

seven, hold for a count of seven, exhale for a count of seven. Repeat seven times. **ggd ☺**

Adam, an elderly man was seated in the doctor's waiting room. When he was called in to see the doctor, Adam slowly got up, and, grasping his cane and hunching over, slowly made his way into the examining room. After only a few minutes, **Adam** emerged from the room, walking completely upright. **Paul**, another patient who had watched him hobble into the room all hunched over, stared in amazement. *'That must be a miracle doctor in there.'* he exclaimed. *'What treatment did he give you? What's his secret?'* **Adam** stared at **Paul** and said, *'Well, the doctor looked me up and down, analyzed the situation, and gave me a cane that was four inches longer than the one I had been using.'* **ggd ☺**



An Eskimo got so cold while paddling his kayak that he built a fire to warm himself up. Naturally, the kayak sank, and he had to swim to shore in the icy waters. This only goes to show that **you can't have your kayak and heat it, too.** **ggd ☺**

A String walked into a bar, hopped on the barstool, and said, *"Bartender, gimme a beer."* The bartender said, *"I'm sorry, sir, we don't serve strings here."* Disappointed, the string hopped down from the stool, went to several bars, got rejected and finally went to the last bar in the area.

He was tired, he was sweaty ... **all he wanted was a beer.** He trudged inside, climbed on the barstool, and said, *"Bartender, gimme a beer."* This bartender, too, said, *"I'm sorry, sir, we don't serve strings here."* Tired and angry, the string walked outside to think. He was a hard-working string and ... he deserved a beer! Finally, he came up with an idea. He had a passerby tie him up into a bow and frazzle his ends. Then he went back into the bar, and climbed up on the barstool. *"Bartender, gimme a beer!"* he said loudly. The bartender looked him over critically, and finally yelled, *"Hey, aren't you that string that was in here a few minutes ago?"* The string replied coolly, *"Nope, I'm a frayed knot."* **ggd ☺**

Kleenco Carpet Cleaners
Christopher Addison - Owner
206 Crakston Court
Bonaire, GA 31005
Tel: 478/258-6244
Licensed, Bonded & Insured
www.KleencoCarpetCleaners.com
"We Love To Clean!"

Operation House ID
"NightVISION" Reflective Address Signs!
Practical!
Elegant Designs!
Brilliantly Reflective!
Complements Any Landscape!
Highly Visible Both Day And Night!
Only \$57.50 - Installed On A Free-Standing Pole!
Gregory G. Davis
Tel: 478/318-0471
www.Elegant911Signs.com



Choice

August 2013
Volume 17 - 8
Monthly

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

Meeting Dates/Time: **Wednesday, August 28th** (10:00 A.M.) and **Wednesday, September 25th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Jeanine Frey	922-5489	Maureen Echols	953-5060
Vice President	Frank Gadbois	953-7788	Suzanne Burgess	922-2003
Secretary	James Erdmanczyk	280-6094	Betty Lou Lovain	922-7774
Treasurer	John Echols	953-5060		
Choice Editor/Typist	Greg Davis	318-0471		

Birthdays For August

Vi Hanson 9th **James Kling **** 26th

Birthdays For September

Greg Davis 1st **Mary Lappano **** 1st Myrtice Mitchell 6th Agness Partlow 6th
Phyllis Blount 8th **Charles T. Bell **** 9th Benedicta Edge 10th **Ivis Bedrick **** 15th
Harris McMillan 15th **** Denotes "Nonagenarian!"**

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 We wish health/wellness to all past/current members! ggd☺



Highlights From July's Meeting: Maggie Kubia (Houston HealthCare/Life Choices Team) - shared insightful information about **Advance Directives**, (Georgia's **Critical Conditions** Program and Physician's Orders for Life Sustaining Treatment (**POLST**)). An **Advance Directive** allows you to choose a person as your **Health Care Agent** to make health decisions for you when you cannot. Designating a person (and that person's willingness) are key considerations when choosing an agent. The **Critical Conditions Program** includes planning guides, workshops and trained community counselors to help everyone make "right" (final health care) choices.



POLST: "Each health care provider, health care facility, and any other person who acts in good faith reliance ... shall be protected and released to the same extent as though such person had interacted directly with the [patient] as a fully competent person." The General **"Process:"** Create an Advance Directive, Choose Health Care Agent, Discuss (with Health Care Agent and Family) your values, beliefs and choices, Sign (and have witnesses), Distribute to family members, personal physician and hospital. Although Mrs. Kubia discussed programs implemented in Georgia, these programs are implemented in other states as well. For additional information contact Houston HealthCare at 478/975-5346 or visit the following (**not all inclusive**) websites: www.HHC.org (Houston HealthCare), www.NHDD.org (National HealthCare Decisions Day) and www.Critical-Conditions.org (Critical Conditions). **ggd ☺**

Welcome - **New Member: Martha Kimbrough!**

A **Texas Sheriff** pulled up next to the guy unloading garbage out of his pick-up into the ditch. The Sheriff asked, *"Why are you dumping garbage in the ditch? Don't you see that sign right over your head."* "Yep," he replied. *"That's why I'm dumpin' it here, 'cause it says: 'Fine For Dumping Garbage.'"* "Bada Bing!" **ggd ☺**
Thanks **Miss Ivis!**

Upcoming Events: Labor Day (9/2), Patriot Day (9/11), Grandparents Day (9/13), Constitution Day (9/17), Georgia Golden Olympics (Warner Robins | 9/18 - 9/21), World Alzheimers Day (9/21) and **Life@50+**, AARP's National Event and Expo (Atlanta | 10/3 - 10/5) among "many others!" **ggd ☺**

Meeting Date/Time: Wednesday - August 28, 2013/10:00 A.M.
Guest Speaker: **Laird Van Gorder**
Distinguished Toastmaster
Warner Robins Toastmasters



P.O. Box 7481
Warner Robins, GA 31095
www.Choice1952.com
Tel: 478/922-5489

AARP
Chapter 1952
The power to make it better.

Editor's Notes: **Members:** Please UPDATE your local (Chapter 1952) membership ... still a "bargain" at only \$5.00/Year! **Advertisers/Sponsors:** Your support of our newsletter is an exceptional value **STILL** at only \$4.00 (or \$8.00)/Month [**\$48.00 (or \$96.00)/Year - Prorated**] and helps tremendously to offset printing/production costs. **Thank You ... Thank You ... Thank You!**

ALL: As **your** Editor I'm open to suggestions for our newsletter! So please, keep your membership status/information current, get your newsworthy information and/or photographs to me as soon as possible and - collectively - we'll get/keep advertisers/sponsors!

I can be reached at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

Sincerely,

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



Bonding With Older Grandkids May Prevent Depression



Sure, those grandbabies are cute, but a close bond with your adult grandchildren can help reduce depression for both of you — and the closer the bond, the more anti-depression benefits there are, a new study finds.

Much has been written about grandparents helping with — or even raising — young grandchildren. Yet *"[w]e know relatively little about what grandparents and grandchildren do for each other on a daily basis during the grandchildren's adulthood,"* Boston College sociologist **Sara Moorman, Ph.D.**, told the New York Times.

For her study, presented at a recent (August 2013) annual meeting of the **American Sociological Association**, Moorman and coauthor **Jeffrey Stokes** looked at 20 years of survey data from the Longitudinal Study of Generations, a survey of three- and four-generation U.S. families.

Their sample included 376 grandparents and 340 grandchildren. The average grandparent was born in 1917; the average grandchild, in 1963 — making them 77 years old and 31 years old, respectively, at the midpoint of the study, in 1994.

What Moorman and Stokes found was that **grandparents who got help from their grandchildren but didn't give any in return had the greatest increase in depression.** Those grandparents, however, who did give in return — some advice, a little money or a gift — reported the greatest mental health benefit.

"There's a saying, 'It's better to give than to receive,'" she added. *"Our results support that folk wisdom — if a grandparent gets help but can't give it, he or she feels badly. Grandparents expect to be able to help their grandchildren, even when their grandchildren are grown, and it's frustrating and depressing for them to instead be dependent on their grandchildren."*

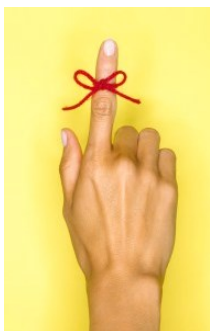
Plus, the greater emotional support grandparents and adult grandchildren got from each other, *"the better their psychological health."* Those who reported having a close bond were less likely to report feeling lonely or sad, and to experience a lack of energy or sleeplessness.

Moorman acknowledged that most of us were raised to be solicitous of our elders and to help them out as much as possible, though, as she told CBS News, *"all people benefit from feeling needed, worthwhile and independent."*

And for grown-up grandkids, she had this advice: *"Let Granddad write you a check on your birthday, even if he's on Social Security and you've held a real job for years now."* ggd ☺


Six Steps To Improve Your Memory

1. **Learn Something** - Stimulating the brain helps it develop a resilience that allows us to fight off diseases like Alzheimer's, says Paul D. Nussbaum, Ph.D, an adjunct professor of neurological surgery at the University of Pittsburgh School of Medicine who has been working with AARP on its brain health program. "Age doesn't matter," he says. "We have the ability to shape our brains throughout our lives."
2. **Sleep** - Getting fewer than six hours of sleep a night can raise the risk of stroke, according to research presented at a 2012 Associated Professional Sleep Societies meeting. Can napping improve your memory?
3. **Eat Right** - More than half your plate should be filled with green, leafy vegetables. Get plenty of fish, nuts and olive oil; steer clear of refined carbs. A 2009 Columbia University study found that this kind of diet may help ward off Alzheimer's.
4. **Challenge Yourself** - *"The number one memory complaint people have is that they're bad with names,"* says



Please Support These Advertisers That Support Us!

Let Them Know You're From AARP Chapter 1952!


H. Jay Walker III
 Attorney at Law
 Office (478) 923-4152
 Residence (478) 953-1240
 Facsimile (478) 922-7401
 Email: hjwalker@infionline.net
 123 B Carl Vinson Parkway
 Warner Robins, Georgia 31088

Middle Georgia Memory Makers
 Group Travel
Franki Hodge
 Trip Coordinator
 137 Williamstown Drive
 Warner Robins, GA 31093
 Tel: 478/953.0636 | Cell: 478/951.4874
 E-mail: fahodge@cox.net


Two Locations:
 Centerville (Watson/Houston Lake Road 478/953-4632)
 Warner Robins (North Davis/Green Street 478/922-5960)
Coming Soon: Byron (I-75, Exit 149)
***** Monthly Specials *****
Senior Military Law Enforcement Discounts

TEXAS TOAST BREAKFAST SANDWICH


Raccoon Stone & Tile Works
 Granite, Marble & Limestone
 We cater to your fabrication needs!
 Counter Tops, Vanities And More!
 www.RaccoonStoneAndTile.com
Mary Coon
 Tel: 478/956-2222 Fax: 478/956-2221
 Showroom: 2347 HWY 247C
 Byron, GA 31008

THE FLOOR STORE
 Floor ... Everything You Need!
Jim Nadeau
 478.333.3396
 4027 Watson Boulevard, Suite 190
 Warner Robins, GA 31093
 thefloorstore4027@gmail.com
 www.TheFloorStoreOnline.com

DOWN ON THE BAYOU
 Authentic New Orleans Cuisine
David & Felicia Hackney
 478/973-0176 | DavidHackney@cox.net
 * Catering * Large/Small Events *
 * Personal Chef * Home Delivery *
 * Seafood Boils * Fairs/Festivals *
Facebook: Down On The Bayou


 1770 Watson Boulevard
 Warner Robins, GA 31093
 (478) 333-6961
Melvin Fussell, M.D.
 Board Certified Urologist
 www.UrologicalHealthCenter.com


 Quality repairs and best customer service in town!
Wiltz Bernard
 810 Corder Road Warner Robins, GA 31088
 478.923.0000
 asx@asxperts.biz

Rodrigo E. Morales, MD



 • Board Certified In Pulmonary, Sleep Medicine And Internal Medicine
 • Active Member Medical Staff Of Houston Medical Center (Warner Robins, GA)
 • Consultant Physician At Perry Hospital (Perry, GA)
**** New Patients Are Welcome! ****
Houston Lung Clinic, LLC
 92 Tommy Stalaker Drive
 (Corner Of Osigan Boulevard)
 Warner Robins, GA 31088
 478/333-2522 | 478/333-3160 (Fax)
 We Accept Most Insurance Plans Including Medicare, Tricare, Blue Cross And Others.
 Dr. Morales Habla Espanol


Jim's Quick Lube
JAMES DAVID (JIM) SPEER
 857 Warren Drive (West Highway 96)
 Warner Robins, GA 31088
 478/218-0279
 Email: jimsppeer@aol.com
**** Senior Discounts ****



 The #1 Auto Body Repair Facility In Middle Georgia!
(478) 923-8811
 810 Corder Road | Warner Robins, GA 31088
www.RCICollision.com

FREE SYSTEM & INSTALLATION
GUARDIAN SECURITY SYSTEMS, INC.
 "Protecting What is Most Important!"
 • Burglar & Fire Alarms
 • Residential & Commercial
 • Medical Emergency Alarms
 • 24 Hr. Monitoring
 • Intercoms & Home Theatre
 158 S. Houston Lake Rd., Ste. 1, Warner Robins, GA 31088
 www.guardiansecuritysystems.net
478-329-9211 or 888-329-9211


 with you through LIFE™

 A Proud Member Of AMERICAN FRATERNAL ALLIANCE
Jill Smith, FIC
 Financial Representative | Area Manager
 1019 Ball Street | Perry, GA 31069
 Phone: 478.987.9691
 Fax: 478.987.9692
 Cell: 912.539.0579
 JKSmith@woodmen.org
 http://reps.woodmen.org/JILLKSMITH
Allen Griffin
 Financial Representative
 Cell: 478.960.1424
 ragriffinj@woodmen.org
 http://reps.woodmen.org/ALLENGRIFFIN
 Woodmen of the World Life Insurance Society | Omaha, NE

- neurologist Majid Fotuhi, M.D., Ph.D. **"People need to stop whining and realize they can do it!"** His prescription: **Memorize Three Names A Day** — such as those of an announcer on TV, a person in your company and a key player on your favorite sports team.
5. **Walk With A Friend** - Psychiatrist Gary Small, M.D., calls this a triple threat against Alzheimer's disease: It gives you a cardiovascular workout, stress-relieving social interaction and mentally stimulating conversation.
 6. **Meditate** - Reduced anxiety improves blood flow to the brain. A quick calm-me-down: Inhale for a count of