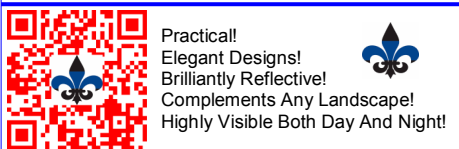




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Instead of the John I call my bathroom the Jim!
 That way it sounds better when I say I go to the Jim first thing every morning!!!

An Elderly Woman had just returned to her home from an evening at church service when she was startled by an intruder.

As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the Lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"

Check out our website - www.Choice1952.com - and enjoy the newsletters in full COLOR! ggd ☺

The Newsletter Of AARP Chapter 1952
 Warner Robins, Georgia
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January 2014
 Volume 18 - 1
 Monthly



Choice

Meeting Dates/Time: **Wednesday, January 22nd** (10:00 A.M.) and **Wednesday, February 26th** (10:00 A.M.)
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Trudy Deep	333-2203	Maureen Echols	953-5060
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Choice Editor	Greg Davis	318-0471		

Birthdays For January

Suzanne Burgess	7 th	Bessie Howell	13 th	Billy Trussell	23 rd	Janet Morton	26 th
Gwen Watkins	26 th						

Birthdays For February

Elizabeth Craig	4 th	Joyce Phillips	12 th
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Ivis Bedrick | **The Oaks Nursing & Personal Care Homes - Room B-1** | 777 Nursing Home Road | Marshallville, GA 31057 | (478) 967-2223 *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☺



Happy New Year! Psychics, however, especially **Psychics®** and **Psychics™**, are again hard at work telling us what they "see" through the veils of time and whatever other **gobbledegook** they blanket their forecasts with. The smart ones and dumb ones alike offer up lots of predictions so that maybe, just maybe, they'll hit one that they can then use to market the "accuracy" of their skills to whomever drops by for a "reading." Everybody gets one right occasionally. Predict enough times that the Pope will die or a recession will start or a movie star will be murdered and eventually: **Bullseye!** Just get the masses to ignore the hundreds of misses. Absolutely no embarrassment from the failed psychics as long as the cash flows. In case you want to keep score anyway, here are some *selected psychic predictions* for 2014.

Edward Snowden will return to the United States and will NOT face trial. | The 2014 elections see Texas turning **blue**. | With sincere hopes the following does not occur, **two natural disasters will strike nearly simultaneously in the United States**. | **Queen Elizabeth** will no longer reign (not sure if that's attributed to declined health or just time to let the throne go). | **Prince Philip** will be "lost" in 2014 and this may be the event which motivates her to abdicate. | **Earthquakes** in the Midwest, perhaps along the New Madrid fault. The **Mississippi River** changing course could be a result of such activity. | **NASA** reveals that their data shows that there is currently life on Mars. | **Food safety** scares again in 2014 surrounding *fresh fruits and vegetables*. | The **Occupy** movement becomes the "**WE1**" we, one, movement. | The administration will resign itself to a nuclear Iran and shift to "**containment**," further eroding U.S. credibility with Middle East allies. | **There are many technological problems at the Winter Olympics ... terrorist attacks and protests are high**. | **Mass protests** worldwide will inevitably have to be televised. Huge civil blockades, strikes, on major highways, in every major city will be synchronized. | **Kim Kardashian** and **Kanye West** over the top wedding watched by millions. But Kanye West sinks his career. He is trying to control her totally. They probably won't last. | "**Duck Dynasty**" will set another cable viewership record. **Miley Cyrus** will fade as a cultural phenomenon. ggd ☺

Meeting Date/Time:
 Wednesday - January 22, 2014 | 10:00 A.M.
 Guest Speaker: **Christa Stone**
 Marketing Director | Antebellum Grove
 Senior Living Community



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Chapter 1952



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. *** **Special Rates Available As Well** *** **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!

Sincerely,

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

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

As a professional courtesy (within "reason") we'll continued to "promote" your company in our 2014 newsletters! We sincerely appreciate your support in 2013 and hope you'll continue that support in 2014 and beyond. **Thank You!** ggd ☺

5 Surprising Truths About Grief

New research reveals that common conceptions about dealing with loss of a spouse are all wrong | by **Ruth Davis Konigsberg**

Losing a husband or wife is a devastating experience that many of us will have to face. About 40 percent of women and 13 percent of men who are 65 and older are widowed, according to latest census figures. Until recently, very little sound research existed about how we live on after a loved one has died. But in the past decade, social scientists with unprecedented access to large groups of widows and widowers have uncovered five surprising truths about losing a spouse.

The Truth About Grief

We Oscillate. For years, we've been told that grief comes in **five stages: denial, anger, bargaining, depression** and **acceptance**. If we were to diagram those stages, the emotional trajectory would look something like a large capital W, with two major low points signifying anger or depression, and the top of the last upward leg of the W signifying acceptance. But when psychologist **Toni Bisconti** of the University of Akron asked recent widows to fill out daily questionnaires for three months, vast fluctuations occurred from one day to the next. A widow might feel anxious and blue one day, only to feel lighthearted and cheerful the next. In other words, we don't grieve in stages at all, but oscillate rapidly. Over time, those swings diminish in both frequency and intensity until we reach a level of emotional adjustment.

Grief Is Not Forever. One of the most important new findings has shown that for most of us, grief is a severe — but self-limiting — condition, not a permanent state. In one study of older men and women who had lost spouses, George A. Bonanno, a clinical psychologist at Teachers College, Columbia University, found that the core symptoms of grief — anxiety, depression, shock, intrusive thoughts — had lifted by six months after the loss for 50 percent of the participants. Smaller groups took up to 18 months or three years to resume normal functioning. Loss is forever, but thankfully, acute grief is not.

Loss Is Harder For Men. For years, clinicians have been operating under the assumption that women grieve harder and longer than men. In 2001, psychologists Wolfgang and Margaret Stroebe (a husband-and-wife team) decided to examine all the existing research and came to the surprising conclusion that, after taking into account the higher rate of depression in the overall female population, men actually suffer more from being bereaved. We might be under the impression that widows despair more, but that's because there are many more widows to observe.

You Don't Necessarily Need Counseling. Often, well-meaning friends and relatives will urge you to attend a support group, or go to see a grief counselor. Although taking such steps might make you feel better, it's certainly not a requirement for healing. According to a 2008 survey, most grief seems to go away on its own. Counseling can be helpful, however, for people whose grief has already lasted a long time and who are likely suffering from a condition called "complicated grief."

Humor Can Heal. In 2008, psychologist Dale Lund of California State University surveyed 292 recently bereaved men and women 50 and older, and he found that 75 percent reported finding humor and laughter in their daily lives, and at levels much higher than they had expected. Other research has shown that being able to draw on happy memories of the deceased helps you heal — those who are able to smile when describing their relationship to their husband or wife six months after the loss were happier and healthier 14 months out than those who could only speak of the deceased with sadness, fear and anger. As hard as it might be, try to focus on good memories and feelings about your relationship, as it is the positive emotions that can protect your psyche and help you find serenity.

Ruth Davis Konigsberg is the author of *The Truth About Grief: The Myth of Its Five Stages and The New Science of Loss.*

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