

trip to a museum or to see a movie.

- **Schedule** a time each day to call a friend or visit someone.
- **Meet** your neighbors - young and old.
- Don't let being a non-driver stop you from staying active. **Find out about** your transportation options.
- **Use** social media like Facebook to stay in touch with long-distance friends or write an old-fashioned letter.
- **Stay physically** active and include group exercise in the mix, like joining a walking club.
- **Take** a class to learn something new and, at the same time, expand your circle of friends.
- **Revisit** an old hobby you've set aside and connect with others who share your interests.
- **Volunteer** to deepen your sense of purpose and help others.
- **Visit** your local community wellness or senior center and become involved in a wide range of interesting programs.
- **Check out** faith-based organizations for spiritual engagement, as well as to participate in activities and events.
- **Get involved** in your community by taking on a cause, such as making your community more age-friendly.

Additionally, you may want to **visit your primary physician and explain how you feel**. Recognizing that you feel isolated or that you're having trouble maintaining a social network that meets your needs is the first step to improving your quality of life.



Please visit www.Connect2Affect.org for additional tools, information and resources!

ggd ☺

***** Officers/Board Of Directors Meeting @ 9:15 a.m. *****
 * Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend! *

Chapter 1952 (Houston County, Georgia)
 P.O. Box 7481
 Warner Robins, GA 31095
 www.AARPChapter1952.org
 Tel: 478/318-0471

Please Bring Canned Goods For "Meals-On-Wheels!"
 Middle Georgia EasterSeals

Wednesday - June 28, 2017 | 10:00 a.m. - Noon
Denise Creel | Easter Seals of Middle Georgia
***** Summer Picnic + Membership Drive *****

Choice

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

June 2017
 Volume 21 - 6
 Monthly



Meeting Dates/Time: **Wednesday, June 28th** (10:00 a.m.) and **** Wednesday, July 26th** (10:00 a.m.)
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Greg Davis	318-0471	Susan Sanders ^(Chairperson)	283-1887
Vice President	Frank Gadbois	953-7788	Sue Braun	302-5095
Secretary	James Erdmanczyk	(678) 246-4219	Catherine Butler	(803) 614-9620
Treasurer	Benedicta Edge	333-2310		
"Choice" Editor	Greg Davis	318-0471		

Birthdays For June

David Milby 17th Anita McGhee 20th Ruth Davis 26th ***** Nonagenarian *****

Birthdays For July

Paula Barnes 1st Helen Daly 1st Julie Heishman 3rd Catherine Butler 22nd
 Maureen Echols 24th Jeremiah Thompson 25th

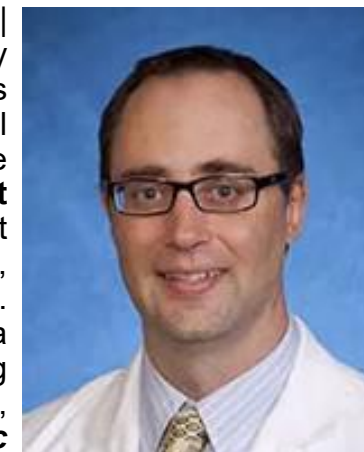
WE CARE

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, Trudy Deep, Jeanine Frey and Mary Lappano.

We wish health/wellness to all past/current members, family members and friends. ggd ☺

Highlights From The May 2017 Meeting: Dr. Brian J. Ludwig | **OrthoGeorgia** gave a fascinating/enlightening presentation on the many advances in orthopaedic medicine! Back pain, sports injuries, arthritic hips and knees, and stiff neck muscles are just a few of the musculoskeletal conditions that have an enormous impact on Americans and the entire health care system. OrthoGeorgia - through it's **OrthoGeorgia Total Joint Center** offers partial knee **replacerthopaedicment** surgery in an out-patient setting. This minimally invasive surgical procedure offers less down time, shorter rehabilitation time for recovery, and no overnight stay in the hospital. In addition to knee procedures, **Dr Ludwig** - and fellow OrthoGeorgia physicians - specialize in all types of joint replacement procedures including hip (replacement/resurfacing) and upper extremity procedures for shoulders, elbows and wrists. **OrthoGeorgia, "Your Choice For Orthopaedic Excellence!"** ggd ☺



Wednesday - June 28, 2017 ...
Summer Picnic + Membership Drive!
Bring/Invite A Friend!
Also - Please Bring Canned Goods For "Meals-On-Wheels!" ggd ☺

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 Advertisers For Your Advertisement Renewals!

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!



"Relevance!"

AARP Chapter 1952 ... We ARE "Forever Young!"

NOTE: With the exception of **November, December** and "special events," our (monthly) meetings are held on the **fourth (4th) Wednesday**. As such, the newsletter is (usually) printed/mailed the third (3rd) 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. **2017 Meetings/Events:**

- 1/25/17 - Rebuilding Together Warner Robins ... [CHECK]
- 2/22/17 - The Otis Redding Foundation ... [CHECK]
- 3/22/17 - Wesleyan College/Confucius Institute ... [CHECK]
- 4/26/17 - SPRING-O-O-O At Antebellum Grove [CHECK]**
- 5/24/17 - Ortho Georgia (Change) ... [CHECK]
- 6/28/17 - Summer Picnic/Membership Drive** | Easter Seals of Middle Georgia
- 7/26/17 - Habitat For Humanity (Houston County)
- 8/23/17 - BBB Central Georgia
- 9/20/17 (Third Wednesday)** | Walgreens
- 10/25/17 - Cherished Children (Warner Robins)
- 11/20/17 (Third Monday)** | Business Meeting/Phoenix Center
- 12/18/17 (Third Monday)** | Christmas Meeting/TBA



Isolation And Loneliness

As we age, circumstances in our lives often change. We retire from a job, friends move away or health issues convince us to eliminate or restrict driving. When changes like these occur, we may not fully realize how they will affect our ability to stay connected and engaged and how much they can impact our overall health and well-being.

We need social connection to thrive - no matter our age — but recent research shows that the negative health consequences of chronic isolation and loneliness may be especially harmful for older adults. The good news is that with greater awareness, we can take steps to maintain and strengthen our ties to family and friends, expand our social circles and become more involved in the community around us.

What Is Isolation?

Isolation is more than being alone. It's the result of feeling detached physically or psychologically, or being disconnected from support groups of family, friends and community. Is Isolation affecting me?

☺ Check out our website - www.AARPCChapter1952.org - and enjoy the newsletters in full COLOR! ggd ☺

Loneliness and isolation are not the same thing. Loneliness (also known as subjective isolation) denotes how people perceive their experience and whether or not they feel isolated. Objective isolation involves quantifiable measurements, such as the size of one's social network (and the frequency of engagement with it), availability of transportation, and ability to access resources and information.

Isolation is a growing health epidemic.

More than 8 million adults age 50 and older are affected by isolation. The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day.

Older adults who describe themselves as lonely have a 59 percent greater risk of functional decline and a 45 percent greater risk of death.

About 29 percent of people age 65-plus live alone and twice as many women live alone as men. Almost 50 percent of older women age 75-plus live alone.

Isolation in older adults is rarely caused by a single event. More often, it's the result of multiple causes, including **poor physical and mental health, poorly designed communities, and major life events such as loss and retirement.** Risk factors include:

- Living alone*
- Mobility or sensory impairment*
- Major life transitions or losses*
- Low income or limited financial resources
- Being a caregiver for someone with a serious condition
- Psychological or cognitive challenges
- Inadequate social support
- Rural, unsafe and/or inaccessible neighborhood
- Transportation access challenges
- Language barriers
- Age, racial, ethnic, sexual orientation and/or gender identity barriers

Caregivers: These risk factors may also provide you with clues to what to look for should you have a family member or neighbor who is isolated or lonely.

Feelings of isolation can be distressing, distracting and potentially deadly. Studies show that loneliness and social isolation raise the risk for high blood pressure, coronary heart disease, cognitive decline and a host of other health issues.

Loneliness is also incredibly tough to shake. It comes from our own perceptions and desires, so objective numbers and logic don't always help us feel better. "You can have lots of friends and be lonely. Conversely, you can have no friends and not be lonely" states Charlotte Yeh, chief medical officer of **AARP Services.**

What Steps Can You Take to Stay Connected and Engaged?

Sometimes it takes effort to stay connected. You may have noticed that your social engagements have decreased or that you have gone days or weeks without speaking to or interacting with others. It never hurts to take stock of your network of activities and friends and to evaluate what you can do to make more connections.

Here are some actions you may want to consider taking to help you stay ahead of the "**connection curve:**"

- **Nurture** and strengthen existing relationships; invite people over for coffee or call them to suggest a

"Think joining AARP makes you old? **Get over it.**"



AARP National + AARP Chapter 1952

