Senior News

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HAPPY NEW YEAR!

January 2011
Vol. 25, No. 1

Taking Care

Caregivers can thrive by reducing stress levels

by LISA M. PETSCHE

Family caregivers provide practical assistance and enhance the quality of life for frail seniors who might otherwise require placement in a long-term care facility. Typically, they are spouses or adult children, many seniors themselves.

Their role involves physical, psychological, emotional and financial demands. It can be a heavy load.

If you are a caregiver, consider the following strategies for not only surviving, but also thriving, in the year ahead. Even if you're not a caregiver, these self-care tips are worth checking out.

Reduce your stress

• Learn as much as possible about your relative's illness and its management, and educate family and friends to help them understand. Knowing what to expect and how to deal with challenges can go a long way to reduce anxiety and foster a sense of control.

• Accept realities you can't change and focus instead on those you can influence.

• Pick your battles; don't make a major issue out of every concern.

• Use positive self-talk. Emphasize phrases such as "I can," "I will," and "I choose."

• Practice relaxation techniques, such as deep breathing.

• Do things that bring inner peace, such as meditating, reading something uplifting, journaling or listening to soothing music.

• Create a relaxation room or corner in your home – a tranquil spot you can retreat to in order to rejuvenate.

• Develop a calming ritual to help you unwind at the end of the day. Avoid watching the news before going to bed.

• Make healthy lifestyle choices: eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

• Seek ways to streamline your life. Set priorities and don't waste time or energy on unimportant things. Simplify necessary tasks, letting go of the need for perfection. If finances permit, hire a housecleaning service or a personal support worker or companion for your relative, to free up some of your time and energy.

• Be flexible about plans and expectations. Take things one day at a time.

• Minimize contact with negative people.

• Don't keep problems to yourself – seek support from family members, friends or a counselor. Join a community caregiver support group (some offer concurrent care), or an Internet group if it's hard to get out.

• Accept offers of help. Ask other family members to share the load, and be specific about the kind of assistance you need. Also find out about services in your community that may be of help. The local office on aging is a good resource.

• Take advantage of respite services in your community, such as day-care programs and facilities that offer temporary residential care.

Increase your joy

• Stay connected to people who care, through visits, phone calls, e-mail or letters.

• Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom now and then, or rent funny movies. Don't take yourself or others too seriously.

• Do something you enjoy every day, perhaps savoring a cup of tea, reading the newspaper or engaging in a hobby (revive a former pastime or try something new). Make it a priority, even if all you can manage is 15 minutes.

• Put together a pamper kit of items that give you a lift – for example, a favorite magazine or CD, scented candles, fragrant shower gel or body lotion, or gourmet coffee or tea – and delve into it when you find your spirits drooping.

• Bring a bit of nature into your home: get a plant to nurture or buy fresh flowers.

• Do something nice for someone who is going through a difficult time. It will bring joy to both of you.

• Create little things to look forward to: telephoning or visiting with a friend, watching a movie, ordering takeout food or getting something new to wear.

• Plan a special outing with or without your relative – perhaps to a restaurant or a cultural event.

• Focus on the good things in your life, such as supportive relationships, and seek beauty and tranquility through appreciation of art and nature. Learn to live in the moment, enjoying life's simpler pleasures.

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Lisa M. Petsche is a social worker and a freelance writer specializing in adult care issues.

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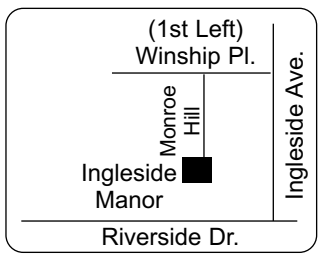

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You must be 62 years of age or older. Gross income must not exceed $18,650 for one person and $21,300 for two people.

MEDICARE: General enrollment and general information

by BOBBIE SIMS
Social Security Public Affairs Specialist, Marietta, Georgia

Need Medicare Part B? If you're eligible, now is the time to sign up. The general enrollment period for Medicare Part B runs from January 1 through March 31. Before you make a decision about general enrollment, let us fill you in on some general information.

Medicare is a medical insurance program for retired and disabled people. Some people are covered only by one type of Medicare; others opt to pay extra for more coverage. Understanding Medicare can save you money; here are the facts.

There are four parts to Medicare: Parts A, B, C and D. Part A helps pay for inpatient hospital care, skilled nursing care, hospice care, and other services. Part B helps pay for doctors' fees, outpatient hospital visits, and other medical services and supplies not covered by Part A. Part C allows you to choose to receive all of your health care services through a provider organization. These plans, known as Medicare Advantage Plans, may help lower your costs of receiving medical services, or you may get extra benefits for an additional monthly fee. You must have both Parts A and B to enroll in Part C. And Part D is the Medicare Prescription Drug Program.

Most people first become eligible for Medicare at age 65, and there is a monthly premium for Medicare Part B. In 2011, the standard premium is $115.40. Some high-income individuals pay more than the standard premium. Your Part B premium also can be higher if you do not enroll during your initial enrollment period, or when you first become eligible.

There are exceptions to this rule. For example, you can delay your Medicare Part B enrollment without having to pay higher premiums if you are covered under a

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Let us entertain you

by CLAIRE HOUSER DODD

You can live to be 100 if you give up all the things that make you want to live to be 100.
Woody Allen

It's a sure day that the majority of you gave up nothing for the Christmas holidays. We're thinking we should give up the scales. But can we give them? Nobody wants to be reminded of those extra pounds we gave while having so much fun. And, heaven forbid we throw anything away and mess up the universe. Guess we'll just have to keep it all at home and add to our "packratedness."

Christmas was wonderful; especially for the little one. It makes the holiday even more special to watch the innocence and enjoy a two year old baby boy. He was so happy and excited about everything. Even the most minute. We loved him putting his favorite Cheez-its in his little red wagon taking them for a ride. They don't have to talk a lot, their actions are so transparent. So adorable, we love the cute way he tells you he is two: the index finger holds the next finger down while the outer two stick up and he also vocalizes, "TWO," in a very proud voice.

Our suggestion: if you don't have a two year old, go out and borrow one. While they can be a handful, they are a real blessing and we love our little Matthew.

Frank and Connie Freshwater did not have their annual New Years Eve party and it was certainly missed. It would have been the 10th annual. Connie's Birthday is just before Christmas and Frank decided to take her on an island hopping vacation to the Bahamas. Its seems there are 700 islands in that area and we're not sure how many they plan to hop on. We know they're off now having fun and a well deserved trip. Happy Landings.

We had so many special happenings during December but one we really enjoyed was getting to see E.G. Kight at the Rookery. She just returned from Europe and was just as entertaining as ever on that bluesy and jazzy guitar with her big voice. The Song Bird of The South gave us a thrill a minute. She is also so gracious remembering and speaking to all her friends and usually remembering something great about our husband Dr. Dodd. Of course we love anything that smacks the big D. Another nice thing about E.G.'s performance is the crowd is always nice and friendly... a really close knit family group with brother Scotty taking a lead. It's always a fun gathering.

During our Christmas festivities, we were talking with a friend who was upset about her boyfriend being so popular with the women. We had to relate one of our Dr. Dodd stories. As he was the founder of the American Directors Association, we went to a lot of conventions and meetings that contained a lot of attractive young women – all of whom were infatuated with my adorable husband. One day when asked about all those cute girls surrounding him, we answered honestly, "I think they're really smart to recognize a very wonderful person who just happens to be tall, dark and handsome." And that, as they say, was the end of that!

Our tropical beta fish, Perry Winkle Ellis, is not happy in this cold weather. We have to keep the heat on for him and we're hot and getting hotter as we pay an elevated utility bill. He needs a bad weather friend he can visit in winter, perhaps one in Palm Beach... know anybody? He has his own bowl and will travel.

Ringling Brothers and Barnum and Bailey, January 7 - 9. "The Greatest Show on Earth." Starting at 7:30 at the Centreplex on Friday, Saturday - 11:00 am, 3:00 pm, 7:00 pm, and a matinee on Sunday at 2:00 pm.

Kids tickets $10.00, regular tickets $20-35 (VIP). 1-800-745-3000 or online Ticketmaster.com.

January 27th is an important day at Wesleyan. Carmen Deedy, award winning Children's Book author and guest speaker of the Katharine Payne Carnes Lecture, will be in the Porter Auditorium at 11:15 am followed by a reception and book signing in the Oval Hall from 12:30-2:00 pm.

That same night is the opening reception and symposium at 6:00 pm for Emil Holzhauer; Evidence of his Macon Life. The exhibit will continue in Wesleyan's College East Gallery. We often went with him to paint the old houses on the south side of the Conservatory behind College Street. He was quite a memorial person as well as an outstanding artist.

One day you'll want to celebrate, "NATIONAL NOTHING DAY" on January 26th. One of our best off beat holidays, also one of the least known.

We were under the weather for the Macon Symphony's "Holiday Spectacular" but gave our ticket to Annette King, an appreciative friend. We will not miss for Pipe and Glory also at Wesleyan on February 5th at 7:30. John McLaughlin Williams, vying for maestro will conduct.

Thank goodness January doesn't look as busy as December. We did not miss many nights going out to a party, having fun and eating. A rest is needed. "The older you get, the more you like to tell it like it use be."

Have a Blessed New Year!
Yours Truly

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Times Not Forgotten

Fantasies have occasionally come true

by CHRISTINE COLEMAN

Do you remember having fantasies of one sort or another when you were young? I think most of us have. The first and most important one of mine was when I was a child and saw all the different candy bars in the grocery store downtown. They were arranged so pretty on the shelves. My heart's desire was to be able to walk into the store and have the manager hand me a bag and tell me to choose whatever I desired. He would supposedly tell me there was no charge. This fantasy stayed with me until I grew older. As the years passed, I turned this dream loose. There were other things to think about.

Another fantasy of mine was to ride (or buy) a beautiful show horse. I would see them in the movies and in parades downtown. When they marched in parades with their glistening saddle blankets and saddles, they were picture perfect. Their long manicured manes and tails would flow in the breeze, and their stirrups were polished to a shine. I thought it would make my dream come true if I could ride one of these beauties. My only riding was done on mules on the farm.

My chance to ride a show horse came when I was in my late teens. A rancher in Florida (a friend of the family) had a beautiful horse that he sometimes rode in parades. One day when the caretaker of the horse was getting ready to take him out for a ride, I begged to ride. The horse (El Tovar) was bedecked in his stone studded saddle blanket and his shiny saddle. The stirrups were let out much too long for me, but I was anxious to ride. Having never ridden a prized animal as this, I didn't know you were supposed to guide the horse by laying the bridle rein on one side of his neck or the other. As you might imagine, the horse ran away with me, and the only thing that stopped him was when he approached the cattle gap at the road's end, he didn't want to jump it. That's when I dismounted, and that's when I decided I didn't really want a "show horse." When I see one, I stop and admire the beauty, but I'm done.

Another dream of mine was to ride in (or buy) a convertible car. I'd see them being driven down the highway, and I thought I'd like to ride in one. Well, the opportunity came for just that. A friend of mine was given the keys to a convertible for the day. The owner told her to drive it as much as she wanted. She invited me to ride with her, and we drove all over town. We were waving to people and having fun, but I realized my hair was blowing, blowing badly. The wind was whipping my hair into my eyes and it hurt. Needless to say, that settled my want for a convertible. I still like to see them drive by, but I'm over that fantasy.

Last month, on December 25, I had a present under the Christmas tree. It was addressed to me from me. I opened the gift and put the contents on a table before me. There was a Baby Ruth, a Butterfinger, a Mounds, an Almond Joy, a Snickers, a Mars, a 3 Musketeers, a Hershey Bar and a Mr.Goodbar. Folks, there's no way to describe the joy. I arranged the bars just the way I remembered them on display in the grocery store.

I got myself a Christmas plate and a coffee mug. I took a tiny piece of each of the bars, had myself a cup of hot Java and just reminisced. This dream was over 75 years in the making, but mind you, sometimes fantasies can come true.

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Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.

Spiritual Notes

The Highest Relationship

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

During Christmas we all celebrated by giving thanks for all kind of good things that have come our way over the years. They perhaps included a good marriage, wonderful family and friends, a free country, successful employment and many other special blessings.

All of us have been blessed with tangible things but have we given weight to the intangibles of life? What about relationships? We all treasure and acknowledge the importance of relationship in our marriage, children, loved ones and friends. However, many times we have given too much weight and attention to the tangibles rather than investing in relationships.

Family relationships were primary as children. As we moved into adolescents our peers took over as we sought acceptance and we then moved to the young adult level. Marriage, family and career followed.

At certain intervals of our lives we were disappointed in a relationship that went "sour." On reflection, it was perhaps just an infatuation, a misjudgment or a misdirected assumption. This happens so often in friendships, marriages and in the work world.

Recently I read the following epitaph: "Ma loves Pa, Pa loves women, Ma caught Pa with one in swimming, here lies Pa." This is an example of a relationship that did not "make it." Making relationships work requires a concerted effort on all parties to be committed to the process.

In a recent Bible study group I became aware of a relationship that should take a higher priority in my life. The Church and spiritual matters have been a part of my life since I was in high school. I have loved the Church and became a believer at the age of thirteen. All of my spiritual growth has been directed through the programs of the Church, which have been rewarding. However, I am convicted that I need to strengthen my personal relationship with Jesus Christ/God the Father. In Matthew, 12:30, we read: "Love the Lord your God with all of your heart and with all of your soul and with all your mind and with all your strength." Henry Blackaby has said that, "Everything in your Christian life, everything about knowing Him and experiencing Him, everything about knowing His will depends on the quality of your love relationship with God."

My desire and plan is to develop a stronger, loving relationship with God in the days ahead. This is the most important relationship of all.

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Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

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H O P E
by Vera King

How will I spend this New Year
To deal with pain and strife
That has already entered
My country and my life

Oh for the days of yester year
These things seemed far away
For someone else to settle
But now they're here to stay

Perhaps I could ignore them
Like they were not a threat
Just pass them on to others
Whom I have never met

Except I would feel guilty
For things I've left undone
As I played away the years
For the sake of having fun

So this year let me pray for HOPE
A light for all to see
The beacon that can guide us
To our final destiny.

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Foolish Fears
by Jack Gilman

It's always best to explore,
Mechanics of the brain.
When heartbreak is discovered,
Eliminate the pain.

We must hear life's laughter,
And we must feel the joy.
Of a child lost in play,
With life which is their toy.

So why not learn this lesson,
And wipe away our fears.
For we should always master,
Our worthless, foolish tears.

Moan when it is moaning time,
And wallow in your pain.
Joy will mend our broken heart,
There's everything to gain.

****

The Search For Truth
by Doris Highsmith Charnock

I searched for truth
in the homes,
and found it
packed away in the attic.

I searched for truth
in the churches,
and found it in a
dusty Bible.

I searched for truth
in the schools,
and found it underneath the
feet of progressive educators.

I searched for truth
in the courts,
and found it
locked in a safe.

I searched for truth
in the market place,
and found it on the
balance sheet marked "Liability."

I searched for truth
in the news media,
and found it in the
wastebaskets of the Liberals.

Finally, I searched for truth
in nature,
and found it
EVERYWHERE!

****

On Earth
by Oliver Cantrell

On this earth we all must be
So why not love and harmony.
Instead of all the war and hate
We all deserve a better fate.
Stamp out hunger, make air clean
Water that's blue, grass that's green.
A better day for you and me
Is all that we want to see.
But all the politics, greed and waste
Leave you with a bitter taste.
But trust in the Lord
And see the light.
And do all the things you can
To make life right.

****

Retirement
by Fred Holland

Retirement is so much fun!
I wish it for everyone.
If I had known what investing to do,
I would have retired at fifty-two.
No deadlines to meet,
No traffic to beat.
The beauty of retirement is you get to do whatever you please,
I thank God for allowing me to Retire when I say a prayer on my knees.
You get to do all those things you previously wished for,
And stressful things you can mostly ignore.
When you retire, don't just sit!
In order to stay healthy, you must stay fit.
So I go to the gym at least twice a week,
It's not muscles, but a good cardio work-out I seek.
You have time to do all those creative things that you always wanted to do,
But while you were working the spare moments were just too few.
I dabble in poetry, paint pictures and make homemade wine,
And I still have idle time.
So I spend time with my grandchildren, wolunteer to help those less fortunate, and get in church activities.
Fishing with the buddies is also nice,
And some weeks I'll go bowling once or twice.
With the travel club I go to interesting places,
Sometimes we go to casinos, and I try to pair-up Jacks and Aces.
Shake 'em up, shake 'em up! seven or eleven!
Retirement is great, almost like being in Heaven!

MEDICARE
from page 2

group health plan based on your own current employment or the current employment of any family member. If this situation applies to you, you can sign up for Medicare Part B without paying higher premiums:

• Any month you are under a group health plan based on your own current employment or the current employment of any family member; or

• Within eight months after your employment or group health plan coverage ends, whichever comes first.

If you are disabled and working (or you have coverage from a working family member), the same rules apply.

Remember: Most people are automatically enrolled in Medicare Part B when they become eligible. If you don't enroll in Medicare Part B when you first become eligible to apply and you don't fit into one of the above categories, you'll have to wait until the general enrollment period, which is January 1 through March 31 of each year. At that time, you may have to pay a higher Medicare Part B premium.

For more information about Medicare Parts A, B, C, and D, visit the Centers for Medicare & Medicaid Services (CMS) website at www.medicare.gov. Or read our publication on Medicare at www.socialsecurity.gov/pubs/10043.html.

Major General Peyer retires; Major General McMahon takes command

by CLAIRE HOUSER DODD

Having missed several important events at Robins Air Force Base recently, we were thrilled to be invited to the Change of Command & Retirement Ceremony by good friend Sandee Davis, who is an Honorary Commander with the 402SMXG.

This very impressive Ceremony was held on the 19th of November 2010 in the Century of Flight Building at the Museum of Aviation, Robins Air Force Base.

Retiring Major General Polly A. Peyer has been at the helm of RAFB since August 2008. She was the Commander, Robins Air Logistic Center, Air Force Material Command, RAFB and was responsible for worldwide logistics support for C-130 transport aircraft, F-15 fighter aircraft, U-2 reconnaissance aircraft and support remote for remotely piloted vehicles, Air Force helicopters, air-to-air missiles, surface motor vehicles & high-technology airborne electronics, avionics, and electronic warfare requirements. Some of her other responsibilities included comprehensive logistics support & sustainment for the E-8C J-STARS and the C-17 transport aircraft. The center is one of three Air Force Logistics Centers and the largest single-site industrial complex in the State of Georgia. A happy retirement to a lovely lady and a fine leader.

Major General Polly A. Peyer

Major General Robert H. McMahon

As we say goodbye to General Polly Peyer, we welcome our new commander, Major General Robert H. McMahon. He is; and, we quote verbatim from the Official Site of the US Air Force, "He has served as the Director of Maintenance and Director of Aircraft for the Ogden Air Logistics Center, and as the Director of Propulsion for the San Antonio ALC. General McMahon was also the military assistant to the Assistant Secretary of the Air Force for Installations, Environment and Logistics, Headquarters U.S. Air Force. He has also served as Director of Maintenance, Deputy Chief of Staff for Logistics, Installations and Mission Support, Headquarters U.S. Air Force. Prior to his current position he served as Director of Logistics, Deputy Chief of Staff for Logistics, Installations and Mission Support, Headquarters U.S. Air Force."

General Donald J. Hoffman, Commander of the AF Material Command, Wright-Patterson AF Base, Ohio, lead the final salute to Major General Polly Peyer and presented the introductory remarks to welcome Major General McMahon to his new position. A most impressive, moving, and patriotic program held in the Century of Flight Building amidst planes of all ages and sizes, which was within itself a thrill.

Major General McMahon and his wife Hope were later presented at a lovely Commander's Holiday Reception in the Officer's Club, which is now called the Horizons Club. We were honored, yet again, to be invited to such an auspicious occasion to meet the new Commander and his beautiful wife on a one-on-one basis. You would not believe the warmth I received when I asked the new Commander, "Are you sure you are old enough to be a General."

As they hail from Toledo, Ohio, we hope all our southern charm envelopes them, makes them feel right at home, and even want to retire down here with us in God's Country! Many have, you know!

The Air Force Song - Full Lyrics by Robert Crawford, reprinted with permission courtesy USAF Heritage of America Band:

Off we go into the wild blue yonder,
Climbing high into the sun;
Here they come zooming to meet our thunder,
At 'em boys, Give 'er the gun!
(Give 'er the gun now!)
Down we dive, spouting our flame from under,
Off with one helluva roar!
We live in fame or go down in flame. Hey!
Nothing'll stop the U.S. Air Force!

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No matter how you give, give wisely with advice from the BBB Wise Giving Alliance

by KELVIN COLLINS
President/CEO, BBB of Central Georgia & the CSRA, Inc.

Because of technology and the creativity of charities, there are many different ways that donors can give to a worthy cause. Whether you're giving money, canned goods, used items or your time, BBB Wise Giving Alliance reminds donors that how you give is just as important as what you give.

According to the Chronicle of Philanthropy, charitable donations to the largest charities were down 11 percent last year. Despite the tough economy and the overall decline in giving, donors are still looking for ways to help the less fortunate particularly around the holidays. According to the Salvation Army, red kettle donations in November and December of 2009 actually increased by $9 million over the previous year.

Despite the downturn in the economy, people are still looking for creative or small ways that they can give back and support those who are even less fortunate over the holidays. However you decide to give, it's important to stop and take the time to research the charity thoroughly to make sure that your dollar stretches the farthest it can in this tough economy.

How you give – and not just what you give – to a charity matters. Following are five common ways that people donate to charities and a few things to consider:

• Give items: Many organizations solicit for donations over the holidays including coats, toys, and canned goods. Whatever you're donating, make sure the items are of good condition and that the recipient charity is accepting such items to help further its cause.

• Give when you shop: Many charities have had great success partnering with businesses who agree to donate some amount of the purchase price from sales of items to a worthy cause. This type of cause-related marketing means that you can help while you shop. Check if the promotion identifies the actual or anticipated amount of the purchase price the charity will receive. Also some businesses, like grocery stores, ask if you want to donate to a charity and have that amount added to your receipt which is called embedded giving. See if the embedded promotion states which specific charity will receive the collected funds.

• Give online : Giving online with a credit or debit card is among the most efficient ways to support a charity. Before you enter in your numbers, give the website a thorough review and look for the organization's privacy policy, and verify if the organization has appropriate security measures in place to protect such transactions.

• Give through text messaging: The option to give via text message took off in the wake of the disastrous earthquake in Haiti. After texting a message to a number, the donation is tacked on to your cell phone bill. While donating via text is fast and easy for the donor, the actual money can take months to reach the charity so consider donating directly to a charity through its website if there is an urgent need.

• Give your time: In today's tight economy, you may not have money, but you can always give a little bit of your time to help support a worthy cause. In addition to volunteering around the holidays, you can also be a vocal supporter of a charity and help raise awareness among friends and family and on your Facebook page or blog.

The BBB Wise Giving Alliance reports on more than 1,200 national charitable organizations at www.bbb.org/charity and determines if they meet 20 accountability standards addressing governance, finances and fund raising practices.

To review charity evaluations and get more advice on how to give when times are tight, visit www.bbb.org/charity.

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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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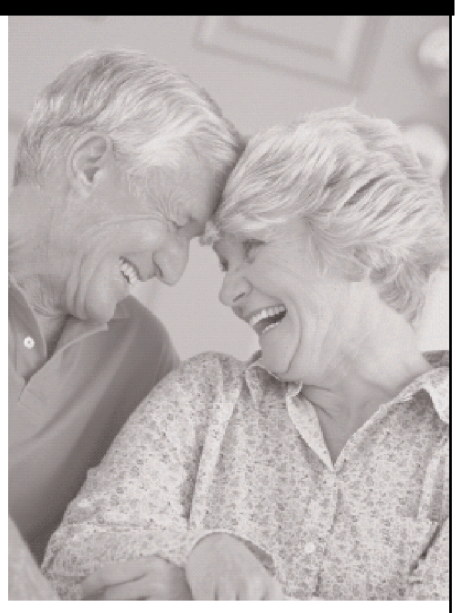

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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

Atlanta, Georgia –

Ever looked through a pair of field glasses or binoculars? Things look bigger and closer and much easier to see.

Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"Telescopic glasses can cost over $2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as $475 and some magnifiers under $100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

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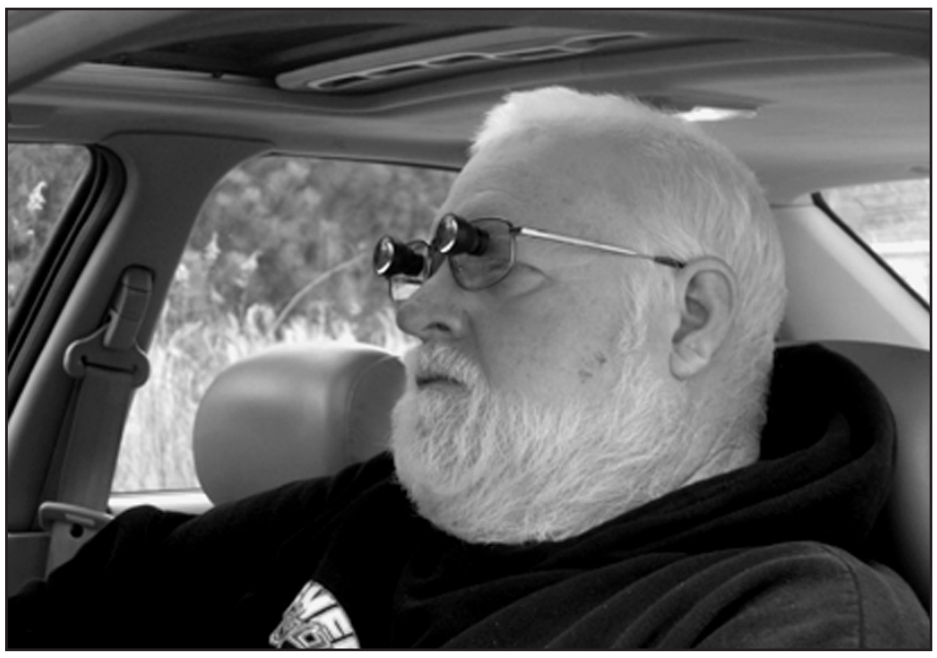

The Next Chapter

The Total Money Makeover impacts lives

Book Reviews by
ANNE B. JONES, PhD

The Total Money Makeover
Dave Ramsey
Thomas Nelson, 2009

When I wandered into a *Total Money Makeover* seminar at St. Phillip's in Atlanta, I had no idea the few minutes I spent there would affect my life. I was unaware of how a small change in my perspective could lead to a major change in ideas about money and open choices I never expected to be available. Dave Ramsey's *The Total Money Makeover* is a no-risk overview of how everyone, including seniors, can increase their peace of mind and financial security.

Within the time it took to read this book, I made changes that have already made a difference. No money has gone out in get rich quick schemes, in fact, no money has gone out at all, except to a savings account. I have simply rearranged my mindset and my budget. Everyone can benefit in some way by reading this book and I highly I recommend it. Please put it on your gift list for your children, grandchildren and friends. I taught economics in High School and believe me if those students had this book as a text they would be empowered.

The Total Money Makeover is simply written, easy to read, motivational and entertaining. The book is jam-packed with individual success stories as well as explanations of how to implement the "Baby Steps" to financial success. My only criticism is that seniors might not be aware of how much they can benefit from the book, because it is marketed to a general audience. Steps one, two and three are safe and necessary steps for any of us who want financial peace, especially as we grow older.

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Feedback and comments welcome: annebjones@msn. com; annebjones.com.

Cherry Blossom Festival and Historic Macon Foundation announce Decorator's Showhouse Tour Partnership

Special to *Senior News*

This March, historic preservation will be in full bloom during the 29th Annual Cherry Blossom Festival.

Historic Macon Foundation's 18th Annual Decorators' Showhouse will serve as the Cherry Blossom Festival's Tour of Homes.

The home located at 306 Orange St. in the intown Macon Historic District dates back to the 1880s when Benjamin Lawton Willingham gave the lot to his daughter and son-in-law, Mr. and Mrs. Richard Furman Lawton.

Historic Macon is currently rehabilitating the property based on standards set forth by the Secretary of the Interior in order to make it eligible for tax incentives for preservation totaling over $100,000 for the new owners.

Green living features adorn the home as well including an ultra-efficient ductless HVAC system, injected foam insulation, high efficiency water heaters, a pervious-surfaced driveway and limited construction waste.

"The showhouse will be the first historic rehabilitation in Georgia that showcases green design and energy efficiency for the public," said Josh Rogers, Executive Director of Historic Macon Foundation. "We believe this project will set the bar for other rehabilitation projects throughout the Southeast."

The Decorators' Showhouse Tour, featuring 13 decorators from three states, will be open during the Cherry Blossom Festival, March 17 until March 27.

Presale tickets will be $18 from February 14 until March 15 and tickets at the door will be $20.

"Partnering with Historic Macon Foundation for our Tour of Homes just makes sense," said Karen Lambert, President and CEO of the Cherry Blossom Festival. "We look forward to using this project to illustrate the positive impact two organizations can have on our beautiful city when they work together."

On February 17, a "Hard Hat Party" will allow visitors to see the home before decorators complete their rooms. The "Top Hat Party" featuring the work of the decorators will take place on March 16.

The Cherry Blossom Festival is an annual 10-day event designed to enhance the quality of life, community fellowship and civic pride for all Macon residents. The Festival was developed around the basic principles of "love, beauty and international friendship."

Historic Macon is a nonprofit organization that advocates for Macon's historic and architectural heritage and facilitates preservation efforts in the community, revitalizes Macon's neighborhoods and interprets the Sidney Lanier Cottage. For more information, visit www.historicmacon.org or call 478.742.5084.

Macon/Central Georgia CALENDAR

Coliseum Health System
• Advance Directives for Final Healthcare: Mon., Jan. 10, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete details call 478-464-8171.

Support Groups
• Bosom Buddies: A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
• Bosom Buddies Too: A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
• Chronic Fatigue/Fibromyalgia Support Group: First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
• G.L.A.D. (Good Living Around Diabetes): 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
• Surviving Together... Strive From Stroke Support Group: 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
• United Ostomy Association Support Group: 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
• Helping Hands Grief Support Group: Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
• Middle GA MS Support Group: 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
• Bipolar Support Group: Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
• US TOO for Prostate Cancer Education and Support: 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
• Survivors of Suicide Support Group: 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
• Extending H.O.P.E. – Lymphedema Support Group: 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
• HOPE Network: 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities
For information call 478-757-6092
• Improving the Chemotherapy Experience: Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
• Joint Pre-Surgery Education Classes: 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
• Focus on Healing Classes (Lebed exercise): Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. $34 per month. 478-765-4413 to register.
• Perspectives: Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
• Joint Classes at Coliseum Northside Hospital: Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
• A-Z Diabetes Self-Management: Day Classes: Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
• Look Good... Feel Better: A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

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continued on page 10

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CALENDAR
from page 9

Medical Center of Central Georgia – Partners In Health Classes
Golden Opportunities
The Wellness Center
3797 Northside Drive, Macon 478-757-7817
Heartworks
389 First St. (Inside the MHC)
478-633-9090
Central Georgia Rehabilitation Hospital
3351 Northside Drive
478-201-6500

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Houston Health EduCare
Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

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SeniorCare
A service of Houston Healthcare promoting wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

Perry SeniorCare
Call 478-923-9771 for complete details.
• Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
• Mon., 1-2 p.m., Line Dancing.
• Wed. only, PVO Bingo immediately following exercise.
• 2nd Fri. of month, optional healthy lunch ($5) and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise.

Warner Robins SeniorCare Water Aerobics
Call 478-923-9771 for complete details.
• Tues. & Thurs., 10 a.m., Cottages on Lakeview. Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified instructor from June-Sept.

Centerville SeniorCare
Call 478-923-9771 for complete details.
• Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.
• Once a Month. A mini-check will be provided focusing on recommended annual checks for senior adults.

TOPS Club, Inc.
Weight loss support group. Call 478-923-9771 for complete details.
• Perry Hospital Chapter: Wednesdays, 5-6 p.m., Perry Hospital Medical Library.
• Houston Health Pavilion Chapter: Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

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Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups
Call 478-746-7050 for details.
Bibb County
• 2nd Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., 1st Floor Meeting Space, 478-746-7050
• 2nd Wed., 10 a.m., Carlyle Place, 5300 Zebulon Road, Macon, Stafford Suites Activity Room, 478-405-4500
• 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon, 478-471-9433
Houston County
• 2nd Tues., 6 p.m., Summerhill Senior Community, 500 Stanley Street, Perry, 478-987-3251
• 2nd Thurs., 10 a.m.,, Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
• 4th Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Warner Robins, 478-923-2532
Baldwin County
• 4th Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Milledgeville, Agape Room, 478-453-1374
Laurens County
• 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888
• 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-279-0235
Lamar County
• 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516
Putnam County
• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331
Upson County
• Last Fri., 3 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607
Telephone Support Group
• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 478-746-7050

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Free Legal Services Available to Seniors
The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.
Call the Macon Office at 478-751-6261 for an appointment.

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Meals on Wheels of Macon and Bibb County
Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to homebound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.
If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

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Macon-Bibb County Parks & Recreation Department
• Photo I.D.'s & Memberships for Seniors: Call 478-751-2790 for information.
Call centers for information and schedule of events.
Downtown Center
1283 Adams Street
478-751-2790
Bloomfield Park
4115 Lions Place
478-781-6000
East Macon Park
3326 Ocmulgee East Boulevard
478-751-9271
Frank Johnson Recreation Center
2227 Mercer University Drive
478-751-9274
Freedom Park Senior Center
3301 Roff Avenue
478-751-9248
Memorial Park
2465 Second Street
478-751-9210
North Macon Park
815 North Macon Park Drive
478-477-8526
Rosa Jackson Senior Center
1211 Maynard Street
• Bible Study for All Ages: Each Thurs., 7-9 p.m.
478-751-9169
Tattnall Tennis Center
478-751-9196

continued on page 11

Business Card Section
For Advertising Information Call
David VonAlmen at 478-213-5986
Cindy Arnold at 478-972-2821
Jan Tassitano at 770-993-2943

General Business Directory For Seniors

Goodwill NEEDS YOU!

YOUR DONATIONS
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

YOUR TIME
Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.

CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350

To find a location near you, visit
www.goodwillworks.org

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CALENDAR

from page 10

John Drew Smith Tennis Center
478-474-5075
Bowden Golf Course
3111 Millerfield Road
478-742-1610

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Warner Robins Recreation Department, Senior Citizens Services
Wellston Center
• AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.
• NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.
• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-929-6960.
• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-929-6960.
• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Renea McFeeters, Manager, at 478-923-0229.
• AARP Mature Driving Classes: For more information call 478-929-6960.
Senior Activity Center
For information call 478-929-6960.

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The Gospelaires Quartet Outreach Ministry

The Gospelaires Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

For additional information call 478-929-3816.

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Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

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Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

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Health Education

The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses, community-based organizations, and faith-based organizations upon request.

For additional information call 478-749-0113.

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The Macon Arts Alliance's Arts Art Gallery
451 Martin Luther King, Jr. Blvd.
478-743-6940

****

Theatre Macon
438 Cherry Street, Macon
478-746-9485
• A Midsummer Night's Dream: Jan. 14-22

****

Warner Robins Little Theatre
South Pleasant Hill Drive
478-929-4579; www.wrlt.org

****

Middle Georgia Art Association Gallery
2330 Ingleside Ave., Ingleside Village, Macon. 478-744-9557; middlegeorgiaart.org. Tues.-Fri., Noon-5 p.m.; Sat., Noon-3 p.m.

****

Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.

For additional information call the church office at 478-742-6485.

****

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

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Bloomfield United Methodist Church
5511 Bloomfield Rd., Macon
478-397-6568.

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Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

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Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

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General Business Directory For Seniors

Vineville Christian Towers
An Apartment Home for Senior Citizens
• All utilities included in rent
• Stove, refrigerator and drapes provided
• Laundry Room
• Emergency Cords/Paalsystem Necklaces
• Library/Exercise Room
• Activities/Grocery Shopping Day Trips
• Beauty Shop
• Cable or antennae
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478-743-4661

Macon and Middle Georgia 477-5501
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Flint River Memory Care
250 Water Tower Court, Macon
478-471-9433
Flint River Memory Care is a licensed memory care community – specializing in care for loved ones with Alzheimer's disease. **Flint River** provides a safe, secure environment and has activities tailored to the needs of those living with this disease. **Flint River's** daily goal is to have each resident function independently at their own level of ability while providing care and assistance where needed. The specialized Alzheimer's training of their staff helps them achieve this goal.
They encourage you to come in and meet their staff and see how their memory care programs enrich lives of their residents and give their loved ones peace of mind.
If you are caring for a loved one suffering from Alzheimer's disease, please call Flint River Memory Care at (478) 471-9433 for more information or to schedule a tour of this memory care community. You will get to meet caring professionals that have your loved ones best interests at heart.

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The Chestatee River Diving Bell

by ANNE AMERSON

When gold was first discovered in north Georgia in 1829, the only tools needed to mine the shallow streams were a pan and a shovel. Once the "easy gold" was gone, however, men began searching for it underground and in the bed of the Chestatee River that flows through Lumpkin County.

In 1875 The Dahlonega Mountain Signal reported "a new scheme for working the bed of the Chestatee," one which would require "$50,000 expended in machinery." The Loud, Cook & Co. boat enterprise would let down "a large diving bell (or caisson) 6 by 14 by 8 feet high." When the bottomless vessel was lowered to the river bed, air would be pumped in and the water excluded, "the miners working dry shoal on the bottom of the river."

A year later the newspaper reported the sinking of the Loud boat under mysterious circumstances. Then no further mention was made of the ill-fated venture. For over a century the boat and its attached diving bell were hidden beneath water and sand and forgotten. Only the very top of the entry tube leading into the bell remained visible.

When the iron tube was pulled from the Chestatee River c.1983, it was found to be attached to a large iron object containing two short-handled shovels and other tools. The curious artifact was identified as a diving bell, but nothing was known of its history at that time. Although well preserved by the water, the 100-year-old metal hulk rusted over the years it was left lying on the river bank.

When the Birch River Golf Community purchased the property from Owens Farms in 1997, a local metal worker was hired to sandblast and paint the bell and additionally to repair damage incurred when it was pulled out of the river.

In 2006 a Reynolds Signature Community called Achasta purchased the property, including the diving bell. Plans to display the object in a river park for residents took a different turn in 2007 when former military diver Walt Garlinghouse learned about the bell and got permission to inspect it. Far from viewing it as merely an interesting curiosity, he recognized it as a rare surviving example of a 19th century diving bell. He immediately began sending out inquiries to underwater agencies, trying to unravel the mystery of the bell's history.

Among the many interested responses which Garlinghouse received was a message from James P. Delgado, world-renowned underwater explorer and executive director of the Institute of Nautical Archaeology. Delgado wrote, "Your bell is a rare and unique survivor that I would like to include in a project to make a detailed assessment of all known American diving bells and submersibles built prior to 1880."

When asked to put the diving bell on public display, Achasta Managing Director Ron Larson suggested forming a committee to explore possibilities for protecting, preserving, and displaying the artifact, which Achasta agreed to donate to the City of Dahlonega. That ad hoc committee has been working to implement its mission since June of 2009.

In December of 2009 the Dahlonega City Council voted to allow the Chestatee River Diving Bell to be displayed in Hancock Park, where it can be easily viewed by visitors to the Public Square. Plans for the display are currently being designed.

In July 2010, the diving bell was fully restored according to archaeological specifications under the direction of Maritime Archaeologist and Preservation Planner Chip Wright.

Author and diving bell

The site for the conservation lab and full funding for the project was provided by Mike and Lynn Cottrell. The Cottrells also hosted a fundraising event which was attended by 500 people and netted over $35,000 in monies needed to display the bell.

Questions frequently arise as to where the bell was made and by whom. This query was partially answered recently when local researcher Chris Worick discovered foundry marks on the bell's outer hull showing that the plates were cast by the Pottstown Iron Co. in Pottstown, Pennsylvania. It is probable that the iron plates were made to order and shipped to another location where they were assembled. Research continues in order to learn when and where the bell may have been used before it was brought to Dahlonega in 1875 to mine for gold in the bed of the Chestatee River.