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A <u>blond driver</u> was stopped by a <u>blond police officer</u>. When asked for her license the blond driver said she didn't know what her driver's license looked like. The blond police officer said "it's got your picture on it." So the blond driver looked in her purse and found a small compact mirror, saw her face and gave it to the blond police officer and said "is this what you want?" The blond police officer looked at the small compact mirror and said ... "I didn't know you were a police officer too!" ggd

The blond police officer looked at the small compact mirror and said ... "I didn't know you were a police officer too!" ggd

The blond police officer looked at the small compact mirror and said ... "I didn't know you were a police officer too!" ggd







No Regular Meeting! Instead We'll Be Attending
The Senior Springo At Antebellum Grove Senior
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Chapter 1952





The Newsletter Of AARP Chapter 1952 Warner Pohine, Georgia

Warner Robins, Georgia "To Serve – Not To Be Served" www.Choice1952.com March 2014 Volume 18 - 3 Monthly



Meeting Dates/Time: Wednesday, March 26th (10:00 A.M.) and Wednesday, April 23rd (10:00 A.M.)

Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Director	rs Telephone
President	Trudy Deep	333-2203	Maureen Echols	953-5060
Vice President	Frank Gadbois	953-7788	Suzanne Burgess	922-2003
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		Birthdays Fo	r March	
Frank Gadbois	17 th Sue Braun	22 nd	Elizabeth Warren	22 nd Brenda Lawrence 26 th
Birthdays For April				

Kashmiri Arora 15th **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 We wish health/wellness to all past/current members! ggd@



<u>Highlights From February's Meeting:</u> Carleen Forbes | Licensed Marriage & Family Therapist - shared informative/insightful information about depression, grief and other (winter) "blues" indicators such as depression and grief. Symptons/contributing factors include diabetes, guilt, anxiety, hormone imbalance, Grave's Disease, sleep apnea, seizures, B12 deficiency, medications and "many others."

To learn more about this complex subject please "google/bing/yahoo" depression, grief and other previously mentioned terms. According to Carleen's mother ... "Life is too short not to be happy!" Carleen can be reached at 478/972-0230.

<u>Guest Attendee</u>: Faye Powell ... Thanks For Visiting ... Please Come Again!



Carleen Forbes Trudy Deep and Faye Powell

*** Correction: Last Month's Newsletter Listed Wednesday, March 27th As Our Next Meeting Date. The Correct Date Is The 26th ***

No Regular Meeting Wednesday, March 26th ... Instead We'll Be Attending The



Senior Springo!

Bingo, Prizes and BBQ at Antebellum Grove Senior Living!

Bingo 10:00 A.M. - Noon | (FREE) Lunch @ Noon!

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Carpool: Meet At The Wellston Center At 9:30a ... Depart To Antebellum Grove At 9:40a

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

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,

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

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Age-Proof Your Brain

Alzheimer's isn't inevitable. Many experts now believe you can prevent or at least delay dementia — even if you have a genetic predisposition.

Thank You ... Thank You ... Thank You!

Reducing Alzheimer's risk factors like obesity, diabetes, smoking and low physical activity by just 25 percent could prevent up to half a million cases of the disease in the United States, according to a recent analysis from the University of California in San Francisco. Here are a few ways you can boost your brain health now:



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Get moving! "If you do only one thing to keep your brain young, exercise," says Art Kramer, professor of psychology and neuroscience at the University of Illinois. Higher exercise levels can reduce dementia risk by 30 to 40 percent compared with low activity levels, and physically active people tend to maintain better cognition and memory than inactive people. "They also have substantially lower rates of different forms of dementia, including Alzheimer's disease," Kramer says.

Pump some iron! Older women who participated in a yearlong weight-training program at the University of British Columbia at Vancouver did 13 percent better on tests of cognitive function than a group of women who did balance and toning exercises. "Resistance training may increase the levels of growth factors in the brain such as IGF1, which nourish and protect nerve cells," says Teresa Liu-Ambrose, head of the university's Aging, Mobility, and Cognitive Neuroscience Laboratory.



Seek out new skills! Learning spurs the growth of new brain cells. "When you challenge the brain, you increase the number of brain cells and the number of connections between those cells," says Keith L. Black, M.D., chair of neurosurgery at Cedars-Sinai Medical Center in Los Angeles. UCLA researchers using MRI scans found that middle-aged and older adults with little Internet experience could trigger brain centers that control decision-making and complex reasoning after a week of surfing the net.

Say 'Omm!' Chronic stress floods your brain with cortisol, which leads to impaired memory. To better understand if easing tension changes your brain, Harvard researchers studied men and women trained in a technique called mindfulness-based stress reduction (MBSR). This form of meditation — which involves focusing one's attention on sensations, feelings and state of mind — has been shown to reduce harmful stress hormones.

Eat like a Greek! A heart-friendly Mediterranean diet — fish, vegetables, fruit, nuts and beans — reduced Alzheimer's risk by 34 to 48 percent in studies conducted by Columbia University. "We know that omega-3 fatty acids in fish are very important for maintaining heart health." says Keith Black of Cedars-Sinai. "We suspect these fats may be equally important for maintaining a healthy brain."

Spice it up! Your brain enjoys spices as much as your taste buds do. Herbs and spices such as black pepper, cinnamon, oregano, basil, parsley, ginger and vanilla are high in antioxidants, which may help build brainpower. Scientists are particularly intrigued by curcumin, the active ingredient in turmeric, common in Indian curries. "Indians have lower incidence of Alzheimer's, and one theory is it's the curcumin," says Black. "It bonds to amyloid plagues that accumulate in the brains of people with the disease." Animal research shows curcumin

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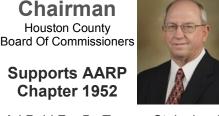
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