

VOLUME 60 - Number 2

VFC AREA IX

April - June 2025

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Dear NARFE Chapter Members,

Your voice and participation matter! Our chapter thrives when members like you get involved, share ideas, and help shape our future. Attending meetings is a great way to stay informed, connect with fellow members, and make a real impact.

Active members help shape the direction of the chapter and ensure it meets the needs of the members and the broader community. In addition, your participation ensures a stronger, more dynamic chapter while also enriching each member.

Join us at our meetings. We meet on the 2<sup>nd</sup> Wednesday of each month at the La Fiamma Italian Kitchen, 6124 Franconia Road, Alexandria, VA 22310. Lunch is at 12 noon and business meeting begins at 1pm.

Whether you're a long-time or new member, your presence makes a difference. Let's work together to strengthen our chapter and create opportunities for everyone.

We'd love to have you there! Looking forward to connecting with you.

**Otis Langford, President**

## ALZHEIMER'S

It is hard to believe that we have gone through our First Quarter of 2025 already ... where does the time go? Donations to Alzheimer's have been very small - a total of \$50.00 toward our goal of \$4,000. NARFE has generously supported the mission to eliminate Alzheimer's through the advancement of research since 1988. Our combined donations will be counted toward NARFE's current goal of \$16 million by the end of 2025. Please consider making a donation to help us reach that goal! Checks should be made to NARFE/Alzheimer's Research and Chapter 893 should be noted in the note at the bottom of the check. Please mail them to me at Margaret Yowell, 5822 Fitzhugh St., Burke, VA, 22015. This allows me to track how our Chapter 893 is doing.

And even though 3 months have flown by, there is still PLENTY of time to make some changes and include some of the items below from the *10 Healthy Habits for your brain!! Thank you for your support. Let me know if you have any questions (FITZHUGHLADY@aol.com) and also let me know your progress in making changes in your brain health!*

**Margaret Yowell, Alzheimer's Chair**

### 10 HEALTHY HABITS FOR YOUR BRAIN

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Incorporate some or all of these habits into your life to help maintain a healthy brain.

1. Challenge your mind. Be curious! Do something that is new for you. Learn a new skill. Try something artistic.
2. Stay in school. Education reduces the risk of cognitive decline and dementia. Continue your education by taking a class at a local library or college, or online.
3. Get moving. Engage in regular exercise. Build more movement into your day - walking, dancing, gardening - these help raise your heart rate & increase blood flow to the brain and body.
4. Protect your head. Help prevent an injury to your head. Wear a helmet for activities like biking and wear a seatbelt. Do what you can to prevent falls.

5. Be smoke-free. Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

6. Control your blood pressure. Meds can help lower high BP and healthy habits like eating right and physical activity can help. Work with a health care provider to control your blood pressure.

7. Manage diabetes. Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

8. Eat right. Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy.

9. Maintain a healthy weight. Talk to your Dr. about the weight that is healthy for you. Other healthy habits on this list - eating right, exercising and sleeping well - can help with maintaining a healthy weight.

10. Sleep well. Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions.

## 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](mailto:debbiepdc@gmail.com) or 703-337-4548, so she can send out an appropriate card.

## DONATIONS

Where can I donate some furniture and household items? Fairfax has a couple of organizations that can fill your need:

**Gracing Spaces** works with social workers to help furnish the homes and apartments of people in need. They accept donations of furniture, small appliances, household goods, decorative items, linens and more. They will pick up donated items. Learn more at: [gracingspaces.com](http://gracingspaces.com).

**Habitat for Humanity ReStores** accept donations of new or gently used furniture, appliances, housewares, tools, building materials and more. Proceeds help Habitat's work in our communities. You can donate in person and many Habitat ReStores will pick up larger items. There are multiple locations in the County. Search for the store

near you at [habitat.org/restores/donate-goods](https://habitat.org/restores/donate-goods).

**Fairfax County Animal Shelter** accepts donations of gently used fleece blankets, bath and handtowels, and more. Learn more at [FairfaxCounty.gov/animalshelter/donate](https://FairfaxCounty.gov/animalshelter/donate)

### FEDHub 0893

As you may have noticed, FEDHub 0893 has started sending you emails!! FEDHub is NARFE's exclusive member network. In the near future, this system will become our only email method of communication. We encourage everyone to become familiar with FEDHub. You log in using your NARFE ID and password. [www.FEDHub.narfe.org](http://www.FEDHub.narfe.org)

Once logged in, click on the 'Quick Start Guide', which is located on the menu bar at the top left of your screen. Please review this guide which takes you step by step on how to get started and has hints to navigate FEDHub. Since you are a Chapter Member, your Community is 0893 Springfield. You will also be placed in Virginia Federation and Open Forum (NARFE).

After reading the Quick Start Guide, we recommend that you review everything that is under 'Your Profile.' At the Top Right of the home screen, there is a circle with your initials in it. Click on this, and then click on Profile and then you will be directed to the area in FEDHub where you can set various settings. We highly recommend you click on 'My Account' and review each of the subheadings. Change/update to your preferences.

Here you can set up how you want to receive emails from the community, how much of your profile you want visible to other members, and design the signature area that appears under your discussion posts.

Stay up to date with all FEDHub content by subscribing to a daily digest - a single email each day summarizing the latest topics in your community. You can change this setting or unsubscribe by selecting Community Notifications.

**PLEASE DO NOT OPT OUT OF NARFE 0893. FEDHUB IS THE SYSTEM THAT WILL BE THE ONLY SOURCE OF INFORMATION FROM NARFE 0893 IN THE NEAR FUTURE.**



## THE LITTLE THEATRE OF ALEXANDRIA (LTA)

What would happen if Sherlock Holmes and Monty Python had an illegitimate Broadway baby? You'd get New York and London's award-winning comedy! Called "the funniest play Broadway has ever seen" (Huffington Post), this classic murder mystery is chock-full of mishaps, mayhem, and madcap mania! Welcome to the opening night of *The Murder at Haversham Manor*, where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's "comic gold" (Variety) sure to bring down the house.

Join your fellow NARFE members to see this production of **"The Play That Goes Wrong,"** scheduled for June. An email will be sent once we have the exact date.

**Joanie Capella**, *Theatre Community Liaison*

### CALENDAR OF EVENTS

**PLEASE NOTE – ALL CHAPTER MEETINGS WILL BE IN PERSON AT LA FIAMMA RESTAURANT, 6124 FRANCONIA ROAD, ALEXANDRIA, VA  
PLEASE ORDER YOUR FOOD BETWEEN 12:00-12:15 SO THAT THE MEETING CAN BEGIN PROMPTLY AT 1PM.**

**April 2, 2025**, ExCom Meeting, 12:30 pm.

**April 9, 2025**, Lunch/General Meeting, 12:00 pm. Join us for **Organizing for Seniors** with Jennifer Gittins-Harfst. She has a Professional Organizer certification and owns her own company, No Frills Organizing.

**May 7, 2025**, ExCom Meeting, 12:30 pm.

**May 14, 2025**, Lunch/General Meeting, 12:00 pm. NARFE member, Gina Lynch, presents **Helping Animals in the Community**. She is now serving as the Community Outreach Manager for the Humane Society of Fairfax County and is the Chair of the Fairfax Animal Shelter Advisory Commission.

**June 4, 2025**, ExCom Meeting, 12:30 pm.

**June 11, 2025**, Summer Luncheon, **SAVE THE DATE!**

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**ADDRESS SERVICE REQUESTED**

