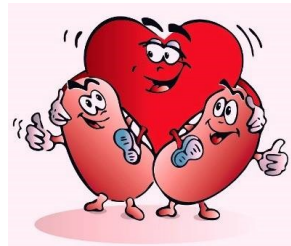


Celebrated on the second Thursday in March, the mission of **World Kidney Day** is to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.

Objectives

- Raise awareness about our “amazing kidneys” Highlight that diabetes and high blood pressure are key risk factors for Chronic Kidney Disease (CKD).
- Encourage systematic screening of all patients with diabetes and hypertension for CKD.
- Encourage preventive behaviors.
- Educate all medical professionals about their key role in detecting and reducing the risk of CKD, particularly in high risk populations.
- Stress the important role of local and national health authorities in controlling the CKD epidemic. Health authorities worldwide will have to deal with high and escalating costs if no action is taken to treat the growing number of people with CKD. On World Kidney Day all governments are encouraged to take action and invest in further kidney screening.
- Encourage Transplantation as a best-outcome option for kidney failure, and the act of organ donation as a life-saving initiative.

If detected early, Chronic Kidney Diseases can be treated—thereby reducing other complications and dramatically reduce the growing burden of deaths and disability from chronic renal and cardiovascular disease worldwide. The 2015 concept **“Kidney Health For All”** is a worldwide collective effort involving the public, celebrities and professionals moving across a public area by walking, running and cycling. Why not join them – by whatever means you prefer! Visit www.WorldKidneyDay.org for more information. **ggd©**



Invite A Friend And Please Bring This Newsletter With You!

Meeting Date/Time: Wednesday - February 25, 2015/10:00 A.M.
Guest Speaker: Mr. Sonny Watson
 Chairman/Houston Healthcare System, Inc



P.O. Box 7481
 Warner Robins, GA 31095
 www.Choice1952.com
 Tel: 478/318-0471

Chapter 1952



Choice

The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia
 (Established November 7, 1974)
www.Choice1952.com

February 2015
 Volume 19 - 2
 Monthly



Meeting Dates/Time: **Wednesday, February 25th** (10:00 A.M.) and **Wednesday, March 25th** (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	Vacant	
Vice President	Frank Gadbois	953-7788	Vacant	
Secretary	James Erdmanczyk	217-1778	Vacant	
Treasurer	Benedicta Edge	333-2310	Vacant	
“Choice” Editor	Greg Davis	318-0471	Vacant	

Birthdays For February

Joyce Phillips 12th

Birthdays For March

Frank Gadbois 17th Sue Braun 22nd Elizabeth Warren 22nd

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 The January 2015 Meeting: **Greg Davis** (President) discussed foundational principles of AARP (National/State), history, programs, resources, trends, Chapter 1952 (challenges) and the **“RELEVANCE”** of AARP in today’s society. Briefly discussed developing a **PRIVATE/MEMBERS-ONLY** (Photo-Included) Membership Directory.

Greg Tanner/AARP State Director (January 15, 2015) - *“This year AARP Georgia has several new initiatives we will undertake related to caregiving and financial resiliency which will positively impact the 50+ population and their loved ones. We will be providing materials to our volunteers and chapters so that you have the tools to educate and influence policymakers on these important topics. 2015 marks the first year in which AARP Georgia will hold a one day advocacy-focused event with state elected officials in place of our traditional **Three Weeks at the Capital**. We are currently working on a specific date and agenda that would maximize volunteer participation. More information will be shared in the weeks to come.”*

AARP Georgia Announces Introduction of Family Care Act in Georgia House of Representatives

Serena Garcia | AARP Georgia

On January 26, Representative Tommy Benton (R-31), Chairman of the Human Relations & Aging Committee, introduced **HB 92, The Family Care Act**, with co-sponsorship from Representatives Matt Hatchett (R-150), Katie Dempsey (R-13), Margaret Kaiser (D-59), and Sharon Cooper (R-43). AARP volunteers from Augusta joined the AARP staff and local caregiving agency partners in support of HB 92.

The Family Care Act (HB 92) is critical to Georgia’s working population as it would allow employees to use their earned sick leave to care for loved ones. This legislation will also reduce health risks and control taxpayer-funded health costs without requiring employers to provide any additional sick days.

“AARP lends its continued and unequivocal support to this initiative,” said Melissa Sinden, Associate State Director-Advocacy, AARP Georgia. “Caregivers in Georgia work tirelessly to ensure that their loved ones receive the care they need. They deserve workplace flexibility which affords them the ability to use their earned time off to meet their care responsibilities without losing income – or their employment.”

Reports say 48% of family caregivers who have to take time off to meet their care responsibilities lose income. Nationwide, 23% of workers have lost a job or have been threatened with job loss for taking time to care for a personal or family illness. The Family Care Act would provide greater flexibility for Georgians and help keep working people in their jobs.

AARP Driver Safety Class: 1:00 P.M. - 4:30 P.M. | Warner Robins Senior Activity Center | 152 Maple Street | **Contact Robert Woodall (478/397-6690)** To Register.

AARP TaxAide: Until April 15, 2015. | 10:00 A.M. - 4:00 P.M. | M-F | **Warner Robins Senior Activity Center** | 152 Maple Street | First Come-First Served | (478/322-0269) || **Perry Volunteer Outreach Center** | 733 Carroll Street | **Wednesday/12:00 Noon - 3:00 P.M.** | **Saturday/9:00 A.M. - Noon** | **Contact (478) 218-2274**



Editor's Notes: **Members:** Please UPDATE your local (Chapter 1952) membership ... still a "bargain" at only \$5.00/Year! **IMPORTANT - THIS ISSUE (FEBRUARY 2015) IS THE LAST ISSUE MEMBERS WILL RECEIVE UNLESS WE RECEIVE 2015/\$5.00 MEMBERSHIP DUES. DEADLINE: MARCH 10, 2015.**

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/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 and - collectively - we'll get/keep advertisers/sponsors!

Sincerely,

Greg Davis ggd ☺ Tel: 478/318-0471 | E-Mail: gdavismail@gmail.com!

"Relevance!"



"Bite Into A Healthy Lifestyle"

During National Nutrition Month®!

Academy of Nutrition and Dietetics
www.EatRightPro.org

Each March and throughout the year, the **Academy of Nutrition and Dietetics** encourages everyone to return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise. The goal is to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

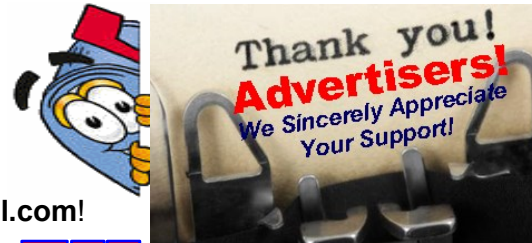
"Daily physical activity is a crucial part of everyone's healthy lifestyle, but unfortunately most of us don't include enough movement in our daily routines," says registered dietitian nutritionist and Academy Spokesperson **Jennifer McDaniel**. **"Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall well-being."**

Regular Physical Activity is a Must! Most health benefits come from at least 150 minutes a week of moderately intense physical activity, with added advantages from increased exercise and intensity. Endurance and muscle-strengthening activities like lifting weights, working with a resistance band or doing pushups are also beneficial.

"A physically active lifestyle offers you many rewards, from a slimmer body to a healthy heart," says McDaniel, who is also a board certified sports dietitian. **"And these physical benefits are only the beginning. Additional advantages include stress relief, better sleep and even a more positive mental outlook."** McDaniel offers ways to get moving:

- Use the buddy system: Join a walking group or attend fitness classes.
- Participate in social and competitive sports like soccer or flag football.
- Plan a hiking or canoeing trip instead of a beach vacation.
- Sign up for a 5k run/walk with friends or family.
- Sneak in exercise at your desk like leg lifts and calf raises – or even buy a desk that allows you to stand while working.
- Take a 15-minute walk on your lunch break (or walk up and down the stairs when weather's bad).
- Find an activity monitor to assess movement through the day – gadgets are very motivating for some!

Food is Vital for Energy. To maintain a physically active and healthy lifestyle, stay nourished before, during and after exercise. **"Before exercise, look for foods high in carbohydrates, adequate in protein and moderate in fat and fiber, like oatmeal with bananas, almonds and fat-free milk,"** McDaniel says.



As a professional courtesy (within "reason") we'll continue to "promote" your company in our 2015 newsletters while we wait for your advertising INVOICE payment! We sincerely appreciate your support in 2014 (and previous years) and hope you'll continue that support in 2015 and beyond.
Thank You! ggd ☺



IF YOU DON'T THINK "REAL POSSIBILITIES"
WHEN YOU THINK AARP, THEN
YOU DON'T KNOW "aarp"

"Drink water before, during and after physical activity since dehydration can cause fatigue and impair performance," McDaniel says.

Snacks can be a fun and valuable part of a person's healthful eating plan – but they can also add unneeded calories, sugar, sodium and fat. **"If you choose carefully, and plan ahead, sensible snacks can be part of any healthful eating plan,"** says registered dietitian nutritionist and Academy Spokesperson **Isabel Maples**. **"Snacks can prevent overeating at mealtimes and throughout the day. For children and adults alike, snacks can supply foods and nutrients that we might miss in meals. Snacks especially offer a great way to eat more fruits, vegetables, whole-grains and low-fat dairy."**

For active kids and teens, snacks can supplement meals. **"Because children are still growing, they may need to eat more often to get the calories they need and provide foods that might be missing from their meals,"** Maples says.

"For adults, a healthy snack can provide an energy boost, and satisfy your mid-day hunger. If you haven't eaten for three or more hours, a snack can help bring up your blood sugar level for optimal energy. For older adults with smaller appetites or limited energy, several small meals including snacks may be easier for their bodies to handle," Maples says. She offers the following ideas for biting into healthy snacks:

- **Plan your snacks.** **"Keep a variety of tasty, nutrient-rich, ready-to-eat foods nearby, for when you need a bite to take the edge off hunger. Then, you won't be so tempted by less-healthy options from vending machines, convenience stores or the contents of your own kitchen."** Snack ideas include fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds and fat-free yogurt.
- **Make snack calories count.** **"Snack on foods that fill the nutrient gaps in your day's eating plan. Think of snacks as mini-meals to help you eat more fruits, vegetables, whole grains and low-fat dairy – foods we often don't eat enough."**
- **Go easy on high-calorie snacks such as chips, candy and soft drinks.** **"They often contain solid fats, and added sugars. Make these occasional choices that fit your day's plan."**
- **Snack when you're hungry – not because you're bored, stressed or frustrated.** **"Exercise can actually be a great way to feed those emotional urges."**
- **Snack on sensible portions.** **"Choose single-serve containers, or put a small helping in a bowl rather than eating directly from the package."**
- **Quench your thirst.** **"Water, low-fat or fat-free milk and 100-percent juice are just a few options. Flavored waters might be high in added sugars, so check the label."**

Making the right food and nutrition choices is a necessary part of biting into a healthy lifestyle. **"A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While that is important, it's also essential to make informed food choices based on your individual health and nutrient needs,"** says registered dietitian nutritionist and Academy Spokesperson **Marjorie Nolan Cohn**. **"Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan are all part of making smart choices."**

Learn Your Needs - Age, gender, body type, family history, existing health conditions and daily routines all play a factor in determining which foods we should eat more of and which we should avoid when trying to optimize our health. **"A consultation with a registered dietitian nutritionist (RDN) is the best tool for learning what your body needs to achieve peak health and prevent disease,"** Cohn says. **"An RDN will review your health history, and then work with your preferences and routine to put together a comprehensive and achievable lifestyle-based eating plan."**

Making the right food and nutrition choices is a necessary part of the 2015 **"Bite Into A Healthy Lifestyle"** campaign. A Registered Dietitian Nutritionist can help. To learn more and to find an RDN in your area visit www.EatRightPro.org. ggd☺

Check out our website - www.Choice1952.com - and enjoy the newsletters in full COLOR! ggd ☺