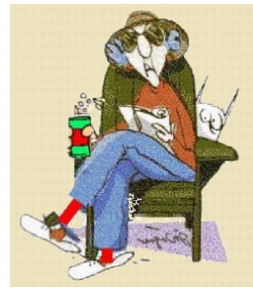


LOST CHURCHES OF LOUISIANA The hurricanes that hit the Gulf Coast of our nation were devastating. It did not spare the houses of worship in and around the area. One of the local television stations in South Louisiana aired an interview with a woman from New Orleans. The interviewer was a woman from a Boston affiliate. She asked the local woman how such total and complete devastation of the churches in the area had affected their lives? Without hesitation, the woman replied, **"I don't know about all those other people, but we haven't gone to Churches in years. We gits our chicken from Popeye's."** The look on the interviewer's face was priceless. They're out there, they live among us, AND [This Is Frightening] ... MOST OF THEM VOTE! ** Thanks IB! ** **ggd ☺**



Choice

May 2011
Volume 15 - 5
Monthly

The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia
"To Serve – Not To Be Served"
www.Choice1952.com

Meeting Dates/Time: **Wednesday, May 25th** (10:00 A.M.) and **Wednesday, June 22nd** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093



Remembering all those who have served in the Armed Forces. We salute you! MEMORIAL DAY | May 30, 2011

In 1882, the name was changed to Memorial Day and soldiers who had died in previous wars were honored as well. In the northern United States, it was designated a public holiday. In 1971, along with other holidays, President Richard Nixon declared Memorial Day a federal holiday on the last Monday in May. Cities all around the United States hold their own ceremonies on the last Monday in May to pay respect to the men and women who have died in wars or in the service of their country. Memorial Day is not limited to honor only those Americans from the armed forces. It is also a day for personal remembrance. Families and individuals honor the memories of their loved ones who have died. It is a day of reflection. However, to many Americans the day also signals the beginning of summer with a three-day weekend to spend at the beach, in the mountains or at home. **ggd ☺**

Hearts To Heroes has an **"ongoing/continuous need"** for donations! **Suzanne Burgess** (478/922-2003) is our Chapter "lision" for this project. However, for additional information please feel free to contact **Myra Foskey** at 478/230-0663 (Cell) or via e-mail at myra_foskey@yahoo.com.

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Birthdays For May

John Padgett 16th Walter Huckeba 20th John Echols 28th

Birthdays For June

Frances Kobylinski 4th Nettie Mathe 20th Palmer Craig 21st Mildred Brown 27th

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***

Highlights From March's Meeting: **Paul Bennett** (AARP Driver Safety Instructor) briefly discussed the AARP Driver Safety Program. Upcoming dates/locations are 6/6 and 6/7 (both at 5:00 P.M.) at the Houston Healthcare Pavillion. Additional dates/locations are 6/9 and 6/16 (both at 1:00 P.M.) at the Senior Activity Center. Please call 478/783-1988 to register or for additional information.



Tina Fletcher (Pharmacist/Admissions Director | Houston Medical Center) shared insights about (proper) medication storage, prices, availability, expiration (dates) and effectiveness ... impacted by heat and light. "Know Your Meds" and (if possible) carry some form of medication records/information at all times. A "Know Your Meds" form is available from the Houston Medical Center and online at www.hhc.org. A lively question/answer session rounded out her presentation with additional/very informative topics.

A drunken man walks into a biker bar, sits down at the bar and orders a drink. Looking around, he sees three men sitting at a corner table. He gets up, staggers to the table, leans over, looks the biggest, meanest, biker in the face and says: **"I went by your grandma's house today and I saw her in the hallway buck-naked. Man, she is one fine looking woman!"** The biker looks at him and doesn't say a word. His buddies are confused, because he is one bad biker and would fight at the drop of a hat. The drunk leans on the table again and says: **"I got it on with your grandma and she is good, the best I ever had!"** The biker's buddies are starting to get really mad but the biker still says nothing. The drunk leans on the table one more time and says, **"I'll tell you something else, boy, your grandma liked it!"** At this point the biker stands up, takes the drunk by the shoulders looks him square in the eyes and says ... **'Grandpa ... Go Home!'** **ggd ☺**

Meeting Date/Time:
Wednesday - May 25, 2011/10:00 A.M.
Guest Speaker:
Sarah M. Ulim
(Precious Metals Purchaser | Gold Galore!)

P.O. Box 7481
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Editor's Notes: UPDATE YOUR LOCAL (Chapter 1952) MEMBERSHIP - STILL A "BARGAIN" AT \$5.00/YEAR!

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Sincerely,

Greg (Formerly Known As "Da Baby") Davis ggd ☺

6 Ways to Feel Happier, Be Healthier - Accentuate the positive

A good mood not only influences how you feel today, it can have a powerful impact on your health for years to come.

Scientists urge us to be as attentive to our moods and attitudes as we are to our physical health. Two recent studies underscore the importance of that advice. A paper in *Current Directions in Psychological Science* notes that a **positive attitude** can protect against poor health later in life and may be a powerful antidote to stress, pain and illness. Another study, published in the journal *Applied Psychology: Health and Well-Being*, found that happy people tend to live longer and experience better health than their unhappy peers. "**Happiness is no magic bullet,**" says University of Illinois psychologist Ed Diener, the lead author, "**but the evidence is clear and compelling that it changes your odds of getting disease or dying young.**"

Eating well, exercising, not smoking and getting enough sleep help keep you healthy, but how do you develop a positive attitude? Here are six mood boosters to make the world look rosier. Add them to your life, and odds are you'll feel both happier and healthier. If you rarely walk on the sunny side of the street, now's the time to cross over.

Pets are a surefire way to brighten your outlook. An astonishing 97 percent of dog and cat owners reported that they talk to their pets, notes Alan Beck, director of the Center of the Human Animal Bond at Purdue University. "**The other 3 percent lied,**" he quips. People talk to their pets because they don't have to worry about what they say or worry about the response. If you'd like to have a pet in your life but don't want to own a dog or cat, become a volunteer at an animal shelter or zoo, offer to walk a neighbor's dog on a regular basis, set up an aquarium, consider a parakeet or put out bird feeders.

Music can reliably lift the gloom as well. Music activates specific brain regions involved in emotion and memory. "**If you listen to a song that triggers a memory from your past, it evokes generally positive visual and emotional memories,**" says Petr Janata, a cognitive neuroscientist at the University of California, Davis. He suggests listening to familiar music that you know puts you in a good mood. "**Up-tempo, bright and cheery music is always a good bet,**" he says. "It will help you get out of bed in the morning in a good mood."

Laughter has a host of unexpected benefits that make it good for both your mind and body. A good belly laugh enhances mood, strengthens the immune system, dulls pain, boosts energy and prompts the release of feel-good chemicals called endorphins. So take yourself a little less seriously, find something that tickles your funny bone, and share this wonderful, free gift of laughter with others.

Go for the Green. "**We evolved in the natural world, and it remains an integral part of our health and well-being,**" says Yale University social ecologist Stephen Kellert. Natural settings stimulate the mind. "**Exposure to the outdoors facilitates our ability to concentrate, helps memory and restores us,**" Kellert explains. Take advantage of what nature has to offer, choose a specific outdoor activity and make it a part of everyday life.



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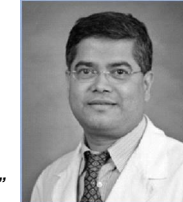
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Help Yourself by Helping Others. Volunteers who devote time to community organizations or who informally help out friends, relatives and neighbors report greater happiness and better health than those who don't. Although it may not be a magic potion for satisfaction, most people who volunteer agree that it enriches their sense of purpose in life.

Try Tai Chi. The gentle flowing movements of tai chi create a feeling of relaxation and calm. These low-impact, slow-motion exercises encourage you to focus on your breathing and your body and allow you to concentrate fully on the present. Taking a class is the best way to learn tai chi. Since there is no standard training or licensing procedure, ask if the instructor is certified by an experienced teacher and continues to practice with that teacher. This mind-body practice can prevent or treat a number of health problems, including heart disease, high blood pressure and sleep problems.

Source: **AARP Bulletin | May 13, 2011**