### **New Vaccines**

Responding to the devastating outbreak of Ebola in West Africa, NIH recently initiated emergency human testing of two vaccines designed to protect against Ebola. If those trials meet with success, you can expect to hear a lot more about them in the months ahead. Researchers are also using new insights into the structure of viruses to improve vaccines for some common infectious diseases, including the flu. Human trials are now under way for a universal flu vaccine that we hope will prove effective against virtually all strains of the influenza virus. What's the big deal about that? When we have such a vaccine, perhaps by the end of this decade, we'll be much better protected against the deadly pandemic flus that occasionally sweep the globe. And we won't have to get a flu shot every year.

A father and his young son are sitting in a restaurant waiting to be served. To keep him occupied, the father gives the young boy three nickels to play with. Suddenly the boy starts choking, going blue in the face. The father realizes the boy has swallowed the nickels and starts slapping him on the back. The boy coughs up two of the nickels, but keeps choking.

Looking at his son, the father is panicking, shouting for help. A well-dressed, attractive, and serious looking woman in a blue business suit is sitting at the coffee bar reading a newspaper and sipping a cup of coffee.

At the sound of the commotion, she looks up, puts her coffee cup down, neatly folds the newspaper and places it on the counter, gets up from her seat and makes her way unhurried, across the restaurant. Reaching the boy, the woman carefully drops his pants; takes hold of the boys testicles and starts to squeeze and twist, gently at first and then ever so firmly!

After a few seconds the boy convulses violently and coughs up the last nickel, which the woman deftly catches in her free hand. Releasing the boy's testicles, the woman hands the nickel to the father and walks back to her seat at the coffee bar without saying a word. As soon as he is sure that his son has suffered no ill effects, the father rushes over to the woman and starts thanking her saying, "I've never seen anybody do anything like that before, it was fantastic. Are you a doctor?" "No," the woman replied, "I'm with the Internal Revenue Service." Thanks Miss Ivis! ggd©

> May 14-16, 2015 | 800/650-6839 AARP Life @ 50+ National Event | Miami, FL

# BEEEEEEEEEEE 1196kej 8890

Robins, GA 31088 | (478) 953-0706 Living | 1010 Kathryn Ryals Road | Warner 10:00 A.M.). Antebellum Grove Senior Regular Meeting! Wednesday (4/22/2015 | "SPRING-O-O-O 2015" Instead Of Our G-O-O-O-DNI892 Attending Antebellum Grove's





Tel: 478/318-0471 www.AARPChapter1952.org Warner Robins, GA 31095 P.O. Box 7481

Chapter 1952





### The Newsletter Of AARP Chapter 1952

Houston County Georgia (Established November 7, 1974) www.AARPChapter1952.org

**April 2015** Volume 19 - 4 Monthly



Meeting Dates/Time: Wednesday, April 22<sup>nd</sup> (10:00 A.M.) and Wednesday, May 27<sup>th</sup> (10:00 A.M.) Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	<b>Board Of Directors</b>	Telephone
President	Greg Davis	318-0471	Marietta Magerkurth	922-2344
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Kashmiri Arora	15 <sup>th</sup> Marietta Mag	jerkurth 19 <sup>t</sup>	h	
		Birthdays F	or May	
Carl Willingham	22 <sup>nd</sup> Sara Williams	s 23 <sup>rc</sup>	Jeanine Frey 2	27 <sup>th</sup> Jojn Echols 28 <sup>th</sup>

### **WE CARE**

For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. Ralph Waldo Emerson (1803-1882). "Blessed are those who mourn, For they shall be comforted." Matthew 5:4 NKJV Sick/Shut-Ins: Earnest/Sue Braun and Charles Bell. We wish health/wellness to all past/current members! ggd



Highlights From The March 2015 Meeting: Robbie Dunbar (Director/ Houston County Public Works), Brian Jones (Engineer/Houston County) and "Special Guest" Orange Traffic Barrel explained the many projects all funded by Special Purpose Local Option Sales Tax (SPLOST) revenue. Road widening/beautification projects include(d) Highway 96, Feagin Mill, Highway 41, Moody Road along with Public Library renovations. Highway 96/Highway 247 presents unique challenges due to interstate railroad routes. However, comprehensive engineering, planning, design, environmental studies WILL produce the "best solution" for highway/railroad traffic flow!



Orange Traffic Barrel "encouraged" everyone to view him - and his many "relatives" - NOT AS "traffic delays" BUT "progress!" Many projects have been completed, many are still ongoing along with future

(growth) needs. However, Houston County - compared to other Georgia counties (as well as to other States' counties) has a highly effective, quality/costfocused Public Works program and we're confident those projects will continue to be managed/met in the same or better manner as history has documented!



Additional comments/insights were provided by H. Jay Walker (Attorney/Houston County Commissioner) along with engaging questions/answers. Very informative presentation!

Welcome New Members: Earnest/Nancy Bartlett, Reba Sparks and Teresita Palms!

Events/Activities: Meet/Greet with Senator Austin Scott (R-GA/8th District) and Senior Camp 2015 (Rozar Park).







\*\*\* Remember: SPRING-O-O-O @ Antebellum Grove INSTEAD OF Regular Meeting! \*\*\*

Editor's Notes: Members: Please UPDATE your local (Chapter 1952) membership ... still a "bargain" at only \$5.00/Year! Advertisers/Sponsors: Your support of our newsletter is an exceptional value STILL at only \$4.00, \$8.00, \$20.00 or \$45.00 PER MONTH - PRORATED and helps tremendously to offset printing/production/marketing expenses. \*\*\* Special Rates/Web Banner Spots Available As Well \*\*\* Thank You ... Thank You!

**ALL:** As your Chapter President and Editor I'm open to suggestions for our newsletter!

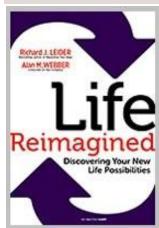
So please, <u>keep your membership status/information current</u>, get your newsworthy information and/or photographs to me as soon as possible!

Sincerely,

Greg Davis ggd ⊚ Tel: 478/318-0471 | E-Mail: gdavismail@gmail.com!







The AARP Bookstore has several books on money, health, cooking, family, technology and more! Beginning with this (newsletter) issue I'll periodically showcase a book from that resource.

This month's book is "Life Reimagined - Discovering Your New Life Possibilities."

By Richard J. Leider and Alan M. Webber | Paperback | E-book | October 2013

There comes a time in our lives when we wonder, "What's next?" — when one chapter is finished and the next one has yet to be written. For many it happens at midlife, but it can happen at any point. It's a time full of enormous potential, a whole new phase of life. It's called *Life Reimagined*.

Here is your *GPS* for navigating this new life phase. You can use the powerful set of tools, practices and insights — enhanced at *AARP's Life Reimagined for Work* website — to help you uncover your own special gifts, connect with people who can support you, and try out new possibilities. Let *Life Reimagined* help you take the mystery out of change and take that exciting first step.

You'll be inspired by meeting ordinary people who have reimagined their lives in extraordinary ways. You'll also read the stories of pioneers of the Life Reimagined movement such as **Jane Pauley**, **James Brown**, **Emilio Estefan**, and **Chris Gardner**. They show us that this journey of discovery can take us to some surprising and unexpected places.

**Life Reimagined** says that each of us is an experiment of one. Each of us has the right and the responsibility to choose our own way, throughout all the years of our life. No old rules, no outdated societal norms, no boundaries of convention or expectation. Ultimately, **Life Reimagined** is more than a new phase of life — it's a mindset, a movement and a moment of possibility that we are all living in.

*Life Reimagined* is available from several retailers/sources ... price/format (E-Book, Paperback) varies. ISBN-10: 1609949323 | ISBN-13: 978-1609949327 ggd☺

## Life Reimagined

Saving the World as a Second Career | More and more 50-plus workers are reimagining themselves in the nonprofit world

### Im Ja Park Choi, 66

Founder and Executive Director | Penn Asian Senior Services | Philadelphia



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**p**66

and enjoy the newsletters in full COLOR!

- www.AARPChapter1952.org

Check out our website

"Send her to a nursing home." That was the advice many people, including doctors, gave Im Ja Park Choi in 2003, when a hospital discharged her 86-year-old mother after surgeries for stomach cancer. At the time, Choi's mother weighed 62 pounds and needed a colostomy bag. But in Korean culture, institutionalizing an ailing parent is unthinkable. "You take care of your mom and dad," says Choi. "That's in my blood."

A former banker, Choi found caregiving for her mother 24/7 draining. *"I could not leave her, not even an hour alone,"* she recalls.

Her mother confided to Choi that she would rather die than burden her daughter. Choi unsuccessfully searched for a home health care aide who could cook familiar foods and communicate in Korean with her mother, who spoke little English. But no agencies in her area could train Korean-speaking home health aides, something Choi resolved to change.

Choi, who previously ran a nonprofit advocacy organization for Asian women, says she had become pretty good at grant writing. She raised \$70,000 from a foundation and county and state governments to start her nonprofit. **Abington Memorial Hospital** near Philadelphia kicked in a rent-free 500-square -foot office.

Demand exceeded expectations. Choi's agency expanded, hiring Mandarin and Cantonese speakers. Currently, the **Penn Asian Senior Services** organization — which recently bought a 30,000-square-foot facility — employs more than 450 aides who speak 11 languages. Choi earns a salary of just over \$100,000.

Her service saves society money because it's more economical to care for an elderly patient at home than in an institution, she says. And the emotional benefits for patients, who receive steady companionship while they convalesce, are incalculable. When Choi finally found a Korean-speaking aide, her mother's health and mood rebounded. "She felt lifted," remembers Choi. "She lived eight years after her surgery, which was really amazing." Victor Schachter, 50+ and Saving the World.

# What to Expect in Brain Health Research in 2015

Watch for some biomedical breakthroughs in a landmark year Francis Collins | Director/National Institute Of Health

Science is moving so quickly that none of us can fully anticipate today what biomedical breakthroughs might appear next year. But here are some to watch. Human brain

A few months ago, the National Institutes of Health (NIH) issued its first research awards for what's been called America's next moon shot: the Brain Research through Advancing Innovative Neurotechnologies (BRAIN) Initiative. Researchers will develop innovative technologies to capture dynamic pictures that reveal how the brain's cells and complex circuits interact at the speed of thought.



Then, we'll work to transform how we diagnose and treat a wide range of conditions, including depression, stroke, Parkinson's and Alzheimer's.

#### Cancer

Among the most promising new treatment strategies is personalized, or precision, medicine. In this approach, doctors analyze the genetic blueprint of a patient's tumor and use that information to choose the targeted therapy most likely to work for that particular patient. Already, personalized strategies are being used to treat certain types of cancer — and I fully expect the number to grow. Another area of tremendous potential is cancer immunotherapy. Researchers enlist the patient's own immune system in the fight against disease — engineering key immune cells in ways that essentially turn them into tiny tumor-fighting "ninja warriors."