

education at the Schmieding Center, says an increase in the aging population is going to create a greater need for caregiving.

**"That's the thrust of our use of technology as it relates to training caregivers,"** McHenry says. **"Like many local and national health care organizations, we're finding ways to take our existing training program and extend its reach as far and wide as possible, trying to take down some of those time and distance barriers. With online courses, we're able to extend that service and break down those obstacles."**

Training programs can be found across the country through various non-profit organizations and medical university aging centers. Most groups also provide some online training and certification for caregiver accreditation. **ggd ☺**



**SUPERSEX** - A little old lady who had lost her marbles was running up and down the halls in a nursing home. As she ran, she would flip up the hem of her nightgown and say **"Supersex."** She ran up to an elderly man in a wheelchair, flipping her gown at him, she said, **"Supersex."** He sat silently for a moment or two and finally answered, **"I'll take the soup."**

**ROMANCE** - Barb was lying in bed one night. Art was falling asleep but Barb was in a romantic mood and wanted to talk. She said: **"You used to hold my hand when we were courting."** Warily he reached across, held her hand for a second and tried to get back to sleep. A few moments later she said: **"Then you used to kiss me ..."**

Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep. Thirty seconds later she said: **"Then you used to bite my Neck ..."** Angrily, Art threw back the bed clothes and got out of bed. **"Where are you going?"** Barb asked ... **"To get my teeth!"** **ggd ☺**



**SPOILER ALERT**

**January 2016 ... Special "Elegant Fundraising Event" Coming To The Wellston Center! Stay Tuned For Additional Details!**

\* Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend! \*



**Meeting Date/Time:** Wednesday - August 26, 2015 | 10:00 A.M.  
**Guest Speaker:** Larry Walker  
 Attorney/Historian/Columnist (Perry, GA)  
**"Reflections/Life Experiences!"**



P.O. Box 7481  
 Warner Robins, GA 31095  
 www.AARPchapter1952.org  
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**Chapter 1952**



# Choice

The Newsletter Of AARP Chapter 1952

Houston County Georgia  
 (Established November 7, 1974)

www.AARPChapter1952.org

August 2015  
 Volume 19 - 8  
 Monthly



Meeting Dates/Time: **Wednesday, August 26<sup>th</sup>** (10:00 A.M.) and **Wednesday, September 23<sup>rd</sup>** (10:00 A.M.)  
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Greg Davis	318-0471	Marietta Magerkurth	922-2344
Vice President	Frank Gadbois	953-7788	Herminia McMahon *	953-2010
Secretary	James Erdmanczyk	217-1778	Sonia Thompson	442-7364
Treasurer	Benedicta Edge	333-2310	Soledad White	953-5700
"Choice" Editor	Greg Davis	318-0471		

### Birthdays For August

Teresita Palms 3<sup>rd</sup> Peregrina Guillet 24<sup>th</sup>

### Birthdays For September

Greg Davis 1<sup>st</sup> **Mary Lappano \*\*** 1<sup>st</sup> Agnes Partlow 6<sup>th</sup> Phyllis Blount 8<sup>th</sup>  
**Charles Bell \*\*** 9<sup>th</sup> Benedicta Edge 10<sup>th</sup> **Ivis Bedrick \*\*** 15<sup>th</sup>

**\*\* Nonagenarian \*\***

### 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:** John Echols, Earnest/Sue Braun, Ruth Davis, Charles Bell and Phyllis Blount. We wish health/wellness to all past/current members! **ggd ☺**



**Highlights From The July 2015 Meeting: "It's All About Technology!" William and David Milby - Visiting Angels - Central Georgia** shared valuable information about some of the latest computer technology resources. Video demonstrations included social media (Facebook/Twitter), Skype, E-Mail, Text Messaging and Anti-Virus Programs. Visiting Angels recently partnered with a "veterans assistance organization" that facilitates Veterans Aid and Attendance Pension benefits for seniors.

For additional "technology-related" information and/or products/services offered by Visiting Angels, please contact the office at **478/971-1608** or visit them online at **www.visitingangels.com/centralga** **ggd ☺**

Welcome new member **Carol Davis!**

**AARP** (National, State and Local/Chapter 1952) is among many organizations with similar programs/services. As such, our Newsletter (**Choice**) in addition to our website — **www.AARPChapter1952.org** are tools to inform our members (primarily) and the general public about resources, services and events that benefit ALL. **HINT:** If **you** go to an **"all-you-can-eat"** buffet restaurant and **you** leave hungry ... it's **your** own fault! **ggd ☺**

**AARP Driver Safety Class - Contact:** Robert Woodall (478/397-6690) Or Sherman Falana (478/987-3658) To Register. Open To AARP And Non-AARP Members!

The **Houston County Board of Education (HCBOE)** will offer **FREE Basic Computer Classes** (Adults) taught by employee and student volunteers: **Aug. 24, Sept. 14, Sept. 21, Oct. 19, Nov. 2, Jan 11 and Feb. 1.** | 4:30 p.m. - 7:00 p.m. **HOT! HOT! HOT!** To register, call **Lorrie Nix 478/988-6222, EXT 10090** **ggd ☺**



**Senior Expo** | Friday/  
**October 30th** | 9:00 a.m. -  
 12:00 p.m. @ Central  
 Georgia Technical College

**Senior Health Fair** |  
**Tuesday/November**  
**17th** | 9:00 a.m. - 12:00  
 p.m. @ Wellston Center

\*\*\*\* Business Meeting In November | Business Meeting In November | Business Meeting In November | Business Meeting In November \*\*\*\*

**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,

**Greg Davis** ggd ☺ Tel: 478/318-0471 | E-Mail: [gdavismail@gmail.com](mailto:gdavismail@gmail.com)



# "Relevance!"

**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. Upcoming **Meetings/Events**:

- **Wednesday** | 9/23/2015 | 10:00 a.m.
- **Wednesday** | 10/28/2015 | 10:00 a.m.
- **Friday** | 10/30/2015 | 9:00 a.m. - 12:00 p.m. (Senior Expo @ CGTC)
- **Tuesday** | 11/17/2015 | 9:00 a.m. - 12:00 p.m. (Health Fair @ Wellston Center)
- **Wednesday** | 11/18/2015 | 10:00 a.m. (**THIRD WEDNESDAY** - Business Meeting)
- **Monday** | 12/21/2015 | 10:00 a.m. (**THIRD MONDAY** - Christmas Meeting/Lunch) ggd☺



Last month we briefly discussed "**technology for seniors**." The **HCBOE** is offering **FREE Basic Computer Classes** (Adult) and I encourage everyone to sign up and take advantage of this FREE resource! In this newsletter we'll continue the "**technology**" theme focused on healthcare/medical applications for seniors and all patients. The following "summary" is written from a pediatrician's viewpoint. However, the technology principles can be (and are) adapted/applied to seniors and patients of all ages!

## Healthy Connections

James McElligott, M.D., Board-Certified Pediatrician/Medical Director of the Center for Telehealth at the Medical University of South Carolina.

**"A Telehealth Journey:** *What led me to telehealth was my interest in health disparity in South Carolina and why children from lower-income families had a harder time getting access to care. There is a much-underserved region of the state that has very few doctors, and lots of poverty and health problems. I received grants to do some work in a rural area of the state and because of the logistics of the situation — few health care providers, travel issues — I couldn't address the issues without the use of technology. My thought was that the barriers to care was such that many of these children have never received or had access to regular health care, and the school was an ideal place to reach the children to treat and prevent illness. With these efforts and the bonds formed between parents, local communities, school nurses and a network of providers working together the program is truly taking off. Through telehealth we are offering health care in a setting focused on a child's wellness while alleviating distance and time barriers to care. The surprise benefit of this program was that we realized that telehealth has the potential to make the whole healthcare system more efficient by coupling easy access to care with enhanced communication between the school nurse, parents and patients."*

Telehealth programs and other technology are better connecting patients with physicians and specialist. When you hear or read the phrase telehealth, it can mean a lot of different things to both patients and physicians. Simply put, **telehealth is taking care of a patient over a distance with the use of technology.**

Telehealth can be a home monitoring device that transmits your blood sugar levels to a doctor a hundred miles away. Or, it could be a video conference with a specialist. Typically, when people use the term they mean video conferencing. The primary functions of telehealth are to increase access of health care for patients who need it and to create efficiency of care for physicians and providers.



**How it works:** Right now, there are approximately 200 telehealth networks across the country. Typically, these are in-office telehealth visits where a patient goes to a physician's office and has a video conference with another specialist.

For patients to participate in telehealth, they register at their local family practice office and are placed in an examination room. But instead of a doctor coming in to see the patient, there's a video conferencing screen and a doctor talking to the patient through video.

There may be devices in the room where the doctor can listen to the heart and lungs, look at the throat, look in the ears or look closely at skin lesions. There may also be a nurse in the room and they might be holding the devices, helping the patient understand the process and performing part of the exam.

**Rules and regulations:** Regulatory boards are very cautious when it comes to things like telehealth. The boards want to ensure situations like misdiagnosis and over-prescribing of pain medications and antibiotics don't increase because of this new service.

Every telehealth program should address these concerns by understanding what you can or can't do to maintain the standard of care. One challenge is that the high satisfaction and benefits of improved access leads to rapid adoption of telehealth, but this must be balanced with a commitment to maintain the good practice of medicine no matter how it is delivered.

What you start facing is the real question of what is needed to take care of a population. In truth, telehealth is actually more centered around the patient rather than the doctor as opposed to traditional care. Although it sounds futuristic, it's actually easy to compare telehealth to the old days of house calls by the doctor with a little black bag because it adapts more to the family's routine.

## A Caregiver's Commitment: Technology For The Aging

Changes in technology are being used to support those receiving and providing in-home care. As the aging population grows, so do the changes in technology that can be used to support those receiving care. Apps and devices connect families across the country, providing caregivers, and the loved ones in their care, the products and services needed to take some of the edge off aging.

Improvements in the design and function of walkers have helped both the user and caregiver. The lighter frames reduce physical strain and allow for easier transportation in vehicles.

Impressive strides are being made on motorized chairs and scooters as well. Along with sleeker body designs, the controls on the newer products are more responsive, making it easier for users with fading or limited strength to still get out and get active.

With an alternative control device, the chairs can also be guided by physical actions that replace a standard joystick. The controls can be operated through touchpads by the feet or legs, along with chin, head and breath controls.

Several studies show a sharp rise in Internet usage of adults age 65 and older. Laptops, smartphones and tablets have become more the norm for everyday life. These devices are also playing a role in how families stay connected as well as providing access to service providers.

Access to video conference and telehealth services will eventually enable those aging adults who are more home-bound to have access to care that before might have been too difficult for their caregiver to provide.

**"As people in their 40s and 50s who are more computer savvy than their parents, become caregivers I think we'll see that use of technology increase across the country,"** says **Brandi Schneider**, coordinator of Aging Services at the Schmieding Center for Senior Health and Education (University of Arkansas | Little Rock). **"One of the things that we see more and more are people seeking virtual support. They are caregivers, but many also have full-time jobs or simply don't want to leave those in their care alone. More and more places across the country are using online technology to help caregivers find assistance."**

When it comes to training caregivers, technology is at the forefront as well. **Dr. Gary McHenry**, director of

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



AARP National + AARP Chapter 1952

☺ ggd and enjoy the newsletters in full COLOR! [www.AARPCChapter1952.org](http://www.AARPCChapter1952.org) - and enjoy the newsletters in full COLOR! ggd ☺