

the National Alliance for Caregiving, says, *"Sometimes they feel as though only people in the military can understand what it's like to care for a veteran."*

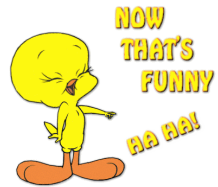
A high proportion of these caregivers (68 percent) consider their situation highly stressful. The good news is that the Veterans Administration now has what Hunt describes as *"the most comprehensive program for caregivers in the country,"* thanks to the Caregivers and Veterans Omnibus Health Services Act of 2010. The legislation authorized the VA to implement a broad range of services for those caring for veterans or members of the military seriously injured post-9/11, such as paying qualifying family caregivers the amount that a home health aide would cost.

But of the 1.1 million family caregivers of post-9/11 veterans and military members, only about 22,000 are receiving this extensive assistance — generally those faced with the most severe physical injuries. *"The eligibility criteria are very limiting,"* says Steven Schwab, executive director of the Elizabeth Dole Foundation, which works to raise awareness and support for military family caregivers. *"We're partnering with the VA to explore extending support,"* Schwab adds, *"but it will take Congress to change that."*

If you're not a caregiver now, maybe you were one in the past, or you will likely be one in the future ... this month, let's all take a moment to recognize, support and appreciate ALL family caregivers. **ggd ☺**

"Mom," Amber asked, *"How old are you?"* *"You're not supposed to ask a woman her age,"* her mother replied. *"It's impolite."* Later Amber told a friend about the exchange. *"Just take a look at her driver's license,"* the friend suggested. *"It's like a report card for adults. Everything about them is on there."* That evening Amber said, *"Mom, you're 35 years old."* *"How did you know that?"* *"And you weigh 125 pounds."* *"How did you find that out?"* *"And that's not all,"* Amber went on triumphantly. *"I know why you and Daddy got a divorce."* *"Really! Why's that?"* *"Because you got an F in Sex!"* **Ba-Da-Bing!**

Jack walked into his house ... breathless and exhausted. *"What happened?"* his wife asked. *"It's a great idea I had,"* he gasped, smiling proudly. *"I ran all the way home behind the bus and saved myself fifty cents."* His wife frowned. *"That's just like you, Jack, always thinking small,"* she said, shaking her head disapprovingly. *"Why couldn't you have run behind a taxi and saved yourself six dollars?"* **Ba-Da-Bing!** Thanks Miss Ivie Bedrick **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

November 2015
Volume 19 - 11
Monthly



Meeting Dates/Time: **Wednesday, November 18th** (10:00 a.m.) and **Monday, December 21st** (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		

Birthdays For November



Happy 41st Birthday
AARP Chapter 1952!
November 7, 1974

Tracy Marshall	1 st	Tommy Stalnaker	4 th	Suzanne Baer	6 th	Swarn Arora	15 th
Reba Sparks	16 th	David Morton	19 th	Lucille Grube	22 nd	William Hyslip	22 nd

Birthdays For December

Lena Trussell	2 nd	Jannie McMullen	4 th	Bunnie Coker	7 th	Ernest Braun	24 th
John Micek	26 th						

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)**. Remembering **John Echols** (May 28, 1928 - October 22, 2015) *"Blessed are those who mourn, For they shall be comforted."* **Matthew 5:4 NKJV** Sick/Shut-Ins: Earnest/Sue Braun, Ruth Davis and Bessie Howell. We wish health/wellness to all past/current members, family members and friends. **ggd ☺**



Highlights From The October 2015 Meeting: **Alisha Singh** - Center Director/Kumon Math & Reading Center (Warner Robins, GA). Worldwide, Kumon Centers are located in 48 countries and regions. Programs help children increase confidence, cultivate self-motivation, develop critical thinking & analytical skills, strengthen concentration and build problem-solving skills. **Matt Gentry** (Director/Kumon Atlanta Branch) briefly shared Kumon's **SAIDO** Learning program - a "new" non-pharmacological treatment which has been shown to ameliorate, or slow the progress of symptoms of **dementia** among **senior citizens**.



SAIDO programs have been (slowly) implemented in various nursing homes for senior citizens and by local governments, leading to many successful results. *"Success Starts Early At Kumon!"* Tel: **478/953-9450**. Welcome New (**Associate**) Member **David Milby!** **ggd ☺**

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!

The **Houston County Board of Education (HCBOE)** is offering **FREE Basic Computer Classes** (Adults) taught by employee and student volunteers: **Jan 11 and Feb. 1. | 4:30 p.m. - 7:00 p.m. HOT! HOT! HOT!** To register, call **Lorrie Nix 478/988-6222, EXT 10090** **ggd ☺**



Business Meeting After Life Reimagined Presentation!



November 18, 2015 | 10:00 a.m. - 11:00 a.m. Life Reimagined Presentation By AARP Georgia. A real-world approach to change. Life Reimagined involves six practices (reflect, connect, explore, choose, repack, act) that guide you through change. Think of it as a personalized guidance system. Start where you are in your life, and see where the possibilities lead you! Public Cordially Invited!



P.O. Box 7481
Warner Robins, GA 31095
www.AARPChapter1952.org
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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 at only \$5.00, \$10.00, \$25.00 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! Welcome New Advertiser - Shon Barnwell | Events Of Excellence!

ALL: As your 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:**

- **Tuesday** | 11/17/2015 | 9:00 a.m. - 12:00 p.m. (Health Fair @ Wellston Center)
- **Wednesday** | 11/18/2015 | 10:00 a.m. (**THIRD WEDNESDAY** - Business Meeting)
- **Monday** | 12/21/2015 | 10:00 a.m. (**THIRD MONDAY** - Christmas Meeting/Lunch) ggd☺



November Is Also Alzheimer's Awareness Month!

During this month, more than 50 million Americans are recognized for their role as a caregiver within their family. Across the nation, more than 15 million of these caregivers have specifically assumed the role of caregiver for someone with Alzheimer's disease.

November is National Family Caregivers Month
A great time to give thanks to America's 90 million unpaid family, friends and neighbors who provide 80% of the senior care for our elderly loved ones within the United States.



Alzheimer's disease is the nation's sixth-leading cause of death. The **Alzheimer's Association Walk to End Alzheimer's®** is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

Walk to End Alzheimer's unites the entire community in the battle against the disease.

Each November, **National Family Caregivers Month** encourages all Americans to recognize and celebrate the country's widespread number of family caregivers - the selfless men and women who attend to the daily needs of a loved one who is ill, injured, disabled or limited by aging.

A 2013 Pew Research survey found that 36 percent of U.S. adults reported providing unpaid care to an adult relative or friend over the past year and 8 percent noted extending unpaid care to a child living with a disability or health challenge. According to the Pew Research Center findings, four in 10 U.S. adults are caring for a loved one with significant health issues.

Many of these dedicated caregivers provide invaluable support to their family members while continuing with jobs and raising children. All the while, the dedicated caregivers protect their loved ones' dignity and desire to remain a cherished part of society.

A special presidential proclamation enacted each year since 1997 calls upon all Americans to pay tribute to the country's devoted men and women who assist spouses, parents, adult children and other relatives with care routines. These routines can range from bathing and dressing to trips to doctor appointments.

Caregivers perform a great labor of love: caring for aging parents, spouses, and other loved ones so they can remain in their homes. These



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

family caregivers are sometimes on duty 24 hours a day, seven days a week – and often they can't even take a break. But they wouldn't have it any other way. It's a fact: the vast majority of seniors want to live independently, at home, as they age. And, family caregivers are the ones who provide the bulk of assistance to make this goal a reality for many. They help with things such as:

- Bathing and dressing
- Meal preparation
- Managing finances
- Transportation
- Grocery shopping
- And much more!



They also perform medical or nursing tasks for their loved ones, including complex medication management, wound care, and injections. Yet, most receive little or no training for these duties.

Today, the average family caregiver is a 49-year-old female, who takes care of a 77-year-old woman – usually her mother. She provides 20 hours a week of assistance to her loved one, although she may be on call around-the-clock. She also works. It's estimated that family caregivers provide unpaid care valued at an estimated 8.1 billion dollars annually. By helping their older loved ones remain at home – and out of costly nursing homes, usually paid for by Medicaid – family caregivers are, in essence, saving the state money.

However, there's a **new face** of caregivers ... "**Millennials!**" Members of the millennial generation (ages 18 to 34) have a reputation for being self-involved. But the estimated 10 million millennials caring for adult family members certainly don't fit that mold. About 25 percent of U.S. caregivers fall into that age range, according to AARP and the National Alliance for Caregiving's 2015 caregiving report. There are particular challenges that these young caregivers face, says **Carly O'Brien**, a social worker for **CancerCare**. "**Often they have little or no experience with serious illness, with making important health care decisions, dealing with insurance.**" Many are also long-distance caregivers in new careers, O'Brien adds, and can feel tremendous guilt when they can't visit their loved ones. Support groups can be helpful, though there aren't many focused on this age range, says O'Brien, who facilitates caregiver groups for people ages 20 to 39 in New York and online at cancercares.org.

But, family caregivers could use some support – so they have the strength and energy to carry on: more support, help at home, workplace protections, training and more.

That's why AARP and other organizations were responsible for the passing of a commonsense solution called the **Caregiver, Advise, Record, Enable (CARE)** Act during the 2015 state legislative sessions. The CARE Act helps family caregivers when their loved ones go into the hospital and as they transition home. The bill features three important provisions:

- The name of the family caregiver is recorded when a loved one is admitted into a hospital;
- The family caregiver is notified if the loved one is to be discharged to another facility or back home; and,
- The facility must provide an explanation and live instruction of the medical tasks – such as medication management, injections, wound care, and transfers – that the family caregiver will perform at home.

Demands And Rewards Of Dementia Patients

More than 15 million family and friends provide care to people with dementia, according to the **Alzheimer's Association**, and most say they experience high or very high levels of emotional stress. The challenges are very different from those faced by the average caregiver, says **Ruth Drew**, director of family and information services for the association. For one, there's the emotional toll that comes with, as Drew puts it, "**watching someone you're very, very close to lose not just their memory but their personality, their sense of humor, their ability to care for themselves — all of the things that make people who they are.**" There's also the fact that someone with a dementia disease can require caregiving for years.

Dealing With Veterans' Invisible Wounds

Feeling isolated can be a problem for any family caregiver, but it may be more so for the 5.5 million caregivers of veterans or current members of the military — about 17 percent of all caregivers. **Gail Gibson Hunt**, president and CEO of

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



AARP National + AARP Chapter 1952