

LEGISLATIVE Support SB 22 - Coordinate Human Services Transportation (Senate Rules)

This bill would establish the Georgia Coordinating Committee for Rural and Human Services Transportation of the Governor's Development Council. The committee would be tasked with coordinating human service transportation services in both the rural and urban area of the state. State agencies handling funds for transportation would have to sit down and discuss how to coordinate and make transportation more efficient and accountable. No new agencies would be created and there would be no fiscal impact.



Left to right: Will Phillips/Associate State Director, Advocacy, John Echols/Past President-AARP Chapter 1952, Rosita Huckeba/Past President-AARP Chapter 1952, Trudy Deep/President-AARP Chapter 1952, Kathy Floyd/Associate State Director, Advocacy and Frank Gadbois/Immediate Past President-AARP Chapter 1952.

Exercise Plan For Senior Citizens Begin by standing on a comfortable surface, where you have plenty of room at each side. With a **5-lb potato sack** in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks move up to **10-lb potato sacks**. Then try **50-lb potato sacks** and then eventually try to get to where you can lift a **100-lb potato sack** in each hand and hold your arms straight for more than a full minute. **After you feel confident at that level, put a potato in each of the sacks.** ggd ☺



Executive Director - CASA (Court Appointed Special Advocate) Of Houston County, Inc
This Month's Guest Speaker Will Be Ms. Velicia Lowe

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Choice

March 2010
Volume 14 - 3
Monthly

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

Meeting Dates/Time: **Wednesday, March 24th** (10:00 A.M.) and **Wednesday, April 28th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Trudy Deep	953-3297	Ivis Bedrick	923-4533
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Choice Editor/Typist	Greg Davis	318-0471	Harris McMillan	923-8369
			Rosalie Montes	953-7524

Birthdays For March

Marcella Cunningham 3rd Mattie Nash 5th Louise Mullis 16th Frank W. Gadbois 17th
Elizabeth Warren 22nd Sue Braun 22nd

Birthdays For April

Eddie Brooks 24th

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**

Minutes From February's Meeting: Winona Smith gave devotional. John Micek led the Pledge of Allegiance. Minutes of January 2010 meeting were read and approved. Treasurer's report given. Our trip to Capitol has been cancelled because of legislative recess. Instead, a breakfast meeting is scheduled March 3, 2010 at the Cracker Barrel restaurant - several state legislators are invited to speak on various issues. Will Phillips, state AARP lobbyist will conduct the meeting. There will not be a covered dish luncheon in March. The next covered dish is scheduled for our April meeting (April 28, 2010), then August 25, 2010 and the Christmas dinner. Sue Burgess asked for items to be sent to the troops overseas. She is not receiving any items and is requesting the comics no longer be brought in. Rosita Huckeba asked for prayers for her son Patrick ONeal who has staph infection. Program: Houston County 911 System - Presented by Captain Harlowe and Lieutenant Quinonas (Houston County Sheriff's Department). Submitted By Ivis Bedrick!

From The President: Question - Does any of you have a topic, subject or happening you would like to share with us? A subject that interests me and always has is physical fitness! For most of my adult life exercise has been very important to me. Even years ago - before gyms and classes appeared, I attended classes for amonth or two and that was "it" for another year. When I lived in Fort Lauderdale (Florida) I took my small children to the beach for class. I have never lost the desire to stay fit. I could not possibly do all things I can do at this age without the (my) desire to feel better. Every session completed is a small victory for me. Spring is here and summer is right around the corner. Regardless of the season, I hope everyone takes (or makes) the time to exercise and enjoy your own "small victories!" ☺

Trudy Deep - 2010 President, AARP Chapter 1952

Rearrange The Letters: DORMITORY = DIRTY ROOM ggd ☺

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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 help me (us) get (and keep) new advertisers/sponsors!

Please contact me at 478/318-0471 and/or via e-mail at gdavismail@gmail.com!

Sincerely,

Greg (Formerly Known As "Da Baby") Davis [ggd](#) ☺

Healthy Lifestyles!

As you grow older, **exercise** can help you look, feel, and work better. Various organs and systems of the body, particularly the digestive process, are stimulated through activity, and - as a result, work more effectively.

You can improve your posture through **exercise** that tones supporting muscles. This not only improves appearance but can decrease the frequency of lower-back pain and disability.

Here are some other benefits of **exercise**: it can increase your ability to relax and tolerate fatigue; it improves muscle tone; reduces fat deposits; increases working capacity of the lungs; improves kidney and liver functions; increases volume of blood, hemoglobin, and red blood cells, leading to improved utilization of oxygen and iron.

Physically active people are less likely to experience a heart attack or other forms of cardiovascular disease than sedentary people. Moreover, an active person who does suffer a coronary attack will probably have a less severe form.

Walking

Exercise need not be something you *must* do but rather something you *enjoy* doing. One of the most practical and enjoyable **exercises** is walking. **Charles Dickens** said: *"Walk and be happy, walk and be healthy. The best of all ways to lengthen our days is to walk, steadily and with a purpose. The wandering man knows of certain ancients, far gone in years, who have staved off infirmities and dissolution by earnest walking - hale fellows close upon eighty and ninety, but brisk as boys."*

Walking is as natural to the human body as breathing. It is a muscular symphony; all the foot, leg, and hip muscles and much of the back musculature are involved. The abdominal muscles tend to contract and support their share of the weight, and the diaphragm and rib muscles increase their action. There is automatic action of the arm and shoulder muscles; the shoulder and neck muscles get play as the head is held erect; the eye muscles are **exercised** as you look about you.

Swimming and **bicycling** **exercise** most of the muscles, and **gardening** is highly recommended. The fresh air is beneficial, the bending, squatting, and countless other movements **exercise** most parts of the body.

Surprisingly, **most games do not provide good exercise**. According to a physical fitness research laboratory at the University of Illinois, the trouble with most games is that the action is intermittent—starting and stopping—a burst of energy and then a wait. The **bowler** swings a ball for two and one-half seconds and gets about one minute of actual muscular work per game. **Golf** is a succession of pause, swing, walk—or, more often, a ride to the next pause, swing, and so on. Also, you spend a lot of time standing and waiting for the party ahead and for your partners. **Tennis** gives one more **exercise** but it too involves a great deal of starting and stopping, as does **handball**. **No game has the essential, tension-releasing pattern of continuous, vigorous, rhythmic motion found in such activities as walking, running, or jogging.**

For **formal exercises**, you could join a gym, but you might find your enthusiasm waning after a few weeks. You could also **exercise** at home; there are many excellent books/tapes/videos on **exercise** that provide programs for you to follow at home on a daily basis.

Everyone's **exercise** capacity varies. It is best to **discuss any new exercise program with your physician**, especially if you have some illness or are out of practice. Then select an **exercise** that is pleasant for you and suitable to your condition.

Sensible, moderate **exercise** of ANY kind, geared to your own physical capacity can help to give you a sense of all-around well-being. Additionally, don't forget about your diet!

It's common logic if one feels better, his attitude towards others will be more congenial. When one is in a cordial, happy frame of mind, he will likely make wiser decisions, and his world in general will look better!

Overheard At A Gym: The advantage of **exercising** every day is so when you die, they'll say, **"Well, she looks good doesn't she."** [ggd](#) ☺



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Georgia AARP Directors And State Representative Address AARP Chapter 1952 At Local Breakfast.

Warner Robins, GA - March 3, 2010

Will Phillips and **Kathy Floyd** - Associate State Directors (Advocacy) along with Representative **Willie Talton** (R-Warner Robins) addressed a hungry crowd of 30+ members of AARP Chapter 1952 on current legislative items. A **Legislative Position Sheet** included/addressed the following agenda items:

Please ask your State Representative to:

Restore funding to key programs for seniors Home and Community-Based Services (HCBS) enable individuals in need of long term care to remain at home or in the community rather than being admitted to a nursing. We (AARP) are asking the legislature to restore \$1.3+ M for non-Medicaid HCBS respite services under Elder Community Living Services in FY 2010 and FY 2011. This represents almost 135,000 hours of service. Currently, more than 20, 000 Georgians are on waiting lists for these services.

Support SB 57 - Home Mortgage Reform (House Judiciary Subcommittee)

Foreclosures in Georgia are decimating communities, forcing home builders into bankruptcy and destabilizing the economy. **SB 57** addresses four issues prevalent in foreclosures in Georgia: prepayment penalties, yield spread premiums or broker kickbacks, the borrower's ability to repay the loan and broker duties.

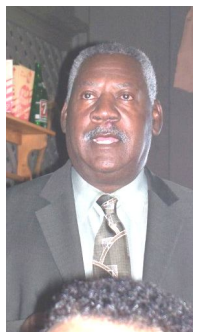
Support SB 206 - Tax Expenditure Report (House Rules)

This bill would require a regular listing of tax breaks to bring more transparency and accountability into tax decisions. **SB 206** would benefit not only the public but lawmakers because they do not know the cost and effectiveness of tax preferences passed over the years. Currently only budget items face annual scrutiny and performance measures although tax credits also impact revenue. Thirty-nine states currently provide this report.

Please ask your State Senator to:

Restore funding to key programs for seniors - SEE ABOVE

SEE LEGISLATIVE ###



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Please contact me at 478/318-0471 and/or via e-mail at gdavismail@gmail.com!

Sincerely,

Greg (Formerly Known As "Da Baby") Davis ggd ☺



Lighten Up: A Short Collection Of Amusing/Entertaining "Stuff!"

Two elderly gentlemen are playing cards on Saturday evening just as they have done for the past 50 years. Gus, the elder, had been having problems remembering what cards were what, and usually needed help from his wife. At the end of the card game Red said to Gus, "You did very good tonight. You didn't need any help at all. Why is that?" Gus replied, "Why, ever since my wife sent me to that memory school, I haven't had any problems at all." "Memory school? What memory school?" Gus thought for a moment, "Oh, what's that flower that's red with thorns? A really pretty flower . . ." "A rose?" asked Red. "Yeah, that's it!" Gus turned to his wife and mumbled, "**Hey, Rose! What's the name of that memory school you sent me to?**"

An elderly couple was watching television one evening. The wife said, "I am going to get a dish of ice cream now." Kindly, the husband offered to get the ice cream for his wife. "I'll write it down so you don't forget," she said. "I won't forget," the old gent said. "But, I want chocolate syrup and nuts on it. So, I'll write it down," she replied. "I will get you the ice cream. Don't you worry," replied the gentleman. A few minutes later, the old man returned with bacon and eggs. His wife said, "**See, I should have written it down because you forgot the toast.**"

Q: How do you make four old ladies say "F*?"**

A: Get a fifth old lady to yell "BINGO!"

Old Aunt Cora went to her doctor to see what could be done about her troublesome constipation. "It's terrible," she said to the doctor. "I haven't moved my bowels in more than a week." "I see. Have you done anything about it?" asked the doctor. "Oh, yes," Aunt Cora replied, "I sit in the bathroom for a good half of an hour in the morning and then again at night." "No," the doctor said, "I mean do you take anything?" "**Of course I do.**" she answered, "**I take a magazine.**"



A man was walking down the street when he noticed that his grandfather was sitting on the porch, in the rocking chair, with nothing on from the waist down. "Grandpa, what are you doing?" the man exclaimed. The old man looked off in the distance and did not answer his grandson. "Grandpa, what are you doing sitting out here with nothing on below the waist?" he asked again. The old man slyly looked at him and said, "Well, last week I sat out here with no shirt on, and I got a stiff neck. **This was your Grandma's idea!**"

An elderly gentleman was having some physical problems, so he went to see his doctor. The doctor told the old gent that he had to drink warm water one hour before breakfast. At the end of a week, the man returned for a follow-up visit to his doctor's office. The concerned doctor asked the old gent if he was feeling better. The man answered that he actually felt worse. Then the doctor asked, "Did you drink warm water an hour before breakfast each day?" "No," replied the man, "**All I could do was about fifteen minutes.**"

SEE LIGHTEN UP >>>



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