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Pickleball: This popular sport is sweeping the Metro Area

by ANNE B. JONES

COVER

Stan Manous is Henry County's pickleball ambassador.

The popular sport of Pickleball is sweeping our state and metro area. What is this strange new sport and where did it get its name?

"I think a bunch of tennis guys got in a 'pickle' when they got older and the game was too hard on their knees," suggests one local player. But, according to the national Pickleball Association, the sport's origin and name have a more comical past. In 1965, Washington Congressman Joel Pritchard and businessman Bill Bell returned to Pritchard's Bainbridge Island home after a golf game. Their families had been aimlessly waiting, bored with nothing to do. Determined to provide entertainment, Pritchard improvised a game using ping-pong paddles, a lowered badminton net and a perforated plastic ball. The game was so much fun, they invited their friend Barney McCallum to play the next weekend. The only drawback was the Pritchard's dog Pickles who loved the game too, frequently chasing the ball and running off with it. Despite Pickles and their makeshift adaptations, they were able to come up with a set of rules, hence, a brand new sport named Pickleball.

With the coming of the seventies and spread of the game's popularity, a corporation was formed and a tournament was held. In the early eighties the USA Pickleball Association was formed "to perpetuate the growth and advancement of Pickleball," and a rule book was published. A racquet sport, combining elements of table-tennis, badminton and tennis, the game is attractive to senior citizens but has appeal for all ages.

Local player Stan Manous first encountered the game while attending the Georgia Golden Olympics. "I'd gone with the idea of eventually competing in the 40 meter dash. When I came upon Pickleball, I didn't know what it was, but it looked fun so I asked." Wondering if it was available in his home county, he called the Henry County Recreation Department and reached Tim Coley. Coley referred him to Peggy Hesselbach. "She told me they didn't offer it yet, but if I could get the equipment together,

continued on page 7



Macular Degeneration patients see wisdom of seeing two types of doctors

Special to Senior News

Submitted by Tracy LeRoux
CORONA, Calif., Jan. 20, 2016

This February, which is designated Age-Related Macular Degeneration Month, also marks a shift in best practices for treating the vision-robbing disease. A growing number of patients, their families and healthcare providers see great value in choosing two different doctors to focus on different aspects of

the disease. In addition to one doctor to treat the medical condition causing loss of vision, another helps manage the effects permanent vision loss has on lives.

According to Richard Shuldiner, OD, founder of The International Academy of Low Vision Specialists, a medical team for a macular degeneration patient ideally includes both a retinologist, (an ophthalmologist with advanced training in retinal diseases) to provide expert medical treatment and monitoring of AMD, as well as a low vision specialist, a

licensed doctor of optometry or ophthalmology who has received advanced training in helping manage the visual issues surrounding macular degeneration.

It is an eye-opener to many AMD patients and their families that the same doctor treating their disease would, most often, not be the best professional to manage their condition called low vision, a term used when vision cannot be corrected or improved adequately by medicine, surgery or regular eyeglasses. But the expertise provided by a low vision specialist is not duplicated by any other type of medical practice. Complementing their ability to examine and treat patients with AMD, these professionals determine which low vision optical devices are best for a patient.

Even when AMD patients have been repeatedly told by eye doctors that a change in eyeglass prescription will not help, low vision specialists can and do help. "There is life after vision loss," Dr. Shuldiner insists. "Whether a person wishes to drive, read, play cards or just see faces, we design special glasses to help people do what they want to do." Low vision specialists further help patients make the most of their remaining vision by providing nutritional guidance, as well as recommendations for improved lighting.

Any diagnosis of permanent vision loss affects far more than the ability to see; it alters how a person views the world by impacting virtually every aspect of a person's life, from how to dress, eat and work to how to maintain independence. If these issues aren't properly addressed, vision loss can lead to needless concern, fear, despair and depression.

In every case, there is reason for hope. Doctors may not yet be able to cure age-related macular degeneration or reverse its effects, but there is so much that can be done. The good news is that AMD will never completely rob a person of his or her vision, and with the help of a low vision specialist a person can frequently continue to enjoy a rich, rewarding life doing many of the things he or she wishes to do.

Locating a qualified low vision optometrist is an easy task. All members of The International Academy of Low Vision Specialists are low vision optometrists with extensive training and experience in dealing with the visual issues of macular degeneration. To locate a member near you, simply visit their website: www.ialvs.com or call 1-888-778-2030.

For more information, contact: Richard Shuldiner O.D. at (888) 610-2020.


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ISTA Angel Campaign offers FREE Training

Special to Senior News
Submitted by Richard Matthews

The International Sound Therapy Association (ISTA) continues its annual awareness campaign for the Association's local community outreach program, GB2 – "Gongs, Bells and Bowls," with two more free volunteer training sessions on February 28 and March 13. The program sends volunteers – "ISTA Angels" – to hospitals, cancer support groups and other community organizations throughout the region.

"We are very proud of 'GB2'," says ISTA founder Mandara Cromwell. "We always make a push to raise awareness about it at the beginning of the year, and as our gift to people interested, we're offering two more complimentary training courses. Becoming an 'ISTA Angel' for 2016 is a great New Year's resolution!"

ISTA Angels have appeared at Atlanta Hospice, Saint Joseph's Cancer Support Conference, Emory's Global Health Summit, Atlanta Unity, Unity North of Atlanta, UUCA-Unitarian Universalist Congregation of Atlanta, GA State University's (GSU) student welcome day and many other area medical facilities. They've also presented public sound meditations at

Piedmont Park, Sandy Springs Library Labyrinth, and Kennesaw Park.

The ISTA Angels who facilitate these sessions are all volunteers who have taken ISTA's four-hour Tibetan Bowl Introductory Course. Upon completion, the volunteer is designated a Healing Sound Ambassador and can participate in the program.

The courses will be offered on February 28 and March 13, 2-4 p.m., at the Mantra Center in Norcross, Georgia.

"The feedback from this program has been very positive, especially from the cancer clinics," says Cromwell. "Stress relief is a critical part of the treatment programs and the use of Tibetan bowls surprises even the most conservative of doctors when it comes to results. We are constantly getting calls from all sorts of wellness clinics, massage therapists, counselors and meditation groups for basic relaxation and stress relief, as well as people with more serious health issues."

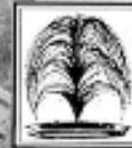
ISTA Angels have been also been the "opening act" for Deepak Chopra lectures, Tibetan monks performances, and many Health and Wellness Expos. For further information about the program, go to www.istasounds.org. The ISTA Angels are sponsored by The International Sound Therapy Association and Cyma Technologies.

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Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please email it to seniornewsga@cox.net or mail it to Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

WINTER IS HERE

by Brenda G. Partridge-Brown

*Winter is here, the season when
children around the world seem
to find magic in the air,
There will be cold bitter winds,
bone chilling winds, icy rain and
maybe even snow!*

*Winter is a time for wearing warm
clothes and over loading your bed
with warm blankets.*

*Winter is a time when you can really
enjoy a cup of hot chocolate or a
cup of hot tea, along with your
favorite book.*

*Winter is a time to sit around
sharing life stories with family
and friends, over a big bowl of
mama's hot chilly or homemade
chicken soup.*

After all, it's winter!

*God had His reason for creating this
"cold, cold" season.
So, relax and embrace the moment.*

After all, it's God's weather!

MY VALENTINE PRAYER

by Allie Morris

*Is that you love God (continually),
Be in the best of health,
May good protect your family
and friends,
Pay all your bills,
That you love and pray for others,
That you be happy when you see
another day.*

My Valentine Prayer

*Is that you laugh more,
Be the best person you can be,
Don't give up,
May your life be filled with Love,
Joy, Hope, Peace.*

My Valentine Prayer for You!

ENJOYING IT ALL

by Ron Dennard

*I sit on the porch high on a hill
Green grass, evergreens, God's
blessed will*

*I thank God for the peace I feel
within
Not a pain in my body, because of
God my very best friend*

*I hear chatter from a home across
the street
Neighbors waving to each other
as they meet
A few birds sing, before long they
will take their winter's flight
Soon the beauty of this day will
be over taken by the beauty of
the night*

*The sky so distant, just behold
the moon and the stars
The galaxies far beyond Venus
and Mars*

*I thank God for all the days he
has inabled me to see
The losses were outdone by victories*

*I pray beauty will always be
seen here*

*And to me it will always be dear
God bless all of us upon this hill
Giving us courage to love and the
courage to forgive*

Butler-Baker High School Seeking Alumni

Special to Senior News

The Butler-Baker Alumni Project, Inc., a 501 (c) 3 organization, seeks all who attended the school and friends to become a member.

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of Commerce, host an annual spring luncheon, won 1st Place float 2015 in the Dairy Festival Parade, partnered with Fort Valley State University in a Summer Enrichment Camp, sponsored a Fall Festival of "Food, Fun, and Fotos," and presented a gospel stage play, "Gift Wrapped." Great things are taking place on the campus on Alice Walker Drive!

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DNR Law Enforcement's Ranger of the Year receives Top Award from Shikar-Safari Club International

Special to Senior News
SOCIAL CIRCLE

In August, Georgia DNR Law Enforcement Corporal Casey Jones was named the Division's Ranger of the Year and on Tuesday night, he picked up another big award as the Shikar-Safari Club International presented him with their prestigious 2015 Ranger of the Year award, including a pin to be worn on his uniform.

"We can always count on Corporal Jones for consistent and aggressive, but fair conservation law enforcement," said Col. Eddie Henderson, director of the Law Enforcement Division. "He is very

deserving of this award and we appreciate the recognition of Casey by the Shikar-Safari Club International and their support of our Division throughout the year."

Jones, who is assigned to Murray County, is known for his commitment to conservation law enforcement and dedication to serving the citizens throughout northwest Georgia. His is a solid investigator and his efforts landed him the Investigator of the Year award for the Division's Region I.

In one investigation regarding illegal hunting activities, he documented 43 separate violations including hunting without permission, unlawful enticement of game, hunting deer out of season, hunting

turkey out of season, possession of illegally taken wildlife, and failure to record deer harvest record. In addition to his regular duties, he is a P.O.S.T. instructor, a firearms instructor, a Side Scan Sonar Operator, and he also presented 28 boating safety programs to middle school students in his work area.

The Shikar-Safari Club International was founded in 1952 by an international group of hunters interested in exchanging ideas about the sport. Each year the club sponsors an award for the Wildlife

Officer of the Year in all 50 states, 10 Canadian provinces, and the territories of both nations. For more information, visit www.georgiasafariclub.com.

The Georgia Department of Natural Resources Law Enforcement Division is committed to conserving our natural resources and protecting the people we serve through fair and vigorous law enforcement, quality education, and community involvement.

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State agencies working together for Special Needs Students

Special to Senior News

In order to improve services for children with special needs, an agreement was signed in early January by the Georgia Department of Early Care and Learning, Georgia

Department of Public Health, the Georgia Head Start Association, the Georgia Department of Education, and Region IV Administration for Children and Families. These agencies developed a plan to coordinate services, transition, screen and refer children for special

services, and to share training among each agency. The purpose is to make

certain that all children with special needs receive high quality services.



In photo are (L-R) DECAL Commissioner Amy M. Jacobs; Dr Brenda Fitzgerald, Commissioner, Dept of Public Health; Richard Woods, State School Superintendent; Stephan Whitehurst, President, Georgia Head Start Association. Back row: Donna Johnson, State Director Children and Youth with Special Health Care Needs; Jan Stevenson, Education Program Specialist, Preschool (619) and Speech/Language Impaired Program Division for Special Education Services and Supports, Georgia Department of Education (GaDOE); Jennie Couture, Director PSS, DECAL; Janice Haker, Director State Head Start State Collaboration Office. Not pictured is Carlis Williams, Region IV ACF Administrator.



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PICKLEBALL

from cover page

we could start at J.P. Moseley Recreation Center the following Monday."

A former racquetball player who'd quit due to physical problems, Manous (no pun intended)



Stella Patrick and Robert Lightford enjoy pickleball game

swung into action. He gathered paddles, balls and nets and alerted his racquetball friends. "Pickleball is less stressful on my body and there's fun, fellowship and fierce competition. As we get older, we have a tendency to have knees and hips replaced and suffer from arthritic joints. In my opinion, this game is more therapeutic than physical therapy. It keeps you moving and your energy high. Any age can play, you're unlikely to be hurt if hit by the ball and there's a will to win in all of us. The game's played one-on-one or as doubles, regardless of age or gender. Some make it a family affair.

"Our Pickleball program is growing and I've become its Henry County Ambassador. We now have three courts and twenty-eight players and provide lessons for free. By May, we hope to have thirteen courts and serve (pun intended) anyone who'd like to participate." For more information in Henry County, call Peggy Hesselbach (770 288-7294) or go to www.usapa.org for other metro and national locations.

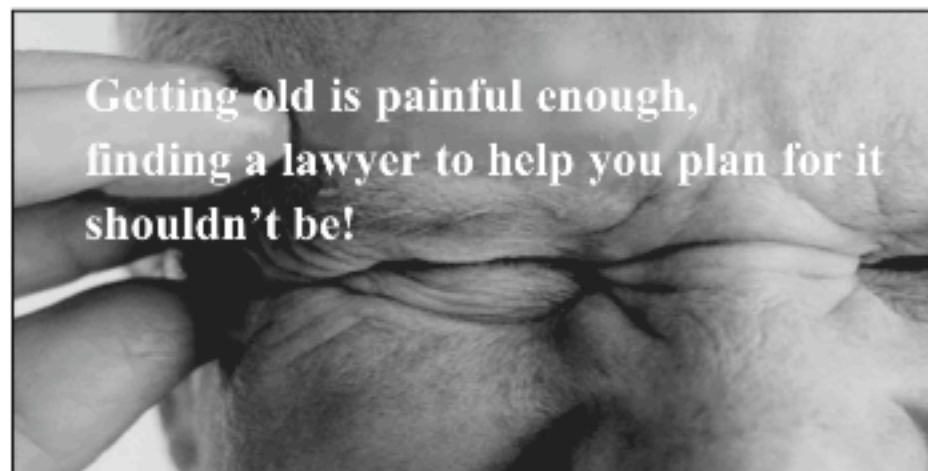
You may contact Anne at annebjones@msn.com... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).



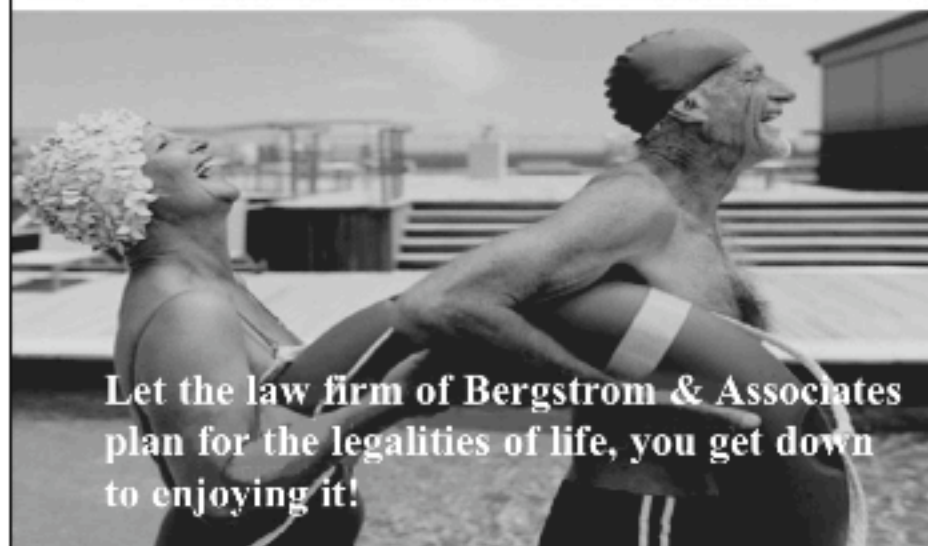
Peggy Hesselbach and Barbara McNeal tap racquets to symbolize a good game played.



Stan Manous and Tim Turner confer about pickleball.



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Out & About

Georgia Commute Options reports high numbers of clean-commuting Metro Atlantans

Submitted by Maya Fizer
Account Coordinator
Lattimer Communications

Despite falling gas prices, metro Atlanta commuters still seem to

be driving alone less and ridesharing more. That's the takeaway from a recent boost in registrations for Georgia Commute Options, a program of Georgia DOT designed to improve air quality and traffic in the metro

Atlanta region by incentivizing "clean commutes" – that is, commutes that don't involve driving alone.

The Georgia Commute Options program showed significant growth at the end of 2015. November and December saw an 84% and 60% increase in program registrations, respectively, over the same months in 2014. In addition, 2015 brought a 4% annual increase in program registrations over 2014 – marking the first time since 2008 that the commute options program has finished higher than the previous year. Much of that growth may be attributed to commuter-focused marketing – such as the "Be the Solution" campaign launched in April 2015 – as well as regional events and contests designed to boost commuter interest in alternative commutes.

"We're thrilled to see such high numbers at year's end," said Phil Peevy, Georgia DOT's Air Quality and Technical Resource Branch Chief. "The team has worked hard to make Georgia Commute Options a high-achieving program, and the result is fewer cars on the road and better

mobility in metro Atlanta. It's great to see that hard work rewarded."

For a limited time, metro Atlanta commuters can earn \$5 a day through Georgia Commute Options' Gimme Five promotion when they switch to a "clean commute" like carpooling, vanpooling, taking transit, teleworking, walking or biking to work. Commuters interested in taking advantage of this incentive and joining Georgia's growing band of clean commuters can learn more at GaCommuteOptions.com/GimmeFive.

About Georgia Commute Options

Georgia Commute Options, a program of Georgia DOT, helps commuters, employers and property managers in the 20-county metro Atlanta region take advantage of alternatives to driving alone to and from work. Georgia Commute Options reports that every day in metro Atlanta, the use of commute alternatives such as carpooling and transit results in 1.1 million vehicle miles not traveled and 550 tons of pollution kept out of the air. For more information, visit www.GaCommuteOptions.com.



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The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

• *See Me*, Nicholas Sparks, Grand Central Publishing, 2015

How many real life stories evolve from chance encounters? We only have to look at our neighborhoods to know the answer is high. Friendships often develop when, by chance, a compatible family buys the house next door. Or not. Morbid tales appear on the news where neighbors don't get along, shootings occur and otherwise sensible citizens become irate.

Two cars pass each other on the interstate. One driver carefully concentrates on the road ahead. The other is texting her boyfriend. Her car drifts over the center line and two people, two strangers, are involved in an event that unites them forever.

Nicholas Sparks, a master of character development, brings two very different characters together in his suspense-filled thriller *See Me*. Colin Hancock has a history of bad choices and violence. One misstep can lead into darkness. Determined to overcome his past and become successful, he focuses on obtaining a teaching degree and avoiding distractions, including relationships.

Maria Sanchez, a raven-haired beauty born to Mexican immigrants, has worked hard all of her life. A graduate of Duke Law School, she has achieved status and acclaim with a job at a Wilmington firm. From the outside looking in, all appears right in her world. But, Maria has a history too, one that haunts her in spite of her attempts at denial, one she cannot escape.

See Me is a fascinating read from a psychological perspective as both characters must deal with facing or escaping their pasts as the issue fuels their decision-making processes. A chance encounter on a storm-swept road brings Colin and Maria together, challenges their beliefs and changes their destiny. As different as they are, a bond forms, one they cling to in the face of dangers emerging from the past each wants to hide.

Colin and Maria deal with their former lives very differently. Colin uses his as a daily reminder of how to better himself as an individual, while Maria withdraws into what feels like a safe, familiar environment, doing her best to repress all thoughts of what came before. There are other characters who are driven by their personal histories to inflict pain on others. A prolific author, Sparks is known for his uncanny ability to write from a female viewpoint and for his realistic and romantic storylines. All of his eighteen novels and two nonfiction books have been New York Times bestsellers. Among his most popular are *The Notebook*, *Safe Haven* and *The Longest Ride*, recently produced as a movie starring Scott Eastwood. Sparks is also well-known for his philanthropy.

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IRS Phone Scam still demanding money or jail time

by KELVIN COLLINS

The Better Business Bureau (BBB) and many local police

departments are again warning consumers about a phone scam that is demanding money and threatening jail time. Agencies are still receiving

phone calls from local consumers who have been contacted by the "IRS" or the "Treasury Department" saying they owe money and it must be paid promptly. Consumers are instructed to buy a preloaded debit card or wire transfer funds to pay the debt. If the victim refuses to cooperate they are threatened with arrest, home foreclosure, deportation or suspension of business or driver's license. The caller often times becomes very demanding, hostile and insulting.

The BBB wants consumers to know that the IRS will never ask you for credit card numbers over the phone or request a pre-paid debit card or wire transfer. The IRS will most likely contact taxpayers via mail in regards to tax issues.

These callers are simply trying to scare consumers into paying them money they don't owe. Consumers should not be threatened into making any payments they are not certain that they owe. The scammers use these strong arm tactics because they know many people will pay the money to avoid being arrested.

Some other characteristics of this scam:

Scammers use fake names and IRS badge numbers

Scammer may actually have the last 4 digits of your Social Security number.

Scammers can spoof Caller ID phone numbers making it appear the call is really from the IRS or their local police department.

Victims can hear background noises of other calls being conducted to mimic a call site.

After threatening jail time or deportation, scammers hang up and soon call back pretending to be from the local police, to help support their claim.

Never trust callers who use threats and hostility to bully their targets into doing what they want. This is a scare tactic many scammers use.

The BBB recommends the following if you receive a similar type call:

If you know you owe taxes or think you might owe taxes, call the IRS or your accountant.

If you know you don't owe taxes, call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or treasury.gov.

If you've been targeted by this scam you can contact the Federal Trade Commission and use their Complaint Assistant at www.FTC.gov.

Also report your experience on the BBB's Scam Tracker at www.bbb.org/scamtracker/central-georgia, so we can track the activity and warn others.

If you are not sure if the call is legitimate or not, contact the BBB at 1-800-763-4222 or at bbb.org.

Remember that we are headed into tax season so expect that the IRS name is going to be used in a multitude of scams so be alert and never provide your personal information.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc., serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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Taking Care

Lighten the load: Practical tips for saving time and energy

by LISA M. PETSCHÉ

Whether they're employed, self-employed or retired, many active boomers and seniors find there are simply not enough hours in the day to accomplish all the activities of daily living – such as shopping, running errands, paying bills, coordinating medical and other appointments, yard work, home maintenance, housekeeping and preparing meals – let alone spend time with important people in their life and tend to their own needs.

If you could use help juggling your daily duties – and who couldn't? – read on for some practical tips for lightening the load.

Prioritize, organize

- Curb perfectionism. Not everything needs to be done to a high standard; take housework and yard maintenance, for example. Set a time limit for chores if necessary.
- Establish and stick to priorities, so you don't waste time or energy on things that simply aren't important.
- Accept offers of help and ask other family members to share the load. Be specific about what you need.
- Pay for help if you can afford it – for example, a dog walker, house-cleaning service, grounds keeping service, handyman or accountant.
- Get a portable phone so you can multi-task while conversing, and an answering machine to screen calls.
- Get organized. Buy a wall calendar with plenty of space for noting appointments, and create a filing system for keeping household, financial and health records. Hire a professional organizer if paperwork or your whole home is in chaos.
- Get a computer if you don't have one. Internet access can help you stay connected to loved ones, keep up with local and world news, and gather information about medical conditions and community resources, among other things.

Meal preparation and home maintenance

- Collect recipes for one-dish meals, such as casseroles, stews, soups, stir fries and main course salads.
- Cook double batches of recipes and freeze half for later use.
- Keep a supply of heat-and-serve entrees in the freezer.
- Buy convenience foods that reduce preparation time: packaged salads, shredded cheese, fresh or frozen mixed vegetables and boneless chicken breasts, for example.
- Order takeout once a week. Keep menus in a folder for easy reference.
- Get rid of things you don't need or use, to cut down on dusting and maintenance. Concentrate cleaning and tidying efforts on the rooms that are used the most.
- Do full loads of laundry whenever possible. Ensure everyone in the household has enough basic clothing to last for a week. Buy clothing that can be machine washed and dried (or

hung to dry) and resists wrinkles.

- For gardening, stick to low-maintenance flowers and shrubs. Use mulch to discourage weed growth.
- Get a mulching lawn mower so you don't have to bag grass. Or hire a neighborhood youth to cut the grass, as well as rake leaves and so on.
- Arrange with the bank for direct deposit of pension and other checks and automatic withdrawal of regular bills. If you have a computer, sign up for online banking so you can pay bills, transfer money and check balances from home.

Shopping and errands

- Shop through mail order catalogs, using the telephone or Internet. For gift giving occasions, purchase gift cards. Many kinds are available online

now, as well as on display at department stores and drug stores.

- Take advantage of stores and other services that offer home delivery (for example, grocery stores, drug stores, dry cleaners). Keep lists of groceries needed and errands to be done.
- Coordinate errands and avoid peak use times of the day, week or month when visiting stores, banks, government offices and other establishments. Also try to avoid rush-hour traffic.

Tips for caregivers

- If the relative you care for can safely be left alone but either of you is anxious about the prospect, supply him or her with a portable phone and get yourself a cellphone so you can stay in touch. An emergency response system may also help put your mind at ease.

• Research available elder care resources in the community, which may include: friendly visiting, meals on wheels, volunteer driver programs, accessible transportation, recreational programs and home healthcare services.

• Take advantage of respite services such as day care programs and nursing facilities that offer short-term residential care.

• If finances permit, hire a personal support worker or companion for your relative so you can get out more often.

Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior health matters. She has personal and professional experience with elder care.

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