

cause fear. Suddenly, they can't remember people they know or follow what others are saying. They can't remember why they went to the store, and they get lost on the way home. Because of this, they might crave routine and be afraid to try new experiences. Difficulty adapting to change is also a typical symptom of early dementia.

**The Drug Industry Against Dementia | How dementia patients are being sold short**

The **World Alzheimer Report** of 2011 reported that we do not know the benefits of screening and early diagnosis of dementia. We all assume that people should be checked early for dementia, but we do not know whether there is an advantage to be diagnosed with the disease. There are definitely negative repercussions—losing your driving license, right to conduct professional duties, enter into financial agreements, and sometimes even the right to conduct your own affairs. It seems that once you get diagnosed with dementia then you are left to fend on your own with your loved ones if you have any.

There is a disconnect between diagnoses — the identification of the disease — and prognosis ... forecasting the progression of the disease and suggested treatment, therapy or support services. In the field of dementia, as with other diseases especially cancer, there lies an expectation that an early detection brings better outcomes: You live longer with less pain. But the reality is very different. **New emerging research shows that our ambition to help dementia patients because of an early diagnosis is failing miserably.**

In early 2017 it was reported - in Toronto, Ontario, that half of 2,998 nursing home residents with dementia were still getting questionable medication in their last year of life. These medications might have had some benefit at the early stages of the disease but definitely have negative affects on the wellbeing of these confused patients. That a third of the residents did not see a specialist in the last year of life suggests that the medication was prescribed earlier on in the diagnosis and had not been reviewed since. Regular medication reviews will help to curtail unnecessary prescriptions.

**\*\*\* Dementia ... Continued On Advertiser Insert \*\*\***

**\*\*\* Officers/Board Of Directors Meeting @ 9:15 a.m. \*\*\***  
*\* Everyone - Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend! \**

# Choice

The Newsletter Of **AARP Chapter 1952**  
 (Houston County, Georgia)  
 — Established November 7, 1974 —  
[www.AARPChapter1952.org](http://www.AARPChapter1952.org)

**August 2017**  
**Volume 21 - 8**  
**Monthly**



Meeting Dates/Time: **Wednesday, August 23<sup>rd</sup>** (10:00 a.m.) and **Wednesday, September 20<sup>th</sup>** (10:00 a.m.)  
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
<b>President</b>	<b>Greg Davis</b>	<b>318-0471</b>	<b>Susan Sanders</b> <sup>(Chairperson)</sup>	283-1887
Vice President	Frank Gadbois	953-7788	Sue Braun	302-5095
Secretary	James Erdmanczyk	(678) 246-4219	Catherine Butler	(803) 614-9620
Treasurer	Benedicta Edge	333-2310		
"Choice" Editor	Greg Davis	318-0471		



**Birthdays For August**

Jennifer West	11 <sup>th</sup>	Angela Harris	26 <sup>th</sup>		
				<b><u>Birthdays For September</u></b>	<b>** Nonagenarian</b>
Greg Davis	1 <sup>st</sup>	<b>Mary Lappano **</b>	1 <sup>st</sup>	Phyllis Blount	8 <sup>th</sup> <b>Charles Bell **</b> 9 <sup>th</sup>
Benedicta Edge	10 <sup>th</sup>	<b>Ivis Bedrick **</b>	15 <sup>th</sup>	Herminia McMahon	23 <sup>rd</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:** Ivis Bedrick, Ruth Davis, Trudy Deep, Maureen Echols, Jeanine Frey and Mary Lappano.

We wish health/wellness to all past/current members, family members and friends. **ggd ☺**



**Highlights From The July 2017 Meeting:** Guest Speakers - **Cheryl Glover**/Development Director and **Daniella Edmund**/Administrative Assistant - Houston County Habitat For Humanity! Since **1991**, Houston County Habitat For Humanity has partnered with 53 families and 107 children through improved housing, including new construction, rehabilitations and repairs. Local economic impact: **Nearly \$7.3M!** Habitat's **"Neighborhood Revitalization"** holistic approach expands upon its partnership with volunteers and new homeowners to also include neighbors and local organizations for an increased impact. **Veterans Build** is Habitat's national initiative to provide housing solutions and volunteer and employment opportunities to U.S. veterans, military service members and their families.



**Mission Continues** - a paid opportunity for post-9/11 veterans to serve again in their communities volunteering 20 hours a week for six months at a local nonprofit supports/complements Habitat's **A Brush With Kindness** volunteer program. Habitat's **Women Build** events provide the opportunity for women to take proactive steps in serving their communities as well! Mark our calendars ... **November 11, 2017.** Houston County Habitat For Humanity's **Veteran's Day Gala!** For additional information on **ALL** Houston County Habitat For Humanity's programs/resources, please call 478/328-3388 or visit them online at [www.HoCoHabitat.org](http://www.HoCoHabitat.org)



Welcome New Member - Miriam Parisian! **ggd ☺**

**\*\*\* Business Meeting - Third Monday | 11/20/2017 \*\*\***

**Wednesday - August 23, 2017 | 10:00 a.m. - Noon**  
**Kevin Collins/BB of Central Georgia**

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

**Chapter 1952**  
 (Houston County, Georgia)

**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 at only \$5.00, \$10.00, \$20.00, \$30.00 or \$40.00 PER MONTH - PRORATED and helps tremendously to offset printing/production/marketing expenses. \*\*\* Special Rates/Web Banner Spots Available As Well \*\*\*

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**Thank You ... Thank You ... Thank You!**



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

So please, keep your membership status/information current and 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](mailto:gdavismail@gmail.com)!

# "Relevance!"

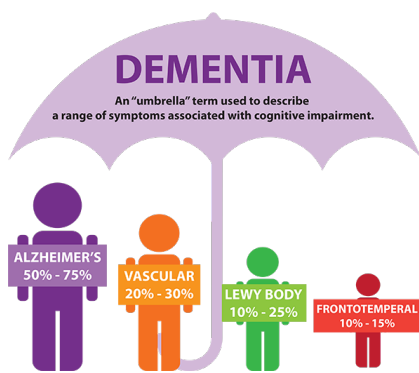
**AARP Chapter 1952 ... We ARE "Forever Young!"**

**NOTE:** With the exception of **November, December** and "special events," our (monthly) meetings are held on the **fourth (4<sup>th</sup>) Wednesday**. As such, the newsletter is (usually) printed/mailed the third (3<sup>rd</sup>) Tuesday or Wednesday. We're **ALWAYS "early"** for the following month's special days/celebrations and SOMETIMES we're "early" for the current month's special days/celebrations as well. **2017 Meetings/Events:**

- 1/25/17 - Rebuilding Together Warner Robins ... [CHECK]
- 2/22/17 - The Otis Redding Foundation ... [CHECK]
- 3/22/17 - Wesleyan College/Confucius Institute ... [CHECK]
- 4/26/17 - SPRING-O-O-O At Antebellum Grove [CHECK]
- 5/24/17 - Ortho Georgia (Change) ... [CHECK]
- 6/28/17 - Summer Picnic/Membership Drive | Easter Seals of Middle Georgia [CHECK]
- 7/26/17 - Habitat For Humanity (Houston County) [CHECK]
- 8/23/17 - BBB Central Georgia
- 9/20/17 (Third Wednesday) | Walgreens
- 10/25/17 - Cherished Children (Warner Robins)
- 11/20/17 (Third Monday) | Business Meeting/Phoenix Center
- 12/18/17 (Third Monday) | Christmas Meeting/TBA

## Dementia - An "Umbrella" Term Used To Describe A Range of Symptoms Associated With Cognitive Impairment

Dementia is a collection of symptoms that can occur due to a variety of possible diseases. Dementia symptoms include impairments in thought, communication, memory and "more." Symptoms of dementia - If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia.



A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis. In addition to difficulty remembering, the person may also experience impairments in: **language, communication, focus** and **reasoning**.

**Subtle short-term memory changes** - Trouble with memory can be an early symptom of dementia. The changes are often subtle and tend to involve short-term memory. An older person may be able to remember events that took place years ago but not what they had for breakfast. Other symptoms of changes in short-term memory include forgetting where they left an item, struggling to remember why

they entered a particular room, or forgetting what they were supposed to do on any given day.

**Difficulty finding the right words** - Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves. Having a conversation with a person who has dementia can be difficult, and it may take longer than usual to conclude.

**Changes in mood** - A change in mood is also common with dementia. If you have dementia, it isn't always easy to recognize this in yourself, but you may notice this change in someone else. Depression, for instance, is typical of early dementia. Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because the condition often affects judgment.

**Apathy** - Apathy, or listlessness, commonly occurs in early dementia. A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and family, and they may seem emotionally flat.

"Think joining AARP makes you old? Get over it!"



AARP National + AARP Chapter 1952

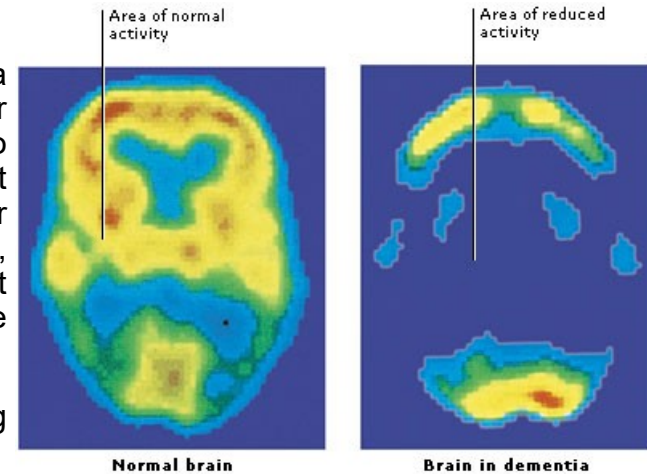
**Difficulty completing normal tasks** - A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia.

This usually starts with difficulty doing more complex tasks like balancing a checkbook or playing games that have a lot of rules. Along with the struggle to complete familiar tasks, they may struggle to learn how to do new things or follow new routines.



**Confusion** - Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, confusion may arise as they can no longer remember faces, find the right words, or interact with people normally. Confusion can occur for a number of reasons and apply to different situations. For example, they may misplace their car keys, forget what comes next in the day, or have difficulty remembering someone they've met before.

**Difficulty following storylines** - Difficulty following storylines may occur due to early dementia.



This is a classic early symptom. Just as finding and using the right words becomes difficult, people with dementia sometimes forget the meanings of words they hear or struggle to follow along with conversations or TV programs.

**A failing sense of direction** - The sense of direction and spatial orientation commonly starts to deteriorate with the onset of dementia. This can mean not recognizing once-familiar landmarks and forgetting regularly used directions. It also becomes more difficult to follow a series of directions and step-by-step instructions.

**Being repetitive** - Repetition is common in dementia because of memory loss and general behavioral changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively. They also may repeat the same questions in a conversation after they've been answered.

**Struggling to adapt to change** - For someone in the early stages of dementia, the experience can

Check out our website - [www.AARPChapter1952.org](http://www.AARPChapter1952.org) - and enjoy the newsletters in full COLOR! ggd ☺