

SLEEP (Continued)

8. Happy thoughts only; do not concentrate on mental or emotional problems. Your thoughts and images prior to bedtime will also affect your sleep. Along with trying relaxation techniques, try to establish a habit of not focusing on or ruminating about problematic or painful emotional issues at least one hour prior to bedtime.
9. Bed and pillows should be comfortable. Check your mattress, box spring, and pillows to make sure they are not worn out or have lost their supportive qualities. You may want to flip your mattress every few months. If you have developed any new neck, back, or hip pain over the past few months you may need a new bed.
10. Keep a sleep diary. A sleep diary can be very helpful in working with your physician or nurse consultant on your sleep problems and overall health. With a sleep diary, you keep a record - for one to four weeks - of your daytime and evening activities, revealing activities that are thwarting your ability to sleep well. Include your general mood and stress levels, during the day.

Linda Winkler Garvin, R.N., M.S.N., of Alameda, California, is Director of Health Management Associates, an adult medical case manager/liaison with an advanced degree in nursing. She teaches relaxation

for stress management, health and nutritional classes, and provides a pain management and exercise program for people with chronic pain and chronic diseases. She uses relaxation techniques and imagery to manage pain. For additional information please visit www.HealthManagerBayArea.com



Sheer Lingerie A husband walks into Frederick's of Hollywood to purchase some sheer lingerie for his wife. He is shown several possibilities that range from **\$250 to \$500** in price, **the more sheer, the higher the price**. He opts for the most sheer item, pays the \$500 and takes the lingerie home. He presents it to his wife and asks her to go upstairs, put it on and model it for him. Upstairs, the wife thinks, **"I have an idea. It's so sheer that it might as well be nothing. I won't put it on, do the modeling naked, return it tomorrow and keep the \$500 refund for myself."** So she appears naked on the balcony and strikes a pose. The husband says, **"Good Lord! You'd think that for \$500, they'd at least iron it!"** He never heard the shot.



Funeral services are pending.
ggd ☺

September's Meeting Will Include A **Covered Dish Lunch** Along With Information About Various Programs/Services Of The Houston Healthcare

Choice

September 2010
Volume 14 - 9
Monthly

The Newsletter Of AARP Chapter 1952

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

Meeting Dates/Time: **Wednesday, September 15th** (10:00 A.M.) and **Wednesday, October 27th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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Birthdays For September

Greg Davis	1 st	Mary Lappano	1 st	Agnes Partlow	6 th	Phyllis Blount	8 th
Ivis Bedrick	15 th	Harris McMillan	16 th				

Birthdays For October

Hugh Morris	1 st	Jack Peck	18 th	Sara Holden	21 st	Frances Roland	25 th
Bernice Smith	27 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**

Highlights From August's Meeting: Our guest speaker was Columnist **Ed Grisamore** [Macon (Georgia) Telegraph]. Mr. Grisamore shared several interesting "stories/events/intuitions" that shaped his journalistic career including the "power of observation!" Grisamore - the author of six books - also autographed several copies of his book **"Once You Step In Elephant Manure You're In The Circus Forever: The Life and Sometimes of Durwood 'Mr. Doubletalk' Fincher."** That book - along with other stories - captivated everyone at the meeting. His audiobook ... **Gris & That** was nominated for a Grammy in 2006 in the "Spoken Word" Category. More recently he received a Grammy nomination for the 2010 Will Rogers Humanitarian Award! In addition to Mr. Grisamore we had four (4) guests/visitors: **Laurette Vaughn, Josephine Aldridge, Shirley Lee and Cecilia Wheeler.** Thank you (all) for visiting! **ggd ☺**



5 Star Stupidity Award Winner!

The Seattle Police received a 911 call about a man seen trying to siphon gas from a parked motorhome. Police arrived at the scene to find an ill man curled up next to a motorhome near a pool of **spilled sewage**. A police spokesman said that the man admitted to trying to steal gasoline but apparently had put his siphon hose into the motor home's blackwater (sewage) tank by mistake. The owner of the vehicle declined to press charges, as justice had been duly served.

Editor's Notes: UPDATE YOUR LOCAL (Chapter 1952) MEMBERSHIP - STILL A "BARGAIN" AT \$5.00/YEAR!

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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 ☺



Many older people need help paying for prescription drugs, health care, utilities and other basic needs. Ironically, millions of older Americans — especially those with limited incomes — are eligible for but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in need if they only knew about them and how to apply for them.

Developed and maintained by The National Council On Aging (NCOA), **BenefitsCheckUp** is the nation's most comprehensive **Web-based** service to screen for benefits programs for seniors with limited income and resources.

BenefitsCheckUp includes more than 2,000 public and private benefits programs from all 50 states and the District of Columbia, such as:

- Prescription drugs
- Nutrition (including Supplemental Nutrition Assistance (SNAP)/Food Stamps)
- Energy assistance
- Financial
- Legal
- Health care
- Social Security
- Housing
- In-home services
- Tax relief
- Transportation
- Educational assistance
- Employment
- Volunteer services

Since 2001, millions of people have used **BenefitsCheckUp** to find benefits programs that help them pay for prescription drugs, health care, rent,

utilities, and other needs. For more information on **BenefitsCheckUp**, visit **www.BenefitsCheckUp.org**

About The National Council On Aging

The National Council on Aging (NCOA) is a nonprofit service and advocacy organization headquartered in Washington, DC. NCOA is a national voice for older Americans - especially those who are vulnerable and disadvantaged - and the community organizations that serve them. It brings together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults. NCOA works with thousands of organizations across the country to help seniors find jobs and benefits, improve their health, live independently and remain active in their communities. For more information, please visit **www.NCOA.org**. ggd ☺



Two little old ladies were attending a rather long church service. One leaned over and whispered, "My butt is going to sleep." "I know," replied her companion, "I heard it snore three times."



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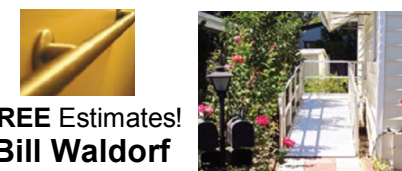
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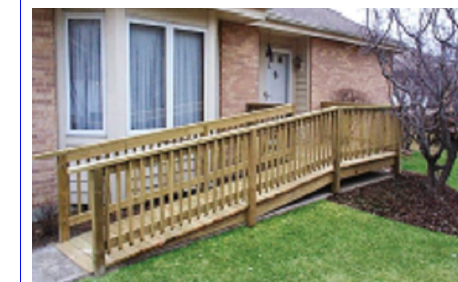
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Solutions for Sleepless Nights by Linda Winkler Garvin, R.N., M.S.N

A good night's sleep is an important component in maintaining health and pain control. But about 30 to 50 percent of the general population is affected by insomnia and 10 percent have chronic insomnia, according to WebMD (**www.webmd.com**). Why should something as simple as "sleeping like a baby" be so hard to achieve? **Insomnia** is described as difficulty falling asleep or maintaining sleep throughout the night. Although there are many types of insomnia, this article will focus on the causes of chronic insomnia and offer suggestions on improving the quality of sleep.

Individuals with chronic health conditions are at a higher risk of insomnia, due to the medications they are taking, their bodies' physiological reactions to chronic pain, and any anxiety and stress caused by their medical diagnoses. Individuals who are sleep deprived may experience drowsiness, difficulty concentrating and remembering details, and irritability. To avoid these adverse effects, it may help to learn about the activities,

medications, beverages, and foods that can interfere with sleep, so you can modify your behavior and achieve better sleep patterns. Here are 10 (**summary**) tips to avoid sleep problems:

1. Reduce the level of stimulation before bedtime. Start by decreasing the noise level in your bedroom and any room you are in during the evening.
2. Establish a regular bedtime routine and adjust bedroom temperature.
3. Avoid foods and beverages that negatively affect sleep.
4. Avoid medications that interfere with sleep. Check with your pharmacist to see if the prescription or non-prescription medications you take could be affecting your sleep.
5. Develop an effective exercise program.
6. Take a bath. Many people find a bath relaxing prior to bedtime.
7. Learn to relax. Educate yourself about various relaxation techniques and try progressive relaxation, meditation, or imagery one to two hours prior to bedtime. All work or study activities should be done elsewhere.

SEE SLEEP >>>