

health and also metabolism.

“Green tea, more than any other tea, is good for the heart,” says **Politi**. To get the most benefit from this superfood, it's best to drink tea from tea leaves that do not have any other ingredients added to them.



The Incas first discovered **Quinoa** roughly 4,000 years ago in what is now South America. Quinoa is a good superfood to try because it's a gluten-free whole grain, is rich in minerals, and has high protein value, with 8 grams (g) per cup cooked. Quinoa contains all nine essential amino acids found in meat, including lysine, an amino acid essential for tissue growth and repair. Because whole grains have been shown to reduce the risk of heart disease, the AHA recommends getting three servings each day.

Try adding quinoa to muffins, pancakes, salads, soups, and risotto to increase the whole grains in your diet.

The healthy fats found in **Nuts** put them high on the list of foods that are good for your heart. Almonds, walnuts, cashews, and pecans are among the superfoods that contain omega-3 fatty acids, which have been shown to potentially prevent dangerous heart rhythms and reduce the risk of developing blood clots. According to the Mayo Clinic, adding nuts to your diet can lower your blood levels of low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol — to help prevent heart disease.



To get the best of their health benefits, Politi cautions not to go nuts with nuts. **“By eating a lot of nuts you can gain weight in the abdomen area, increasing your risk of obesity and heart disease,”** she says. Try eating 1 ounce of nuts per day in place of a sugary snack.

*** Continued On Advertiser's Insert ***

*** Officers/Board Of Directors Will Meet At 9:15 a.m. Everyone/Members - Please Bring/Pay 2017 Dues ***
 * 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

March 2017
 Volume 21 - 3
 Monthly



Meeting Dates/Time: **Wednesday, March 22nd** (10:00 a.m.) and **** Wednesday, April 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		
<u>Birthdays For March</u>				
Soledad White	14 th Frank Gadbois	17 th Sue Braun	22 nd Elizabeth Warren	22 nd
Mary Graf	23 rd Jean Smith	29 th Sheena Vickers	30 th	
<u>Birthdays For April</u>				
Nancy Hardin	2 nd Marietta Magerkurth	19 th Connie Case	29 th	



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**

In Memory: Agnes Stone Partlow (September 6, 1931 - February 18, 2017)



Agnes Stone Partlow, 85, passed away Saturday, February 18, 2017. A graveside service was held Wednesday (March, 22nd) 2:00PM at Parkway Memorial Gardens in Warner Robins, Georgia. A visitation was held Tuesday Evening (March 21st) from 5:00PM to 7:00PM at Heritage Memorial Funeral Home.

Mrs. Partlow was born September 6, 1931. She was a member of the Church of Christ. Mrs. Partlow is preceded in death by her husband, Herbert G. Partlow.

Mrs. Partlow is survived by her daughter, Marilyn Jean Partlow (Rick) of Stockbridge; her son Don S. Partlow (Cyndi) of Stockbridge; and grandchildren Christy Soileu (Jason) and Amy Partlow of Florida. She will be greatly missed by all.

Sick/Shut-Ins: Ruth Davis, Mary Lappano and Trudy Deep

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

Highlights From The February 2017 Meeting: **Karla Redding-Andrews**

(Executive Director/Otis Redding Foundation) and Leila Regan-Porter (Office Manager/Otis Redding Foundation) shared history, purpose, impact and additional valuable information about the Otis Redding Foundation! Established in 2007 by Mrs. Zelma Redding in her husband's honor, the Otis Redding Foundation's mission is "to empower, enrich and motivate youth through education in music." Led by the Otis Redding Foundation, committed *Stakeholders* and *Partners* intend to expand student access to structured, sustained, and effective education and programming in music, the creative arts, leadership, and entrepreneurship through the establishment of DREAM Academy — a state charter school of choice open to all students residing in Georgia projected for opening in August 2018! Academics, music, creative arts ... powerful resources positively shaping the minds and futures of today's youth! Please call (478) 742-5737, visit www.OtisReddingFoundation.org and/or take a short trip to 339 Cotton Avenue in Macon, Georgia!



Wednesday - March 22, 2017 | 10:00 a.m.
 Guest/Program: Wesleyan College
 Confucius Institute | Presentation/Performances
 Public Cordially Invited!



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

Chapter 1952
 (Houston County, Georgia)



AARP Tax-Aide: Contact 478/322-0269 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 ***

Welcome New Advertisers: **Waller Occupational Therapy** and **Daily Grace Adult Day Health Services**

Welcome New Members: **Jeremiah Thompson** and **Paula Barnes!**
Thank You Current 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

4/26/17 - SPRINGO At Antebellum Grove

5/24/17 - Visiting Angels

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

(March 7, 2017) | **AARP Opposes Health Care Bill** - Proposal raises minimums and weakens Medicare ...

In a statement (March 7, 2017), **AARP Executive Vice President Nancy LeMond** announced AARP's opposition to the House plan that would make changes to our current health care system, such as

shortening the life of Medicare, hiking costs for those who can least afford higher insurance premiums, risking seniors' ability to live independently, and giving tax breaks to big drug companies and health insurance companies:

"AARP opposes this legislation, as introduced, that would weaken Medicare, leaving the door open to a voucher program that shifts costs and risks to seniors.

"Before people even reach retirement age, big insurance companies could be allowed to charge them an age tax that adds up to thousands of dollars more per year. Older Americans



☺ Check out our website - www.AARPChapter1952.org - and enjoy the newsletters in full COLOR! ggd

need affordable health care services and prescriptions. This plan goes in the opposite direction, increasing insurance premiums for older Americans and not doing anything to lower drug costs.

"On top of the hefty premium increase for consumers, big drug companies and other special interests get a sweetheart deal.

"Finally, Medicaid cuts could impact people of all ages and put at risk the health and safety of 17.4 million children and adults with disabilities and seniors by eliminating much-needed services that allow individuals to live independently in their homes and communities.

Although no one believes the current health care system is perfect, this harmful legislation would make health care less secure and less affordable.

AARP stands ready to work with both parties on legislation that puts Americans first, not the special interests.

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



Choose Superfoods To Keep Your Heart Healthy (Source: Everyday Health)

Although superfoods have been around for a long time, it's only recently that researchers have documented their benefits for those with high cholesterol or heart disease. **Elisabetta Politi, RD, CDE**, nutrition director at the **Duke Diet and Fitness Center** in Durham, North Carolina, says, **"Nutrition is an evolving science, and it's really good to keep our minds open."**

Certain superfoods are great for keeping your heart healthy while others are not. Some can help lower cholesterol, reduce inflammation, and slow the formation of plaque — to prevent heart disease. But some, taken in large doses, can actually aggravate a heart condition or interact with heart medication.



Chia Seeds contain the highest amount of omega-3 fatty acids of any plant-based food. That's good news for your heart, because omega-3 fatty acids help people with high cholesterol by lowering triglycerides in the blood, and also lower the risk of abnormal heart rhythms, according to the American Heart Association (AHA). This superfood is also loaded with heart-healthy antioxidants, protein, and minerals, including magnesium, calcium, iron, and soluble fiber.

Although chia seeds have been shown to impact cardiovascular risk by lowering blood pressure and high cholesterol, it's important to note that **most of the research conducted with chia seeds thus far has been on animals.**

Green Tea is loaded with antioxidants called **polyphenols** and **catechins**, which can prevent cell damage and protect you from heart disease. A study presented at an AHA conference in early 2016 found that researchers have found tea drinkers have fewer major heart events like heart attack and stroke, compared with people who don't drink tea.



And a review of studies published in August 2007 in the Journal of the **American College of Nutrition** found that the most abundant catechin in green tea, epigallocatechin gallate (EGCG), improves heart