

Brain Buster - How Many "Finer Things In Life" Can You Find?



- AFFLUENCE
- BONDS
- CARIBBEAN
- CASH
- CAVIAR
- CHAUFFEUR
- CHOCOLATE
- COMFORT
- CONDO
- CRUISE
- DESIGNER CLOTHES
- DIAMONDS
- EASE
- FILET MIGNON
- GLAMOUR
- GLITZ
- GOLD
- INHERITANCE
- INVESTMENTS
- JEWELRY
- LIMOUSINE
- LOBSTER
- LUXURY
- MAID
- MERCEDES
- PAMPERING
- PENTHOUSE
- PERSONAL CHEF
- REAL ESTATE
- RESORT
- ROLLS ROYCE
- SILK
- SILVER
- STOCKS
- TRAVEL
- VACATION
- WEALTH



Choice

The Newsletter Of AARP Chapter 1952
Houston County Georgia
(Established November 7, 1974)
www.AARPChapter1952.org

June 2015
Volume 19 - 6
Monthly



Meeting Dates/Time: **Wednesday, June 24th** (10:00 A.M.) and **Wednesday, July 22nd** (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		

"Relevance!"

Birthdays For June
Anita V. McGhee 20th **Ruth Davis** *Nonagenarian 26th Sonia V. Thompson 26th

Birthdays For July
Helen Daly 1st July Heishman 3rd Trudy Deep 5th Maureen Echols 24th
Johnny Brown 26th Nancy Bartlett 31st

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 and Charles Bell. We wish health/wellness to all past/current members! ggd

Highlights From The May 2015 Meeting: **Tomeika R. Daniel** | Supervising Attorney/Georgia Legal Services Program (GLSP) - Macon Office shared valuable information about services provided. Today, nearly 2 million Georgians – or about 19 percent of Georgia's population – live below the poverty line. Georgia's judicial system is sound, and it is strong – for those who can afford a lawyer. But to safeguard its future, Georgia must guarantee access to justice for all people. (In Georgia) the **Georgia Legal Services Program** (a statewide non-profit law firm serving 154 counties in Georgia outside the five-county metropolitan Atlanta area) and the **Atlanta Legal Aid Society**, provide the most comprehensive civil legal services to poor people. **Seniors** have unique legal needs and unique problems getting legal assistance and other benefits. **GLSP** reaches out to seniors throughout state-wide service areas and offer legal services to address high stakes problems, such as **access to health care, abuse and exploitation, securing essential benefits such as Medicare and food stamps, preparation of wills** to protect home places, **advanced directives** for peace of mind, **relief from home repair** and other **consumer scams, and more.** The Macon Office serves 23 counties with 136,000+ potentially eligible clients! For additional information please visit www.glsp.org or call **(478) 751-6261.**



Welcome new member - **Peregrina Guillet!**

DRIVER SAFETY
SAFER DRIVING CAN SAVE YOU MONEY
• Learn proven safety strategies
• Save money on your car insurance
-AARP Real Possibilities

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!



*** Summer Picnic | Wednesday - June 24, 2015 ***



Meeting Date/Time: Wednesday - June 24, 2015 | 10:00 A.M.
Guest Speaker: **Greg Turner**
Supervisor | Georgia Fatherhood Program



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Chapter 1952



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



"Relevance!"

NOTE: With the exception of **November** and **December**, our (monthly) meetings are held on the fourth (4th) Wednesday. As such, the newsletter is (usually) printed/mailed the third (3rd) 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. This month (June) we "just missed" **Father's Day**. However, our Guest Speaker - **Mr. Greg Turner** - will present some valuable information about Georgia's "**Fatherhood Program!**" ggd☺

Daddy or Grandpa? If that's the question, the answer may be "**Papadaddy!**" Here are a few celebrities who became new dads at 50+! **Alec Baldwin** - 55, **Bruce Willis** - 58, **Clint Eastwood** - 83, **David Letterman** - 66, **Sir Elton John** - 66, **Jack Nicholson** - 76, **John Travolta** - 59, **Kevin Costner** - 58, **Larry King** - 79, **Michael Douglas** - 68, **Mick Jagger** - 69, **Paul McCartney** - 70, **Rod Stewart** - 68, **Warren Beatty** - 76 and many others! ggd☺

AARP's Driver Safety Program Is Year-Round. However ...

How to reduce your risk of accidental injury at home and in the garden.

Did you know that by 2020, the Census Bureau estimates 7 to 8 million people in the U.S. will be over the age of 85, and 214,000 will be older than 100? **One of the most common problems they face is living in a home that no longer matches their needs and abilities.**



How To Reduce Your Risk: The best approach to making homes safe and comfortable for all residents, no matter their age or ability, is to *plan ahead and build or remodel homes using the principles of universal design. This means making sure homes are barrier-free by providing step-free entryways and interior doorways, wide hallways and bathrooms with enough space to accommodate wheelchairs, reachable switches and controls, easy-to-use lever door and faucet handles, and rocker panel light switches.* For more information on creating an attractive, stylish space that everyone can live in or visit see "**What is Universal Design**" at www.aarp.org. AARP also has information on no-cost/low-cost things you can do to make a home more comfortable, safer, and easy to live in.

Did you know that **many lacerations and puncture wounds occur when people use kitchen knives to open hard plastic clamshell packages?** **How To Reduce Your Risk:** Use a can opener or blunt-tipped scissors instead of a knife. The can opener will cut the plastic without cutting your hands. There are commercial products sold specifically for opening clamshell packaging but they are not always effective. Once the package is open there still may be sharp plastic edges, so be careful.

Did you know the U.S. Centers for Disease Control and Prevention warns that **canes and walkers actually cause falls when they're not used properly? According to the study, this occurs at a rate of 129 times a day throughout the United States.** **How To Reduce Your Risk:** Walking aids enable many people with disabilities to remain active and independent. They can reduce pain while walking or compensate for balance problems. But **a walking aid should be tailored to the body and needs of the person using it.** Don't borrow a cane or walker from someone else. Get advice from your doctor or a professional physical therapist about the type of cane or walker that will be safest and most helpful for you, and get instructions on how to use it properly.

Did you know **flooding can cause indoor air quality problems in your home long after floodwaters have**

receded? **How To Reduce Your Risk:** Microorganisms in floodwaters may present a health hazard. These organisms can penetrate deep into soaked, porous materials and later be released into air, causing illness and allergic reactions when inhaled, according to the National Safety Council. In the event of flooding follow the procedures below and seek more comprehensive information for additional hazards are remediation measures.

- **Remove all porous items** that have been wet for more than 48 hours and cannot be thoroughly cleaned and dried. This includes carpeting, padding, upholstery, wallpaper, drywall, floor and ceiling tiles, insulation, clothing, leather, paper, wood, and food.
- **Open the doors and windows**, especially if the humidity is higher inside than outside of the house. Controlling moisture levels in your home is the most critical factor in preventing mold growth.
- **Open all closets and cabinet doors** to allow the air to circulate. Open drawers as soon as possible because unopened drawers may swell, making it hard to open them when they are dry.
- **When the electricity is back on**, turn on fans to help air out your home.
- **Do not use the air conditioner or the furnace blower** if they were under water. You might be blowing contaminants from sediments left from the excessive water.
- **Clean or hose out ventilation ducts** before using the air conditioner or furnace.
- **Use a dehumidifier** and/or desiccants to dry out your home.
- If the damage is extensive, you may want to **call a contractor who specializes in water extraction.**



Did you know **drowning is not the only common risk associated with swimming pools and hot tubs? One of the biggest risks associated with pools, spas, and hot tubs in homes is electrocution.** Faulty underwater lighting, aging electrical wiring, sump pumps, power washers and ungrounded vacuums are among the most prevalent causes, in addition to electrical appliances and extension cords that fall into the water.

How To Reduce Your Risk: According to Hal Stratton of **Consumer Product Safety Commission (CPSC)**, "**The best protection for families is inspection, detection, and correction of electrical hazards in and around swimming pools, hot tubs and spas.**" CPSC strongly encourages residential and commercial pool owners and operators to upgrade protection of the lights, receptacles, and switches with **Ground Fault Circuit Interrupters (GFCIs)**. Older pools are the biggest concern, as underwater lighting fixtures may have degraded with age and may not be protected by GFCIs."

Did you know **a sharp kitchen knife is safer than a dull one?** The force exerted when cutting, slicing, or chopping with a dull blade often leads to slips that cause hand injuries. **How To Reduce Your Risk:**

- **Keep an assortment of knives** with blades made of high-carbon steel on hand in the sizes and shapes best suited to routine kitchen tasks.
- **Sharpen your knives regularly** with a whetstone, steel, or automatic sharpener.
- **Never store knives in an unorganized drawer.** Store sharp knives in a knife block or separated in divided drawers so that blades don't come in contact with other metals.

Did you know deaths resulting from fires in the home are highest among people age 65+ and children under the age of five? Residential fires and burns are the third leading cause of unintentional home injury deaths and the ninth leading cause of home injuries resulting in an emergency department visit. **How To Reduce Your Risk:**

- **Install smoke detectors** on every floor of your home, test them frequently, and replace their batteries once a year.
- **Make a fire escape plan** and practice it with all members of your household. Make sure escape routes are clear of clutter and that doors and windows are in good working order. For more fire safety tips, visit www.usfa.fema.gov/50plus.

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



To Be Continued! For additional **SAFETY** tips/resources visit The **National Safety Council** online at www.nsc.org



AARP National + AARP Chapter 1952

Check out our website - www.AARPChapter1952.org - and enjoy the newsletters in full COLOR! ggd ☺