

Texting For Seniors

Teens have theirs (LOL - Laughing Our Loud, **OMG** - Oh My God/Gosh, **TTYL** - Talk To You Later, etc.). Not to be outdone by these little **SNK/B** - Snotty Nosed Kids/B_____s, now seniors have their own texting codes! **ggd** ☺

- ATD** - At The Doctor
- BFF** - Best Friends Funeral
- BTW** - Bring The Wheelchair
- BYOT** - Bring Your Own Teeth
- CBM** - Covered By Medicare
- CUATSC** - See You At The Senior Center
- DWI** - Driving While Incontinent
- FWBB** - Friend With Beta Blockers
- FWIW** - Forgot Where I Was
- FYI** - Found Your Insulin
- GGPBL** - Gotta Go, Pacemaker Battery Low
- GGLKI** - Gotta Go, Laxative Kicking In!
- GHA** - Got Heartburn Again

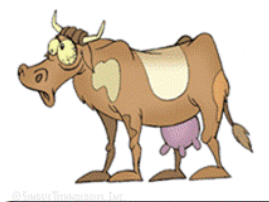
- HGBM** - Had Good Bowel Movement
- IMHO** - Is My Hearing-Aid On?
- LMDO** - Laughing My Dentures Out
- LOL** - Living On Lipitor
- LWO** - Lawrence Welk's On
- OMMR** - On My Massage Recliner
- OMSG** - Oh My! Sorry, Gas
- ROFL ... CGU** - Rolling On The Floor Laughing ... Can't Get Up
- TOT** - Texting On Toilet
- TTYL** - Talk To You Louder
- WAITT** - Who Am I Talking To?
- WTFA** - Wet The Furniture Again
- WTP** - Where're The Prunes **WWNO** - Walker Wheels Need Oil

** Thanks JF **



I got a new stick deodorant today.
The instructions said:
Remove cap and push up bottom.

I can barely walk,
but whenever I fart,
the room smells lovely. ☺



A cow, an ant and an old fart are debating on who is the greatest of the three of them. The **cow** said, **"I give 20 quarts of milk every day and that's why I am the greatest!"** The **ant** said, **"I work day and night, summer and winter, I can carry 52 times my own weight and that's why I am the greatest!"** Well ... any comments? **ggd** ☺

Choice

February 2012
Volume 16 - 2
Monthly

The Newsletter Of AARP Chapter 1952
Warner Robins, Georgia
"To Serve - Not To Be Served"
www.Choice1952.com

Meeting Dates/Time: **Wednesday, February 22nd** (10:00 A.M.) and **Wednesday, March 28th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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Choice Editor/Typist	Greg Davis	318-0471		

Birthdays For February

Palmer Craig 4th Lilian Werner 7th Rosalie Montes 9th

Birthdays For March

Marcella Cunningham 3rd Frank Gadbois 17th Sue Braun 22nd Elizabeth Warren 22nd
Ann Childress 26th

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

Highlights From January's Meeting: Dorothy Hunley [Assistant Business Office Manager] **Houston HealthCare (HHC)** - and other HHC staff briefly discussed "general" Medicare/Medicaid issues along with a **"very informative"** topic: HHC's **Indigent And Charity Care Program!** This program has been established to provide financial relief to those who are unable to meet their financial obligations to Houston Healthcare. Generally speaking ... persons who wish to apply for financial assistance must complete and sign a financial application. HHC approves acceptable income levels and deduction percentages. No further collection activity will be made on the amounts approved for write-off using criteria supporting one level of Indigent and four levels of Charity Care. For additional information or assistance contact the HHC Patient Financial Services office - located at 233 North Houston Road in the Houston Mall Shopping Center or via telephone at 888/665-2455. Following the HHC presentation we enjoyed several delicious "soups, salads and sandwiches!" **ggd** ☺

Mark Your Calendars!

AARP Chapter 1952's **"Day At The Capital!"**

Thursday - March 22, 2012

Bus Departs At 7:30 A.M. From Wellston Center!

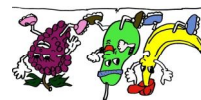
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Savings: Don't forget to swipe your AARP card **FIRST** during checkout at **Walgreens**. They (still) have different promotions throughout the year. **ggd** ☺

Meeting Date/Time: Wednesday - February 22, 2012/10:00 A.M.
Our Guest Speaker will be **Tommy Stalnaker**, Chairman, Houston County Board of Commissioners to discuss the **"Special Purpose Local Option Sales Tax"** Plan ... better known as the **SPLOSTI!**



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Editor's Notes: UPDATE YOUR LOCAL (Chapter 1952) MEMBERSHIP - STILL A "BARGAIN" AT \$5.00/YEAR!

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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,

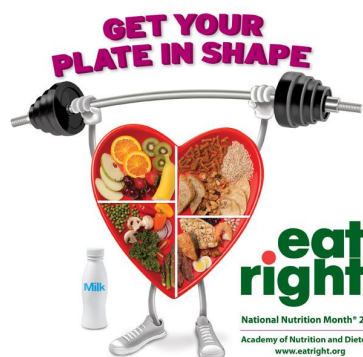
Greg (Formerly Known As "Da Baby") Davis ggd ☺



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January 31, 2012: President Barack Obama issued a proclamation designating February (2012) as **National Heart Month**, which states - in part that ... **"Every year, heart disease takes the lives of over half a million Americans, and it remains the leading cause of death in the United States. This devastating epidemic leaves no one untouched; its victims are fathers and daughters, grandparents and siblings, cherished friends and community members across our country. This month, we remember the steps each of us can take to reduce the risk of heart disease and recommit to better heart health for all Americans."**

According to **Kathleen Sebelius** - Secretary/Department Of Health and Human Services **"... thanks to the new health care law, the Affordable Care Act, new health plans must now cover recommended preventive services, including blood pressure screening for all adults and cholesterol screening for adults of certain ages or at higher risk, cost-free."** I hope everyone took part in the many **"Heart Focused"** activities/programs such as the **National Wear Red Day** (February 3, 2012) and the **UNOFFICIAL "Ultimate Heart Focused"** event ... **Valentine's Day!** **ggd** ☺



March is just around the corner and - among the many events celebrated - is **National Nutrition Month®** - a nutrition education and information campaign created by the **Academy of Nutrition and Dietetics** (formerly the American Dietetic Association) the world's largest organization of food and nutrition professionals. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Registered Dietitian Day, celebrated **March 14, 2012**, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes Registered Dietitians for their commitment to helping people enjoy healthy lives.

The 2012 National Nutrition Month theme is **"Get Your Plate in Shape."** According to the Academy of Nutrition and Dietetics via their website - **www.eatright.org** - ways to **"Get Your Plate In Shape"** include:

- Be mindful of your daily calorie needs. Find your personal daily calorie quota using the Dietary Guidelines' icon, MyPlate. When planning your meals and snacks throughout the day, keep your calorie needs in mind. A simple way to do this is to think about the portions on your plate. Divide your plate in four sections with one each for whole grains, lean proteins, vegetables and fruits, and a side of dairy, such as a cup of low-fat milk or yogurt or an ounce of cheese.
- Avoid oversized portions by using smaller plates, bowls and glasses. The standard 10-inch plate may be too large for you. Switch to 8-inch or appetizer-sized plates and you will automatically portion and eat less without feeling deprived. Pile your plate with nutrient-dense, lower-calorie foods like vegetables, fruits, whole grains and lean protein foods like beans, seafood, lean meat and poultry.
- Get into the kitchen and stay in charge of what you're eating. Cooking more often at home not only allows you to balance what's on your plate, but also enables you to choose healthier fats, less sodium and increase the fiber in your diet while balancing the amount of calories you eat. Then, when you eat out, you'll be more apt to recognize healthy portion sizes based on your experiences at home. Take the tactic of choosing lower calorie menu options when dining out by focusing on vegetables, fruits and whole grains.

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- Watch out for liquid calories. The calories in fruit juices and drinks with added sugar, sports drinks, sugar-laden coffee beverages and soft drinks can add up fast. Also, think before you drink alcoholic beverages as they have calories too. Remember to drink alcohol sensibly by capping it with one drink a day for women or two drinks a day for men. (A standard drink is 5 ounces of wine, 12 ounces of beer or 1.5 ounces of distilled spirits.)

"March 14 marks the fifth annual Registered Dietitian Day, reminding everyone that a registered dietitian is the best source of practical, affordable and credible food and nutrition information," says registered dietitian and Academy Spokesperson **Dee Sandquist**.

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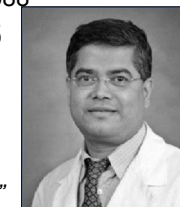
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