

Choice

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

October 2016
Volume 20 - 10
Monthly



Meeting Dates/Time: Wednesday - October 26th (10:00 a.m.) and **Monday – November 21st (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)

November Birthdays: Tracy Marshall (1st), James Erdmanczyk (2nd), Tommy Stalnaker, Suzanne Baer (6th), Swarn Arora (15th), David morton (19th), Lucille Grube and William Hyslip (22nd), Hildred Chesley (25th)

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 Family Losses: **Soledad White** – Mother, **Greg Davis** – Mother, **Benedicta Edge** – Son. *“Corporately Speaking”* ... each family sincerely thanks everyone for the cards, calls, prayers, flowers and other acts of kindness shown during their respective times of bereavement.

Sick/Shut-Ins: Ivis Bedrick, Ruth Davis, Bessie Howell and Mary Lappano.

Agnes Partlow – Room 122
Dogwood Forest Of Eagles Landing
475 Country Club Drive | Stockbridge, GA 30281 | (770) 212-3601

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

Saturday - September 24, 2016 was a “fun day” of activities at the Perry/Houston County Airport!

Upcoming Meetings/Events:

- **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”

In The News:



Several issues dominate this year's Presidential election including the economy/economic issues, environment and science, criminal justice, foreign policy, health care, immigration reform, privacy and data security, education, religion, social,

veterans Issues and more!

We've had debates, town halls, political rallies, candidates' television ads, robocalls, etc. For AARP the “major” issue for each presidential candidate is *“where do you stand on **Social Security?**”*

Social Security - It's a promise that's been kept for generations. You pay into Social Security, you get the benefits you earned. But to keep that promise for future generations, Social Security needs to be updated for the 21st century. If our leaders don't act, future retirees could lose up to \$10,000 a year. Every year our leaders wait and do nothing, finding a solution grows more difficult.

The only way to make progress is for our national leaders to make Social Security a priority and put serious proposals on the table. And it starts with Presidential leadership.

AARP has pressed every candidate to **Take A Stand** – and lay out their plan to update Social Security so it's financially sound with adequate benefits.

Vote! Please visit **www.RockTheVote.com** for voting dates/times along with registration information!

Celebrated/Recognized During November:

- National Hospice/Palliative Care Month
- National Family Caregivers Month
- Nov 11 - Veteran's Day
- National Diabetes Awareness month
- Lung Cancer Awareness Month
- Pancreatic Cancer Awareness Month
- Epilepsy Awareness Month
- Native American/Alaska Native Heritage Month



Chapter 1952

(Houston County, Georgia)

P.O. Box 7481

Warner Robins, GA 31095

www.AARPChapter1952.org

Tel: 478/318-0471



Guest Speaker

Mary Walker | Master Gardener - UGA Extension/Houston County

Hospice – Comfort And Compassion When You Need It Most ...

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury, **hospice care** involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes. Support is provided to the patient's loved ones as well. At the center of hospice and palliative care is the belief that *each of us has the right to die pain-free and with dignity, and that our families will receive the necessary support to allow us to do so.*

Hospice focuses on caring, not curing and in most cases care is provided in the patient's home. Hospice care also is provided in freestanding hospice centers, hospitals, and nursing homes and other long-term care facilities. Hospice services are available to patients of any age, religion, race, or illness. Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations.

Typically, a family member serves as the primary caregiver and, when appropriate, helps make decisions for the terminally ill individual. Members of the hospice staff make regular visits to assess the patient and provide additional care or other services. Hospice staff is on-call 24 hours a day, seven days a week.

The hospice team develops a care plan that meets each patient's individual needs for pain management and symptom control. The team usually consists of:

- The patient's personal physician;
- Hospice physician (or medical director);
- Nurses;
- Home health aides;
- Social workers;
- Clergy or other counselors
- Trained volunteers; and
- Speech, physical, and occupational therapists, if needed.



Among its major responsibilities, the interdisciplinary hospice team:

- Manages the patient's pain and symptoms;
- Assists the patient with the emotional and psychosocial and spiritual aspects of dying;
- Provides needed drugs, medical supplies, and equipment;
- Coaches the family on how to care for the patient;
- Delivers special services like speech and physical therapy when needed;
- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time; and
- Provides bereavement care and counseling to surviving family and friends.

***** CONTINUED ON ADVERTISER INSERT *****