

Choice
 February 2008 | Volume 12 - 2
 Monthly
Choice
 Warner Robins, Georgia
 "To Serve - Not To Be Served"
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** "Day At The Capital - Wednesday, March 5, 2008. Bus Leaves At 7:30 A.M. **

The Newsletter Of AARP Chapter 1952
 Warner Robins, Georgia
 "To Serve - Not To Be Served"
www.Choice1952.com

Meeting Dates/Time: **Wednesday, February 27th** and **Wednesday, March 26th** (10:00 A.M.)
 Location: Wellston Center - 152 Maple Street | Warner Robins, GA 31093

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Choice Editor/Typist	Greg Davis	318-0471	Betty Lou Lovain	922-7774
	Maureen Echols	953-5060		

Birthdays For February

2 nd	Lillian Werner	7 th	Miriam Buchmaster	13 th
24 th				<i>Happy Birthday!</i>
Birthdays For March				
3 rd	Marcella Cunningham	3 rd	Mattie Nash	5 th
6 th	Linda Hartley	6 th	Nancy Booth	10 th
16 th	Louise Mullis	16 th	Frank W. Gaddois	17 th
21 st	Sue Braun	22 nd	Elizabeth Warren	22 nd
28 th	Bernice Poole	30 th		<i>Happy Birthday!</i>

WE CARE

Get Well cards were sent to **Bernice Poole** (knee surgery), **Leonard Hummel** and **Vi Hanson**. We also wish a speedy recovery to **Ivis Bedrick** and other members. 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**

Letter From The President
 Mark your calendars for our **"Day At The Capital"**... **Wednesday - March 5, 2008!** Be sure to sign up as soon as possible! We plan to leave the Wellston Center at 7:30 a.m. and hope to be back around 4:00 p.m. There will be no planned rest stop along the way.
 John Echols

AARP Tax Aide (February 1 - April 15, 2008) Contact: 478/929-6960
Evening Classes: Contact Lamar Odom at 478/788-5121.
AARP Defensive Driving Classes: Contact Lynn Partillo at 478/971-4473.

Spotlight On Health (Continued)

MEN
 AAA ultrasound: If you've ever smoked, you need to be scanned for an abdominal aortic aneurysm, which can develop over many years before bursting. Get checked once between 65 and 75.

EVERYONE
Eye exam: Most docs recommend annual glaucoma tests after 65. But the USPSTF says there's not enough evidence to recommend that everyone get one.
Ear exam: The FDA says hearing loss affects one out of every four people over 65. Get a basic hearing exam from your primary-care doc every year.

Nonfasting total blood cholesterol: After 65, have your levels checked every four years (not every five, as before). Some physicians say it's OK to skip this test after 80, if/when "the side effects of the medications may be worse than the condition."

Lung cancer: Smokers are at high risk—but even for them, the USPSTF says it's unclear if screening is worthwhile. The most sensitive test, low-dose CT, turns up more false positives than other tests.

Alzheimer's screening: Doctors can use questionnaires to detect Alzheimer's disease before symptoms set in. The tests are simple; one can be administered over the phone, another is known as the seven-minute screen. So why do many still advise against screening everyone for Alzheimer's? Some doctors believe that even if patients are diagnosed early, there's currently no way to stop the disease. Still, early diagnosis may help you make good use of the years you have left. If you have a family history or possible early symptoms - short-term memory loss, increased difficulty with daily tasks - ask your physician for a test. But don't expect one as part of a regular physical.

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This month's speaker will be **Mrs. Nancy Smith** - Fire Educator/Warner Robins Fire Department. 478/765-1029

"A Dog A Panic In A Pagoda" The foundation for that statement: It is a **palindrome** ... spelled the same way backwards as forwards! Thanks to Suzanne Burgess for quickly responding with the correct answer!

From The Internet: Put Your Car Keys Beside Your Bed At Night

If you hear a noise outside your home or someone trying to get in your house, just press the **panic button** for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

Additionally, remember to carry your keys while walking to your car in a parking lot. The **panic button** can work the same way!

Your risk of many diseases is higher, but you may not need as many tests as before.

65 Years & Older

Risk Management: You can't lower your age or upgrade your genes, but when it comes to assessing your health with the latest screenings, your fate is in your hands. Here are the best checkups to check out - and those you can skip.

Spotlight On Health (A Guide To Predicting Your Medical Future)

Greg Davis ggd ©
 BTW: I'm no longer "Da Baby!" Welcome to our newest member - Warner Robins Councilman Thomas Simms, Jr - our new **"Baby!"**

I'm easy to contact ... **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**
 Sincerely,

Editor's Notes
 Welcome to the new "Choice" Newsletter format! We're able to provide our newsletter from the support of advertisers. We appreciate all advertisers (past and present) and - with **every-one's** assistance - we'll get (and keep) new advertisers as well! To keep within our budget - based on the current number of advertisers - **THIS NEWSLETTER FORMAT** (2 separate documents) represents a **60%** (yes 60%) cost savings! Until we get new/additional advertisers I'll continue with this format. To view online use the "rotate" option on each "pdf" document. Our newsletter - in addition to being online - is distributed to members, non-members and businesses. If **ANYONE** is interested in advertising in our newsletter please contact me! As **you** Editor I'm open to suggestions for our newsletter! So please get your newsworthy information and/or photographs to me as soon as possible!

Pap smear: Women should have been getting it every year since 18. Now they may finally get to stop. If you have a normal Pap smear at 65 you probably won't ever need another one.
TSH blood test: The U.S. Preventive Services Task Force (USPSTF) says there's not enough evidence for widespread screening, but not all doctors agree. The American College of Obstetricians and Gynecologists says women over 65 should get a thyroid-stimulating-hormone check every three to five years.

DXA: The gold standard for osteoporosis screening, this test measures bone density at the spine, hip or forearm. All women should be checked at 65. If their results look good, they can wait at least two years before their next DXA.

Mammogram: Breast-cancer risk increases each year after 65, but many doctors tell women to stop getting annual mammograms between age 70 and 85. The reason is simple, if a bit grim: it may be easier to live with breast cancer in old age than to treat it. Chemotherapy and surgery are hard on the body, and there's no good evidence that screening extends life expectancy at this age. One group, however, may be better off not stopping. Recent studies suggest that breast-cancer survivors older than 65 can substantially cut their risk of dying of the disease by having a mammogram each year.

WOMEN

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