

Choice

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

December 2016
Volume 20 - 12
Monthly



Meeting Dates/Time: **Monday December 19th (10:00 a.m.)** and **Wednesday – January 25th (10:00 a.m.)**
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers

President | Greg Davis (478/318-0471)
Vice President | Frank Gadbois (478/953-7788)
Secretary | James Erdmanczyk (478/217-1778)
Treasurer | Marieta Magerkurth (478/922-2344)

Board Of Directors

Chairperson | Herminia McMahon (478/953-2010)
Benedicta Edge (478/333-2310)
Peregrina Guillet (478/397-6691)
Soledad White (478/953-5700)

January Birthdays: Lorene Hughes(4th), Rose Glaze (5th), Anita Smith (5th), Suzanne Burgess (7th), Yvonne Ray (15th), Bawana Sanders (25th), Janet Morton (26th) and Earnest Bartlett (31st)!

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

Recent Losses:



Bessie "Miss Bessie" Howell (91)
January 13, 1925 - October 29, 2016

Bessie was born on January 13, 1925 in Cordele, Georgia to the late John Henry and Clara Whiddon Musslewhite.

She was a long time member of Central Baptist Church and the For His Glory Sunday School Class. Bessie was a member of the Red Hat Ladies and enjoyed activities at the Senior Citizens Center. She had a passion for flowers and the beauty of nature. However, her greatest joy came from time spent with her beloved family and friends.

Along with her parents, her beloved husband, Cecil Howell, and sisters, Louise Pate and Elease Willard, preceded her in death.

Her memory will forever be treasured by her son, Todd Howell of Warner Robins; sister, Joyce McNair (Gene) of Ashburn, Ga, as well as several nieces and nephews.

Funeral services were held at 3:00 p.m. on Wednesday, November 2, 2016 in the Chapel of

McCullough. Following the service, Mrs. Howell was laid to rest in Magnolia Park Cemetery.

Please visit www.AARPChapter1952.org for additional obituary/remembrance information. ☺ ggd

Sick/Shut-Ins: Ruth Davis (91), Mary Lappano (94), Phyllis Blount, Trudy Deep and **Agnes Partlow:**
Dogwood Forest Of Eagles Landing/Room 122
475 Country Club Drive | Stockbridge, GA 30281
(770) 212-3601

We wish health/wellness to all current/past members, family members and friends. ggd ☺

Highlights From November 2016 Meeting:

Angela Bates | Park Ranger/Ocmulgee National Monument (Macon, GA) shared interesting cultural and historical information about Ocmulgee. Fact: The largest archaeological dig ever conducted in this country occurred here at Ocmulgee and the surrounding areas between 1933 and 1936. Conducted by the **Civilian Conservation Corps** the extensive excavations - driven by the nation's need to create jobs during the Great Depression - provided the opportunity for intensive research into the prehistory of middle Georgia that resulted, for the first time, in an understanding of the time sequence of the American Indian cultures in the Southeastern United States. Fascinating history! Please Google/visit "**Ocmulgee National Monument**" online for additional information!

Upcoming Events:



Winter Solstice
December 22nd



Christmas Day
December 25th



December 26th



December 26th -
December 31st





Chapter 1952

(Houston County, Georgia)

P.O. Box 7481

Warner Robins, GA 31095

www.AARPCChapter1952.org

Tel: 478/318-0471



Meeting: Monday | December 19, 2016 @ 10:00 a.m.

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

Winter Safety Tips For Older Adults

Health in Aging Foundation – www.HealthInAging.org

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, this time of year.

Condition and Warning Signs

HYPOTHERMIA

Hypothermia occurs when your body temperature drops to a dangerous level. your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs

- Cold skin that is pale or ashy
- Feeling very tired, confused and sleepy
- Feeling weak
- Problems walking
- Slowed breathing or heart rate
- Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops

Precautions To Take

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress Smart – protect your lungs from cold air.
 - Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
 - Essential winter wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose. Call 911 if you think you or someone else is experiencing hypothermia.

FROSTBITE

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

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