

people who haven't had chickenpox, especially if you have Shingles blisters that have not yet crusted. Your health care professional can tell you about other situations you may need to avoid if you have Shingles.

**Vaccines:** **ZOSTAVAX®** (Zoster Vaccine Live | Developed By Merck & Company, Inc.)

The U.S. Centers for Disease Control and Prevention (CDC) currently recommends a single dose of **ZOSTAVAX** for all appropriate people 60 years of age and older, regardless of whether they have had a prior case of shingles, noting that persons with chronic medical conditions may be vaccinated unless their condition constitutes a contraindication.

If you have **Medicare Part D**, the optional prescription drug benefit, your shingles vaccine **should be covered** but the process may be more complicated than filling a prescription for a medication. Your **Part D** plan will pay for the vaccine, and for its administration by your doctor or other health care provider. Before you get a vaccination, you should check with your **Part D** plan to see where you can get your shot at the lowest cost. You typically pay the least for your shingles shot if you are vaccinated at: a pharmacy that is in your drug plan's network; or a doctor's office that can work with a network pharmacy that will bill your **Part D** plan for the entire cost of the vaccination; or can bill your Part D plan for the vaccine, directly. If you receive the shot from an **in-network pharmacy** or from a doctor's office that can bill your Part D plan, you should only need to pay the plan's approved copayment at the time you get vaccinated. If you get the shingles vaccine from a doctor's office that **can't bill** your **Part D** plan, you will have to pay the cost of the vaccination up front, and then follow your Part D plan's rules to get a refund. You will only be refunded your **Part D** plan's approved amount for the vaccination. You will be responsible for the difference between the doctor's charge and the plan's approved amount.

**ZOSTAVAX** is also a covered medical benefit for people 60 and older under the **U.S. Veterans Health Administration** and **TRICARE**, the health plan for the U.S. Department of Defense Military Health System.

**Merck Patient Assistance Program and Merck Vaccine Patient Assistance Program.** This *private and confidential* program provides medicine and/or vaccines free of charge to eligible individuals, primarily the uninsured/under insured who, without assistance, could not afford needed Merck medicines. [www.MerckHelps.com](http://www.MerckHelps.com) information, enrollment forms, etc.

**BE INFORMED!** Additional information online at [www.ShinglesInfo.com](http://www.ShinglesInfo.com), [www.Merck.com](http://www.Merck.com), [www.MerckHelps.com](http://www.MerckHelps.com), [www.AARP.com](http://www.AARP.com), [www.WebMD.com](http://www.WebMD.com) and other "Googleable" sources! **I GOT MY SHOT!** How 'bout you? [ggd ☺](#)

# Choice

The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia  
"To Serve – Not To Be Served"  
[www.Choice1952.com](http://www.Choice1952.com)

August 2014  
Volume 18 - 8  
Monthly



Meeting Dates/Time: **Wednesday, August 27<sup>th</sup>** (10:00 A.M.) and **Wednesday, September 24<sup>th</sup>** (10:00 A.M.)  
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Trudy Deep	333-2203	Suzanne Burgess	922-2003
Vice President	Frank Gadbois	953-7788	Betty Lou Lovain	922-7774
Secretary	James Erdmanczyk	280-6094		
Treasurer	Benedicta Edge	333-2310		
"Choice" Editor	Greg Davis	318-0471		

**Birthdays For August**

Vi Hanson 9<sup>th</sup>

**Birthdays For September**

Greg Davis (Me!)	1 <sup>st</sup>	<b>Mary Lappano *</b>	1 <sup>st</sup>	Myrtice Mitchell	6 <sup>th</sup>	Agness Partlow	6 <sup>th</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>
Harris McMillian	16 <sup>th</sup>					<b>* Nonagenarian</b>	

**NOTE:** Last Thursday (8/21/2014) We Had A Display Table At The Warner Robins Senior Center's Health Fair. This Month's **Advertiser's Insert** Is A "Fit/Print To Page" Version Of Our Framed Poster Which Was/Is Among The Many Chapter Display Items At Our Table. Thanks To All The Volunteers Who Participated In The Health Fair! [ggd ☺](#)

**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** We wish health/wellness to all past/current members! [ggd☺](#)

**Highlights From July's Meeting:** **Guest Speaker | Paul Boyer | Owner/Pet Plantation Funeral Home And Crematory.** Paul has been a licensed funeral director for over 30 years. He has managed all aspects of the funeral profession, from meeting with families and handling all their needs to helping them with cemetery arrangements and headstones. When a beloved pet has passed on most people find they do not know what options are available for a dignified way to say goodbye. Pet Plantation Funeral Home And Crematory is dedicated to helping with the grieving process.





Paul's calling in life has been to help families on the worst day of their life - the loss of a family member/friend and now ... the loss of a pet. His company is a Full Service funeral home offering dignified options on funeral services for your pet such as visitation and funeral services with burial in a pet cemetery, graveside services, home burial, personalized funeral services, memorial services, cremation and home burial of cremains. Available 24-Hours A Day/ 7 Days A Week!



**Pet Plantation Funeral Home And Crematory** has an **open door policy** allowing inspection of the facility/crematorium as well as being present for the cremation. **Appointment Required.** The company is active in many local organizations and Pet Groups and serves Macon, Perry, Warner Robins, Fort Valley and many other areas throughout Georgia.

A popular pet-memorialization/keepsake product is the **Buddies Keepsake Charm.** This process captures your pet's paw print by ink or digital photograph, and then sent off to have a wax model created. This specialized process called "lost wax casting" - produces a truly one-of-a-kind keepsake charm!

**Theme/Motto:** "We Treat Your Pets With The Care And Respect They Deserve" For additional information please contact Paul at **478/971-4112** or visit them online at [www.PetPlantationHome.com](http://www.PetPlantationHome.com). Welcome **New Advertiser:** **Pet Plantation Funeral Home And Crematory!**

Kevin Collins/BBB Central Georgia  
**Guest Speaker:**  
Wednesday - August 27, 2014/10:00 A.M.  
**Meeting Date/Time:**



P.O. Box 7481  
Warner Robins, GA 31095  
[www.Choice1952.com](http://www.Choice1952.com)  
Tel: 478/333-2203

**Chapter 1952**



**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 (or \$8.00)/Month [**\$48.00 (or \$96.00)/Year - Prorated**] and helps tremendously to offset printing/production costs. \*\*\* **Special Rates Available As Well** \*\*\* **Thank You ... Thank You ... Thank You!**

**ALL:** As **your** 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 and - collectively - we'll get/keep advertisers/sponsors!

Sincerely,

**Greg (Formerly Known As "Da Baby") Davis** ggd ☺

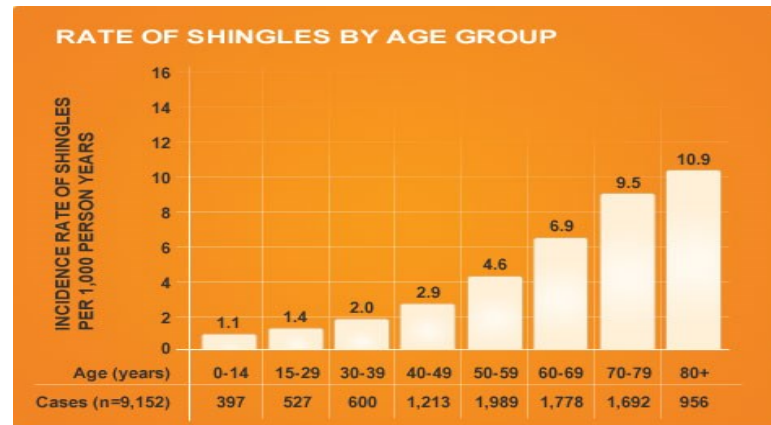
I can be reached at 478/318-0471 and/or via e-mail at [gdvismail@gmail.com](mailto:gdvismail@gmail.com)!

**SHINGLES** — **NOT** The **"Stuff That Covers A Roof"** **BUT** The **"Ouch This Body Rash R-E-A-L-L-Y Hurts"** Kind! :(

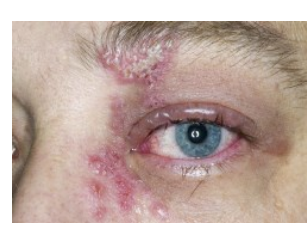


This month's newsletter is devoted to the **Shingles Virus** (also called **herpes zoster**) ... prompted by factors that **DIRECTLY** affect(ed) me. Just last month (yes - **July 2014**) my mother (*Miss Alberta* ... recall she visited me/us during our **June** meeting) came down with a **s-e-r-i-o-u-s SHINGLES "episode"** that - **even now** - she's still recovering from. Her "episode" along with my older brother's "episode" a few years ago were the catalyst that prompted me to learn more about **SHINGLES**, get my **SHINGLES** vaccination and share information about **SHINGLES** with my/our members/readership. **Note:** Some photographs/images/descriptions may be "disturbing." My intent is to **INFORM** not **DISTURB** ... please accept my sincere apologies.

**About SHINGLES:** The word Shingles comes from the Latin word **cingulum**, which means girdle or belt. Shingles is caused by the same virus that causes chickenpox. If/after you have chickenpox, the virus that caused it, called **varicella**, remains in your body. It's always inside you, lying dormant (or asleep) in your nerve cells. At some point later in life, your immune system may weaken, allowing the virus to resurface as Shingles. You may be feeling great, but if you've had chickenpox, the Shingles virus is already inside you. And your risk for Shingles increases as you get older.



**The Shingles rash usually affects only one of the parts of the body.** Most often, the Shingles rash occurs in a band or strip on one side of the body. This band is called a **dermatome**, which is the area where one of the nerves from your spinal cord connects with the skin. Shingles usually appears along a dermatome, each of which is located on one side of the body. Shingles may also appear on a single side of the face, for example, in the area around the eye and the forehead. But Shingles can strike any dermatome on the body.



**The rash isn't always the first sign of Shingles.** For some people, the first sign of Shingles may be

a pain, tingling, or an itchy feeling on a specific part of the skin, on a single side of the body. This sensation may last from two to three days. The Shingles rash typically appears on the same part of the skin where the initial symptoms were felt.

**Once the rash appears, the pain can become more severe.** The Shingles rash may begin as fluid-filled blisters similar to chickenpox blisters. These may be in a band or a cluster, or even be just a few blisters here and there. The pain associated with the Shingles rash can be constant, or it can come and go. Sometimes the pain is so intense that even a slight breeze can cause discomfort. The rash itself may range from mild to severe.

The number of blisters varies with each case of Shingles. Sometimes the blisters merge, forming a solid red band that looks like a severe burn. In some cases of Shingles, only a few scattered blisters appear. Because the virus that causes Shingles travels through the nerves, the Shingles rash always follows the path of nerve endings. That's why the rash most often appears along a single side of the body and usually does not cross the middle of one's body. The band-like appearance of the rash is what gives Shingles its name.

**Usually, Shingles blisters take between 2 to 4 weeks to turn to scabs and heal.** However, sometimes the pain of Shingles can linger for months, or even years. For most healthy people, after the Shingles rash heals, the pain and itch subside, and the blisters leave without a trace. But in some cases, even after the rash heals, there can be permanent scarring or changes to the skin pigment. And in some cases, there may be lingering pain that can last for months, or even years. This condition is called **PHN**, or **postherpetic neuralgia**. While antivirals given in the early stages of Shingles can help reduce the risk of developing **PHN**, they cannot cure Shingles. **PHN** symptoms can only be treated with other prescription medications.

**If you have Shingles, here are some things that might help.** Your age is not the only thing that puts you at risk for Shingles. Other factors and conditions can weaken your immune system, allowing the painful rash of Shingles to break through your defenses. For example, **physical trauma, surgery, and medicines or chronic conditions that suppress your immune system** can also increase your risk for Shingles.

It's not easy to tell if you have Shingles before the actual outbreak of the rash. Many of the symptoms some people feel before the rash (itching, burning, pain) can often resemble other diseases and conditions, including a bad sunburn and/or an allergic reaction. If you think you have Shingles, see your health care professional as soon as you can.

**THERE IS NO CURE FOR SHINGLES.** The Shingles rash *usually* lasts up to 30 days. Some treatments may help bring some temporary relief to the pain and itch of the rash. Here are some ways to try to stay as comfortable as possible with Shingles, however, these treatments provide only some relief and may not be effective for everyone.

- **Cool wet compresses** may also help reduce pain. Soothing baths and lotions, such as an oatmeal bath, starch bath, or calamine lotion, may help relieve itching and discomfort.
- **Bathing daily and keeping your fingernails clean and trimmed** can help prevent bacterial infections and damage to the skin that scratching may cause.
- **Keeping the affected area of skin exposed to the air** may help the rash heal more quickly.
- **Over-the-counter topical local steroids** applied to the skin can provide some relief to patients suffering from the pain or itch that may occur during or after Shingles. Antihistamines can also be taken to help reduce itching.

Your health care professional may prescribe pain medications or anti-inflammatories to help reduce the pain of the Shingles rash.

**Situations to avoid if you have Shingles.** You cannot get Shingles from someone who has the disease. However, the virus that causes Shingles is the same virus that causes chickenpox. So, someone who has never had chickenpox could get chickenpox from a person with Shingles if he or she comes into direct contact with the Shingles rash when the blisters have not yet crusted. So it's very important to stay away from newborns, people who have problems with their immune system, and

Check out our website - [www.Choice1952.com](http://www.Choice1952.com) - and enjoy the newsletters in full COLOR! ggd ☺