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<< **OLDER AMERICANS (Continued):** Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

The U.S. Administration on Aging and its **National Aging Services Network** support a number of successful programs throughout the country that are helping older adults live better today and in the future. These programs keep people independent and out of nursing homes through streamlined access to health and long term care information and options and provide home and community-based systems of services that include the support for family caregivers. These programs also encourage older people to remain active

and make behavioral changes through the increased use of evidence-based disease prevention programs under the **Older Americans Act** as well as the use of preventive benefits available under Medicare.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area; promote community, state, and national efforts to serve older adults; and find ways to enrich the lives of older adults who touch your life. Additionally, actively search out ways you can involve your community's older adults in volunteer efforts, allowing them to share their wisdom and energy. By working together, we can improve the health and well being of our Nation's older adults and pave the way for better health as we age. [ggd ☺](#)

An 80 year old woman was arrested for shoplifting. When she went before the judge he asked her, **'What did you steal?'** She replied, **'A can of peaches.'**



The judge then asked her why she had stolen the can of peaches and she replied that she was hungry. The judge then asked her how many peaches were in the can. She replied 6. The judge then said, **'I will then give you 6 days in jail.'**

Before the judge could actually pronounce the punishment, the woman's husband spoke up and asked the judge if he could say something. The judge said, **'What is it?'** The husband said, **'She also stole a can of peas.'**

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AARP
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Chapter 1952

Choice

May 2009
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Monthly

The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia
"To Serve - Not To Be Served"
www.Choice1952.com

Meeting Dates/Time: **Wednesday, May 27th** (10:00 A.M.) and **Wednesday, June 24th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Frank Gadbois	953-7788	Ivis Bedrick	923-4533
Vice President	Bob Watson	228-1206	Phyllis Blount	956-4134
Secretary	Eddie Brooks	922-4049	Harris McMillan	923-8369
Treasurer	John Echols	953-5060	Maureen Echols	953-5060
Chaplain	Winona Smith	923-6997	Rosalie Montes	952-7524
Choice Editor/Typist	Greg Davis	318-0471	William Hancock	923-7312
			Nancy Harrison	922-1526

Birthdays For May

Leokadia Kolodziej	4 th	Freda Fairfield	7 th	Theresa Godt	7 th	Lyn Caskey	13 th
Howard Jordan	13 th	Evelyn Mickels	14 th	John Padgett	16 th	Bob Watson	17 th
Walter Huckeba	20 th	Marilou Dixon	27 th	John Echols	28 th		

Birthdays For June

Juanita Smith	3 rd	Frances Kobylinski	4 th	Franki Hodge	7 th	Nettie Mathe	20 th
Palmer Craig	20 th	Ruth Davis	26 th	Wynelle Sando	26 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***

Minutes From April's Meeting: President **Frank Gadbois** called the meeting to order at 10 A.M. **Winona Smith** did prayer. **Harris McMillian** led the Pledge of Allegiance. The **Secretary** read the minutes of the previous meeting. The minutes for March 2009 were approved by a majority of the members present and were entered into the record. **John Echols** (Treasurer) reported the financial report for March 2009. **Frank Gadbois** asked that a motion be made to extend the AARP insurance policy. All members were in favor of extending the policy. Vice President **Bob Watson** introduced the speaker for the month - **Ned Sanders**. Ned Sanders (Houston County Chairman Of Commissions) spoke about becoming active in politics, his activities in Houston County, as well as National/ non-partisan activities. Ned Sanders stated that in 1990 he ran for a vacant political candidate seat. He stated that he was the only candidate on the Republican ticket. Mr. Sanders stated that Warner Robins is among one of the fastest growing cities in the south. In his conclusion, he stated that his office will continue to strive in meeting the needs of the citizens in Warner Robins. With everyone in favor the meeting adjourned at 11:10 A.M.

Provided By Eddie Brooks (Thank You!) [ggd ☺](#)

Recently granny was giving directions to her grown grandson who was coming to visit with his wife. **"You come to the front door of the apartment complex. I am in apartment 14T."**

She continued, **"There is a big panel at the door. With your elbow push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 14. When you get out I am on the left. With your elbow, hit my doorbell."** "Grandma, that sounds easy," replied the grandson, **"but why am I hitting all these buttons with my elbow?"** To which she answered, **"You're coming empty handed?"** [ggd ☺](#)



President's Message: Next month - Wednesday, June 24th - is our *Hot Dog Weiner Roast* picnic day that will be held inside the Wellston Center. Our regular business meeting will be at 10:00 A.M. with the picnic starting around 11:00 A.M. Donations of hotdogs and rolls are always welcomed. We will provide all the fixings. Think about bringing a prospective member. Let's all have fun at our picnic!

Frank W. Gadbois, President—AARP Chapter 1952

Editor's Notes: Newsletters will be available at our meetings and will continue to be mailed to our advertisers and sponsors. We're still updating our membership roster (**THANK YOU HELEN DALY**) so please renew/update your membership ... still a "bargain" at only **\$5.00/year!** Additionally, Thank You Trudy Deep for volunteering to manage our membership roster!

For advertisers, your support of our newsletter is an exceptional value at only \$4.00/Month (**\$48.00/Year - Prorated**). If you know **ANYONE** who may be interested in advertising in/supporting our newsletter please contact me!

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 new advertisers!

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* ☺

May - A Celebration Of/For Older Americans!

Department Of Health And Human Services - Administration On Aging (AOA)

May is **Older Americans Month**, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year's theme is **"Living Today For a Better Tomorrow,"** and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.

By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40% of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

Tobacco use increases the risk of heart disease and cancer and is the single most preventable cause of death in the United States. Older adults who stop smoking will gain immediate and long-term health benefits. While it's important for older Americans to have good physical health, it's equally important that they maintain good mental health. Nearly 20 percent of Americans age 55 and older experience depression and anxiety disorders.

Studies have shown that engaging in social activities within the community can greatly improve mental health. In fact, research has demonstrated a strong relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. **SEE OLDER AMERICANS >>**



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