



Remembering B.B. King - Riley B. King (September 16, 1925 – May 14, 2015), known by his stage name **B.B. King**, was an American Hall of Fame blues singer, songwriter and guitarist.



Rolling Stone ranked King number 6 on its 2011 list of the 100 greatest guitarists of all time. He was considered one of the most influential blues musicians of all time, earning the nickname **"The King of the Blues."** On **February 21, 2012**, King was among the performers of **"In Performance at the White House: Red, White and Blues,"** during which President Barack Obama sang part of "Sweet Home Chicago."

On May 1, 2015, after two hospitalizations caused by complications from high blood pressure and diabetes, King announced on his website that he was in hospice care at his home in Las Vegas, Nevada. He died in his sleep on May 14, 2015 from a series of small strokes caused by Type 2 diabetes.

Laughter - Good For The Soul!



An elderly couple were eating at a fast-food restaurant when some food became lodged in the old-timer's throat., He could breathe, but he was having a coughing fit. The old lady jumped up and went to the counter and asked for a glass of water, explaining that her husband was choking. With a wonderful wide-eyed expression, the food server looked up at her and said, **"Will that be large or small?"**

Hospitalized because of a broken leg, the patient had to be assisted each time he wanted to venture from his bed. One afternoon, having tried to make it to his wheelchair by himself, he became stuck midway., Frantically, he somehow managed to push the button to the nurse's station and yell, **"HELP."** A calm voice came over the intercom: **"Could you be more specific, sir?"**

A 95 year-old lady - Miss Rebecca - was exasperated with her younger (**90 year-old**) sister, who bought an unreliable car and called her for a ride every time it broke down. One day Miss Rebecca got yet another one of those calls. **"What happened this time?"** she asked. **"My brakes went out,"** her sister said. **"Can you come and get me?"** **"Where are you?"** Miss Rebecca asked. **"I'm in the drugstore,"** her sister responded. **"And where is the car?"** **"In here with me!"** Thanks Miss Ivis! **ggd☺** *** Wow ... 90+ years "young" and still driving! ***

Choice

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

May 2015
Volume 19 - 5
Monthly



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 | Greg Davis | 318-0471 | Marietta Magerkurth | 922-2344 |
| Vice President | Frank Gadbois | 953-7788 | Herminia McMahon | 953-2010 |
| Secretary | James Erdmanczyk | 217-1778 | Sonia Thompson | 442-7364 |
| Treasurer | Benedicta Edge | 333-2310 | Soledad White | 953-5700 |
| "Choice" Editor | Greg Davis | 318-0471 | | |

Relevance!

Birthdays For May

Carl Willingham 22nd Sara Williams 23rd Jeanine Frey 27th Jojn Echols 28th

Birthdays For June

Anita V. McGhee 20th Ruth Davis *Nonagenarian 26th Sonia V. Thompson 26th

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:** John Echols, Earnest/Sue Braun, Ruth Davis and Charles Bell. We wish health/wellness to all past/current members! ggd

Highlights From The April 2015 "Meeting:" **SPRING-O-O @ Antebellum Grove ... Fun, Food and Fellowship!**



Summer



Picnic!

***** Summer Picnic | Wednesday - June 24, 2015! *****

***** Summer Picnic | Wednesday - June 24, 2015! *****



Meeting Date/Time:
Wednesday - May 27, 2015 | 10:00 A.M.
Guest Speaker: **Tomeika R. Daniel**
Senior Attorney/Attorney-At-Law
Georgia Legal Services Program



P.O. Box 7481
Warner Robins, GA 31095
www.AARPChapter1952.org
Tel: 478/318-0471

Chapter 1952



AARP Driver Safety Class - Contact: **Robert Woodall** (478/397-6690) Or **Sherman Falana** (478/987-3658) To Register. Open To AARP And Non-AARP Members!

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, \$8.00, \$20.00 or \$45.00 **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 Sponsor | Bill Waldorf/Broker - RPI Real Estate Services!**

ALL: As **your** Chapter President and **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!

Sincerely,

Greg Davis ggd ☺ Tel: 478/318-0471 | E-Mail: gdavismail@gmail.com



"Relevance!"

With the exception of **November** and **December**, 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. Unfortunately, this month we "just missed" **Memorial Day**. However, we haven't forgotten **Memorial Day** as follows:



It is traditional to fly the flag of the United States at half mast from dawn until noon. Many people visit cemeteries and memorials, particularly to honor those who have died in military service. Additionally, many volunteers place an American flag on each grave in national cemeteries. The nationwide display of patriotism is touching and inspiring. We hope everyone had an enjoyable **Memorial Day**. ggd☺

Never Forget! "Heroes never die. They live on forever in the hearts and minds of those who would follow in their footsteps." ~ Emily Potter



May Is Amyotrophic Lateral Sclerosis (ALS) Awareness Month. ALS, also known as Lou Gehrig's disease, is a rapidly progressive and fatal neurological disease that attacks the body's ability to control muscle movement by ceasing the transmission of messages to muscles.



The Social Security Administration (SSA) has identified ALS as a medical condition so severe it obviously meets that agency's strict definition of disability and has included it their Compassionate Allowances list. As such, the SSA expedites the benefit application process for these applicants. For additional information about the Compassionate Allowances list please visit www.socialsecurity.gov/compassionateallowances.

Own Your Age — And Resist Ageism

By **AARP CEO Jo Ann Jenkins** On May 14, 2015 | Adapted from remarks delivered on the opening day of the Life@50+ National Event And Expo in Miami, Florida.

"How old would you be if you didn't know how old you are? Just think about that for a moment. It's an intriguing question.

How does your age affect the way you behave, what you do and what you don't do? How often do we give in to society's — or the media's — idea of what "old" is?

What if we could lose our preoccupation with age - just put it out of our minds? What if — **instead of being preoccupied with aging — we focused more on living?** Would we behave any differently? Would we treat other people any differently? Would we be happier and enjoy life more?

AARP has joined with six other prominent aging organizations* to produce a report that found the life people aspire to as they age — self-sufficient, active, participating in leisure activities and building

closer relationships with family and friends — contrasts sharply with their understanding of aging as a process of deterioration, dependency, reduced potential, digital incompetence and family members living at a distance.

The report concluded that **"these deep and negative shared understandings make the process of aging something to be dreaded and fought against, rather than embraced as a process that brings new opportunities and challenges for individuals and society."**

We have to change this. We have to "disrupt aging"! The first step is to "own your age." I'm not talking about just accepting your age. I mean really own it: embrace it, feel good about where you are in life, and more importantly, about where you are going.

People turning 50 today have half of their adult lives ahead of them. They don't want to be defined by how old they are — they want to be valued for who they are. They don't want to live in fear that their possibilities become more limited as they age. They believe their life experience has value. They still want to make a difference in the world.

Yet our perceptions — as individuals and collectively as a society — are simply out of sync with the new reality of aging. The negative stereotypes of aging are so ingrained in our psyches, they are difficult to overcome. Most of us don't even try. We either just accept the old stereotypes and live out the negative image of aging — or, we just deny that we are aging and fight it with every fiber of our being, and in some cases, with every dollar in our bank account.

We not only live in an aging society, we live in an "ageist" society. Today it is socially unacceptable to ignore, ridicule or stereotype someone based on their gender, race or sexual orientation. So why is it still acceptable to do this to people based on their age? Perhaps the bigger question is, why does this matter? It matters primarily for two reasons:

First, ageism — and the negative perception of aging it perpetuates — creates a negative reality of aging. And, as long as that exists, we will never face up to the changes we need to make to adapt to our aging society.

Second, it's bad enough that ageism can influence public policy, employment practices and how people are treated in society, but what's worse is that we accept the ageist behavior ourselves and start acting it out.

It isn't age that holds us back. In fact, age may not be a barrier at all.

Harvard psychologist Ellen Langer offers another perspective on this in her book *Counter Clockwise*. She notes that if an older person has difficulty getting in and out of a car, we often attribute it to the weakening of leg muscles and the loss of a sense of balance rather than considering the inadequacies of a car seat that doesn't swivel and allow the passenger to emerge straight ahead rather than sideways.

Yet, we would consider it ridiculous to conclude that a 25-year-old's difficulty in riding a tricycle is due to an enlargement of her limbs and a loss of flexibility. Simply put: tricycles were not made with 25-year-olds in mind, and car seats were not made with 75-year-olds in mind.

The point is that every day, older people are forced to navigate an environment that was designed neither by them nor for them. We often blame our limitations on the fact that we're getting older. But in reality, it may simply be that our environment doesn't fit us anymore, or the product isn't designed to fit our needs.

Once we muster the courage to admit that and do something about it — like adapting the car seat to meet the needs of the 75-year-old instead of blaming the person — we can begin to develop creative solutions that benefit people of all ages.

That's disrupting aging. That's what happens when we own our age."

* The report was jointly produced by **AARP, The American Society on Aging, The American Federation for Aging Research, The American Geriatric Society, The Gerontological Society of America, The National Council on Aging** and **The National Hispanic Council on Aging.**



"Think joining AARP makes you old? **Get over it.**"



☺ ggd - and enjoy the newsletters in full COLOR! www.AARPChapter1952.org - Check out our website -