

- inflammation. These include **immunomodulators** and **biologics**.
- **Combination Therapy** - New research suggests the combination of an **immunomodulator** and a **biologic** may work best for people with moderate to severe Crohn's disease. **Immunomodulators** cause the immune system to be less active. **Biologics**, which are given by injection, block the action of proteins that are key in the immune response that causes inflammation. In one study, more than half of patients on the combination therapy achieved remission.
- **Surgery** - When IBD causes severe damage to the colon, it may need to be surgically removed. This can cure ulcerative colitis, because the condition only affects the colon. *Surgery usually cannot cure Crohn's disease* -- symptoms can continue in other parts of the digestive tract. Thanks to surgical advances, most patients who have their colons removed will be able to have normal bowel movements without an ostomy bag.

Choosing A Doctor For IBD - Doctors who specialize in the treatment of digestive disorders are called **gastroenterologists**. Ask your primary care doctor for the names of several gastroenterologists and hospitals with access to the latest therapies for IBD. You may also want to learn whether there are clinical trials in your area. Clinical trials offer the possibility of trying experimental drugs that are not yet on the market.

Exercising When You Have IBD - Doctors may recommend light exercises for people with IBD. This includes activities like yoga, tai chi, or walking, which don't involve a lot of jarring that could make digestive symptoms worse. Regular exercise may actually aid digestion. It can also promote feelings of well-being and reduce stress, which may keep symptoms in check.

Living Better With IBD - IBD may be a lifelong condition, but there are ways to reduce its impact on your day-to-day life. Through medications, lifestyle changes, and stress management, many people can keep IBD from interfering with the things they want to do. If you feel your treatment regimen is not working well enough, be sure to discuss your concerns with your doctor.



BE INFORMED! This information is not intended to replace the advice of a doctor! As stated previously, discuss your health concerns with your primary care provider. Additionally, "Google" "crohn's disease" and learn more from various online resources! To your health ... **ggd** ☺

Choice

The Newsletter Of AARP Chapter 1952

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

September 2014
Volume 18 - 9
Monthly



Meeting Dates/Time: **Wednesday, September 24th** (10:00 A.M.) and **Wednesday, October 22nd** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Vacant		Suzanne Burgess	922-2003
Vice President	Frank Gadbois	953-7788	Betty Lou Lovain	922-7774
Secretary	James Erdmanczyk	280-6094		
Treasurer	Benedicta Edge	333-2310		
"Choice" Editor	Greg Davis	318-0471		

Birthdays For September

Greg Davis (Me!)	1 st	Mary Lappano *	1 st	** Myrtice Mitchell **	6 th	Agness Partlow	6 th
Phyllis Blount	8 th	Charles Bell *	9 th	Benedicta Edge	10 th	Ivis Bedrick *	15 th
Harris McMillian	16 th						* Nonagenarian

Birthdays For October

Martha Kimbrough	12 th	Oneida Nasser	16 th	Jack Peck	18 th	Mike Roberson	24 th
Jimmy Selph	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)**. "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 August's Meeting: Guest Speaker | Kevin Collins/Better Business Bureau (BBB) Central Georgia "quizzed" us on different scams, frauds and "questionable" activities/information ... especially as targeted to seniors! Generally speaking scammers tend to go "where the money is" and that means targeting older Americans who are nearing or already in retirement. However, anyone can be a scam victim! Scammers are masters of persuasion - tailoring their pitches to match the psychological profiles of their targets. Popular scams include **Foreign Lotteries, Home Repair, Telemarketing, Phony Charities, Investments** and "Special" **Social Security or Healthcare "Benefits."** Techniques include **calls, letters/post cards, seminars/meetings, e-mails and uninvited/unsolicited/personal visits** (cold calls).

How To Protect Yourself: Don't do business with someone who just shows up on your door! Don't give out personal or financial information to an unknown caller and don't provide such information for unsolicited mail, e-mail/internet messages. Time **IS** (always) a factor **in your favor!** Don't yield to high-pressure or emotional sales tactics or be persuaded due to the "scarcity" and "huge savings" of a product if you don't **ACT NOW!** End conversations with a simple/direct "**Sorry, I'm/We're Not Interested!**" Register your phone number with the National Do-Not-Call registry (888/382-122) or www.donotcall.gov. **Friends/Relatives** - check on "mom" and "pop" and discuss their activities. **All** - use common sense! "**If it sounds too good to be true ... it probably is!**" **Start With Trust!** Check with the **BBB** [Middle Georgia | 478/742-9331] or www.bbb.org. **ggd** ☺

Thursday (8/21/2014) We Had A Display Table At The Warner Robins Senior Center's Health Fair. Thanks to members **Benedicta Edge** and **Krista Stone** (along with different vendors and participants) who made this a successful (Chapter 1952) event! **Next: BBB-Sponsored Senior EXPO! Friday | November 7, 2014 | 9:00 A.M.—12:00 P.M. | Central Georgia Technical College - Building G | 80 Cohen Walker Drive | Warner Robins!**



Meeting Date/Time: Wednesday - September 24, 2014/10:00 A.M.
Guest Speaker: George Hartwig | Houston County District Attorney



P.O. Box 7481
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Chapter 1952



We'll Be There!

ggd ☺

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 (or \$8.00)/Month **[\$48.00 (or \$96.00)/Year - Prorated]** and helps tremendously to offset printing/production costs. *** **Special Rates/Web Banner Spots Available As Well** *** **Thank You ... Thank You ... Thank You!**

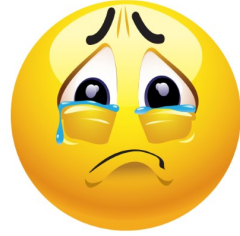
ALL: As **your** Editor I'm open to suggestions for our newsletter! So please, keep your membership status/information current, get your newsworthy information and/or photographs to me as soon as possible and - collectively - we'll get/keep advertisers/sponsors!

Sincerely,

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

Remembering Myrtice Mitchell

September 6, 1929 - September 11, 2014



Warner Robins, GA - Myrtice T. Mitchell, 85, entered into rest on Thursday, September 11, 2014. Myrtice was born on September 6, 1929 in Sylvester, Georgia to the late Terrell and Jewel Arrington Thompson. She retired from Civil Service at Robins Air Force Base after many dedicated years. She was a devoted member of Southside Baptist Church and the Lighthouse Keepers Sunday School Class. She loved serving her community with organizations including **AARP**, NARF, and the Warner Robins Senior Citizens. Myrtice also had a deep love for animals and supported many organizations.

Her husband, Alvin Cecil Mitchell; parents; and brother, James Thompson, preceded her in death. Her memory will forever be treasured by her loving children, Connie Gail Mitchell of Warner Robins and Steven C. Mitchell (Vicky) of Macon; grandchildren, Adam, Trey and Tyler Mitchell; sister, Eunice Wallace of Rock Hill, South Carolina; sister-in-law, Louise Thompson of Sylvester, Georgia; and many wonderful nieces and nephews. Funeral services will be held at 4:00 p.m. on Tuesday, September 16, 2014 in the chapel of McCullough Funeral Home with entombment following in Magnolia Park Mausoleum. The family will receive friends at the funeral home one hour prior to service. The family will accept flowers or donations may be given In Memory of Myrtice T. Mitchell to Alzheimer's Association, 886 Mulberry Street, Macon, GA 31201 or the Humane Society of Houston County, Inc., P.O. Box 9588, Warner Robins, GA 31095. Go to **www.mcculloughfh.com** to sign the Online Registry for the family. **McCullough Funeral Home and Crematory** has charge of arrangements.

— Originally published in the Macon Telegraph - September 14, 2014

Joan Rivers - www.JoanRivers.com

Joan Alexandra Molinsky (June 8, 1933 – September 4, 2014), widely known as Joan Rivers, was an American actress, comedian, writer, producer, and television host noted for her often controversial comedic persona — where she was alternately self-deprecating or sharply acerbic, especially toward celebrities and politicians.



Rivers came to prominence in 1965 as a guest on The Tonight Show. Hosted by her mentor, Johnny Carson, the show established Rivers' comedic style. In 1986, with her own rival program, The Late Show with Joan Rivers, Rivers became the first woman to host a late night network television talk show. She subsequently hosted The Joan Rivers Show (1989-1993), winning a Daytime Emmy for Outstanding Talk Show Host.

During her 55-year career as a comedian, her tough-talking style of satirical humor was both praised and criticized as being truthful, yet too personal, too gossipy, and very often abrasive. Nonetheless, with her ability to "tell it like it is," she became a pioneer of contemporary stand-up comedy.

According to biographer **Victoria Price**, Rivers' humor was notable for taking aim at and overturning what had been considered acceptable female behavior. By her bravura she broke through long-standing taboos in humor, which paved the way for other women, including **Roseanne Barr**, **Ellen DeGeneres**, and **Rosie O'Donnell**.

On **August 28, 2014**, Rivers experienced serious complications and stopped breathing during a routine throat procedure at a clinic in Yorkville, Manhattan.[95] She was taken to Mount Sinai Hospital and put into a medically induced coma after reportedly suffering cardiac arrest.[96] On August 30, she was put on life support.

On **September 1, 2014**, Rivers's physicians had reportedly begun trying to bring her out of the coma, and she was moved to a private room on September 3, still without a prognosis. The following day, **September 4**, Rivers died at 1:17 pm EDT. The exact cause of death was still undetermined after two days, while more tests

had been ordered.

Her funeral took place on **September 7, 2014** at Temple Emanu-El in Manhattan. The private ceremony was attended by numerous public figures. Talk show host Howard Stern delivered the eulogy. Stern described Rivers as "**brassy in public [and] classy in private ... a troublemaker, trail blazer, pioneer for comics everywhere, ... [who] fought the stereotypes that women can't be funny.**"



CROHN'S DISEASE

Inflammatory Bowel Disease (IBD) refers to chronic conditions that cause inflammation in some part of the intestines. The intestinal walls become swollen, inflamed, and develop ulcers, which can cause discomfort and serious digestive problems. The exact symptoms depend on which part of the digestive tract is involved.

IBD is sometimes confused with **IBS**, which stands for **Irritable Bowel Syndrome**. Both conditions can cause chronic digestive problems, but there are significant differences between the two. People with **IBD** have inflammation, ulcers, and other damage visible inside the digestive tract. In contrast, there is no damage in **IBS**, despite symptoms such as cramping, diarrhea, and constipation. **IBS** is much more common but less serious than **IBD**.

Crohn's Disease is a form of **IBD** that can occur anywhere along the digestive tract -- from the mouth to the anus. It affects the deeper layers of the digestive lining and can occur as "**skip lesions**" between healthy areas. Crohn's often involves the small intestine, the colon, or both. Internal tissues may develop shallow, crater-like areas or deeper sores and a cobblestone pattern.

In Crohn's disease, chronic inflammation can make the inside of the intestine so narrow that nothing can pass through. This is known as bowel obstruction, and it causes digesting food and gas to get stuck in the digestive tract. The symptoms include severe cramping, nausea, vomiting, and a swollen belly. Bowel obstructions are treated in the hospital. If the obstruction does not clear on its own, surgery may be required.

Diagnosing IBD: Several tests can help diagnose **IBD**. One is a **Barium X-ray**. Barium is a chalky fluid that may be given by mouth or as an enema. As it flows through the intestines, barium shows up on the X-ray. This helps doctors spot problem areas, such as ulcers, swelling, narrowing, or intestinal blockages. If there are abnormalities, your doctor may request additional imaging, such as a CT scan. **Colonoscopy** is the most important test for diagnosing **IBD**. This procedure uses a thin tube with a camera to give doctors a direct view of the inside of the colon. Even small ulcers and mild inflammation can be seen this way. If any areas look unusual, the doctor may take a tissue sample (biopsy) for further investigation. Other tests for **IBD** include blood work to look for signs of inflammation or infection.

Does IBD Cause Colon Cancer? People who have had **IBD** for at least eight years have a higher risk of developing colon cancer. The risk is even greater when inflammation affects the entire colon. Ask your doctor about regular screening -- colorectal cancer is easiest to treat when it is found early. And remember, the majority of people with **IBD** do NOT get colon cancer.

Managing IBD

- **Foods/Diet** - Food doesn't cause this disease, but specific items can make your symptoms worse. If Crohn's disease has caused a narrowing of your small intestine, your doctor may recommend a **low-residue diet**. This means avoiding foods that add bulk to the stool, including nuts, seeds, raw fruits, and raw vegetables. Additionally, reduce consumption of *alcohol, coffee, soda, spicy foods, beans, fatty foods, high-fiber foods, red meat, and dairy products* (if you're lactose intolerant). Usually diet changes are temporary. This diet may help reduce symptoms of belly pain, cramping, and diarrhea, although more research is needed.
- **Stress Reduction** Learning stress management techniques may help you cope with **IBD**. Yoga, meditation, and exercise can all be beneficial. Talk therapy or group therapy can also be helpful to reduce the emotional stress of coping with a chronic condition.

Treating IBD:

- **Medications** - In **mild to moderate cases** of **IBD**, treatment typically begins with medications called **aminosalicylates**. These are anti-inflammatory drugs that can help treat **IBD** and keep it in remission. During a flare-up, **corticosteroids** may also be used to reduce inflammation and help bring a person into remission. Other medications for more severe **IBD** aim to stop the immune system from causing

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