

- **Virtual Colonoscopy** - Uses X-rays and computers to produce images of the entire colon. The images are displayed on the computer screen.
- **Stool DNA Test** - You collect an entire bowel movement and send it to a lab to be checked for cancer cells.



Will Insurance or Medicare Pay?

Many insurance plans and Medicare help pay for colorectal cancer screening tests. Check with your plan to find out which tests are covered for you. To find out about Medicare coverage, call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov. The Bottom Line: If you're 50 or older, talk with your doctor about getting screened. For more information, visit www.cdc.gov/screenforlife or call 1-800-CDC-INFO (1-800-232-4636). For TTY, call 1-888-232-6348. **ggd**



On **March 2**, AARP Georgia mobilized volunteer advocates at the state Capitol on behalf of nearly 1 million members across Georgia. Coordinated by **Melissa Sinden, AARP Georgia, Associate State Director-Advocacy, Lobby Day** provided an opportunity for volunteers to learn about our legislative priorities and convene with elected officials ensuring full optimization of our grassroots strategies.

AARP GA State Director Greg Tanner and **State President Joe Dukes** addressed the volunteers, expressing the impact and relevance they are creating statewide. Volunteers gathered from throughout the state to include diverse areas such as East Point, Baconton, Griffin, Carrollton, Conyers, Roswell, Decatur, Lizella, Fairburn, and Riverdale.

Following the advocacy briefing, volunteers assembled to meet with their respective elected officials discussing the following AARP GA legislative priorities: **The Family Care Act (HB 92)**, which would enable Georgians to use up to five days of their earned sick time to care for loved ones. An estimated 878,000 people in the state currently may not use sick leave to care for a loved one in need, forcing them choose between the health of a loved one and keeping food on the table. **The More Take Home Pay Act of 2015 (HB 445)** as written, would create a new tax on groceries and the use and sales of digital products. Many seniors living on fixed incomes pay virtually no income taxes. **HB 445**, which cuts income taxes and increases sales taxes, would create a new tax burden for them. If HB 445 is passed, the sales tax on essential items like milk, eggs, fresh fruit, and vegetables will increase by 5 percent.

Lobby Day was successful in growing awareness and engagement on aging issues impacting Georgians and their families. AARP has a significant resource to accomplish many of our legislative goals and that resource is our volunteers. Our volunteers play a key role in AARP's mission to lead positive social change. **Pictured: Arthur Tarpkin, AARP Georgia Advocacy Volunteer, Fairburn; Joe Dukes, AARP Georgia State President; Rep. John Carson (R-46) ggd**

Invite A Friend And Please Bring This Newsletter With You!

Meeting Date/Time: **Wednesday - March 25, 2015/10:00 A.M.**
 Guest Speaker:
Mr. Robbie Dunbar
 Director Of Operations
 Public Works/Houston County Commissioners



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

March 2015
 Volume 19 - 3
 Monthly



Meeting Dates/Time: **Wednesday, March 25th** (10:00 A.M.) and **Wednesday, April 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 March

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

Birthdays For April

Kashmiri Arora 15th Marietta Magerkurth 19th

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 February 2015 Meeting: **Sonny Watson** (Chairman | Houston Healthcare Systems, Inc) discussed the (hospital) systems' expansion - to the old Houston Mall - which includes material management, registration and the finance office. This expansion will create more space for the (main) hospital to better serve its customers. *Electronic records* streamlines patient information sharing and a new program called *ER (Emergency Room) Express* allows patients to call or go online to reserve an appointment for the emergency room - selecting a time to be seen and it is guaranteed to see you in 15 minutes from the time you scheduled unless there is a disaster or state of emergency! In 2014, Watson said the ER saw 72,300 patients.



In Perry, he said they saw 15,000, which he said was more than the Medical Center and Coliseum in Macon! The Med-Stops saw 38,500 and there were 2,300 births. There was also \$81 million in bad debt! :(Watson said one thing that helps the hospital is the volunteers, auxiliary unit. It's estimated volunteers save the hospital in excess of \$200K! *"They give medical equipment like wheelchairs, create fundraisers, and also make monetary donations. Our loss would be a lot more today if it wasn't for those dedicated people there. They are all trained and we are proud to have them."* Additional comments/insights were provided by Ned Sanders (Former Chairman | Houston County Commissioners) and H. Jay Walker (Attorney/Houston County Commissioner).



Welcome New Members: Marietta Magerkurth, Herminia McMahon, Maurecio Migabon, Sonia Thompson and Soledad White!

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**



Spring Is In The Air ... And So Is **BINGO!** For Next Month's "Meeting" We'll Be Attending Antebellum Grove's **"SPRINGO 2015"** Instead Of Our Regular Meeting! **Wednesday (4/22/2015 | 10:00 A.M.)**. Antebellum Grove Senior Living | 1010 Kathryn Ryals Road | Warner Robins, GA 31088 | (478) 953-0706 | **BEEEEEEEEEEEEEEEE There! ggd**

Editor's Notes: **Members:** Please UPDATE your local (Chapter 1952) membership ... still a "bargain" at only \$5.00/Year! **MEMBERSHIP RENEWAL EXTENSION NOTICE - THIS ISSUE (MARCH 2015) IS THE LAST ISSUE MEMBERS WILL RECEIVE UNLESS WE RECEIVE 2015/\$5.00 MEMBERSHIP DUES. DEADLINE: APRIL 15, 2015 (SAME AS TAX FILING DEADLINE)! 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!"

MARCH IS
Colorectal Cancer Awareness Month

Colorectal Cancer is the
2ND LEADING CAUSE
OF CANCER DEATHS
IN THE UNITED STATES.

Age 50+? Talk to a gastroenterologist about screening.

In February 2000, President Clinton officially dedicated March as **National Colon Cancer Awareness Month**.

Since then, it has grown to be a rallying point for the colon cancer community where thousands of patients, survivors, caregivers and advocates throughout the country join together to spread colon cancer awareness by wearing blue, holding fundraising and education events, talking to friends and family about screening and so much more.

What Is Colorectal Cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Colorectal cancer is the second-leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. So if you are 50 or older, start getting screened now.

Who Gets Colorectal Cancer?

- **Both men and women can get it.**
- It is most often found in people 50 or older.
- The risk increases with age.

Are You at High Risk?

- Your risk for colorectal cancer may be higher than average if:
- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested.

Screening Saves Lives

If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer

COLON CANCER is:

Preventable. Treatable.

BEATABLE.

Regular testing can prevent colon cancer or find it early.
If you're 50 and older, go get tested!

- Colon Polyp Screening tests can find polyps, so they can be removed before they turn into cancer.
- Screening tests also can find colorectal cancer early. When it is found early, the chance of being
- cured is good.



Colon Polyp

Colorectal Cancer Can Start With No Symptoms

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

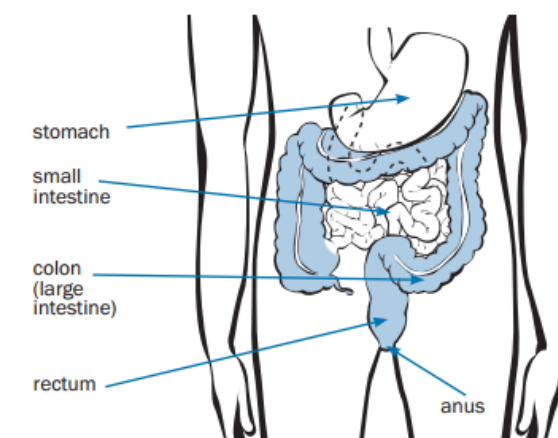
What Are the Symptoms?

- Some people with colorectal polyps or colorectal cancer do have symptoms. They may include:
- Blood in or on your stool (bowel movement).
- Stomach pain, aches, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. These symptoms may be caused by something other than cancer. However, the only way to know what is causing them is to see your doctor.

Types of Screening Tests

Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone. Sometimes they are used in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and women aged 50 – 75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. **The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.**



Colon and Rectum

High-Sensitivity FOBT (Stool Test)

There are two types of FOBT: One uses the chemical guaiac to detect blood. The other - a fecal immunochemical test (FIT) - uses antibodies to detect blood in the stool. You receive a test kit from your health care provider. At home, you use a stick or brush to obtain a small amount of stool. You return the test to the doctor or a lab, where stool samples are checked for blood. **How Often: Once a year.**

Flexible Sigmoidoscopy

For this test, the doctor puts a short, thin, flexible, lighted tube into your rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon. **How Often: Every five years.** When one in combination with a High-Sensitivity FOBT, the FOBT should be done every three years.

Colonoscopy

This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers. **How Often: Every 10 years.** Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

Other Screening Tests in Use or Being Studied Although these tests are not recommended by the USPSTF, they are used in some settings and other groups may recommend them. Many insurance plans don't cover these tests, and if anything unusual is found during the test, you likely will need a follow-up colonoscopy.

- **Double Contrast Barium Enema** —You receive an enema with a liquid called barium, followed by an air enema. The barium and air create an outline around your colon, allowing the doctor to see the outline of your colon on an X-ray.

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