

Old TV Shows 1 - Word Search

Find the words hidden in the grid of letters.

H E E H A W Y M P F O D T D Z O E
 R F S N W V P D R M T F E O H T K
 S T U N H R S E O H A H K W A A O
 T W H L S O I A E O C V R B Z R M
 R I B G L S J W J T D O E M E Z S
 U N G P A H A R I L T Y M R L A N
 O P Z R V L O W A C Z X D B I N U
 C E F H T U E U O E N X I W H C G
 T A W O X B G D S L D C C N O L K
 H K N Q H H Q Y W E T P O O N H I
 G S Y L I M A F S M A D D A H A D
 I O G N T X C H I N A B E A C H M
 N A M T A B Y L P L X I L A P H N
 Y N N A N E H T O R O S E A N N E

ADDAMS FAMILY
 BATMAN
 BEWITCHED
 CHINA BEACH
 COACH
 DEAR JOHN
 DOCTOR WHO
 FRASIER
 FULL HOUSE
 GUNSMOKE
 HAZEL
 HEE HAW
 HOWDY DOODY
 I SPY
 LAUGH IN
 MANNIX
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Choice

**May 2013
 Volume 17 - 5
 Monthly**

The Newsletter Of AARP Chapter 1952

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

Meeting Dates/Time: **Wednesday, May 22nd** (10:00 A.M.) and **Wednesday, June 26th** (10:00 A.M.)
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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Choice Editor/Typist	Greg Davis	318-0471		

Birthdays For May

Carl Willingham 23rd John Echols 28th

Birthdays For June

** No Recorded Members With Birthdays This Month **

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

Highlights From April's Meeting: Tracy Arora, MPH - provided insightful information about "Vitamin and the Older Adult" with a presentation entitled "The ABCs of 'D.'" Vitamin D "The Sunshine Vitamin" plays an integral role in modulating the immune system to help fight infections and reducing the risk of many common diseases including cancer, cardiovascular disease, depression and diabetes. It's sources include the sun and is supplemented via plant-based (D2 - ergocalciferol) or animal-based (D3 - cholecalciferol) foods. **At-risk groups** include elderly populations, darker skin and vegetarians. **Risk factors** include sun avoidance, poor nutrition and cultural/religious practices and customs.

In "older adults" women - after menopause - lose bone density at a rate of 2 to 4% every year. For men after 60, bone density occurs at a rate of 1 to 2% every year. Beyond "Bone Health" ... Vitamin D plays a crucial role in most metabolic functions as well as muscle, cardiac, immune, cellular and neurological functions. The institute of Medicine (IOM) recommends 800 International Units (IUs) of Vitamin D for those 70 and older. **Vitamin D** ... a fascinating "letter" and subject! For additional information visit www.CDC.gov, www.IOM.edu, www.VitaminDCouncil.org and other online resources!

Guest and "New Member:" Linda Ray ... Welcome And Thanks For Joining Our Chapter!

Did you know that May Is Lupus Awareness Month ... a time for everyone to come together to raise awareness of **lupus**, an unpredictable and sometimes fatal disease, and show support for the estimated 1.5 million Americans and at least five million people worldwide affected by the disease.

Lupus Awareness Month serves as a centerpiece of the **lupus** community's annual grassroots effort to raise awareness, secure funds for lupus research, and support those who suffer from the disease. Lupus is more widespread than most people realize. As such ... **World Lupus Day** (observed on May 10th) was a day when the global lupus community rallied to bring greater attention to this terrible disease. To learn more ... not just for May but for year-round information about **The Lupus Foundation of America**, please visit www.Lupus.org! ggd



Meeting Date/Time: Wednesday - May 22, 2013/10:00 A.M.
 Guest Speaker: **Myra Foskey**
 Subject: "Hearts To Heroes" Program
 (Care Packages For Deployed Servicemembers)



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MEMORIAL DAY
 A Time To Honor America's Heroes

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. **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!

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

Sincerely,

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



Remembering Dr. Joyce Brothers

Yikes ... Memorial Day And Father's Day Are Right 'Round The Corner!



Today, when we're feeling in need of advice or reassurance about our inner woes, we're accustomed to turning on the TV and watching someone such as psychologist **Phil McGraw** or physician and addiction expert **Drew Pinsky** elicit epiphanies from troubled people right in front of the camera, and in the process dispense advice to millions. But it was **Joyce Brothers**, who died **May 13, 2013** at age 85 in Fort Lee, N.J., who invented the role of the TV psychologist in the 1950s and first got us to trust in a celebrity mental health expert. For a society that had developed a stiff upper lip to cope with the collective traumas of the Great Depression and World War II, Brothers was a perfect fit. An upgraded version of **Ann Landers**, with a Ph.D. from Columbia University to buttress her common-sense adages, her succession of TV advice programs (beginning with *The Dr. Joyce Brothers Show* in 1958) and bestselling books provided viewers with a much-needed license to open up and confront their feelings and inadequacies.

Brothers, nearly always, persuaded us to have faith in self-insight's transformative power to solve problems. The New York Times wrote in 1971 that she *"monitors the nation's emotional barometer through her mass practice over the airways and in print."* A 1981 Baltimore Sun profile of Brothers put it more succinctly: *"A nation cries on her shoulder."*

Brothers, whose charming, reassuring demeanor appealed to television audiences, became a television star as a game show contestant, a sports interviewer, then as a psychologist answering audience questions about relationships and other emotional subjects.

She grew her fame as a frequent guest on television talk shows and as an advice columnist for **Good Housekeeping** magazine for four decades and for newspapers throughout the United States. She also made many cameo appearances parodying herself on television sitcoms and in movies.

Born Joyce Diane Bauer, she married Milton Brothers in 1949, according to a biography provided by her family. He died in 1989. Brothers became a practicing psychologist in 1958, five years after she got her master's degree at Columbia University. By then, she had already caused a stir on television, winning the top prize on *"The \$64,000 Question"* in 1955. The topic: **boxing**.

The family biography said she appeared on the show when her husband was in medical school and they were living with her parents. Her husband suggested she try out as a boxing expert, seeing that would make her an unusual contestant -- a woman versed in pugilism. When the show asked her to be on, she memorized the **Encyclopedia of Boxing** in a few weeks.

She repeated her success two years later on *"The \$64,000 Challenge,"* leading to a job on *"Sports Showcase."*

Amid the quiz show scandal of the *late* 1950s, she demonstrated her well-versed knowledge of boxing to a congressional panel, her family biography said.

Years later, she wrote books and had radio shows. And America saw her often on television, not only giving advice but making fun of herself. On one episode of the ABC smash hit **"Happy Days,"** she counseled Fonzie's dog, Spunky. She made a vocal appearance on the animated series **"The Simpsons"** in the memorable *"Last Exit to Springfield"* episode.

She is survived by her sister, **Elaine Goldsmith**; her daughter; four grandchildren; and two great-grandchildren. *** **October 20, 1927 - May 13, 2013** ***



Mark Your Calendars ... June's Meeting (6/26/2013) We're Having A Picnic!

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