

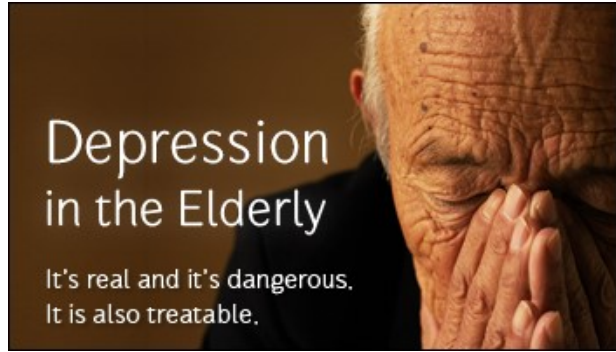
- Thoughts of suicide or a preoccupation with dying
- Feelings of hopelessness or worthlessness
- Slow speech and body movements
- Inability to function at work, home, and/or school
- Seeing or hearing things that aren't there

**Can Antidepressants Help Grief?**

As a general rule, normal grief does not warrant the use of antidepressants. While medication may relieve some of the symptoms of grief, it cannot treat the cause, which is the loss itself. Furthermore, by numbing the pain that must be worked through eventually, antidepressants delay the mourning process.

**When To Seek Professional Help For Grief**

If you recognize any of the above symptoms of complicated grief or clinical depression, talk to a mental health professional right away. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better.



Research shows that elderly depression is a common, widespread problem. Depression isn't a normal part of getting old. Symptoms can be confused with what is part of the normal aging process and so aren't recognized or are ignored. Learning the common causes of elderly depression can help you and someone you love.

**5 Common Things Related To Elderly Depression:**

- **Health Problems** | They're different than when you were young and there's more of them. Rheumatism. Arthritis. Diabetes. Heart disease. Cancer. Dementia and Alzheimer's disease. The older you get, the greater your risk of having one of these. Feelings are often ignored because controlling physical pain is the patient's main focus. Usually there's more than just one health issue, so feelings associated with depression can be mistaken as symptoms of something else. Disease can mask depression.

**Article Continues On Advertiser Insert **

\* Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend! \*

# Choice

The Newsletter Of AARP Chapter 1952  
(Houston County, Georgia)  
— Established November 7, 1974 —  
[www.AARPChapter1952.org](http://www.AARPChapter1952.org)

July 2016  
Volume 20 - 7  
Monthly



Meeting Dates/Time: **Wednesday, June 27<sup>th</sup>** (10:00 a.m.) and **Wednesday, August 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
<b>President</b>	<b>Greg Davis</b>	<b>318-0471</b>	<b>Herminia McMahon</b> (Chairperson)	<b>953-2010</b>
Vice President	Frank Gadbois	953-7788	Benedicta Edge	333-2310
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Treasurer	Marieta Magerkurth	922-2344	Soledad White	953-5700
"Choice" Editor	Greg Davis	318-0471		

**Birthdays For July**

Helen Daly 1<sup>st</sup> Julie Heishman 3<sup>rd</sup> Maureen Echols 24<sup>th</sup> Nancy Bartlett 31<sup>st</sup>

**Birthdays For August**

Teresita Palms 3<sup>rd</sup> Peregrina O. Guillet 24<sup>th</sup>

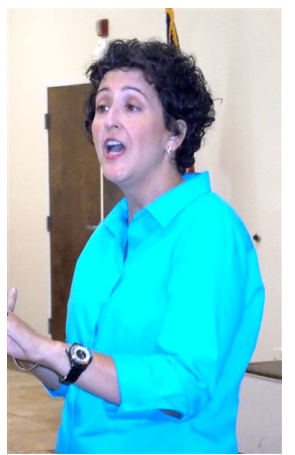


**WE CARE**

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 NKJV** Sick/Shut-Ins: Ivis Bedrick, Ruth Davis, Bessie Howell and Mary Lappano. We wish health/wellness to all current/past members, family members and friends. **ggd** ☺



**Highlights From The June 2016 Meeting:** **Bonnie "Michelle" Smith/ Attorney** graciously stepped in at the last moment and provided an informative "Ask An Attorney" session to our members and guests! Topics included **wills, power(s) of attorney, probate process, health/ caregiver services** and "other/general" areas. Due to a scheduling/ engagement/communications "oversight" - **WHICH I TAKE FULL RESPONSIBILITY** - **Denise Creel (Easter Seals of Middle Georgia)** will speak at a later date. My sincere apologies to **Denise Creel/Easter Seals of Middle Georgia** and our members. **Michelle** has been in private practice since 2001, and tirelessly helps many people who would not or could not have afforded legal representation, but for her volunteer service. Her non-profit legal clinic, **Community Legal**, works on the premise that whatever legal service done for you is passed on in equal value back to the community. For additional information please contact her at **(478) 953-3661** or visit her online at **www.BonnieMichelleSmith.com**. Thanks Michelle! **ggd** ☺



Our **Summer Picnic/Membership Drive** was fun, nutritious and successful! **Bonus:** Seven (7) new members! **ggd** ☺



Miss Ivis Bedrick (94) and Mr. Charles Bell (97)

**Mark Your Calendars:**  
**Wednesday | 8/24/2016**  
**\* Blake Poole \***



Guest Speaker | Jimmy Autry/Flint Energies  
Wednesday - July 27, 2016 | 10:00 a.m.



P.O. Box 7481  
Warner Robins, GA 31095  
[www.AARPChapter1952.org](http://www.AARPChapter1952.org)  
Tel: 478/318-0471



**Invite/Bring A Friend! Invite/Bring A Friend! Invite/Bring A Friend!**



**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 at only \$5.00, \$10.00, \$20.00, \$30.00 or \$40.00 **PER MONTH - PRORATED** and helps tremendously to offset printing/production/marketing expenses. \*\*\* Special Rates/Web Banner Spots Available As Well \*\*\* **Thank You ... Thank You ... Thank You!**

**ALL:** As Chapter President and Editor I'm open to suggestions for our newsletter!

So please, keep your membership status/information current and get your newsworthy information and/or photographs to me as soon as possible!

Sincerely,

**Greg Davis** ggd ☺ Tel: 478/318-0471 | E-Mail: [gdavismail@gmail.com](mailto:gdavismail@gmail.com)



# "Relevance!"

**NOTE:** With the exception of **November, December** and “**special events**,” our (monthly) meetings are held on the fourth (4<sup>th</sup>) Wednesday. As such, the newsletter is (usually) printed/mailed the third (3<sup>rd</sup>) Tuesday or Wednesday. We're **ALWAYS** “early” for the following month's special days/celebrations and SOMETIMES we're “early” for the current month's special days/celebrations as well. Upcoming **Meetings/Events**:

- Wednesday | 8/24/2016 | 10:00 a.m. - 12 Noon | **Program: Blake Poole/Georgia Cattlemen's Association**
- Wednesday | 9/28/2016 | **TBD**
- Wednesday | 10/26/2016 | 10:00 a.m. - 12 Noon | **Program: Terry Berry/UGA Extension**
- **Monday** | 11/21/2016 | 10:00 a.m. - 12 Noon | **Program: Angela Bates/Ocmulgee National Park + Business Meeting**
- **Monday** | 12/19/2016 | 10:00 a.m. - 12 Noon | **Christmas “Meeting”**

## Bereavement, Grief, Mourning and Depression

This month's newsletter topics are personal reflections on recent events concerning family and friends.

**Bereavement** Bereavement means to be deprived of someone by death. The death of someone you love is one of the greatest losses that can occur.

Bereavement is the period of sadness after losing a loved one through death. Grief is the normal process of reacting to the loss. However, feelings of bereavement can also accompany other losses among which I'll focus on **health, illnesses** and **relationships** (family members, friends and pets).

Grief and mourning occur during the period of bereavement and are closely related. Mourning is the way we show grief in public. The way people mourn is affected by beliefs, religious practices, and cultural customs. People who are grieving are sometimes described as bereaved.

### Bereavement and Grief

Death, grief, and mourning are normal life events. All cultures have practices that best meet their needs for dealing with death. Caregivers who understand the ways different cultures respond to death can help patients of these cultures work through their own normal grieving process.

Losing someone or something you love or care deeply about is very painful. You may experience all kinds of difficult emotions and it may feel like the pain and sadness you're experiencing will never let up. These are normal reactions to a significant loss. But while there is no right or wrong way to grieve, there are healthy ways to cope with the pain that, in time, can renew you and permit you to move on.

### Coping With Grief And Loss - Tips:

**Get Support** | The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry. Wherever the support comes from, accept it and do not grieve alone. Connecting to others will help you heal.

**Finding Support After A Loss** | Turn to friends and family members – Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Draw loved ones close, rather than avoiding them, and accept the assistance that's offered. Oftentimes, people want to help but don't know how, so tell them what you need—whether it's a shoulder to cry on or help with funeral arrangements.



“Blessed are those who mourn, for they shall be comforted.”  
 Matthew 5:4 NKJV

☺ ggd ☺ Check out our website - [www.AARPChapter1952.org](http://www.AARPChapter1952.org) - and enjoy the newsletters in full COLOR!

**Draw Comfort From Your Faith** | If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church - can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.

**Join A Support Group** | Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers.

**Talk To A Therapist Or Grief Counselor** | If your grief feels like too much to bear, call a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.

**Take Care Of Yourself** | When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

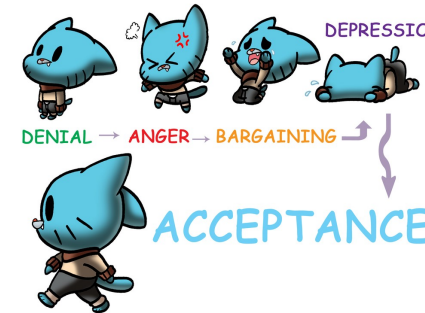
**Face Your Feelings** | You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems.

**Express Your Feelings In A Tangible Or Creative Way** | Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say; make a scrapbook or photo album celebrating the person's life; or get involved in a cause or organization that was important to him or her.

**Look After Your Physical Health** | The mind and body are connected. When you feel good physically, you'll also feel better emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use alcohol or drugs to numb the pain of grief or lift your mood artificially.

**Don't Let Anyone Tell You How To Feel, And Don't Tell Yourself How To Feel Either** | Your grief is your own, and no one else can tell you when it's time to “move on” or “get over it.” Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.

**Plan Ahead For Grief “Triggers”** | Anniversaries, holidays, and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it's completely normal. If you're sharing a holiday or lifecycle event with other relatives, talk to them ahead of time about their expectations and agree on strategies to honor the person you loved.



### The Five Stages Of Grief:

- Denial:** “This can't be happening to me.”
- Anger:** “Why is this happening? Who is to blame?”
- Bargaining:** “Make this not happen, and in return I will \_\_\_\_\_.”
- Depression:** “I'm too sad to do anything.”
- Acceptance:** “I'm at peace with what happened.”

If you are experiencing any of these emotions following a loss, it may help to know that your reaction is natural and that you'll heal in time. However, not everyone who grieves goes through all of these stages ... and that's okay.

Contrary to popular belief, you do **not** have to go through each stage in order to heal.

### The Difference Between Grief And Depression

Distinguishing between **grief** and **clinical depression** isn't always easy as they share many symptoms, but there are ways to tell the difference. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. Even when you're in the middle of the grieving process, you will have moments of pleasure or happiness. With depression, on the other hand, the feelings of emptiness and despair are constant.

Other symptoms that suggest depression, not just grief:

- Intense, pervasive sense of guilt

“Think joining AARP makes you old? **Get over it!**”



AARP National + AARP Chapter 1952

