

A cognitive test called 'paired associated learning' invites people to remember a pair of words that are unrelated like 'necktie' and 'cracker.' Studies have shown that young people are better at this test, but scientists think that older people struggle to remember nonsense pairs – like 'necktie' and 'cracker' – because they have learned that they never go together.

Prof. Harald Baayen, who heads the Alexander von Humboldt Quantitative Linguistics research group where the work was carried out said: ***"The fact that older adults find nonsense pairs harder to learn than young adults simply demonstrates older adults' much better understanding of language."***

"They have to make more of an effort to learn unrelated word pairs because, unlike the youngsters, they know a lot about which words don't belong together."

Scientists say this could explain why older people struggle to remember unusual first names. This study was published in the **Journal of Topics in Cognitive Science.**



Special Presentation To Mr. Charles Bell (97) | Last Living Litigant Of 1955 Historic Landmark Supreme Court Decision (**Holmes V. Atlanta**) That Integrated Atlanta Georgia's Public Golf Courses!



Choice

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

March 2016
Volume 20 - 3
Monthly



Meeting Dates/Time: **Wednesday, March 23rd** (10:00 a.m.) and **Wednesday, April 27th** (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	Herminia McMahon (Chairperson)	953-2010
Vice President	Frank Gadbois	953-7788	Benedicta Edge	333-2310
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"Choice" Editor	Greg Davis	318-0471	Sonia Thompson	442-7364
			Soledad White	953-5700

Birthdays For March

Anita Law	1 st	Soledad White	14 th	Frank Gadbois	17 th	Sue Braun	22 nd
Elizabeth Warren	22 nd	Mary Graf	23 rd	Jean Smith	29 th		

Birthdays For April

Nancy Hardin	2 nd	Kashmiri Arora	15 th	Marieta Magerkurth	19 th	Connie Case	29 th
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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, Mary Lappano and Ned Sanders. We wish health/wellness to all current/past members, family members and friends. **ggd ☺**



Highlights From The February 2016 Meeting: Shirley Frazier Executive Director | Warner Robins/Houston County Housing Authorities shared history, programs and initiatives of Housing Authorities. **Oscar Mason** | Transportation Manager discussed latest initiative - Warner Robins Transit (Bus Service) - routes, locations, fares and times. Individual/collective efforts ensure affordable housing, public transportation and critical quality-of-life issues (important to seniors and all county residents) are provided! For additional information on programs/services please call 478/929-0229 or visit www.WarnerRobinsHA.com.



Welcome New Members: Shirley Barthel, Nancy Hardin, Connie Case, Roger Case and Eric Bledsoe! Thanks for joining AARP Chapter 1952!

"Relevance!"

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



Remembering: Rosita Huckeba | **January 20, 1934 - February 29, 2016**
*** Former/Past President | AARP Chapter 1952 (2006 –2009) ***

Perry, GA - Rosita Colleen Huckeba died on February 29, 2016 from complications of **Waldenstrom Macroglobulinemia**, a blood disease. Rosita was born on January 20, 1934 in Cheyenne, Wyoming. She is survived by her loving husband, Walter Huckeba; daughters, Cecilia Hemme of Millington, Tennessee; Sharon O'Neal of Austin, Texas; Marcia Ozkan and a son, Daniel O'Neal, both of Warner Robins; along with grandchildren and great-grandchildren.

Rosita is (was) a member of Saint Christopher's at the Crossroads Episcopal Church of Perry. She will be cremated and her remains put into the ocean at a later date. A memorial service will be held at a later date. McCullough Funeral Home and Crematory has the privilege of being entrusted with Mrs. Huckeba's arrangements. Online Obituary/Guestbook at www.AARPChapter1952.org **ggd :)**

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

Wednesday - March 23, 2016 | 10:00 a.m.
Guest Speaker: **Patsy Goff** | Director/Operations Manager
Perry/Houston County Airport



P.O. Box 7481
Warner Robins, GA 31095
www.AARPChapter1952.org
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AARP Real Possibilities
Chapter 1952 (Houston County, Georgia)

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! Welcome NEW Advertiser: U-Save-It Pharmacy!

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!"

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. Upcoming **Meetings/Events:**

- Wednesday | 5/25/2016 | 10:00 a.m. - 12 Noon | Program: Houston County Meals On Wheels

SPRING-O-O-O 2016! | Lunch Provided By "the BBQ Doctor!"

Free To Play ... Prizes Will Be Awarded! **Wednesday, April 27, 2016** | 10 a.m. – 12 p.m. | Lunch – 12:30 p.m. | **Location: Antebellum Grove Senior Living** (1010 Kathryn Ryals Road | Warner Robins, GA 31088 **RSVP By:** April 22, 2016 | Tel: (478) 953-0706



NOTE: AARP Chapter 1952 Will "Meet" At **SPRING-O-O-O 2016!** We Will **NOT** Meet At The Wellston Center!

5 Things Betty White Has Taught Us about Getting Older!



If we ever needed living proof of everything that's great with getting older, we don't have to look any further than Betty White. The "ageless" actress is living proof that you're only as old as you feel, and all you have to do is keep doing exactly what you love to do. Betty White is the kind of person who not only marches to the beat of her drummer, but helps others do it, too, by reinventing herself periodically while still maintaining her true self. Here are some of the best lessons we've learned from her.

You Still Remember Your Best Love, No Matter How Many Years Go By

In 1961, White met a man by the name of **Allen Ludden**, who was the host of a popular game show called **Password**.

Immediately smitten, she dated him for two years ... but rejected his first two proposals. She finally accepted in 1963 and was married to him until his death in 1981 of stomach cancer. Ludden made such a strong impression on her that she never remarried, telling Larry King "Once you've had the best, who needs the rest? I made two mistakes before Allen, but the love of your life doesn't come along in every life, so I am very grateful that I found him."

Communication Is Always Possible

Whether you're an intellectual biped or furry gorilla, you both have the ability to tell others what you want and need and pick up on that from others. White's favorite animal is **Koko**, the signing gorilla. She regularly goes into Koko's enclosure to have a conversation, saying, "she signs — makes me aware of what she's saying as well as talking to her ... It's just mind-boggling to look into those eyes and to be talking to her and realize how aware she is of everything you're saying. I think my most exciting privilege of all my

animal contacts."

There Doesn't Have To be Such A Thing As Retirement

White has no plans to hang up the hat — ever. She really enjoys what she does and finds a lot of fulfillment out of it, and is loathe to give up that part of her identity. In fact, she plans on working until she keels over from it: "Retire? I'm not sure the meaning of that word, I hear it once in a while, out there somebody did it. But no. I'm going to die in the saddle."

There's Beauty In Every Age

You may not have the body you did in your 20s, but that's a good thing. Your mind has grown to appreciate what's really important in life, and it's definitely not how you look in a bikini. What is important, though, is the respect and love you have for yourself, and always knowing you have something to offer the world. Or, in White's words, "I may be a senior, but so what? I'm still hot."

Seniors And Young People Have A Special Relationship

The two-generation gap is the perfect one because there's just enough separation that neither tells the other what to do, and there are enough years between them to make for really valuable conversations.

Young people can pick up on the wise life lessons of seniors, while seniors get the inside scoop on what's hot in the future from their younger counterparts. In response to the newer generation of fans White's picked up, she says: "They kind of think, 'Well, she's always here, so we might as well watch her.' And it's fun. You meet friends of all ages on the street."

Next time you ponder what it means to become older, think back to Betty White and how gracefully she's grown into it. It can be one of the best times of your life if you just let it, and go along for the ride. ggd ☺



Brains Of Elderly Slow, Because They Know So Much! | Journal Of Topics in Cognitive Science | February 18, 2016

Older people do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe.

Much like a computer struggles as the hard drive gets full up, so to do humans take longer to access information, it has been suggested. Researchers say this slowing down it is not the same as cognitive decline.

"The human brain works slower in old age," said Dr. Michael Ramscar, "but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more."

A team at **Tübingen University** in Germany programmed a computer to read a certain amount each day and learn new words and commands.

When the researchers let a computer "read" only so much, its performance on cognitive tests resembled that of a young adult.

But if the same computer was exposed to the experiences we might encounter over a lifetime – with reading simulated over decades – its performance now looked like that of an older adult. Often it was slower, but not because its processing capacity had declined. Rather, increased "experience" had caused the computer's database to grow, giving it more data to process – which takes time.

"Imagine someone who knows two people's birthdays and can recall them almost perfectly. "Would you really want to say that person has a better memory than a person who knows the birthdays of 2000 people, but can 'only' match the right person to the right birthday nine times out of ten?" said Dr Ramscar.

The study provides more than an explanation of why, in the light of all the extra information they have to process, we might expect older brains to seem slower and more forgetful than younger brains.

And researchers say some cognitive tests which are used to study mental capacity may inadvertently favour young people.

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



AARP National + AARP Chapter 1952

☺ ggd and enjoy the newsletters in full COLOR! www.AARPChapter1952.org - and enjoy the newsletters in full COLOR! ggd ☺