



FEBRUARY

PERSPECTIVES – February 2025

www.aarp5239.org

President's Letter – Garry Archer

As we start the new year for the club in earnest, we face new challenges and opportunities.

LOWA, in an effort to balance their books as it were, is now seeking a \$250 room fee and a charge of \$1 per chair. Simply put, our club does not have the financial resources to pay for this. Therefore, it is with a heavy heart that I have booked the Lower Level of the Clubhouse for our meetings. At the same time, I am exploring other new venues for our club. Most notably we are asking for space at the LOW church and I am anxiously awaiting a decision from them.

We currently also find ourselves in need of a new secretary to take minutes at both our monthly meetings and the bi-monthly meetings of our board. Board meetings generally take about an hour to an hour and thirty minutes.

Finally, I would like to thank the membership for your continued interest and ask that you continue to support the last local chapter of the AARP in this area.

Looking forward to seeing you Monday the 17th in the Lower Level Clubhouse.

AARP Tax-Aide – Pam Archer



The LOW AARP Tax-Aide site will be preparing tax returns using the Same Day Drop-Off model and is taking appointments for 9:30-1:30 pm, Fridays and Saturdays from Feb 7 – 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 2023 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.

Neck Pain – Joan Albertella

During the first few weeks of neck pain, basic self-care is often the best treatment to speed recovery and prevent future neck pain. Steps include:

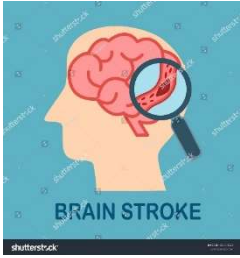
- Staying active. Pace yourself and take breaks to rest your neck.
- Reducing stress with relaxation like deep breathing, meditation, and progressive muscle relaxation. A heating pad, a warm bath/shower, or a gentle massage may help.
- Using short-term medication or an ice pack applied several times a day for 20 minutes each time.
- Improve posture. Keep your head upright and in a neutral position.
- When sleeping, put a small pillow under your neck.
- Practice gentle neck stretching.



If neck pain doesn't respond to basic care steps, physical therapy is the most effective treatment option and may include targeted exercises, manual therapy techniques and education on reducing future neck problems. Prescription medications for pain relief and muscle relaxation may allow for better sleep and physical activity.

Source: Mayo Clinic Health Letter

Recognizing the Signs of a Person Having a Stroke – Virginia Wright



The AARP Club of LOW will hold its next meeting on Monday, February 17, 2025 at the Lower-Level Meeting Room of the LOW Clubhouse with time for networking and greeting other members and welcoming visitors starting at 9:30 AM. The presentation by our guest speaker will start promptly at 10:00 AM.

We welcome as our Guest Speaker, Lara Traylor, NREMT, the Regional Field Coordinator with the Rappahannock EMS Council, Inc. in Fredericksburg, VA.

Join us for a Stroke Smart Training session tailored specifically for AARP members! Learn how to protect yourself, your loved ones, and your community by recognizing the early signs of a stroke and taking immediate action. This engaging presentation will cover the **BE FAST** acronym (**B**alance, **E**yes, **F**ace drooping, **A**rm weakness, **S**peech difficulty, **T**ime to call 911), share practical tips for reducing stroke risks, and empower you with the knowledge to respond confidently in an emergency. Stroke Smart Training supports AARP's mission to help individuals live longer, healthier, and more independent lives—don't miss this opportunity to make a difference for yourself and those around you! Bring your questions as to how strokes may be different in women or men. No registration is necessary. Please invite any friends and family members to join us for this life-saving, knowledgeable event. They do not need to be a member to attend.

Dues Time – Kathy Saladino

Since this is our first meeting this year, we will be collecting dues for the year. The dues are \$10.00 per person. You may pay by check or cash at the meeting or by mailing to AARP Chapter 5239, P.O. Box 945, Locust Grove, VA 22508.



February Birthdays – Pam Archer



Heartfelt February Wishes to: Kathleen Bradie, Bettie Counts, Elizabeth Drabant, Barbara Ehlen, Irving Grimes, Ed Kessler, Ruth LaLiberte, Patricia Lieb, Kim Lyttle, Sherry Moats, Mike Musatow, Doug Pope, Barbara Rakes, and Richard Ticomb.

Sunshine Report – Carolyn Durphy

There were no cards sent out in January. May we please remember all the 67 people in the crash at Reagan National Airport and in addition, the 7 victims on a medical plane crash in Philadelphia and all their loved ones that are mourning their loss.



Latest Scams & Fraud – Beth Drabant, TRIAD Program liaison

Check it out! -- AARP's website has helpful information about the latest scams and fraud. Staying informed about the latest news regarding scams and fraud is a good strategy to avoid becoming a victim of these crimes.

Available to members and non-members alike, the AARP website at <https://www.aarp.org/money/scams-fraud/> has up-to-date information and articles about a variety of scams and fraud, including those related to current events. For example, some recent highlights include "How to Avoid Scams Following Wildfires and Other Disasters" and "6 Ways to Avoid a Real ID Scam as TSA Deadline [May 7] Nears."

Scroll to the bottom of that website for the Fraud Resource Center, a list of 64 common scams and click on those you'd like to learn more about. Some examples include – cryptocurrency fraud, fake check scams, QR code scams, robocalls, sweepstakes and lottery scams, tax ID scams, and veterans' scams. For each scam, AARP provides a description of how the scam works, how to recognize it, and what to do to protect yourself.

Another useful site is the AARP Fraud Watch Network at <https://www.aarp.org/money/scams-fraud/about-fraud-watch-network/>. You can sign up for biweekly Watchdog Alerts about the latest scams, contact the AARP fraud helpline (877-908-3360), or join online emotional support sessions for fraud victims. These services are free and available to everyone.

As always, you can contact the Orange County Sheriff's Office Triad Program (Deputy Ron Kesner at 540-672-1536) if you have a question about a possible scam or if you have been a victim of a scam, fraud, or financial abuse.

