



AARP CHAPTER 1967

THE POWER TO MAKE IT BETTER

December 16, 2011

BOWLING GREEN - WARREN CO. AARP CHAPTER # 1967

Volume 8 Issue 1



<http://www.m2c3.com/AARP/BGAARP.htm>

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Program	Pearl Taylor
Co-Chair	Carol Smock
Volunteer Hours	Carol Smock

JANUARY MEETING

Friday, January 20, 2012

The Board will be donating the soup & chili for the Pot Luck..
 Bring sandwiches or desserts.
 Magazine & paper back books will be on sale this month.
 Teresa Whitaker will speak on Finding Long Term Care.



It is a new year, and lets remember the AARP motto "To Serve and not be Served." We all can do something, call a shut in, check on neighbors or church members who live by themselves. These things do not cost anything, only a little of your time. Not only will that person feel better but you will too.

Mary Ann Wade, President



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CHAPTER SUPPORTERS
APRIL 2011 FEATURED SUPPORTERS
WE APPRECIATE OUR CHAPTER SUPPORTERS

GRAVES GILBERT CLINIC

201 Park St, Bowling Green, 781-5111

Founded in 1937, Graves Gilbert Clinic has been a leader in offering quality family health care. The Clinic consist of over 60 Physicians representing 19 medical specialties, full service laboratory and x-ray facilities, an optical shop and pharmacy.

The diverse and extensive training of the clinic's Physicians ensures that they can provide quality medical care for the most acute and chronic medical condition.

GRAVES GILBERT Clinic's goal is to provide sensitive, compassionate care to their patients with respect to the total well-being of the individual.

Office hours are by appointment

THE MEDICAL CENTER HEALTH AND WELLNESS CENTER

Located at 2625 Scottsville Rd (Greenwood Mall) Bowling Green, Phone 745-0942 THE HEALTH AND WELLNESS CENTER is a health education resource center provided for the community by The Medical Center.

The Center features a very active calendar of events each month that include health education classes, exercise classes, support groups and much more.

Free blood pressure screenings are offered daily. The Center is staffed by registered nurses, health educators and dietitians and offers a Diabetes Education Program and Medical Nutrition Therapy.

For more information on programs available at the Center stop in for a visit call 745-0942

Attention: Please get your newsworthy information to us by the 1st Friday of the month. We are always open to suggestions! We

Bowling Green-Warren Co. AARP Chapter 1967

Minutes of membership Meeting December 16, 2011

Location: First Christian Church 1106 State Street Bowling Green, KY 42101

The meeting was opened by the Chapter President Ann Parson time 11:40am. Edwin Phelps led the Pledge of Allegiance and Bea Isable led the group in singing God Bless America.

Ann recognized the birthdays and anniversary for December.

Our guests were Nelda Barnett, from the State AARP office, Mayor Bruce Wilkerson, City Commissioner Bill Waltrip. Supporters and Sponsors attending were Brad Cannon and Magan Chetlat from Home Instead, Shawn Armnett and Todd Dixon from Hospice of Southern Kentucky, Don Frank from Bowling Retirement Village, and Jerry and his co-workers from Sam Club.

The following items are in the Newsletter: Treasures Report, Minutes, Volunteer Hours, Membership Report, Nursing Home Visits and Door Prize Winners, Up Coming Events.

Nelda Barnett sworn in the new officers for our Chapter 1967 for 2012 they are the following:

President, Mary Ann Wade; Vice President, Bea Isable; Treasurer, Carolyn Spiller; Recording Secretary Board & Budget, Rosemarie Allison; and Recording Secretary for the General Meeting, Betty Anderson.

Ann thanked Bob Parson for putting together the photo video for our meeting.

Ann reminded everyone that Dec. 20th was the gift wrapping At Home Instead.

Mary Ann presented a gift to Ann for all the great work she has done for our Chapter as President and all the other things that went unnoticed this past year.

Edwin Phelps said the Blessing for the Pot Luck.

The meeting was Adjourned and followed by the drawing of the door prizes by Ann Parson, Jim Oller, Bob Scantlin and Bill Waltrip .

Mary Ann Wade

Recording Secretary (2011)

Bowling Green-Warren Co

AARP Chapter #1967

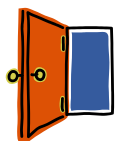


A good friend is someone who thinks you are a good egg even though he knows you are slightly cracked.



NOVEMBER'S ACTIVITY REPORTS

December's Door Prizes



Jim Oller, Entertainment Chairman

7 prizes were given out. Below are the recipients.

Donated by	Gift	Winner
Wal-Mart	\$10.00 gift card	Gwen Ralph
Red Lobster	2 \$5.00 gift card	Rosemarie Allison
Fazoli's	2 Spaghetti Dinners	Betty McCormick
Taco Bell	1 free combo meal	Pat Markle
CiCi's Pizza	Buy 1 buffet & get 1 free & 2 free ice teas	Michelle Barlow
Chick-fil-a	2 free Chick-n-minis	Kathy Jill Johnson
AARP Chptr	AARP cap	Jessie Pukett

December's Volunteer Hours

by Mary Ann Wade

Advocacy	74
Community Service	206
Diversity	42
Education Outreach	70
Membership Growth	30
NDOS	0
Chapter Maintenance	251
Other Organizations	<u>646</u>
Total	1319
Volunteers	29
YTD	12087hrs.

Financial Report for December

Income:

Donations	42.04
To Go Boxes	20.00
Magazines Sale	00.00
Other	<u>62.04</u>
	124.08

Expenses:

Cost of Food for Pot	
Luck for 90 people:	124.53
Other	<u>00.00</u>
TOTAL	124.53

Nursing Home Visits

by Betty Kirby, Comm. Service Chair

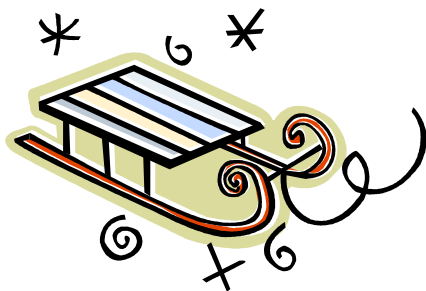
There was not a visitation in December. Visitations will resume on January 16 at Britthaven at 2:00 pm. February will be Feb. 17 at Rosewood at 2:00 pm. If you would like to participate in the visits call Betty Kirby 842-2550 .

December's Sympathy & Get Well Wishes

. Our Notification Secretary, Jean White sent out 2 get well cards and 1 'thinking of you' card in December.

New Member

We had one (1) new member at the December meeting. It is Edna Cary.



December Attendance

Members Present	70
Guest	12
Total Attendance	82
New Members	1
Total Membership	152

January

1-9 HB & Linda Murphy

1-12 Collins & Mae Vance

February

2-1 Roy & Martha Colson

2-6 Kenneth & Charlene Utley

2-14 Donald & Betty

McCormick



January



1-3 Cletus Mitchell

1-4 Mark Titschinger

1-6 Kathy Jill Johnson

1-8 Helen McKay

1-8 Ina Bucklew

1-11 Rachel Butts

1-15 Harley Adkison

1-20 Edwin Phelps

1-26 R C Colson

1-26 Cornelia Graham

1-27 Jerry Wilson

February

2-6 Rena Livsey

2-12 Bill Waltrip

2-14 Rico Aberu

2-14 Shirley Bailey

2-15 Bill Martin

2-18 Martha Colson

2-18 Montell Lynwood

2-23 Carole Smock

2-26 Jan Willoughby

2-27 Kelly Goad

2-28 Thelma Baker



Recipe of the Month

Sweet Potatoes Casserole

By Jean Button

- | | |
|----------------------------|---------------------|
| 3 C. Mashed sweet potatoes | 1 C sugar |
| 2 beaten eggs | 1/2 C melted butter |
| 1 tsp. vanilla | |

Combine & place in greased (Cooking spray is good for this) casserole dish.

Top with the following

- | | |
|---------------------------------|---------------------|
| 1 C. brown sugar | 1/3 C melted butter |
| 1/3 C. flour | 1/2 C flour |
| 1/2 C chapped pecans or walnuts | |

Sprinkle over the top and bake in 350 degree oven for 25-30 degree.

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(270)782-3402

THIS & THAT

Can you fill in the blanks ??



President
Mary Ann _____



Vice -President
Bea Isable



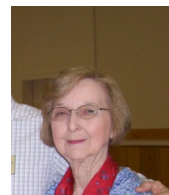
Treasurer
Carolyn _____



Gen Mtg. Record'g
Secretary



Brd Mtg & Budget Meeting
Recording Secretary
Rosemarie Allison



Community Service
_____ Kirby



Program Committee
& Volunteer Hrs
Carol Smock

We can only be said to be alive in those moments when our hearts are conscious of our treasures.
Thornton Wilder



Public Relation
_____ Robertson



Entertainment Chairman
_____ Oller



Membership
_____ Parson



Public Relations &
Program Chair
Pearl Taylor



Legislative
James Williams



Past President
Past Treasurer
Bob _____

CHAPTER SUPPORTERS

AARP Chapter 1967 - Helping Us To Help Others!

THANK OUR Supporters WHEN USING THEIR SERVICES

BOWLING GREEN RETIREMENT VILLAGE

**445 Middlebridge Road West
Bowling Green, KY 42104
Phone 842-5433**

6-8-11

CDS #10 PHARMACY

**1308 Ashley Circle
Bowling Green, KY 42104
Phone 781-5661**

6-7-11

CHANDLER PARK ASSISTED LIVING

**2643 Chandler Drive
Bowling Green, KY 42104
Phone 842-2626**

6-5-11

FIRST CHOICE HOME MEDICAL

**1945 Scottsville Road, Suite A3
Bowling Green, KY 42104
Phone 392-0811**

6-25-11

GRAVES GILBERT CLINIC

**201 Park St
Bowling Green, KY 42101
Phone 781-5111**

7-11

Here Hear, LLC

**Hearing Center
1212 Woodhurst Street, Suite B
Bowling Green, KY 42104
Phone 842-3277**

11-10

HOME INSTEAD SENIOR CARE

**2475 Scottsville Rd
Bowling Green, KY 42104
Phone 842-7540**

5-28-11

J.C. KIRBY & SON

**FUNERAL CHAPEL AND CREMATORY
832 Broadway & 820 Lovers Lane
Bowling Green, KY 42101 & 42104
Phone 843-3111**

6-8-11

PAUL GRAY - PHYSICAL THERAPY

**1711 Ashley Circle
Bowling Green, KY 42104
Phone 842-1690**

7-6-11

SOUTH CENTRAL BANK

**1757 CAMPBELL LANE
BOWLING GREEN, KY 42104
Phone 782-9696**

6-9-11

THE MEDICAL CENTER HEALTH AND & WELLNESS CENTER

**2625 Scottsville Rd, Suite 608
Bowling Green, KY 42104
Phone 745-0942**

7-11

VILLAGE MANOR / CHRISTIAN CARE COMMUNITIES INC

**1800 Westen Street
Bowling Green, KY 42104
Phone 796-6643**

6-11-11

ATTRACTIONS COMING UP

MEDICAL CENTER HEALTH & WELLNESS CENTER. At 1857 Tucker Way.



Limber for Life. : Fridays @ 9:00 am. Call 745-0942

Mended Hearts 4th Monday Jan 23 at 7-8 pm Medical Center Auditorium
For more info call Rigo Abreu at 782-7765.



**INCREASE YOUR PLANNING TO
DO A LITTLE COOKING**



To keep potatoes from budding, place an apple in the bag with the potatoes.

OR



Buy mashed potato mix.
Keeps in the cupboard for up to a year.

HEARING LOSS ASSOCIATION the Hearing Loss Support Group meets on the first Tuesday of most every month at 4:30pm at the Health and Wellness Center, 1857 Tucker Way, The next meeting will be Feb. 7, 2012. See Donna Woods for more info or call 782-7329

Nursing Home Visits

The visits are schedule for the 3rd Mon. of the month. **The next visit will be Jan 16 at Britthaven and Feb 20 at 2:00 pm. at Rosewood.** *For more information*

Call Betty Kirby at 842-2550

Hem your blessings with thankfulness so they don't become unravel.

Author unknown

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Thank our Advertisers and Supporters when using their services, and tell them that we appreciate their support. They make it possible to have a newsletter and many of our activities

ACTIVITIES

FEBRUARY'S GEN. MEETING: The meeting will be Feb 17 at 11:30 am at the Christian Church on State St. The Pot Luck will be baked chicken furnished by the Chapter. Members are asked to bring side dishes & desserts. February is our 'White Elephant Sale', bring sellable items. **Magazines & Books will not be sold.**

EXERCISE: The Silver Sneakers Program At Bowling Green Parks and Recreation is the best keep Secret in Bowling Green. for more information Contact Parks and Recreation at 393-3624 and ask about Silver Sneakers

SENIOR BOWLING: Southern Lanes on Wednesday and Friday at 1 pm.

\$6.00 For 3 Games Must be 50 Yrs of age or older. Call Ann Parson phone 782-3904 for more information.

AARP DRIVERS SAFETY PROGRAM: Four Hour Class 9am to 1pm Third Wednesday of most months at the Medical Center Health & Wellness Center located off Cave Mill Rd. next to Dr Jackson's office. Call 745-0942 to confirm an appointment. The dates are Jan. 18 and Feb 15.

BINGO : MC Health & Wellness Center off Cave Mill Rd nrxt to Dr. Jackson's office Tu 2-7-12 @2 pm and Greenview Hospital Th 2-9-12 and Th 2-23-12 at 1:30 pm

BGAMUG Computer Club Meeting, meets the 4th Tue of the month at Vocational School. Jan meeting is 24th and Feb meeting will be 2-28 @ 6:30 pm. at the Vocational School. For more information call Bob Parson at 782-3904

CHAMBER BREAKFAST: There is not a Chamber Breakfast in January, the next breakfast will be Feb 24. More information on the breakfast will be in the February's News letter.

HUG (Helping U Give) Education, Resources and Support for Caregivers at SKY Rehab to providing to help caregivers give the best care possible while still maintaining their own physical, mental, and social health.

Meetings are the second Thursday of each month at 5:30pm in the SKY Rehab Classroom. Call 270-782-6900 ext 203 for more information.



HUGHES & COLEMAN
INJURY LAWYERS

J. MARSHALL HUGHES
Attorney

1256 Campbell Lane, Suite 201 Phone: 1-800-785-2110
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Bowling Green, KY 42102 jmh@hughesandcoleman.com

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January & February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16 *Nursing Home Visits	17	18 * Driver Safety B	19 @ Bingo	20* AARP Gen Meeting LL B E	21
22	23 @ M Hearts	24 @ BGAMUG	25 B	26	27 LL B E	28
29	30	31	1 B	2	3 LL B E	4
5	6	7@ Bingo	8 B	9 @ Bingo	10 LL B E	11
12	13 *Nurs'g Home Visit	14	15* Driver's Safety B	16	17 AARP Gen Mtg LL B E	18
19	20	21	22 B	23 @ Bingo	24 LL B E	25
26	27@ M Hearts	28@ BGAMUG	29 B			

*denotes an AARP event @ denotes a non-AARP event LL = Limber for Life (see page 8)
 B = Bowling @ Southern Lanes @ 1:30 (see page 9) E=Exercise @ Parks & Recreation (see page 9)

JANUARY

- *20 General Meeting Pg 9
 Pot Luck—soup & sandwiches
 Program ‘Long Term Care
 Fund raiser magazines & paper-
 Back books.
- @ 23 Mended Hearts 7 pm.. Pg 8
- @24 BGAMUG 6:30 pm. Pg 9

FEBRUARY

- @7 Bingo Med Center 2:00pm. Pg 9
- @9 Bingo Greenview H. 1:30 pm. Pg 9
- *13 Nursing Home Visit 2:00 pm. Pg 8
- *15 Driver's Safety Pg 9
- *17 AARP Gen Meeting 11:30am Pg 9
 Program Talk w/ Members
 White Elephant Sale
 (No Magazines)
 Pot Luck—Baked chicken,
- @23 Bingo Greenview H 1:30
- @27 Mended Hearts 7 pm. Pg 8
- @ 28 BGAMUG @ 6:30 pm Pg 9