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Nutrition, Vitamins & Supplements for Seniors. Vegetable Symposium Hears that Vegetable Juices are Good Way to Achieve Dietary Goal!

Something as easy as drinking vegetable juice can help people increase their vegetable intake and have significant health benefits



Oct. 21, 2009 – For many elderly, in particular those who live alone, preparing healthy meals can become a burden. Two studies presented at the **International Symposium on Human Health Effects of Fruits and Vegetables** in Avignon, France, suggest an easy, enjoyable way to add more vegetables to their diet. The studies found that the addition of vegetable juice in people's diets was a successful strategy to help them reach the vegetable guidelines (at least 4 servings per day). *"In fact, the addition of a portable drink, such as V8 100% vegetable juice, was more successful than an approach that focused solely on nutrition education, or offering dietary counseling on ways to increase vegetable intake,"* says a news release from the **Campbell Soup Company**, which owns the V8 brand. Additionally, research conducted at the **Baylor College of Medicine** revealed that drinking vegetable juice helped overweight individuals with metabolic syndrome lose more weight compared to non-juice drinkers.

For more than 75 years, the makers of V8 juice have been committed to providing great-tasting, simple ways to help people get more vegetables each day. In fact, each eight-ounce serving of V8 100% vegetable juice provides two servings (1 cup) of vegetables based on USDA MyPyramid guidelines. For more information, visit www.v8juice.com . ggd ☺

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Choice

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The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia
"To Serve – Not To Be Served"
www.Choice1952.com

Meeting Dates/Time: **Wednesday, October 28th** (10:00 A.M.) and **Monday, November 16th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
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Birthdays For October

Hugh Morris	1 st	Minel Ruth Lasley	11 th	Wilburn Hill	14 th	Jack Peck	18 th
Sara Holden	21 st	Frances Roland	25 th	Jane Speer	26 th		

Birthdays For November

Joan Evans	4 th	Doreen Newlin	5 th	Suzanne Baer	6 th	Thelma Padgett	7 th
Lena Farr	10 th	Virginia Register	11 th	Agnes Bell	14 th	Mae Lamendola	15 th
Sam Hendry	20 th	William Hyslip	22 nd	Joyce Lanier	25 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) We Remember: **Mildred Norris** and **Grace Jordan**. *"Blessed are those who mourn, For they shall be comforted."* **Matthew 5:4**

Mark Your Calendars: November's Meeting Will Be Monday - November 16, 2009 At 10:00 A.M. The December Christmas Party Will Be Wednesday - December 16, 2009 At 5:00 P.M.

Daylight Savings Time - "Fall Back." ... The first Sunday in November (November 1, 2009) at 2:00 A.M. Be sure to set your clock BACK (to 1:00 A.M.). The National Fire Protection Association and the U.S. Consumer Product Safety Commission recommend that consumers change the battery in smoke and carbon monoxide detectors when changing the clocks for Daylight Saving Time.

November 11, 2009 - Veteran's Day.

November 26, 2009 - Thanksgiving Day

PAINFULLY BLONDE: A young woman went to her doctor complaining of pain. *"Where are you hurting?"* asked the doctor. *"You have to help me, I hurt all over,"* said the woman. *"What do you mean, all over?"* asked the doctor, *"be a little more specific."* The woman touched Her right knee with her index finger and yelled, *"Ow, that hurts."* Then she touched her left cheek and again yelled, *"Ouch! That hurts, too!"* Then she touched her right earlobe. *"Ow, even THAT hurts!"* she cried. The doctor looked at her thoughtfully for a moment and asked, *"Are you a natural blonde?"* *"Why, yes,"* she said. *"I thought so,"* said the doctor, *"You have a broken finger."* ... ggd ☺



Editor's Notes: Newsletters will be available at our meetings and will continue to be mailed/provided to our advertisers and sponsors. As we continue to update our membership roster please renew/update your membership ... still a "bargain" at only **\$5.00/year!** **Thank You Trudy Deep** for volunteering to manage our membership roster! **Thank You Helen Daly** for your foundational support/service to keep our rosters updated!

For advertisers, your support of our newsletter is an exceptional value at only \$4.00/Month (**\$48.00/Year - Prorated**) and helps tremendously to offset printing/production costs. If **ANYONE** knows **SOMEONE** who may be interested in advertising in our newsletter please contact me!

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 help me (us) get (and keep) new advertisers!

Please contact me at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

Sincerely,

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



H1N1 Flu Information For Seniors: By CMS For Medicare, Medicaid Beneficiaries!

Oct. 13, 2009 – Due to concerns among senior citizens about H1N1 flu, the **Centers for Medicare and Medicaid Services (CMS)** has opened a Web page (www.cms.hhs.gov/H1N1/) with information specifically for people on Medicare and Medicaid. The following is some basic information - with regards to Medicare. Additional information is available at the various websites listed throughout this article.

2009 H1N1, sometimes referred to as "swine flu," is an influenza virus that causes illness in people. This new virus was first detected in people in the United States in April 2009 and is different from the flu virus that is typically experienced in the US every flu season.

In June 2009, the World Health Organization declared it a pandemic. A pandemic is a global disease outbreak. In anticipation of concerns about this new virus and in response to questions about H1N1, Medicare, and Medicaid, CMS says it continues to develop information products about H1N1 including the comprehensive set of questions and answers with Original Medicare coverage and payment information, Emergency Medical Treatment and Labor Act (EMTALA) information, and more.

It also has links to other helpful information, such as, the HHS Pandemic Flu site that includes questions and answers about H1N1, including how the virus is spread and how to prevent it.

Will Medicare cover the 2009 H1N1 flu vaccine?

Yes. Medicare will cover administration of the 2009 H1N1 flu. Your doctor or healthcare provider can't charge you for the 2009 H1N1 vaccine because they received the vaccine for free. You pay nothing for the 2009 H1N1 vaccine's administration if your doctor or health care provider accepts assignment. Assignment means that your doctor, provider, or supplier has signed an agreement with Medicare to accept the Medicare-approved amount as full payment for covered services. The Part B deductible and coinsurance don't apply to the 2009 H1N1 vaccine or its administration. For more information about **Medicare**, visit www.medicare.gov. You can also call **1-800-MEDICARE (1-800-633-4227)**. TTY users should call **1-877-486-2048**.

Where can I find more information about the 2009 H1N1 flu, including how the virus is spread and how to prevent it?

For more information about the **2009 H1N1** flu, visit www.flu.gov or the Centers for Disease Control Web site at www.cdc.gov/h1n1flu/ You can also call **1-800-CDC-INFO (1-800-232-4636)** for more information. ggd ☺

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