

Choice

The Newsletter Of AARP Chapter 1952

"To Serve – Not To Be Served"

Warner Robins, Georgia

www.Choice1952.com

March, 2007

Volume 11

Issue 3

Issued Monthly

Meeting Dates/Time: Wednesday, March 28th and Wednesday, April 25th | 10:00 A.M.

Location: Wellston Center - 152 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	John Echols	953-5060	Rosita Huckeba	987-7220
Vice President	Bob Watson	929-4711	Howard Jordan	929-2202
Secretary	Ivis Bedrick	923-4533	Suzanne Burgess	922-2003
Treasurer	Nancy Harrison	922-1526	Phyllis Blount	956-4134
Chaplain	Winona Smith	923-6997	Mary Lappano	923-6382
Choice Editor/Typist	Greg Davis	318-0471	Betty Lou Lovain	922-7774
			Maureen Echols	953-5060

BIRTHDAYS FOR MARCH ☺

T.C. Ayres	3 rd	Marcella Cunningham	3 rd	Mattie Nash	5 th
Linda Hartley	6 th	Betty Jordan	6 th	Nancy Booth	10 th
Louise Mullis	16 th	Sara Dimino	16 th	Frank Gadbois	17 th
Mae Calloway	21 st	Elizabeth Warren	22 nd	Sue Braun	22 nd
Hattie Taylor	28 th	Bernice Poole	30 th		

Happy (Belated - Except Hattie & Bernice) Birthday! ☺

BIRTHDAYS FOR APRIL ☺

Leonard H. Beal	1 st	Kay Cunningham	7 th	Justine Nolen	9 th
Stewart Smith	10 th	Sybil Bartles	14 th	Bill Sutton	22 nd
William H. Roy, Jr.	23 rd				

Happy Birthday! ☺

WE CARE

Get Well cards were sent to the following: Dot Dauby, Ruth Davis, Franki Hodge and Stewart Smith. We wish everyone a speedy recovery.

Notes From The President

Walk for Wellness. We hope you will consider joining the 'Walk for Wellness' program that was presented at the Feb meeting. Program highlights: **Monthly** evaluations; including weight, blood pressure, and blood sugar (if diabetic). **Receive** a walking logbook. **Incentive** awards given after completion of 100, 500, 1000 miles, and so on. **Quarterly** dinners on fitness topics, such as nutrition, exercise, proper shoes, and more! **Cost** - \$30 per person, or 2 for \$50 for AARP members. Includes a pedometer!

For more information or to make an appointment for a fitness evaluation, call 478/923-9771. This program is sponsored by Houston Healthcare.

AARP Georgia has set up a toll free number to generate phone calls to state legislators in support of a state security freeze law. The number allows the caller to choose who their legislators are, be

connected with those legislators, and deliver a message in support of this legislation.

Call your legislators today at 1-800-511-6259! Ask them to support a state security freeze law to prevent identity theft.

John Echols

Attention All Members: Don't forget to pay your membership dues for 2007 - \$5.00 each! Also make sure to keep your records updated with any changes!

AARP Defensive Driving Classes

Day Classes: Contact Lynn Partillo at 478/971-4473. **Evening Classes:** Contact Lamar Odom at 478/788-5121.

AARP Tax Aide

Contact: 478/929-6960

March's Program will feature Mrs. Alicia Chrones representing **United Hospice**.

Editor's Notes

The *Choice* Newsletter is online! Visit www.Choice1952.com! Please get your newsworthy information to me as soon as possible!

As your Editor I'm open to suggestions! I can be reached at **478/318-0471** and/or via e-mail at gdavismail@gmail.com! ☺

Sincerely,

Greg (I'm Da Baby) Davis (ggd)

Memory Tip: Convert It To Fewer Syllables!

Clinical studies indicate **prices** can be remembered more easily if they have fewer syllables. Most senior citizens wrestle with their memory and worry about losing it. Well, some researchers have come up with an idea that may just help – reduce the syllables in what you want to remember! In one study to combine theories of working memory and numerical cognition, researchers found that every extra syllable in a product's price decreases its chances of being remembered by 20 percent.

The researchers explain this effect by the fact that our phonological (speech sounds) loop – an important regulator of memory – can only hold 1.5 to 2 seconds of spoken information.

The researchers also noted that it is not the length of the price in digits that determines how difficult it is to memorize, but rather how many syllables the price has when read.

Additionally, faster speakers are better at immediate price recall because they can fit more syllables into the phonological loop.

In another study the researchers showed that people who use memorization techniques to shorten the number of syllables have better recall (e.g. read 5,325 as 'five three two five' as opposed to 'five thousand three hundred and twenty five').

Interestingly, the researchers also found that Europeans, especially **Hungarians** - who tend to be faster speakers - have better price recall!

However, the researchers also agree that consumers store information both **verbally** and **visually**. Thus, unusual looking prices, such as **\$8.88**, are

recalled easier than typical looking prices such as **\$8.95**.

People also store magnitude information about prices, remembering approximate figures when they forget the exact price:

Finally, the majority of the researchers agreed that prices are encoded in multiple ways and that each form of encoding affects the way prices are remembered. Bottom line: There is no "universal standard" for improving ones memory. Use whatever technique that works best for you! ☺ ggd

Light Humor

An elderly couple walks into a fast food restaurant. They order one hamburger, one order of fries and one drink.

The old man unwraps the plain hamburger and carefully cuts it in half. He places one half in front of his wife. He then carefully counts out the fries, dividing them into two piles and neatly placing one pile in front of his wife. He takes a sip of the drink, his wife takes a sip and then sets the cup down between them. As he begins to eat his few bites of hamburger, the people around them keep looking over and whispering "*That poor old couple - all they can afford is one meal for the two of them.*"

As the man begins to eat his fries a young man comes to the table. He politely offers to buy another meal for the old couple. The old man replies that they're just fine - they're just used to sharing everything.

The surrounding people noticed the little old lady hadn't eaten a bite. She sits there watching her husband eat and occasionally taking turns sipping the drink.

Again the young man comes over and begs them to let him buy another meal for them.

This time the old woman says "*No, thank you, we are used to sharing everything.*"

As the old man finishes and wipes his face neatly with the napkin, the young man again comes over to the little old lady who had yet to eat a single bite of food and asks "***May I ask what is it you are waiting for?***"

The old woman answers... "***THE TEETH.***" ☺ ggd

Please Support These Advertisers That Support Us!

AARP Chapter 1952 - Helping Us To Help Others!

Raccoon Stone & Tile Works

Granite, Marble & Limestone
We cater to your fabrication needs!
Counter Tops, Vanities And More!

Mary Coon

Tel: 478/956-2222 Fax: 478/956-2221
Showroom: 2347 HWY 247C
Byron, GA 31008

McCullough Funeral Home

Michael McNeal

Vice President – Funeral Director

Tel: 478/953-1478 Fax: 478/953-3139
Voice Mail: 478/953-3214 Ext 229
417 S. Houston Lake Road
Warner Robins, GA 31088
michael@mcculloughfh.com
www.mcculloughfh.com

Operation House ID

“NightVISION” Reflective Address Signs!

- Practical!
- **Elegant Designs**
- Brilliantly Reflective!
- Complements Any Landscape!
- Highly Visible Both Day And Night!
- Only \$55 – Installed On A 48” Pole!

\$5 Discount
For AARP
Members!

Gregory G. Davis – Area Coordinator

Tel: 478/318-0471
www.Elegant911Signs.com

KATHRYN'S

Bakery – Café

1801 Suite E - Watson Boulevard
Warner Robins, GA 31093
478/922-4438

Mention this ad for a 10% discount.

The Childress Team

Golden Key Realty

“Everything We Touch Turns to SOLD!”

Diane Childress: CRS, GRI, CSP, ABR
Certified Residential Specialist

Direct Line: (478) 953-2907
Office: (478) 329-0006 or (800) 329-4445
www.TheChildressTeam.com
Diane@thechildressteam.com

Stephan F. Holcomb, D.M.D., P.C.

In The Office Of:

Dental Associates of Warner Robins
General Dentistry

229 Carl Vinson Parkway
Warner Robins, GA 31088
478/922-4922

The Medicine Shoppe

Barry M. Bilbro, R.Ph.

Compounding Pharmacist

1550 Watson Blvd | Warner Robins, GA 31093

www.medshoppe.com

Email: barrybilbro@msn.com

Tel: 478/922-2067 Fax: 478/922-5025

Warner Robins Oldest Independent Pharmacy

Kubias' Service Center

Complete Auto and Truck Repair

“You Have Our Word On It.”

John Kubia III

Owner

4001 Watson Blvd
Warner Robins, GA 31093

Bridgestone

Dealer

478/971-7400
Fax 478/971-7401

johnkubia@yahoo.com

Middle Georgia Memory Makers

Group Travel

Franki Hodge, Trip Coordinator

209 Fall Harvest
Centerville, GA 31028
Tel: 478/953.0636 | Cell: 478/951.4874
E-mail: fahodge@cox.net

Signature

Jewelers

Steve Franklin, Owner

2724 Watson Blvd., Suite I
Warner Robins, GA 31088

Next to Super Wal-Mart

Tel: 478/953-8252 | Fax: 478/953-8543

U-SAVE-IT PHARMACY, INC.

202 Gunn Road
Centerville, Georgia 31028
“Taking Care of You”

Michelle Corzine, Pharm D

Mon – Fri: 9-6

Sat: 9-12

Bus: 478/953-8118 | Fax: 478/953-5527

JIM'S QUICK LUBE

JAMES DAVID (JIM) SPEER

857 Warren Dr. (West Hwy. 96)
Warner Robins, GA 31088
478/218-0279
Email: jimsppeer@aol.com

**Houston Orthopaedic Surgery
& Sports Medicine**

An Experienced Team of Board-Certified
Orthopaedic Surgeons

3051 Watson Boulevard
Warner Robins, GA 31093
478/953-4563

www.middlegaortho.com

Homecare Medical Products

140 A Hospital Drive
Warner Robins, GA 31088
478/923-3865

Medical Equipment For The Patient At Home

**24 Hour Oxygen Service
Rentals & Sales**

Houston County's Oldest Medical Supplier...
Since 1983 **Randy Pratt**

**FAMOUS
Bojangles'**

* Chicken 'N Biscuits *

"Come Taste The Difference"

Aaron Mays – Owner

**** FREE SENIOR DRINK W/PURCHASE ****

495 Booth Road | Warner Robins, GA 31088
Tel: 478/225-2337

April

Birth Month Flower: Daisy or Sweet Pea

Meaning: Innocence And Loyal Love



The Grandparents Credo

- Grandparents give time.
- Grandparents give love.
- Grandparents give gifts.
- Grandparents think big.
- Grandparents are good sports.
- Grandparents are patient and understanding.
- Grandparents are always supportive and enthusiastic.
- Grandparents pass on traditions and share their history.
- Grandparents don't disagree with parents in front of children.
- Grandparents don't interfere with the upbringing of grandchildren.
 - Grandparents are devoted to their grandchildren.
 - Grandparents are fun.
 - Grandparents are indispensable.

Adapted from *Little Things Mean A Lot: Creating Happy Memories With Your Grandchildren*, by Susan Newman



Meeting Dates/Time: Wednesday, March 28th and Wednesday, April 25th | 10: A.M.
Location: Wellston Center - 152 Maple Street | Warner Robins, GA 31093



Did You Know?

Senior Citizen Athletes Find Joints Paying The Price! (Ouch!)

Older Americans are storming gyms and sports arenas like much younger people! However, their aging **shoulders, knees** and **muscles** may be paying the ultimate price.

A large portion of the risk for these injuries is related to **genetics** and **arthritis!** ☹️ That's why it is so important for senior athletes to find the appropriate level of activity to prevent injury, especially if they have arthritis or are genetically predisposed to wear and tear injuries involving their joints. It's much better to remain active at a healthy level than to work (play) too hard

and become injured or to give up activities altogether.

Since many seniors are genetically predisposed to wear and tear injuries involving their joints, they should **use extra caution when choosing activities** to minimize their risk. ☺️ gg



Mid-State Go Tell Crusade!

Sunday, April 29th through
Wednesday, May 2nd 2007!

Who: Evangelist Rick Gage

Location: McConnell-Talbert Stadium

Times: 7:00 P.M. Nightly

Admission: FREE!

Website: www.MidStateGoTell.vze.com