

## Antidotes for Aging Parts

Brierley Wright, M.S., R.D., from [EatingWell.com](http://EatingWell.com) - *Seven ways to maintain your health and prevent disease as you age*

**Brain** - From our mid-twenties on, the brain ... particularly the frontal lobe, where much of problem-solving and short-term memory is processed - shrinks at a rate of 2 percent per decade. A 2006 study in *Neurology* showed that people who ate two or more daily servings of vegetables, especially **leafy greens**, had the mental focus of people five years their junior.

**GI Tract** - As we age, nerve cells that control muscles that move food through the digestive tract gradually die off, especially in the large intestine - one reason why constipation may occur more frequently as you get older. Fiber helps keep things moving. Men 50-plus should aim for 30 grams of fiber per day; women, 21 grams. Get your fill by eating plenty of **whole-grain cereals and breads, fruits, vegetables and beans**.

**Skin** - In our twenties, production of collagen (a fiber that keeps skin firm) slows and dead skin cells shed less quickly. Good genes can keep you looking young but research suggests that lycopene and beta carotene also may help by scavenging for free radicals that contribute to skin aging. Eat **sweet potatoes, carrots, cantaloupe and leafy greens** for beta carotene and include lycopene-packed tomatoes and watermelon in your diet.

**Muscle Mass** - Metabolism slows by 1 to 2 percent each decade after age 30. When you're young, muscle burns up to 10 times more calories per pound than fat. As you age,

muscle metabolism decreases. So even if you maintain the same level of exercise and calorie intake, you tend to accumulate fat. **Regular exercise** can help offset reduced muscle metabolism and help you stay lean. So will choosing nutrient-dense, lower-calorie foods.

**Eyes** - Years of exposure to UV light and smoke may contribute to age-related macular degeneration (AMD), a leading cause of blindness in older people. But an antioxidant-rich diet may help. Studies link higher intakes of **vitamins C and E, beta carotene and zinc** as well as lutein and zeaxanthin (antioxidants in yellow and green vegetables and egg yolks) and omega-3 fats with reduced risk for AMD.

**Heart (and Blood Vessels)** - Over the years, the heart and artery walls thicken and stiffen, which often results in high blood pressure and plaque buildup. Greek scientists reported that the more closely people followed a **Mediterranean diet** - rich in vegetables, fruits, whole grains, beans, fish and poultry, dairy and olive oil, with moderate amounts of wine and little red meat - the less likely they were to develop high blood pressure, high cholesterol or obesity.

**Bones** - From age 30 on, cells that build bone become less active while those that dismantle bone keep working. (In women, decreasing estrogen during menopause accelerates this loss.) Bone-strengthening calcium and vitamin D, which enhances calcium absorption, become increasingly important as you age. New research indicates that vitamin K - essential to the proteins that rebuild bone and abundant in leafy greens - also helps reduce age-related bone loss.

ggd ☺

\*\*\* February's Meeting Will Be Wednesday, February 24, 2010 @ 10:00 A.M. \*\*\*

# Choice

Feb 2010  
Volume 14 - 2  
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, February 24<sup>th</sup>** (10:00 A.M.) and **Wednesday, March 24<sup>th</sup>** (10:00 A.M.)  
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Trudy Deep	953-3297	Ivis Bedrick	923-4533
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Choice Editor/Typist	Greg Davis	318-0471	Harris McMillan	923-8369
			Rosalie Montes	953-7524

### Birthdays For February

Irene Hughes 2<sup>nd</sup> Elizabeth Craig 4<sup>th</sup> Lillian Werner 7<sup>th</sup> Rosalie Montes 9<sup>th</sup>  
Virginia Morris 13<sup>th</sup>

### Birthdays For March

Marcella Cunningham 3<sup>rd</sup> Mattie Nash 5<sup>th</sup> Louise Mullis 16<sup>th</sup> Frank W. Gadbois 17<sup>th</sup>  
Elizabeth Warren 22<sup>nd</sup> Sue Braun 22<sup>nd</sup>

### 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***

**Minutes From January's Meeting:** New members introduced - **Ruth and Mack Young**. One visitor recognized - **Barbara Chasteen**. Chapter received a Letter Of Thanks/Appreciation from Hospice thanking us for our end-of-year donation. Trip to Capitol will be March 3, 2010 ... **FREE TRIP & LUNCH!** More information at February meeting. Need volunteer for **Membership Chairman** - have you paid your dues - **still** only \$5.00 for 2010. **Jeanine Frey** (Vice President) asked for suggestions for programs. **Betty Lou Lovain** asked for any extra stuff found in your house during spring cleaning. **Rosita Huckeba** asked that we try to build up membership. **Greg Davis** will have cards printed out for members to pass out. Thanks "**Guest Secretary**" **Ivis Bedrick!** ggd ☺

**From The President:** Our second month together and we're still friends! ☺ The **MAIN TOPIC** for this month's meeting is our trip to Atlanta. We're scheduled to depart Wednesday, March 3, 2010. As of the printing of the newsletter we do **NOT** have a definite departure time - yes, we "normally" depart at 7:30 A.M. "sharp," but the time has yet to be set. Additionally, we presently have 16 participants. There's still time to sign up ... we just need to have a definite/final headcount! **FREE, FREE, FREE!** Coffee, snacks when we arrive, a chance to meet/greet state (AARP/Political) representatives, lunch, fellowship, and more! All you gotta do is sign up then show up! If you've never been to the state capitol here's your chance!

Trudy Deep - 2010 President, AARP Chapter 1952

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

**ADVERTISERS/SPONSORS:** Your support of our newsletter is an exceptional value at only \$4.00/Month (\$48.00/Year - Prorated) and helps tremendously to offset printing/production costs.

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 help me (us) get (and keep) new advertisers/sponsors!

Please contact me at 478/318-0471 and/or via e-mail at [gdavismail@gmail.com](mailto:gdavismail@gmail.com)!

Sincerely,

**Greg (Formerly Known As "Da Baby") Davis** [ggd](#) ☺

## Spiritual Humor!

An inexperienced preacher was to hold a graveside burial service at a pauper's cemetery for an indigent man with no family or friends. Not knowing where the cemetery was, he made several wrong turns and got lost. When he eventually arrived an hour late, the hearse was nowhere in sight, the backhoe was next to the open hole, and the workmen were sitting under a tree eating lunch.

The diligent young pastor went to the open grave and found the vault lid already in place. Feeling guilty because of his tardiness, he preached an impassioned and lengthy service, sending the deceased to the great beyond in style.

As he returned to his car, he overheard one of the workmen say to the other, "I've been putting in **septic tanks** for twenty years and I ain't never seen anything like this!

A priest and a rabbi are in a car crash and it's a bad one. Both of their cars are demolished but amazingly neither one of them is hurt. After they crawl out of their cars, the rabbi says, "So you're a priest. That's interesting; I'm a rabbi. Wow, just look at our cars! There's nothing left, but we're unhurt. This must be a sign from God that we should meet and be friends and live together in peace." The priest replies, "Oh, yes, I agree. It's a miracle that we survived and are here together." "And here's another miracle," says the rabbi. "My car is destroyed but this bottle of wine didn't break. Surely God wants us to drink the wine and celebrate our good fortune," he says, handing the bottle to the priest. The priest nods in agreement, opens the wine, drinks half of it, and hands it back to the rabbi. The rabbi takes it and puts the cap back on. "Aren't you going to have any?" asks the priest. "Not right now," says the rabbi. **"I think I'll wait until after the police make their report."**

Two priests die at the same time and meet St. Peter at the Pearly Gates. St. Peter says, "I'd like to get you guys in now but our computers are down. You'll have to go back to Earth for about a week, but you can't go back as humans. What'll it be?" The first priest says, **"I've always wanted to be an eagle**, soaring above the Rocky Mountains." "So be it," says St. Peter, and off

flies the first priest. The second priest mulls this over for a moment and asks, "Will you be keeping track of us, St. Peter?" "No, I told you the computer is down. There's no way we can keep track of what you are doing. This week's a freebie." "In that case," says the second priest, **"I've always wanted to be a stud."** "So be it," says St. Peter, and the second priest disappears. A week goes by, the computer is fixed and the Lord tells St. Peter to recall the two priests. "Will you have trouble locating them?" He asks. **"The first one** should be easy," says St. Peter. "He's **somewhere over the Rocky Mountains**, flying with the eagles. But **the second one** could prove to be more difficult." "Why?" asks the Lord. "Because he's **on a snow tire somewhere in Alaska."**



**Atheist:** "Do you honestly believe that Jonah spent three days and three nights in the belly of a huge fish?"

**Preacher:** "I don't know, sir, but when I get to heaven, I'll ask him."

**Atheist:** "But suppose he isn't in heaven?"

**Preacher:** "Then you ask him."

**Why Sex Education needs to be taught in Catholic schools:** Mother Superior calls all the Nuns together and says, "I must tell you all something. **We have a case of Gonorrhea in the convent.**" "Thank God," said an elderly Nun at the back. **"I'm so sick of Chardonay!"** ☺

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### Social Security Booster

By Lynn Brenner  
AARP Bulletin (September & October 2009)

*Having second thoughts about taking Social Security early? Push the reset button!*

You took Social Security early. Now you wish you'd waited. Can you ask for a do-over and reapply for a bigger benefit? Yes - if you repay the benefits you've already received. And if you have the money, this is definitely an investment worth considering.

**How to reset your benefit:** Let's say at 66 your benefit would have been \$1,000 a month, but you took it at 62 and received \$750. Now you're 66. To push the reset button, you must withdraw your original application and repay the benefits you've received: \$36,000 (for simplicity's sake we've omitted cost-of-living adjustments). There are no interest charges, which is a bonus in itself, and you can recoup any taxes you paid on those benefits by taking a tax credit or an itemized deduction, whichever is more favorable to you.

You then reapply for Social Security and get the full benefit of \$1,000 a month. In return for \$36,000, you've gained \$250 a month - and this deal comes with cost-of-living increases and a 100 percent survivor benefit for your spouse. That's the best annuity money can buy - 66 percent bigger than the most generous comparable fixed annuity. However, there are a couple of caveats.

The process takes time. Your higher Social Security payment may not start until several months after your old payments end. You need enough cash for expenses in the interim. (Payments are retroactive; you won't lose any.) When you withdraw your original Social Security application, make it clear you're not withdrawing your **Medicare** application. Between the time your old retirement benefit ends and your new one begins, you will be billed directly for Medicare premiums. For more information go to [www.socialsecurity.gov/retire2/withdrawal.htm](http://www.socialsecurity.gov/retire2/withdrawal.htm). **Lynn Brenner** is a New York City-based writer whose work has appeared in Business Week, The New York Times, and Newsday. She answers personal-finance questions online at [lynnbrennersfamilyfinance.com](http://lynnbrennersfamilyfinance.com).

**Senior citizens** are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others. HOWEVER, upon reflection, we would like to point out that it was NOT the senior citizens who took:

- The melody out of music,
- The pride out of appearance,
- The courtesy out of driving,
- The romance out of love,
- The commitment out of marriage,
- The responsibility out of parenthood,
- The togetherness out of the family,
- The learning out of education,
- The service out of patriotism,
- The Golden Rule from rulers,
- The nativity scene out of cities,
- The civility out of behavior,
- The refinement out of language,
- The dedication out of employment,
- The prudence out of spending,
- The ambition out of achievement, or,
- God out of government and school.
- And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships and interactions with others!

Submitted by **Alexandra Talley**  
Thanks! [ggd](#) ☺