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Issue 71

*50+ Living our best lives now and in the future!*

## Loving the Challenge and Living Life to the Fullest

**G**eorgia Tuttle loves sports and challenges. She got hooked on one of the most challenging sports of all—golf! She played nearly daily for years and liked starting from the men’s tees. By 1984, she had a “1” handicap, which is quite an accomplishment for anyone. One of her fond golf memories is playing at St. Andrews in Scotland. In addition to playing golf, she decided to go into nursing at 34 and became an R.N. Today, she volunteers for a community kitchen. Those who know Georgia appreciate that she is full of heart and is a very positive person.

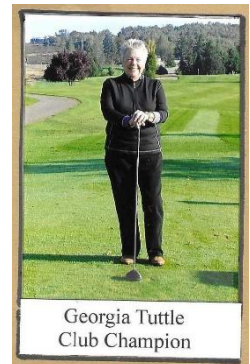


### A Golfer for Life

When she was 27, Georgia took a golf class at a community college with a friend. “I wasn’t too enthused at first, but I’ve always loved sports. It ended up being a fun class. I got hooked. Golf could be joyous and tragic at times. Just when you thought you were good, you weren’t.

I played nearly every day of my life for years.”

Even though she came from a very competitive family, she knew that “Golf was very challenging. It taught me never to get too in love with myself because I would fail once in a while.” Recalling the first time she won a club championship, she said, “I couldn’t believe it!”



Later, she played at Pebble Beach in the California Amateur Tournament and qualified for the U.S. Mid-Amateur Championship at Southern Hills Golf Club in Oklahoma at fifty-five.

### Serving Others through Nursing While Continuing to Golf

When she was 34, Georgia had a friend who was enrolled in a nursing program. She decided to join her friend and was accepted into the program. She had already worked at a hospital as a ward secretary. “I thought what nurses did was interesting, and it was a way to help people. If you had someone who was dying and listened to them, that could help. People who are dying need to know that they are not alone.”

When she earned her degree and became an R.N., she worked at a North Bend, Oregon, hospital. “I loved being a nurse but kept busy with golf tournaments. Working at the hospital, I could trade days with others so I could compete.”

## Playing Golf at St. Andrews

The St. Andrews web [page](#) states, “Golf has been played at St Andrews Links for 600 years. In 1552, Archbishop Hamilton’s Charter recognized the right of the people of St Andrews to play golf at the Links. It has the oldest course in the world, the Old Course.”

In 2002, Georgia had an opportunity to visit Scotland with her sister, who is also a golfer. They planned to golf at St. Andrews, which was



number one on Georgia’s bucket list. They had to set up the round one year in advance. A certain handicap was required to play on the course.

“I remember it like it was yesterday. We played with a man from Chicago and his son. I got up the morning we arrived and sat on the bench at the 18<sup>th</sup> hole. I cried; it was phenomenal being there and a dream come true. I shot in the low 80s in the first round. We played six different courses in Scotland. The women on the courses sounded just like us when talking about their game, except they all had accents!”

## Serving Her Community

For nearly six years, Georgia has been serving people in need as a volunteer for a local community kitchen. People who need help can pick up dinners or even use the drive-through to get meals. “It is a

way to give back to the community. We have the most fantastic people working there. Sometimes, people come in just for the camaraderie—like older veterans who want to share. If someone needs something, I want to be there to help.”

Georgia recalls, “One night as we were closing, there was a knock on the door. A woman stood at the doorway and asked, ‘Can you help me? I’ve run away from an abusive husband, and my children and I have no place to go.’ “We rounded up some food for her, and I gave her some places to go and other resources. Three weeks later, I saw her in Bi-Mart, and she said, ‘Because of your help, I found a safe place that night, a job, and a new life. Thank you.’”

## For Relaxation

Georgia loves to garden. “When the earth parts and the seeds come out of the ground, nothing is more exciting. It’s fun to grow food.” She also enjoys hosting paper crafting groups (making cards, scrapbooking, etc.) in her home.

## Advice for Others

“Don’t take anything for granted. Expect every day to be fantastic. But when it’s not, don’t let that get you down. Be strong. Also, “When you do something for someone else, you can change how you feel and see the world. And let’s get back to being more personal with each other. Look at people when they talk to you. Think about what they say. Listen to them.”

*Great advice, Georgia!*



Georgia and her husband, Ken Tuttle live in Sutherlin, Oregon.

### Physical and Mental Benefits of Golf

Research suggests that playing golf has physical and mental health benefits. In addition to offering numerous mental challenges, evidence suggests that playing golf improves muscle strength and balance. According to the British Journal of Sports Medicine, regularly playing golf can also increase life expectancy.

## Living in the Brave New World of Artificial Intelligence

According to ChatGPT, a generally free large-language artificial intelligence (AI) model, artificial intelligence refers to “computer systems that can perform tasks that typically require human intelligence.”

The author of *The Coming Wave* (2023), AI expert Mustafa Suleyman, says artificial intelligence can



“write music, invent games, play chess, and solve high-level mathematic problems. New tools can create extraordinary images from brief word descriptions...” (p.69). However, Suleyman and other experts have recognized that AI has developed emergent abilities that it was not explicitly programmed or trained to do, such as finding novel solutions to complex problems.

### Moving Forward at Warp Speed

Most of us use AI in our daily lives. Examples include virtual assistants like Alexa and Siri, Google Maps, and smart home devices. However, the use of AI is advancing rapidly. For example, Amazon just notified Prime members that Alexa will soon

operate similarly to ChatGPT: “Access to the new Alexa will be available from most web browsers. Use your Mac or PC to dive deep into topics, have Alexa summarize lengthy emails or documents, draft messages, create images, plan trips or parties, and more.”

### Passing Medical and Law Exams

Artificial Intelligence models have passed medical school exams with higher scores than most students. ChatGPT noted that in 2023, “GPT-4 scored over 80% on the U.S. Medical Licensing Exam, performing at or above the passing threshold for medical students.” Further, GPT-4 “has passed the Uniform Bar Exam with a score in the 90th percentile”—better than most law students. However, at this point, AI lacks “practical experience and ethical judgement to practice in law or medicine.”

### Examples of Applications in the Medical Field

Currently, AI can assist doctors in preparing medical reports and diagnosing conditions. A February 7, 2025, article in the Journal of the American College Surgeons noted that “the creation of operative reports is a tedious documentation task that increases administrative burden, which is a potential driver of burnout.” However, advances in artificial intelligence (AI) and the results of a recent study using vision-enhanced AI suggest the operative reports it created “achieved higher accuracy than those written by surgeons.”

Neuroscience News reports that AI is “revolutionizing medicine, particularly in diagnostics by enhancing accuracy, efficiency, and personalization.” Further, these emerging tools “excel at interpreting medical images...and identifying abnormalities like tumors or fractures with high precision.”

The Times, a UK publication, recently reported that AI can now detect prostate cancer by analyzing over

100 biological markers in blood and urine samples. This advance could be a “game-changer” in diagnostic medicine.

## Going Beyond Supportive Roles in Medicine

While AI can be a valuable tool for assisting medical professionals and enhancing medical care, studies suggest it can go beyond supportive roles. For example, a [study](#) that involved over 800 participants responding to therapy scenarios could not tell the difference between ChatGPT-generated therapy responses and those written by humans. Further, “the responses written by ChatGPT were generally rated higher in core psychotherapy guiding principles.”



## Looking Ahead

With its emergent abilities, some experts believe AI can soon autonomously practice law or medicine or operate in other highly specialized fields. Nonetheless, technical, ethical, and regulatory considerations may restrict the application of AI in such areas—at least in the near future.

## Learning More about AI

If you want to gain some general knowledge about AI, [Mashable](#) offers information links for 38 free online courses. Suleyman’s book, *The Coming Wave*, is valuable for understanding the scope of AI and its inherent risks to humanity.

## Our Canine Friends vs. AI

Chicken Soup for Soul’s latest book, [What I Learned from My Dog](#), will be released on April 1<sup>st</sup>.

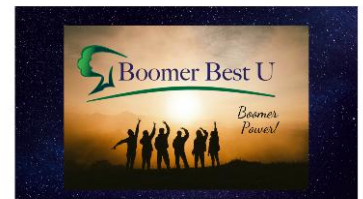


Personally, I suspect dogs are far more intelligent than some may realize, perhaps having a leg or four up on artificial intelligence.

I am thrilled to share that one of my dog stories, “A ‘tail’ from the Other Side,” has been included in this soon-to-be-released book.

## New Publication Schedule for Boomer Best U Newsletter

This is the 71<sup>st</sup> issue of the **Boomer Best U Newsletter**. This publication's mission has been to encourage and inspire others who are 50+ to live their best lives now and in the future. The feature stories and articles are intended to support this mission.



Because this newsletter's production is labor intensive, future issues will be generated bi-monthly. The next issue will be published on **May 15, 2025**.

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