

The **Latino** population in the United States has nearly doubled in the past decade and continues to grow. Currently, **Latino** communities are disproportionately impacted by food insecurity, poverty and unemployment. They are also less likely to receive support through federal nutrition programs such as **SNAP** and are at greater risk of developing diet-related illnesses.

Rates of food insecurity among **rural households** are generally higher than urban households. The irony is that **many of these food-insecure households are in the very rural and farm communities whose productivity feeds the world and provides low-cost wholesome food for American consumers.**

Hunger In America - "The Richest Country In The World" - Is Real!



Closely related to "hunger" is "homelessness" ... families, seniors and veterans. This month's newsletter topics - **Older Americans Month** and **Hunger** are **NOT** by accident! Neither is our Guest Speaker - **Alesha Mathis/Houston County Meals On Wheels!**

I encourage everyone to learn more about **Older Americans Month** and "**Hunger In America!**" There are several national, regional and local programs/resources/events that can make a difference in the lives of MANY Americans - young and old - with regards to hunger and homelessness. I especially encourage/invite **EVERYONE** to attend our meeting (**Wednesday | May 25, 2016 | 10:00 a.m.**) to learn more about the **Houston County Meals On Wheels** program.



PLEASE BRING CANNED GOODS TO BE DONATED TO THE HOUSTON COUNTY MEALS ON WHEELS PROGRAM! Thanks! ggd ☺

*** Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend! ***

Choice

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

May 2016
Volume 20 - 5
Monthly



Meeting Dates/Time: **Wednesday, May 25th** (10:00 a.m.) and **Wednesday, June 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	Herminia McMahon (Chairperson)	953-2010
Vice President	Frank Gadbois	953-7788	Benedicta Edge	333-2310
Secretary	Vacant		James Erdmanczyk	217-1778
Treasurer	Marieta Magerkurth	922-2344	Peregrina Guillet	397-6691
"Choice" Editor	Greg Davis	318-0471	Soledad White	953-5700

Birthdays For May

Carmen Pettis	10 th	Carl Willingham	22 nd	Salcita Lindley	23 rd	Sara Williams	23 rd
Jeanine Frey	27 th						

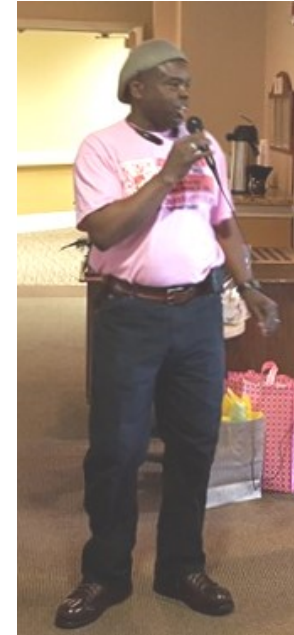
Birthdays For June

David Milby	17 th	Anita V. McGhee	20 th	Ruth Davis	26 th	Sonia Thompson	26 th
				* Nonagenarian*			

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:** Ivis Bedrick, Ruth Davis, Bessie Howell, Mary Lappano and Ned Sanders. We wish health/wellness to all current/past members, family members and friends. ggd ☺

Highlights From April 2016: AARP Chapter 1952 did **NOT** have a regular meeting in April. Instead we "**met/attended**" **SPRING-O-O-O 2016** at the Antebellum Grove Senior Living facility! **Bingo, Fun, Fellowship and Great Food!**



Mark Your Calendars:
Wednesday | 6/22/2016
*** Membership Drive ***



Invite/Bring A Friend! Invite/Bring A Friend! Invite/Bring A Friend!

Wednesday - May 25, 2016 | 10:00 a.m.
Guest Speaker | **Alesha Mathis**
Houston County Meals On Wheels

Tel: 478/318-0471
www.AARPChapter1952.org
Warner Robins, GA 31095
P.O. Box 7481

Chapter 1952 (Houston County, Georgia)

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 at only \$5.00, \$10.00, \$20.00, \$30.00 or \$40.00 **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 Chapter President and Editor I'm open to suggestions for our newsletter!

So please, keep your membership status/information current and 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, December** and "special events," 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. Upcoming **Meetings/Events:**

- Wednesday | 6/22/2016 | 10:00 a.m. - 12 Noon | *** **Membership Drive** *** | Program: **Denise Creel/ Middle GA Easter Seals + Summer Picnic**
- Wednesday | 7/27/2016 | 10:00 a.m. - 12 Noon | Program: **Jimmy Autry/Flint Energies**
- Wednesday | 8/24/2016 | 10:00 a.m. - 12 Noon | Program: **Blake Poole/Georgia Cattlemen's Association**
- Wednesday | 9/28/2016 | **TBD**
- Wednesday | 10/26/2016 | 10:00 a.m. - 12 Noon | Program: **Terry Berry/UGA Extension**
- **Monday** | 11/21/2016 | 10:00 a.m. - 12 Noon | Program: **Angela Bates/Ocmulgee National Park + Business Meeting**
- **Monday** | 12/19/2016 | 10:00 a.m. - 12 Noon | **Christmas "Meeting"**



May Is "Older Americans Month!"

Department Of Health And Human Services/Administration For Community Living

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From **69-year-old** NASA Administrator Charles Bolden, Jr. to **84-year-old** actress Rita Moreno to **83-year-old** Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.



In 1963, the **Department Of Health And Human Services** began to acknowledge the contributions of older people by using the month of May to celebrate **Older Americans Month (OAM)**. Led by the **Administration for Community Living**, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. 2016's theme, "**Blaze A Trail,**" emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

AARP and many other organizations provide products/services/resources to older adults year-round to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to **blaze trails** of our own!

Discover OAM: Visit <http://acl.gov/olderamericansmonth> ggd ☺

Spotlight On Hunger

AARP Foundation, National Geographic, Feeding America, United States Department of Agriculture (USDA), Department Of Health And Human Services + "Other Sources."

The **USDA** defines **food insecurity** as a state in which "**consistent access to adequate food is limited by a lack of money and other resources at times during the year.**" Good shorthand terms for food insecurity are "**struggling to avoid hunger,**" "**hungry, or at risk of hunger,**" and "**hungry, or faced by the threat of hunger.**"

Why are people malnourished in the richest country on Earth?

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

We live in a country that throws out between 30 and 40 percent of its food supply, a bounty worth an estimated \$162 billion. Yet millions of Americans aren't always sure they'll get enough full and nutritious meals.

Experts describe these people as "**food insecure,**" and their ranks include about 10 million people age 50 and older - a number that has almost doubled since 2001.

It's a staggering, complex problem that has spurred a search for new approaches that address the root causes of hunger. "**The natural, human response is, 'Well, if someone's hungry, you have to feed them,'**" says **Jim Lutzweiler**, the head of hunger impact programs for **AARP Foundation**. "**But that doesn't really do anything to build food security for people in the long term. We need a new formula.**"

Long-standing efforts to combat hunger have focused on giving people food - straightforward charity. **Feeding America**, for example, provided 3.7 billion meals last year through its network of food banks and soup kitchens across the country. And **AARP Foundation** just wrapped up the fifth year of **Drive to End Hunger**, a campaign that has provided 34 million meals to low-income older Americans.



New efforts go beyond that by looking at hunger as a health issue. "**Nothing is more critical to people's health than food,**" says **AARP Foundation President Lisa Marsh Ryerson**. "**The consequences of poor nutrition are devastating.**" Food-insecure older Americans are 60 percent more likely to experience depression and more than 50 percent more likely to suffer a heart attack.

New allies in the fight against hunger come from the health care industry, government agencies and nonprofits like **AARP** and **AARP Foundation**. And they're joined by members of the agricultural food chain, from farmers to major supermarket chains. **Atif Bostic**, executive director of the nonprofit **Uplift Solutions**, which helps grocery stores open in low-income areas, says such collaborations are win-win. "The customers have access to healthy, affordable food and the store becomes an essential, profitable part of the community."

Ryerson adds: "**Let's widen the circle of collaboration to identify and carry out real solutions. This is a land of plenty — no one should have to go hungry.**"

Breakthroughs In Food Insecurity - An array of programs aim to give low-income people better opportunities to eat healthy foods. At select Kroger supermarkets in Tennessee and Mississippi — states that have some of the highest rates of food insecurity — shoppers who use a **Supplemental Nutrition Assistance Program (SNAP)** card to buy \$10 in fresh fruits and vegetables receive a coupon for a 50 percent discount on their next in-store purchase of fresh produce.

Through the program, called **Fre\$h Savings**, participants can also get up to \$10 in tokens for fresh produce when they use their **SNAP** dollars at select area farmers markets. **AARP Foundation** and **UnitedHealthcare** collaborated on the program.

Did You Know?

Poverty and hunger in America often go hand in hand, but poverty is not the ultimate determinant of food insecurity. People living above the poverty line are often at risk of hunger as well. Research demonstrates that unemployment, rather than poverty, is a better predictor of food insecurity among people living in the United States.

Food insecurity is harmful to all people, but it is particularly devastating to **children**. Proper nutrition is critical to a child's development. Not having enough of the right kinds of food can have serious implications for a child's physical and mental health, academic achievement and future economic prosperity.

More than 5 million **seniors** age 60 and older face hunger. Seniors face a number of unique medical and mobility challenges that put them at a greater risk of hunger. After a lifetime of hard work, many find themselves struggling with health issues on fixed incomes. A study that focused on the experience of food insecurity among the elderly population found that food insecure seniors sometimes had enough money to purchase food but did not have the resources to access or prepare food due to lack of transportation, functional limitations, or health problems. Sometimes, many of these individuals are forced to choose between paying for groceries and buying medicine.

While hunger has no boundaries, it does impact some communities more than others. **African Americans** are more likely to suffer from food insecurity as their white, non-Hispanic counterparts. They are disproportionately affected by unemployment and poverty as well.

"Think joining AARP makes you old? Get over it."



AARP National + AARP Chapter 1952