

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 ☺**

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# 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](http://www.Choice1952.com)

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

Officers	Names	Telephone	Board Of Directors	Telephone
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Choice Editor/Typist	Greg Davis	318-0471		

### Birthdays For August

Vi Hanson 9<sup>th</sup> **James Kling \*\*** 26<sup>th</sup>

### Birthdays For September

Greg Davis 1<sup>st</sup> **Mary Lappano \*\*** 1<sup>st</sup> Myrtice Mitchell 6<sup>th</sup> Agness Partlow 6<sup>th</sup>  
Phyllis Blount 8<sup>th</sup> **Charles T. Bell \*\*** 9<sup>th</sup> Benedicta Edge 10<sup>th</sup> **Ivis Bedrick \*\*** 15<sup>th</sup>  
Harris McMillan 15<sup>th</sup> **\*\* 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](http://www.HHC.org) (Houston HealthCare), [www.NHDD.org](http://www.NHDD.org) (National HealthCare Decisions Day) and [www.Critical-Conditions.org](http://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



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**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



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- 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