

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 ... Thank You!**

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

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

Sincerely,

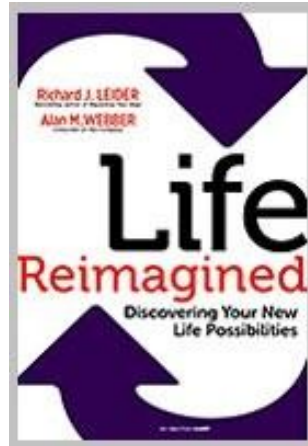
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"Relevance!"

AARP Bookstore

Money, health, cooking, family, technology and more.



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



"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."



☺ Check out our website - www.AARPChapter1952.org - and enjoy the newsletters in full COLOR! ggd