor to discuss the results and sign necessary documents. Please note that space restrictions and fewer volunteers due to

COVID issues will significantly restrict the number of returns that can be prepared this season. For that reason those with adjusted gross incomes greater than \$125,000 with complicated tax issues should consider other avenues for their tax preparation. This will help AARP Tax-Aide volunteers focus on those truly needing our services.

Local Chapter members may call Pam Archer at 607-237-5018 to make arrangements for distribution of a packet.

### **THANK GOD FOR OLD PEOPLE – (submitted by Greg Stoner)**

1. Old People are easy to spot at sporting events. During the playing of the National Anthem, Old People remove their caps and stand and sing without embarrassment. They know the words and believe in them.
2. Old People remember World War II, Pearl Harbor, Guadalcanal, Normandy and Hitler.
3. They remember the Atomic Age, The Korean War, the Cold War, the Jet Age and the Moon Landing.
4. They remember the 50 plus Peace-Keeping missions from 1944 to 2005, not to mention Vietnam.
5. Old People hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.
6. Old People get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or movies.
7. Old People have moral courage and personal integrity. They seldom brag unless it is about their children or grandchildren.
8. Its Old People who remove their hats while eating in a restaurant in respect for the ladies and guests.
9. Its Old People who know our great country is protected, not by politicians, but by the young men and women in the military serving their country.
10. This country needs Old People with work ethic, sense of responsibility, pride in their country and decent values.

**We need them now more than ever. Thank God for Old People!**