

PRESIDENT

Marcy Stennes

marcystennes@msn.com
703-978-0711

VICE PRESIDENT

Otis Langford

TREASURER

John G. Olsen

Asst. TREASURER

Jim Wagner

SECRETARY

Michael Moore

CHAPTER DIRECTORS

Margaret Yowell

Gerry Frazier

Joanie Capella

Debbie Pumphrey

IMMEDIATE

PAST PRESIDENT

Michael Moore

mrmoore23@me.com
703-859-4403

WEBMASTER

Sidney A. Sachs

chapterwebmaster
@vanarfe.org

PRESIDENT'S MESSAGE

“Life starts all over again when it gets crisp in the fall.”

— F. Scott Fitzgerald, *The Great Gatsby*

Welcome to Fall! I hope you all are enjoying the cooler weather, changing colors, crunchy leaves underfoot, and pumpkin spice everything!

Our November Chapter meeting will be full of activity. Our speaker will be Julie Wright from Federal Blue Cross/Blue Shield. Although she will speak about FedBlue, she will also be able to answer questions about upcoming changes in the federal health care program.

We will also hold our Election of Officers for 2024. Members who are interested in joining the leadership of the chapter may contact me at marcystennes@msn.com before the November 8 meeting or may be nominated at the meeting. Positions are President, Vice President, Treasurer, and Secretary, as well as four Board Members. I encourage you to consider one of these positions to lead our chapter forward. Without officers, we will not be able to continue as a chapter.

With the holiday season approaching, our board looked for opportunities to support our neighbors. We decided our service project will be a food drive to support ECHO in Springfield. You can read more about this later in the newsletter.

In December our chapter will celebrate 60 years! Join us at the Holiday Party on December 13 where we will commemorate this event! Look inside for more information and the reservation form. I hope to see you at the celebration!

Lastly, please remember to vote in the local and state elections on November 7. With early voting, we have many opportunities to make our voices heard!

Marcy Stennes,
President

ALZHEIMER'S

I don't know if there is anything people fear more than losing their memory as they age. My mother had Dementia, so I know that fear. If you have concerns and are worried about your forgetfulness, the worst thing you can do for your brain is to do nothing. The first step in following up on symptoms is finding a Dr. you feel comfortable with. Many contact their primary care physician, and they often oversee the diagnostic process themselves. Your Dr. will evaluate your overall health and identify any conditions that could affect how well your mind is working. Ask your Dr. how familiar he/she is with diagnosing dementia and whether there are circumstances in which he/she would refer you to a specialist. Some people with unclear symptoms, including those under 65, may require evaluation by two+ specialists who combine their findings to reach a diagnosis.

What to take when visiting your Dr.: a list of any changes in your health including mood, memory, behaviors and be as specific as possible; a list of past and current medical problems. Tell your Dr. if family members had illnesses that caused memory problems; a list of current prescriptions and over the counter meds; list of vitamins or supplements you've added to your regimen; a list of questions to ask so you're prepared to discuss your concerns. Be prepared to answer Dr.'s questions honestly and to best of your ability. Let Dr. know if you need additional info or clarification.

This is a first step, but it IS a first step. Don't let fear keep you from seeing a Doctor!

We are nearing the end of 2023. Our goal is \$4,500, but as I write this in early Oct., we are not quite halfway there: \$1,995.00. If you have made a contribution, THANK YOU. If you have not yet done so, please consider it. Make checks to NARFE/ Alzheimer's Research and **note Chapter 893 in memo line**. Please mail to me at 5822 Fitzhugh St, Burke, VA 22015. Please remember two things: how important RESEARCH is and if you are worried about your memory, doing nothing won't get you help NOW.

Margaret Yowell, *Alzheimer's Chair*

CHAPTER SERVICE PROJECT

NARFE Chapter 893 is conducting a food drive to support Ecumenical Community Helping Others (ECHO).

The purpose of ECHO, Inc. is to assist people in need in our community, those who suffer the effects of long-term poverty as well as those who are experiencing an emergency financial need. To that end, they provide food and financial assistance to help families or individuals through a crisis. They offer access to donated clothing, school supplies, and household goods such as bed linens, cookware, and small appliances to ease the burden of those who struggle with long-term low income. The most needed items at this time are:

Protein Items (e.g., canned chicken, Spam, sardines, chili, beef stew)
Spaghetti Sauce
Tea (green, herbal, black)
Milk products (canned, shelf stable, hot chocolate)
Macaroni and Cheese
Canned Tomatoes

Healthy Snacks (nuts, raisins, dried fruit, granola bars etc.)
Sugar
Masa (Corn) Flour
Box Potatoes
Lentils
Instant Coffee

If you would like to help with this project, the Chapter will be collecting items at our November meeting and our December Holiday luncheon. There will be a box for ECHO where you can leave your donation.

OCTOBER SPEAKER

Our October speaker was Mr. Brian Slawski, Vice President and Program Chair of the Burke Historical Society. His presentation, which was very interesting, was on the History of Gold, Nationally and Locally. I had no idea the number of gold claims in Virginia! If you missed the presentation, you can find information about the extensive search for gold in Virginia. The Gold Mining Camp Museum at Monroe Park, the official gold mining interpretive center for the U of Virginia, is the only museum in Virginia solely dedicated to the history of gold and gold mining. Monroe Park is located off Route 17 in Goldvein, Virginia. Although not the site of an actual mine, nineteen mine sites existed within five miles of the park. The three museum buildings interpret structures found at a 1930's mine with exhibits, displays, and signage inside the buildings and on the grounds.



THE LITTLE THEATRE OF ALEXANDRIA (LTA)

Alexandria's favorite yuletide tradition returns! From the first "bah humbug" to the final "wassail," this timeless classic is sure to rekindle your holiday spirit. Join all your favorite Dickens characters – Tiny Tim and the Cratchit family; the Fezziwigs; the Ghosts of Christmas Past, Present, and Yet to Come; and, of course, everyone's favorite curmudgeon, Ebenezer Scrooge – as they transport us to Victorian England and remind everyone of the meaning of Christmas.

We are hoping to be invited to a preview of "A Christmas Carol," coming in December. If so, an email will be sent to members so that you can request tickets.

Joanie Capella, *Theatre Community Liaison*

SUNSHINE

If you know of a Chapter member who has lost a loved one, or a member who is sick or injured, please let Debbie Pumphrey know at debbiepdc@gmail.com or 703-337-4548, so she can send out an appropriate card.



CALENDAR EVENTS

PLEASE NOTE – ALL CHAPTER MEETINGS WILL BE IN PERSON AT LA FIAMMA RESTAURANT, 6124 FRANCONIA ROAD, ALEXANDRIA, VA

November 1, 2023, NARFE Chapter 893 Board Meeting, 1:00 pm.

November 8, 2023, NARFE Chapter 893 General Meeting, 12:00 pm.

Please order your food between 12:00-12:15 so that the meeting can begin promptly at 1pm. Our speaker is Julie Wright from Federal Blue Cross/Blue Shield.

December 6, 2023, NARFE Chapter 893 Board Meeting, 1:00 pm.

December 13, 2023, NARFE Chapter 893 Holiday Party/ General Meeting, 12:00 pm, Greenspring Senior Living Town Center.

January 3, 2024, NARFE Chapter 893 Board Meeting, 1:00 pm.

January 10, 2024, NARFE Chapter 893 General Meeting, 12:00 pm. Please order your food between 12:00-12:15 so that the meeting can begin promptly at 1pm. Our speaker will be from the Fairfax County Recreation and Parks Department.



NARFE SPRINGFIELD CHAPTER 893 HOLIDAY PARTY

Wednesday, December 13, 2023, 12:00 to 2:00 PM

Greenspring Senior Living Town Center, 7410 Spring Village Drive, Springfield

Join NARFE Chapter 893 as we celebrate the season by greeting old friends and making new ones at Greenspring Senior Living from 12:00 to 2:00 PM. **Support Alzheimer's Research** by purchasing 50/50 drawing tickets and chances for a New Year's Eve basket. Chapter 893 Officers for 2023 will be installed. We are hoping U.S. Representative Gerry Connolly will attend to celebrate the chapter's 60th anniversary.

Menu: Chicken Parmesan, Fettuccine, Lemon & Garlic Broccoli, Caesar salad, Garlic bread, and Cake.
Wine will be available.

RSVP by December 1 to Joanie Capella at joanacapella@yahoo.com and send your **non-refundable** check payable to NARFE Chapter 893 for \$35 per person to Joanie Capella, 7032 Kings Manor Dr, Alexandria, VA 22315.

Payment is due no later than December 1, 2023.

PLEASE BRING FOOD ITEMS AS A DONATION TO ECHO.



NARFE 893 HOLIDAY PARTY, WEDNESDAY, DECEMBER 13, 2023



Complete this section and return with your payment of \$35 per person.

Make your check payable to **NARFE Chapter 893**.

Name _____

of Attendees _____ Tel _____ E-Mail _____

**NARFE Springfield Chapter 893
P. O. Box 523118
West Springfield, VA 22152-3118**

ADDRESS SERVICE REQUESTED

