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Greetings,

As we enjoy Spring, let us keep in mind that this is the season of renewal and symbolizes starting fresh and starting over. The flowering of daffodils, tulips, and cherry blossom trees are beautiful reminders of the season and all that we look forward to in 2024.

In case you missed previous announcements, there is still time to register for the Virginia Federation Conference, April 7-10, in Harrisonburg VA. Go to www.vanarfe.org to get more information about the conference and to register.

Our upcoming annual June luncheon will take place on June 12, 2024. A few dedicated members have worked very hard over the years to make this an enjoyable event and could use additional volunteers to continue to make it a success. Please let me know whether you can help.

Upcoming Chapter Meetings

April 10, 2024 – La Fiamma Italian Restaurant

May 8, 2024 – La Fiamma Italian Restaurant

June 12, 2024 – Summer Luncheon

Naomi Faunterloy,

President

The Chapter 893 VFN Web Page is at:
<https://www.vanarfe.org/Chapter-893>

ALZHEIMER'S

Perhaps you, too, saw a recent article in the Washington Post that noted:

"A large study in China tracked middle-aged and older adults for 20 years, using regular brain scan, spinal taps and other tests. Compared with those who remained cognitively healthy, people who eventually developed the disease had higher levels of an Alzheimer's-linked protein in their spinal fluid **18 years BEFORE** diagnosis. Then every few years afterward, the study detected another biomarker brewing trouble. Scientists don't know exactly how Alzheimer's forms. One early hallmark is that sticky protein called beta-amyloid, which over time builds up into brain-clogging plaques. Amyloid alone isn't enough to damage memory - plenty of healthy people's brains harbor a lot of plaque. An abnormal tau protein that forms neuron-killing tangles is one of several co-conspirators.

The new research, published in the New England Journal of Medicine, offers a timeline for how those abnormalities pile up. Knowledge of the timing of these physiological events is critical for testing new ways of treating and maybe eventually even preventing Alzheimer's."

"The more we know about viable Alzheimer's treatment targets and when to address them, the better and faster we will be able to develop new therapies and preventions," said Claire Sexton, the Alzheimer's Association's senior director of scientific programs. She noted that blood tests are coming soon that promise to also help by making it easier to track amyloid and tau.

Please consider making a 2024 donation of Alzheimer's Research. To date (mid-March), our total received is \$122.00.

Please make checks payable to NARFE/ALZHEIMER'S RESEARCH and note Chapter 893 in memo line mailed to me at 5822 Fitzhugh Street, Burke, VA, 22015.

Please contact me with any questions at Fitzhughlady@aol.com or 703-451-3287.

Margaret Yowell, *Alzheimer's Chair*



THE LITTLE THEATRE OF ALEXANDRIA (LTA)

Jean-Francois Millet, a young painter of genius, is in love with Marie Leroux but in debt to a villainous art-dealer, Bastien Andre. Millet is foreclosed on by Andre who threatens debtor's prison unless Marie marries him! The artist realizes the only way he can pay his debt and keep Marie to himself is to die, as only dead artists achieve fame and fortune. Millet fakes his death and prospers, all while passing himself off as his own sister, the widow Tillou. Now a rich widow, Millet must find a way to get out of a dress, return to life, and marry Marie! Mon Dieu!

Join your fellow NARFE members to see "**Is He Dead?**" in May. Specific date will be announced via separate email once known.

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.

MEMBERSHIP

We celebrate the life of the following members who passed since our last newsletter:

Jane M. Brown	Burke
Richard W. Yancey	Alexandria
Angelina C. Hibner	Springfield

We welcome our newest members:

Sheryl Williams	Alexandria
Diane Howard	Alexandria
Francis Critelli	Springfield

Please update our membership chair if you have any email/address changes.

Gerry Frazier, *Membership Chair*

NEW EMAIL SYSTEM

We have a new email system that we are using to get communications out to our membership. You should have received some emails during the past few weeks from narfechapter893@gmail.com.

If you have not received an email from this address, and you previously received emails from NARFE, please take a few steps that may help.

Go to your spam or junk folder and search for this email address. Depending on your email server, move it into your 'inbox' and mark sender as safe, or add it to your contacts. Depending on your server, it may say a little something different, but we hope you can make any adjustments.

If you have any questions or concerns, please let us know. narfechapter893@gmail.com

Debbie Pumphrey, *Secretary*

HONOR FLIGHT INFORMATION

In our previous Newsletter, we mentioned that our speaker for March would be Jerrold Epstein, speaking on Honor Flight Chicago. In addition to providing info on how Honor Flight works from the start of their trip from Chicago to Washington, DC, he provided info on volunteer opportunities. In addition to Mr. Epstein, we had another wonderful speaker, Bill North, who talked about Honor Flight Top of VA. He briefly explained that there are hundreds of WWII/Korean/Vietnam Veterans living in the Shenandoah Valley and Northern Virginia who are eligible to travel on an Honor Flight trip to Washington, DC. It's not really a 'flight' as these veterans are located close to DC, but a bus trip with fellow Veterans with all the honors.

How You Can Help: Help Honor Flight locate and register Veterans. Become a Guardian escort to accompany a Veteran on the trip.

For additional information: honorflight-tov.org, honorflighttov@gmail.com, honorflightchicago.org, dguardians@honorflightchicago.org.

SUMMER LUNCHEON

Our chapter 893 luncheon will take place on June 12. Details will be provided at a later date via email. We will also post the information on our website. If you only receive the paper newsletter and are interested in attending, please contact Joanie Capella (joanacapella@yahoo.com or 571-213-9056) in May for details.



CALENDAR EVENTS

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

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

April 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 is Eva Lanyi, a member of the Northern Virginia Photography Society. She will be talking about bird photography, local parks, and sharing photos from recent trips to Iceland and Florida.

A short bio follows:

Believing that the natural world is imperiled, I strive in my photography to show its beauty and encourage others to see it is worth saving. When outdoors, I try to be ultra-aware of my surroundings and how to turn them into an impactful image. I love connecting with nature and challenging myself to create my own "personal best" photograph. With Northern Virginia as a home base, I have a rich local area to explore and photograph, but I also travel to parks and natural areas nationwide for personal enrichment and additional photographic opportunities. Locally I've spent much enjoyable time photographing Huntley Meadows Park in Alexandria, VA, and Kenilworth Aquatic Gardens in Washington, DC. Going further afield, I've photographed in the western US and on the eastern seaboard. I strive continuously to expand my knowledge of photography, as it is both a technical and a

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ADDRESS SERVICE REQUESTED



CALENDAR EVENTS CONTINUED

creative endeavor that has enthralled me for quite some time. With the world to explore and constantly evolving camera technology, it's clear that photography will be a lifelong pursuit.

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

May 8, 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.

Lindsey Mastis, from ABC WJLA Channel 7, is tentatively scheduled to be our May guest speaker. She will discuss Seniors and Artificial Intelligence (AI). Are you excited about Artificial Intelligence? Are you scared of Artificial Intelligence? What is Artificial Intelligence? Join us for a very informative, interesting presentation.

Lindsey Mastis is an Emmy Award-winning news anchor. She follows breaking news from the Alert Desk in the morning on 7 News and hosts The Coronavirus Alert Desk, a program that connects viewers with facts and experts. It has reached more than 10 million viewers since the start of the pandemic.

Previously, she reported for the CBS affiliate in Washington, D.C., Feature Story News service from the Los Angeles bureau, was the breaking-news anchor at the NBC affiliate in Tampa, Florida, and was a morning show anchor at the ABC affiliate in Southern Illinois. She also previously hosted the nationally syndicated Terrorism Alert Desk. Lindsey is active within the Greek American community in Washington, D.C. She is a graduate of Southern Illinois University-Carbondale, and plays piano, collects vinyl records, and is learning Spanish.