

**Hundreds Rally To Protest Planned Cuts To Senior Services** - Hundreds of seniors and their advocates rallied **Thursday, February 7th** at the state Capitol in Atlanta to protest planned state budget cuts affecting senior services.

**AARP Georgia** joined 14 other groups to host the **Be There 4 Seniors Rally** and urge the Georgia Assembly to restore cuts proposed to the state's aging support services budget. The cuts, protestors warned, will leave disabled and older Georgians without the services that allow many to remain in the homes and communities they love. The services include community care, adult protection from both physical and financial abuse, and respite services such as adult and mobile day care that allow caregivers time needed to run errands, attend to their own household needs, and refresh themselves.



GBI Director Vernon Keenan addresses **Be There 4 Seniors Rally**, stressing the need for strong adult protective services.

**"When I'm able to improve my quality of life, my mother's quality of life improves, too,"** said one speaker, a caregiver whose mother has Alzheimer's.

Proposed state budget cuts include:

Next month it'll be time again to set our clocks forward. The way things are going it's too bad we can't turn 'em back about 30 years.



- More than \$2.5 million from the Community Care State Medicaid Match (fiscal year 2013).
- More than \$55,000 from spending for adult protective services (fiscal year 2013) and more than \$500,000 for adult protective service in fiscal year 2014.
- Nearly \$500,000 for Alzheimer's services and respite care services (fiscal year 2014).

Members of the legislature and the director of the Georgia Bureau of Investigation (GBI) joined caregivers and recipients in stressing the importance of protecting older Georgians and their ability to stay in their homes and communities. Legislators included Rep. Tommy Benton (R-Jefferson), chair of the House Human Relations & Aging Committee; Rep. Sharon Cooper (R-Marietta), chair of the House Health & Human Services Committee; and state Sen. Renee Unterman (R-Buford), chair of the Senate Health & Human Services Committee.

GBI Director **Vernon Keenan** likened the need for adult protective services to the need – now widely recognized – for protective services for children. He recalled for the audience the many strides made in the past few decades to toughen and extend protections for children. **"That's where we need to get to now for our older residents,"** he said.

Despite steady rain and temperatures in the low 40s, Thursday's rally attracted roughly 300. ggd ☺

# Choice

**February 2013**  
**Volume 17 - 2**  
**Monthly**

**The Newsletter Of AARP Chapter 1952**  
Warner Robins, Georgia  
*"To Serve – Not To Be Served"*  
[www.Choice1952.com](http://www.Choice1952.com)

Meeting Dates/Time: **Wednesday, February 27<sup>th</sup>** (10:00 A.M.) and **Wednesday, March 27<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	Jeanine Frey	922-5489	Maureen Echols	953-5060
Vice President	Frank Gadbois	953-7788	Suzanne Burgess	922-2003
Secretary	James Erdmanczyk	918-0685	Betty Lou Lovain	922-7774
Treasurer	John Echols	953-5060		
Chaplain	** Vacant **			
Choice Editor/Typist	Greg Davis	318-0471		

### Birthdays For February

Elizabeth Craig 4<sup>th</sup> Rosalie Montes 9<sup>th</sup> Joyce Phillips 12<sup>th</sup>

### Birthdays For March

Marcella Cunningham 3<sup>rd</sup> Frank Gadbois 17<sup>th</sup> Sue Braun 22<sup>nd</sup> Elizabeth Warren 22<sup>nd</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* We wish health/wellness to all past/current members! ggd☺



**Highlights From January's Meeting:** **Karen Cooper** - Associate State Director (Community Outreach) shared state-led initiatives focused on critical priorities such as strengthening Social Security, protecting seniors' access to their doctors and ensuring all Americans/Georgians have independence and choice as we age! **History:** Our chapter (1952) was incorporated in 1974! She also provided several copies of AARP Georgia Fact Sheet, Legislative Priorities and other valuable resources. Additional information available online at [www.aarp.org/ga](http://www.aarp.org/ga).

**Bonus "Guest Speaker" - Tommy Stalnaker** | Chairman/Houston County Board Of Commissioners gave an impromptu update on several Houston County-wide issues. Audit ... Clean! Future military/veteran's transition facility in Houston County!

Nola Brantley library renovation on target for fall 2013 completion. Updates/initiatives to schools security systems. Highway 96 projects scheduled for completion May 2013. Strong possibility for "east access" to/from Robins Air Force Base (RAFB)! Also briefly discussed RAFB encroachment progress. Overall ... lots of good information from both **Karen Cooper** and **Chairman Stalnaker**!

Guest Attendees: **Gary and Linda Miner!** We also recognized/honored (and treasure) our "youngsters" ... Mr. Charles Bell (94), Mr. Ernest Braun (92), Miss Ivis Bedrick (90) and Miss Mary Lappano (90)! Mr. James Kling (96) was not present :(

Since our newsletter is published during the "latter" part of the month don't forget **Daylight Savings Time, Saint Patrick's Day** and **Easter!** As I always ask ... *please give me topics of interest.* More importantly, I sincerely appreciate the "privilege" of printing our newsletter! ggd ☺



**Upcoming Events**  
**AARP Day At Capital**  
(Thursday - March 7, 2013 @ 7:30 A.M.)  
**Covered Dish** | Wednesday - March 27, 2013  
**Meeting Date/Time:**  
Wednesday - February 27, 2013/10:00 A.M.  
Guest Speaker: **Marjorie Grimsley** (Middle Georgia Community Action Agency)



P.O. Box 7481  
Warner Robins, GA 31095  
www.Choice1952.com  
Tel: 478/922-5489

**AARP** Chapter 1952  
*The power to make it better.*

**Editor's Notes: Members:** 2013 is here! 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. **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!

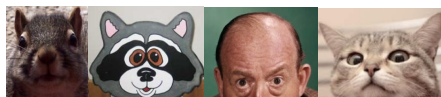
I can be reached at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

Sincerely,

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

**In Case You Missed It ...** (From Multiple British Sources)

It's never too late to quit! Birthday girl **Clara Cowell** finally gives up smoking at the age of **102** - after puffing on **60,000** cigarettes!



**Advertisers:** As a professional courtesy (within "reason") we'll "promote" your company in our 2013 newsletters! We sincerely appreciate your support and hope you'll continue that support in 2013 and beyond. **Thank You! ggd ☺**



Who says life stops at 102? On her second year past the century mark, **Clara Cowell** has given in to her family and agreed to quit smoking! The British mother of four, grandmother to nine, great grandmother to 12, and great-great grandmother to four conceded that after puffing on some 60,000 cigarettes, falling ash has become a risk to her health. But could it backfire? **"The secret to mum's long life is a cigarette and a cup of tea with whisky,"** says her 69-year-old daughter **Lynda Fowler**, who lives in Ontario, Canada. **"That and hard work and poverty. She's an inspiration."**

**Valerie Houghton** (left) with her mother **Clara Cowell** as she celebrates her **102nd** birthday.

**Mrs. Cowell**, who lives independently in Ainscough Brook House in Ribbleton, Preston (United Kingdom) celebrated her milestone birthday **Sunday, February 17th** - with five generations of family at one of her favourite places - the pub! Her daughter, **Valerie Houghton**, 73, said: **"We wanted to take her to The Continental because they've built a little snug, and it will be a nice reminder of the pubs she used to go to in Lancaster Road like The Painters."**

**Mrs. Cowell**, who survived TB as a small child, said she **'doesn't believe in medication'**, and is so sprightly that for her 101st birthday, she wowed crowds at the Blackpool Tower ballroom by taking to the dance floor for a waltz. **Mrs. Cowell** said: **'I used to love dancing, particularly waltzing and the foxtrot. We all used to walk home from Blackpool to Preston and the police guided us. There would be boys and girls arm-in-arm, singing.'**

**Mrs. Cowell** spent most of her life living in the Plungington and Deepdale areas, and brought up four children - Bryan, Ken, Valerie and Lynda - with her late coal man husband George. During the war, when George was called to fight, she raised the children alone while working in a local ammunition factory. **Valerie** (Houghton) also said: **'She used to walk us to the childminder's every day between 5am and 6am and then she'd go to work making parachutes. All of the girls used to take a little material and they made themselves silk knickers.'** **Mrs. Cowell** further added: **'It was hard during the war and we never had enough sleep or enough to eat, but we didn't take any harm from it. I've just tried to make the most of things.'**

Wow ... what a life! With that in mind here are some **"perks"** of reaching 50, or being over 60, and heading towards 70 or beyond like **Mrs. Cowell**:

- Kidnappers are not very interested in you.
  - In a hostage situation, you are likely to be released first.
  - No one expects you to run ... anywhere.
  - People call at 9:00 (A.M or P.M.) and ask, 'Did I wake you?'
  - People no longer view you as a hypochondriac.
  - There is nothing left to learn the hard way.
  - Things you buy now won't wear out.
  - You can eat supper at 4:00 P.M.
  - You can live without sex ... but not your glasses.
  - You get into heated arguments about pension plans.
  - You no longer think of speed limits as a challenge.
  - You quit trying to hold your stomach in no matter who walks into the room.
  - You sing along with elevator music.
  - Your eyes won't get much worse.
  - Your investment in health insurance is finally beginning to pay off.
  - Your joints are more accurate meteorologists than the national weather service.
  - Your secrets are safe with your friends because they can't remember them either.
  - Your supply of brain cells is finally down to a manageable size.
- Those **"perks"** are great. However, even with those **"perks"** it's important to **Never, Never, Never** ... under any circumstances - take a sleeping pill and a laxative the same night! **ggd ☺** (Submitted By Jeanine Frey)

**Reminder: FREE TRIP!!! AARP Day At The Capital | Thursday - March 7, 2013. Bus Departs Wellston Center At 7:30 A.M.! BEEEEEEEEEE THERE Or You'll Literally Miss The Bus! \*\*\* Please Sign Up/Register With Jeanine Frey Or Frank Gadbois \*\*\***

**Please Support These Advertisers That Support Us!**

Let Them Know You're From AARP Chapter 1952!

  
**H. Jay Walker III**  
Attorney at Law  
Office (478) 923-4152  
Residence (478) 953-1240  
Facsimile (478) 922-7401  
Email: hjwalker@infionline.net  
123 B Carl Vinson Parkway  
Warner Robins, Georgia 31088

**Raccoon Stone & Tile Works**  
Granite, Marble & Limestone  
We cater to your fabrication needs!  
Counter Tops, Vanities And More!  
www.RaccoonStoneAndTile.com  
**Mary Coon**  
Tel: 478/956-2222 Fax: 478/956-2221  
Showroom: 2347 HWY 247C  
Byron, GA 31008

**DOWN ON THE BAYOU**  
Authentic New Orleans Cuisine  
**David & Felicia Hackney**  
478/973-0176 | DavidHackney@cox.net  
\* Catering \* Large/Small Events \*  
\* Personal Chef \* Home Delivery \*  
\* Seafood Boils \* Fairs/Festivals \*  
Facebook: Down On The Bayou

**Rodrigo E. Morales, MD**  
• Board Certified In Pulmonary, Sleep Medicine And Internal Medicine  
• Active Member Medical Staff Of Houston Medical Center (Warner Robins, GA)  
• Consultant Physician At Perry Hospital (Perry, GA)  
**\*\* New Patients Are Welcome! \*\***  
**Houston Lung Clinic, LLC**  
92 Tommy Stalaker Drive  
(Corner Of Osigian Boulevard)  
Warner Robins, GA 31088  
478/333-2522 | 478/333-3160 (Fax)



**The World's Greatest Swordsman** - At an exhibition of the world's best swordsmen, the third-place fencer took the stage. A fly was released, and with an arc of his sword he cut the fly in half. The crowd cheered. Then the second-place man sliced a fly into quarters. A hush fell in anticipation of the world's greatest swordsman. His blade came down in a mighty arc - but the insect continued on its way! The crowd was aghast. The greatest swordsman had missed his target completely, yet he continued to smile. **"Why are you so happy?"** someone yelled. **"You missed!"** "Ah," replied the swordsman, **"you weren't watching very carefully. The fly lives, yes - but he will never be a father."** **ggd ☺**

**Middle Georgia Memory Makers**  
Group Travel  
**Franki Hodge**  
Trip Coordinator  
137 Williamstown Drive  
Warner Robins, GA 31093  
Tel: 478/953.0636 | Cell: 478/951.4874  
E-mail: fahodge@cox.net

**Kleenco Carpet Cleaners**  
**Christopher Addison - Owner**  
206 Crakston Court  
Bonaire, GA 31005  
Tel: 478/258-6244  
Licensed, Bonded & Insured  
www.KleencoCarpetCleaners.com  
**"We Love To Clean!"**

**UROLOGICAL HEALTH CENTER**  
1770 Watson Boulevard  
Warner Robins, GA 31093  
(478) 333-6961  
**Melvin Fussell, M.D.**  
Board Certified Urologist  
www.UrologicalHealthCenter.com

**WOODMEN of the WORLD** with you through LIFE<sup>SM</sup>  
Area Manager  
Woodmen Financial Services  
**Jill Smith, FIC**  
Financial Representative  
1019 Ball Street | Perry, GA 31069  
Phone: 478.987.9691  
Fax: 478.987.9692  
Cell: 912.539.0579  
JKSmith@woodmen.org  
http://reps.woodmen.org/JILLKSMITH

**FREE SYSTEM & INSTALLATION**  
**GUARDIAN SECURITY SYSTEMS, INC.**  
"Protecting What is Most Important"  
Burglar & Fire Alarms  
• Residential & Commercial  
• Medical Emergency Alarms  
• 24 Hr. Monitoring  
• Intercoms & Home Theatre  
158 S. Houston Lake Rd., Ste. 1, Warner Robins, GA 31088  
www.guardiansecuritysystems.net  
**478-329-9211 or 888-329-9211**

**Operation House ID**  
"NightVISION" Reflective Address Signs!  
Practical!  
Elegant Designs!  
Brilliantly Reflective!  
Complements Any Landscape!  
Highly Visible Both Day And Night!  
Only \$57.50 - Installed On A Free-Standing Pole!  
**Gregory G. Davis**  
Tel: 478/318-0471  
www.Elegant911Signs.com

**ASX AUTO SERVICE EXPERTS**  
Quality repairs and best customer service in town!  
**Wiltz Bernard**  
810 Corder Road Warner Robins, GA 31088  
478.923.0000  
asx@asxperts.biz

**RCI COLLISION**  
The #1 Auto Body Repair Facility In Middle Georgia!  
**(478) 923-8811**  
810 Corder Road | Warner Robins, GA 31088  
www.RCICollision.com

**THE FLOOR STORE**  
Floor ... Everything You Need!  
**Jim Nadeau**  
478.333.3396  
4027 Watson Boulevard, Suite 190  
Warner Robins, GA 31093  
thefloorstore4027@gmail.com  
www.TheFloorStoreOnline.com

**Jim's Quick Lube**  
**JAMES DAVID (JIM) SPEER**  
857 Warren Drive (West Highway 96)  
Warner Robins, GA 31088  
478/218-0279  
Email: jimsppeer@aol.com  
**\*\* Senior Discounts \*\***

