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# Choice

The Newsletter Of AARP Chapter 1952  
 Warner Robins, Georgia  
 "To Serve - Not To Be Served"  
 www.Choice1952.com

March 2014  
 Volume 18 - 3  
 Monthly



Meeting Dates/Time: **Wednesday, March 26<sup>th</sup>** (10:00 A.M.) and **Wednesday, April 23<sup>rd</sup>** (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
Vice President	Frank Gadbois	953-7788	Suzanne Burgess	922-2003
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Choice Editor	Greg Davis	318-0471		

### Birthdays For March

Frank Gadbois 17<sup>th</sup> Sue Braun 22<sup>nd</sup> Elizabeth Warren 22<sup>nd</sup> Brenda Lawrence 26<sup>th</sup>

### Birthdays For April

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

**Reduce your risks and vitamin deficiencies!** Chronic health conditions like diabetes, obesity and hypertension are often associated with dementia. Additionally, Older adults don't always get all the nutrients they need from foods, because of declines in digestive acids or because their medications interfere with absorption. Controlling risk factors and vitamin deficiencies - particularly vitamin B12 - can improve brain vitality!

A **blond driver** was stopped by a **blond police officer**. 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 ©



Carleen Forbes

**Highlights From February's Meeting: Carleen Forbes** | Licensed Marriage & Family Therapist - shared informative/insightful information about depression, grief and other (winter) "blues" indicators such as depression and grief. Symptoms/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.

**Guest Attendee: Faye Powell** ... Thanks For Visiting ... Please Come Again!



Trudy Deep and Faye Powell

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

No Regular Meeting Wednesday, March 26<sup>th</sup> ... 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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478/953-0706

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

**BBQ** **BBQ**

No Regular Meeting! Instead We'll Be Attending **The Senior Springo** At Antebellum Grove Senior Living! 1010 Kathryn Ryals Road (Warner Robins). Tel: 478/953-0706. Carpool: Meet At (The Wellston Center (9:30 A.M.) | Depart To Antebellum Grove (9:40 A.M. - SHARP))



P.O. Box 7481  
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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!**

Welcome **New** Advertiser/Supporter: **McCranie Insurance Company** and **Returning** Advertiser/Supporter: **Visiting Angels**. Additionally ... **Thank You To All "Renewing" Advertisers/Sponsors!**

### 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.



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:

**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 plaques that accumulate in the brains of people with the disease." Animal research shows curcumin



As a professional courtesy (within "reason") we'll continue 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 ☺

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