

has been properly screened, with criminal background checks completed.


### Stay Connected


- Keep in touch regularly with others; isolation can make you vulnerable to abuse.
- Build a network of family, friends, neighbors, and groups that you can interact with on a regular basis.
- Keep active to prevent isolation. Get involved with your senior center or volunteer to become a senior companion or "classroom grandparent." For more information visit [www.SeniorCorps.gov](http://www.SeniorCorps.gov).
- Join the National Association of Triads, a national partnership by which public safety officials, criminal justice professionals, and older adults collaborate to keep seniors safe from crime. For more information visit [www.NationalTriad.org](http://www.NationalTriad.org).
- Create a buddy system with other elders; call each other daily for reassurance and friendship, and visit each other if possible.

### Report

Making a report in instances of abuse or neglect is the right thing to do, and it's easy. Don't be afraid! Elders have a right to be safe.

- In cases of immediate danger, call **911**.
- If you or others experience abuse or neglect in a community setting, Adult Protective Services (APS) can help. To learn more about APS, visit: [www.apsnetwork.org/Abuse/index.html](http://www.apsnetwork.org/Abuse/index.html).
- If you or others experience abuse or neglect in a long-term care facility (e.g., a nursing home or assisted living facility), the Long-Term Care Ombudsman Program can help. To learn more about the ombudsman program, visit: [www.ltombudsman.org](http://www.ltombudsman.org).

For more information: Visit the website of the **National Center on Elder Abuse** (NCEA): [www.ncea.aoa.gov](http://www.ncea.aoa.gov). The email is: [ncea-info@aoa.hhs.gov](mailto:ncea-info@aoa.hhs.gov) and the phone number is: **1-855-500-3537**. 

**Memory Test** - Three elderly men, **Eddie, Jenkins** and **Martin** go to the doctor's for their memory test. It's a miracle they remembered the appointment! Anyway, the doctor begins by asking **Eddie**, "What is five times five?" "191," is his reply. The doctor rolls his eyes and looks up at the ceiling, and says to **Jenkins**, "It's your turn. What is five times five?" "Wednesday," replies Jenkins. The doctor shakes his head sadly, then asks the third man, "Okay Martin it's your turn. What's five times five?" "Twenty five," says **Martin**. "That's great!" says the doctor. "How did you get your answer?" "Easy," says **Martin**, "just subtract 191 from Wednesday." 

**Don't Forget ... June's Meeting (6/26/2013) We're Having A Picnic!**

# Choice

June 2013  
Volume 17 - 6  
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, June 26<sup>th</sup>** (10:00 A.M.) and **Wednesday, July 24<sup>th</sup>** (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 June


Ruth Davis 26<sup>th</sup>

### Birthdays For July

Helen Daly	1 <sup>st</sup>	Trudy Deep	5 <sup>th</sup>	Winona Smith	11 <sup>th</sup>	Maureen Echols	24 <sup>th</sup>
Johnny Brown	26 <sup>th</sup>	Ruth Peck	29 <sup>th</sup>				

## Happy "Belated" Birthday - Jeanine Frey (May 27<sup>th</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! 



**Highlights From May's Meeting:** Myra Foskey (Director/Hearts To Heroes, Inc) - provided insightful information about the mission of the Hearts To Heroes program which is **to provide care packages to the deployed military troops of the United States of America made possible by the donation of monies/items from those individuals/groups that support them.** Myra stated that since 2007 more than **1,400** "care packages" have been sent to the troops! Although the majority of "care packages" are non-perishable food items and/or personal care items, the organization has extended it's "care packages" to include **"Guitars For The Troops!"**



Hearts to Heroes, Inc is a Nonprofit 501(c)(3) Public Charity so a receipt, for tax purposes, will be provided to anyone that donates a guitar/string instrument. Hearts to Heroes became involved with **"Guitars For The Troops"** in January 2011 with Eddie Icard, Mickey Amberg and Bill Cox. Since that time, 27 guitars have been shipped to our Troops! In spite of rising shipping costs and budget constraints Myra - and her loyal volunteers/contributors - continue to bring a little bit of home/comfort to our deployed troops! To learn more about **Hearts To Heroes, Inc** please visit [www.heartstoheroesinc.org](http://www.heartstoheroesinc.org). Myra can be reached at **478/230-0663**. 

**An elderly couple go to church one Sunday.** Halfway through the service, the wife leans over and whispers in her husbands ear, "I've just let out a silent fart. What do you think I should do?" The husband replies, **"Put a new battery in your hearing aid."**

**An old man went to the doctor** complaining of a terrible pain in his leg. "I am afraid it's just old age," replied the doctor, "there is nothing we can do about it." "That can't be" fumed the old man, "you don't know what you are doing." "How can you possibly know I am wrong?" countered the doctor. "Well it's quite obvious," the old man replied, **"my other leg is fine, and it's the exact same age!"**



Meeting Date/Time:  
Wednesday - June 26, 2013/10:00 A.M.  
Guest Speaker: **Morgan Law**  
President/CEO  
Robins Regional Chamber Of Commerce



P.O. Box 7481  
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**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. **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!](mailto:gdavismail@gmail.com)

Sincerely,

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



## Learn Signs Of Elder Abuse To Prevent It From Happening

In our April 2011 issue of "Choice" I briefly shared **Mickey Rooney's** experience with Elder Abuse along with financial and physical signs of Elder Abuse. As we revisit this topic it comes as no surprise that "today" an estimated 2.1 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture. Experts believe that for every case of elder abuse or neglect reported, as many as five cases go unreported. Elder abuse happens, but everyone can act to protect seniors.

The Administration on Aging (**AOA**), an agency of the Administration for Community Living (**ACL**), sponsored the **Year of Elder Abuse Prevention (YEAP)** to encourage national, state, and local organizations to protect seniors and raise awareness about elder abuse, neglect and exploitation. **June 15, 2013** was **World Elder Abuse Awareness Day** where communities all over the USA and the world sponsored events to shed light on the growing and tragic issue of elder abuse. Elder abuse can be financial, physical, emotional, sexual and it also includes people who are neglected. Elders who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes and three times as likely to die. Abigail Van Buren ("**Dear Abby**") - in a recent column responded to a reader that she "*was dismayed to learn that 90 percent of elder abuse happens at the hands of a family member or caregiver. The descriptions of the kinds of treatment these elderly adults experience are frightening and frankly, not suitable for readers of all ages. That is why I am urging readers to get more information on this important subject by visiting [www.ncea.aoa.gov](http://www.ncea.aoa.gov). We can stop this scourge if we know what to look for and are willing to speak up when we see the warning signs. There, but for the grace of God, go you and I.*"

### Protect Yourself From Abuse, Neglect And Exploitation

**Plan** for your future by talking with family members, friends, and professionals whom you trust:

- Have your income (e.g., retirement, Social Security, and disability payments) directly deposited into your checking account. Contact your bank or go to [www.godirect.org](http://www.godirect.org) for help.

- If managing your daily finances becomes difficult, use a daily money manager. Allow only someone you trust to manage your finances. Visit [www.aadmm.com](http://www.aadmm.com) or [www.aarpmp.org](http://www.aarpmp.org) for further information on professional money management services.
- Get your estate plan in place. Ask your attorney to help you create a living will, a revocable trust, and a durable power of attorney for health care and asset management. Name a person you trust to make health care and asset management decisions for you in the event you are not able to make those decisions for yourself. Designating co-powers of attorney can ensure that no one agent can act unilaterally.
- Learn about your options for long-term care, if it becomes necessary. Visit [www.medicare.gov/quality-care-finder/](http://www.medicare.gov/quality-care-finder/) for more info on long-term care facility quality.

### Be Cautious

- Learn about the types of elder abuse and neglect and associated warning signs.
- Get on the National Do Not Call Registry to reduce telemarketing calls. Visit [www.donotcall.gov](http://www.donotcall.gov) or call 1-888-382-1222 to register your phone number.
- If you are offered a "prize," "loan," or "investment" that sounds too good to be true, it probably is. Consult with someone you trust before making a large purchase or investment and don't be pressured or intimidated into immediate decisions.
- Don't sign any documents that you don't completely understand without first consulting an attorney, family



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