

Choice

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

September 2016
Volume 20 - 9
Monthly



Meeting Dates/Time: **Saturday - September 24th** (9:00 a.m.) and Wednesday – October 26th (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)

October Birthdays: Esther Neeley (14th) and Carol Davis (16th)

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 Sick/Shut-Ins: Ivis Bedrick, Ruth Davis, Bessie Howell and Mary Lappano. We wish health/wellness to all current/past members, family members and friends. **ggd ☺**

On **Saturday - September 24, 2016 (9:00 a.m. - 5:00 p.m.)** we will **"meet"** at:



Perry/Houston County Airport
200 Myrtle Field Road | Perry, GA 31069
(478) 987-3713 | *Beeeee There!* ggd ☺

Highlights From The August 24, 2016 Meeting:



Blake Poole – Director/Association Services | **Georgia Cattleman's Association** (GCA) shared personal and professional insights about the GCA.

Combined - beef and dairy cattle are the **third-largest commodity** in the state! Additionally, the US beef industry produces **20 percent** of the world's beef with **7 percent** of the world's cattle. Did you know ... Georgia has **21 livestock markets**, **10 milk processing plants** and all 159 counties has cattle! Beef ... a fascinating industry! For additional information please visit **www.Beef.org** or **www.GeorgiaCattleman.org**.

This month's newsletter is a "continuation/reflection" of **personal** caregiving experiences ... both directly and indirectly. Outcomes are uncertain. However - preparation, relationships, knowledge and resources are key factors regardless of the outcome!

Alberta Davis (Miss Alberta/My Mother)
c/o St John Baptist Church | 640 Vance Avenue
Memphis, TN 38126 | (901) 525-1092

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

September is **Leukemia and Lymphoma Awareness Month** | www.LLS.org
Celebrate - Hispanic Heritage Month (September 15 - October 15, 2016)
www.HispanicHeritageMonth.org

Upcoming Meetings/Events:

- Wednesday | 10/26/2016 | 10:00 a.m. - 12 Noon | **Program: Terry Berry/UGA Extension**
- **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"**



Chapter 1952

(Houston County, Georgia)

P.O. Box 7481

Warner Robins, GA 31095

www.AARPChapter1952.org

Tel: 478/318-0471



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Peripheral T-Cell Lymphoma

What is Peripheral T-cell Lymphoma?

Peripheral T-cell lymphoma (**PTCL**) is defined as a diverse group of aggressive lymphomas that develop from mature-stage white blood cells called T-cells and natural killer (NK) cells.

PTCL is classified as a type of non-Hodgkin's lymphoma (**NHL**). NHL affects two particular types of white blood cells: B-cells and T-cells. PTCL specifically affects T-cells, and results when T-cells develop and grow abnormally.

It is PTCL's origin in the lymphatic system that gave it the name peripheral T-cell lymphoma. In the case of PTCL, the term "peripheral" does not refer to the extremities, but identifies PTCL as a cancer that arises in the lymphoid tissues outside of the bone marrow such as lymph nodes, spleen, gastrointestinal tract, and skin. It is often not known why someone develops PTCL.

How common is PTCL?

PTCL currently represents 10 - 15 percent of all new NHL cases diagnosed each year and by some accounts, the number of cases being diagnosed is growing substantially. The growth in the incidence of PTCL may be driven by the aging population as well as by improvement in methods of diagnosis.

Recognizing PTCL

The most common sign of NHL is one or more enlarged lymph nodes in the neck, armpit or groin. Enlarged lymph nodes also can be near the ears or elbow. Some of these symptoms are similar to those of a cold, the flu or some other respiratory infection. Most people who have these non-specific symptoms will not have lymphoma.

How is PTCL different from other types of lymphoma?

Compared with B-cell non-Hodgkin lymphomas, PTCL is more likely to present with cancer cells that have spread beyond the lymph nodes to skin and other organs and bone marrow. It may also have a more aggressive clinical course. Recent research into peripheral T-cell lymphoma has led to significant advancements in the understanding and classification of the disease and its subtypes. Research continues on multiple fronts to develop better treatments for PTCL.

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