

Senior News

Georgia

Serving those age 50 PLUS in GEORGIA!

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June 2021
Vol. 35, No. 6

Let us entertain you

by CLAIRE HOUSER-DODD

We missed The Kentucky Derby again. It’s just not right to be a Kentucky Colonel and never get to the Derby. There is something wrong with that picture. If we’d been thinking ahead, we could have talked at least two of our traveling buddies, Beth and Kathy, into going. Instead, they went to Nashville to see a singer friend of Kathy’s. He is Matt Lodges from Gray, Georgia who will be here in Peach

County for the only Georgia Sanctified Peach Festival. He will be singing at North Peach Park in Byron on June 12th.
Hope you get to the Peach Festival starting on Friday, June 4th, and running through Saturday, June 12th. We’re so happy it’s back! We missed it last summer. It is a long-standing important festival since the early 1920s when thousands attended from all over the World. My grandfather, John A. Houser, said they served 60,000 BBQ plates one year.
The Fort Valley Historical Society

won’t be serving nearly that many Chicken Salad plates, but that is one part of the festival you don’t want to miss. The plates are always deliciously plentiful, and artistically and colorfully presented. Our Southern ladies know how to cook! It will be on Saturday the 5th at the Historical Society House on the corner of Miller and Central Avenues. The hours are from 11a.m. – 2 p.m. Cost is \$15.00 a plate. See you there. Come in and enjoy the house, or pick-up and carry out.
Connie Rainey and Frank Freshwater must have read my mind. On Tuesday at 6 p.m. they held a Trifecta Party. “Hat’s please, Ladies!” Just like the Kentucky Derby, and we had all kinds, big, little; wild, crazy; summer, winter... all fun, and a pleasant reminder of how much fun we had in the past wearing hats! Especially for Church. It was a God send to get up, pop on your best Sunday hat and head out with no hair worries. That’s what hats did for us! They were also an expression of personality which was in evidence Tuesday night at the Freshwaters' great party. Thank goodness, no Mint Juleps, the Kentucky Derby Drink. It is awful, just awful!
The artist, Michael Collins, and his wife Susan were spending the night with the Freshwaters; returning from Florida and heading home to Columbia, South Carolina. It was a pleasure to meet Michael again. We had met him at the Chattahoochee Center in the ‘70s and at Lenox Square after that.
The Derby Party was wonderful, Frank’s BBQ and Manny’s Chicken Salad made it pop. And the addition of a renowned artist in our midst put it over the top. Especially one so varied. Besides restoring of murals, artist, writer, engraver and conservationist, he is a wildlife artist with pictures collected by three Presidents... Kennedy, Nixon and Carter... and, don’t forget, Her Majesty Queen Elizabeth II has had him paint Muskrat, her favorite hunting dog in April of 2012. Michael is still talking about how warm and down to Earth Queen Elizabeth was and what an honor it was to be in her presence.
And we all enjoyed his presence. Let’s hope he is a regular visitor!

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Taking Care

Misconceptions About Caregiving Add Stress

by LISA M. PETSCH
lmpetsche@gmail.com

Caring for a chronically ill or frail senior relative can offer many rewards, but it also involves physical, psychological and emotional demands. It can be particularly challenging when the care receiver has heavy hands-on needs, a difficult personality or mental impairment.



Lisa Petsche

Stress can be further compounded by certain thoughts and belief systems. Read on for some common misconceptions among caregivers and the unhealthy behaviors that typically result.

Faulty Thinking

They can and should do all of the caregiving alone.

No one else can take good care of their relative.

Medical professionals are wrong about their relative’s diagnosis, prognosis or healthcare needs. (Reasons for misconception: the medical opinion is too painful to consider; or, the caregiver distrusts healthcare professionals because of past negative experiences.)

Maladaptive Behavior

Devoting all of their time and energy to the caregiving role.

Promising the care receiver or the family that they will never place the relative in a long-term-care residence.

Withholding from other family members information about their relative’s condition and needs

Healthy Coping

The following are adaptive coping strategies caregivers can use to prevent falling into destructive behavior patterns.

Acceptance

An important first step is to accept the reality of your relative’s illness. Allow yourself to experience all of the emotions that surface. Make a conscious decision to let go of any bitterness resulting from unrealized plans and dreams, so you can

move forward and channel your energy in constructive ways.

Accept that how your relative feels and what they can do may fluctuate, and be flexible about plans. Unrealistic expectations will only result in frustration for both of you.

Information

Ask a friend to research your relative’s health condition. Share the information among family members. Knowledge is power.

Be open to learning practical skills, such as proper transferring and bathing techniques. Mastering these tasks will help make caregiving safer and less stressful. The local Area Agency on Aging is a good resource for all kinds of care information, including community services that can assist your relative and you.

Communication

Be patient and keep communication

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Senior News & Views of Georgia

TAKING CARE from page 3

lines open as you and your relative learn to adjust to the illness.

Ensure the family is kept current about changes in your relative's status and include them in decision-making as much as possible.

Preparation

Find a medical specialist whom you and your relative respect and trust. Ask about what to expect during the course of the illness in terms of probable symptom progression as well as caregiving skills, medical equipment and community supports likely to be needed.

Talk openly with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, advance directives and funeral arrangements. Since you don't know what the future holds, be careful not to make promises that you may not be able to keep.

Help your relative get their affairs in order, including completing legal paperwork such as advance directives, powers of attorney and a will.

Simplification

Eliminate as many sources of stress in your life as possible. Set priorities, streamline tasks and learn to settle for less than perfection.

Hire help with personal care or household chores if finances permit.

Take things one day at a time so you don't become overwhelmed.

Self-Preservation

Look after your physical health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

Set aside quiet time to nurture your spirituality and help to keep you grounded. If applicable, turn to your religious faith for support.

Do something that provides you with meaning and purpose outside of the caregiving role, such as scrapbooking or researching your family tree.

Find something relaxing you can do to give yourself a daily break – perhaps reading or listening to music. In addition, schedule regular breaks from caregiving duties. Take a couple of hours, a day or an overnight. By being kind to yourself this way, you'll also be more effective when you resume your caregiving tasks.

Connection

Make an effort to stay connected to your friends. Find at least one person you can talk to openly – someone who will listen and empathize. It's important to express your thoughts and feelings.

Try talking with other caregivers. They understand better than anyone else what you are going through. Join a support group in your community or on the Internet.

Assistance

Accept offers of help. Ask other family members to share the load and be specific about the type of help you need.

If you don't have family nearby or they're not willing or able to assist, take advantage of respite services in your community.

You can't, and shouldn't, do everything alone.

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

Georgia Golden Olympics Registration Form

Special to *Senior News Georgia*
by VICKI PILGRIM
vcpilgrim@gmail.com

Hi All: Yes... the past year has been a bit crazy and difficult for everyone but we are looking to the future and planning to have the Georgia Golden Olympics in September in Warner Robins and surrounding areas. The 2021 Registration form is available on our website and elsewhere on *Senior News Georgia's* website (www.seniornewsga.com) for your

information... and convenience.

If you have competed in the games in Georgia in previous years, you may go to the website and register online. If you have not competed in Georgia before, please print a copy of our Registration form, complete all information requested and mail it to the address shown... along with age verification and fees.

Thank you! See you in September!

Georgia Golden Games, Inc
770-867-3603
vcpilgrim@gmail.com

On the Cover

June is Farmers Market Time!!!

By Carolyn Brenneman

Cover: Wonderful fresh produce

Hey everyone! Summertime is the time to take a short trip to one of our local farmer's markets for fun, adventure, excitement, socialization, and good eating! Let's hop in the car, on one of these warm weekend mornings, and head on out to our local farmer's market. Of course, we can take our kids, grandkids, spouses, friendly dogs, and head on out for some fun and togetherness to enjoy the day and pick up some delicious eats. All in all, when it comes to farmer's markets, the emphasis is always on fresh and healthy locally-grown foods. So, the last two weekends I was delighted to take my sister, two nephews, and Bo, the most friendly and loveable dog belonging to my nephew Charles, to our local market here in Atlanta.

There are rows and rows of open tents featuring various vendors selling local produce and vegetables and strawberries to exotic mushrooms to gourmet cheeses, fresh seafood, freshly baked breads and rolls to sampling food for a mid-morning breakfast of delicious crepes or eggs with sausages, or many other yummy treats.

We can also pick up starter plants for all kinds of herbs and vegetables at a great price! I picked up some mint, basil, fenugreek and tomato for my small backyard area. My sister purchased some beautiful

continued on page 6



Selling local raw honey in Atlanta!



Unusual edible mushrooms!



Gorgeous water fountain in downtown Atlanta next to the market!

Farmer’s Market
continued on page 7

cut flowers for her house at a super great price. It is worth it.

What is so nice about strolling through a market is that markets are also a place of community and belonging. Other than selling, this neighborhood market is an area where people can gather to connect with other people who also enjoy the markets as well as meet families that grow their own vegetables with other people from the neighborhood as well.

Attending the farmer’s market on a weekend is fun, inspirational and a nice way to socialize with others as well as enjoy the outdoors.

So, let’s spend some family recreation time and create our summer memories together with our local neighborhood friends, our family and friends. So, check out the nearby farmer’s markets in your area this June! You will truly enjoy it.



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Opinion

MEMORIAL DAY: A Time To Remember

by Daniel W Gatlyn, USN Ret.
Minister/Journalist

In just a few hours, America will gain another opportunity to remember the extreme price paid by our Warriors for the Freedoms we enjoy. Such gifts did not arrive without sacrifice! With all the reversals and flaws of our Nation, those with heart will gaze at the stones and statistics of those who are absent; and, express a sincere gratitude! Those who willingly went to their demise were of all ages – from every state – from varied aspirations and occupations. Untold thousands were young... never reaching a thirtieth birthday. They longed for a future that never materialized in a personal way. The names of family members, of friends and of acquaintances arrive once more in Memory, in the Press, and in Markers... sons, daughters, husbands, wives, fathers and mothers... faces no longer to behold.

Each one of you were recipients of liberties wrought by James and John, from down the street; Philip and Doris, from another city (both barely twenty years old; Bob, the comedian; Charles, the farmer; Bill, who suffered as a POW; Alex, the amateur who loved to sing... hundreds more who went to war so that each of us may live in peace. I personally recall by name (first or last) those who left the scene prematurely; never hastening the moment, but never deserting the site and circumstances that demanded their demise! There was Shropshire (The Doc); Taylor (the Corpsman); Johnson, Isaacson, Payne, Leyba (pilots who perished); Murphy (never found); Stoddard, Howell (husband and Dad... all real names... along with thousands more... now absent for years from our presence.

As we are reminded of World Wars, Battles in Europe, Asia, the vast waters of two major oceans,

hideous confrontations in Japan, Germany, the Islands of the Sea (Iwo, Okinawa, the Philippines, The Aleutians, Midway), Tunisia, Iraq, Afghanistan, the mountains of Korea, the jungles of Vietnam... the aircrafts, the deserts, the ships of final destinations, the unknown corners of planet earth, all sepulchers of those we loved... let us hold close and revere the precious times we were together and cherish the reasons for their departure. Never count as common the travels, the

terror and the trauma that appeared year in and year out that Liberty would prevail from sea to shining sea! So proudly we hail the emblems which speak untold volumes of commendation for those whose voices are muffled! "Greater love hath no man than this, that a man lay down his life for his friends." (St John 15:13)

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On the Cover

Artist Michael Collins

By **CLAIRE HOUSER-DODD**

**COVER: Michael and Susan Collins (seated),
Frank Freshwater and Connie Rainey**

Not only do interesting people live in Fort Valley, but we also have interesting visitors! Even famous. Just last week a renowned Wildlife Artist, Michael Collins and his wife, Susan, were here in the Valley visiting Connie Rainey and Frank Freshwater. Daughter Emily Griffin met them having lunch at Tapatio's Mexican Restaurant. She interviewed them for the Citizen Georgian in Montezuma and passed the information on to us.

Michael has so many talents it is hard to believe. We may leave out one or two, but we'll do our best! Besides artist, writer, engraver, restorer of murals and conservationist, Mr. Collins is a first-class Wildlife Artist. This is how our friends, the Freshwaters, met him. They all have been active at the Celebrity Shoots which they attend several times a year, even as far away as Hollywood, California! Michael donates pictures or carvings or engravings, and Frank and Connie donate a Safari Trip... all to very good causes like Disability Resources of Texas and Wish Upon a Star. Frank hunted with a 14-year-old Wish Upon a Star terminal patient in Canada who bagged everything he had in mind.

Michael has the distinct ability, not only to paint a likeness, but to make it come alive on canvas. That is why he was invited to visit Her Majesty Queen Elizabeth II in April 2012. Long ago in a casual conversation at one of the celebrity shoots in Hollywood, Michael and his friend James Partee were talking with Laport Sporting Goods' Graham Browne, who lived in England and was in the Queen's Special Service. Collins was asked to paint Musket, one of Queen Elizabeth's and Prince Phillip's favorite hunting dogs while Partee was asked to paint Carlton House, a prize racehorse given to the Queen by the ruler of DuBois.

Only 200 prints were to be made of the favored animals, and only to raise money for charity works or given to family and friends. This event turned out to be one of the highest honors

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Artist Michael Collins and columnist Claire Houser-Dodd



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Michael Collins from page 8

and privileges of Michael's entire life. Lords of London identified the originals and prints as "priceless" because there had never been one before. It was the first time in hunting that private artists had painted any of the family's sporting animals.

Michael cannot praise Queen Elizabeth enough. He says, "She was so kind and welcoming. She made you feel like you were talking to your grandmother. It was a wonderful visit with a wonderful person."

To their surprise, Michael and James were asked to worship with the Royal Couple at Saint Mary Magdalene Church and then to join the Queen for the presentation of the paintings at her private residence. They were so honored, especially after they were told that this was the first time the Queen had received anyone informally in her private home other than family and close friends.

As afore mentioned, Michael has the unique ability to make a painting or engraving live his personal vision. Being a first-class engraver has not gone unnoticed. He designed many years for Browning and is now designing Fox Knives of Italy. Many people have their rifles and pistols engraved for distinction. No matter how small the engraving, Michael can do it. He is said to have 20/20 to 20/30 eyesight. It is said, you can see the smallest bird feather in his work.

This true Renaissance Man and Southern Gentleman of South Carolina and die-hard conservationist has donated many works to Ducks Unlimited, Quails Unlimited and the Turkey Federation.

You have probably seen his famous restorations of Menaboni's Peacock in the Swanson House in Atlanta and murals in the R. J. Reynolds Museum on Sapelo Island, Georgia. When you are out and about, check out his very first individual exhibit at the Chattahoochee Nature Center between Marietta and Roswell, Georgia... still a very happy place serving injured and orphaned wild animals and birds.

To reach Michael you may call 405-802-6556 or email him at MCollinsArtand-Designs@gmail.com.



L-R: Artist Michael Collins, columnist Claire Houser-Dodd, and Manny Fernandez, retired Miami Dolphins nose tackle & two-time Super Bowl champion.

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Whitney McDuff to speak at Chamber Executive Luncheon

Whitney McDuff of Whitney McDuff Consulting to Speak at the Executive Luncheon Series. Chamber to announce 2021 Business Woman of the Year Award winner!

Special to Senior News Georgia

Submitted by Olivia Reich
Communications Manager
Columbia County Chamber
of Commerce
columbiacountychamber.com

EVANS, GA

The Columbia County Chamber of Commerce will host its Executive Luncheon Series on Wednesday, June 9 at Savannah Rapids Pavilion from 11:00 a.m. to 1:00 p.m. Networking and a vendor expo will begin at 11:00 a.m. Lunch is served at 11:30 a.m. and the program will start at noon. The Executive Luncheon Series is presented by Queensborough National Bank & Trust Company.

Whitney McDuff, will speak on “Create the Masterpiece of Your Life, How to Become Who You are Meant to be.” The luncheon is hosted to celebrate women professionals and the Chamber will also announce the winner of its 2021 Business Woman of the Year Award, presented by Hardwood Floors & More.

Tickets are available online at columbiacounty-chamber.com or by calling 706-651-0018. Members can purchase a ticket for \$35 or table of 8 for \$300, while non-members can reserve a seat for \$45. Other sponsors include premier sponsor Georgia Power and executive sponsors ADP, Augusta Industrial and Meybohm

Real Estate.

For more information, contact Sabrina Griffin, Events & Programs Director for the Columbia County Chamber, at sabrina@columbiacounty-chamber.com.

The Columbia County Chamber of Commerce is a five-star accredited chamber representing over 1,000 businesses in the Greater Augusta area. As a

member-driven, business-focused organization, the vision of the Columbia County Chamber of Commerce is to ensure and promote the beneficial growth of our community. For more information on the Columbia County Chamber, visit columbiacounty-chamber.com.



Whitney McDuff

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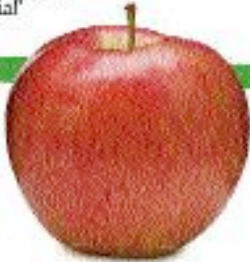

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6/25

New Veterans Benefit at Andersonville National Cemetery

Reimbursement for grave liners now offered to eligible veterans

Special to *Senior News Georgia*

Submitted by **James W. Huckfeldt**
VAMC Deputy Public Affairs Officer
James.Huckfeldt@VA.gov

ANDERSONVILLE, GA

Andersonville National Historic Site is pleased to announce a new benefit offered to eligible veterans. Veterans who wish to be buried in Andersonville National Cemetery will now receive the same grave liner reimbursement benefit as veterans buried in other national cemeteries.

This new benefit is available to those buried in Andersonville National Cemetery on or after June 15, 2018. It provides a reimbursement, at the same rate provided by the Department of Veterans Affairs (VA), for the state-required grave liner. It also provides reimbursement of up to \$500 for installation of the liner.

We are very pleased to be able to provide this benefit to veterans buried in Andersonville National Cemetery, said Superintendent Gia Wagner. They have more than earned these benefits through their service to our country. We are grateful to the Friends of Andersonville for their work in getting legislation passed that now allows us to provide the same benefits as other national cemeteries. We are committed to offering burial services and honors to veterans and their families, and we are pleased to expand the benefits we provide to them.

Previously, veterans who wished to be buried in Andersonville National Cemetery had to purchase the grave liner and were financially responsible for any fees associated with the liner installation. In most other national cemeteries, both the grave liner

and installation are provided at no cost to the veteran. This gap in benefits was due to a gap in legislation.

Most national cemeteries are managed by the National Cemetery Administration (NCA), part of the VA. However, Andersonville National Cemetery is managed by the National Park Service (NPS), within the Department of Interior (Department). Congress had previously authorized the VA to provide this benefit, but this authorization did not extend to the Department.

With advocacy and support from the Friends of Andersonville, Congress corrected the gap in veterans benefits in

June 2018 through the Veterans Cemetery Benefits Correction Act. The act authorizes the Department and the NPS to provide the same grave liner benefit provided by the VA and NCA. Once the legislation passed, the NPS worked to create procedures and mechanisms to implement the new legislation. These procedures are now in place and this benefit can now be provided.

To find out more about this benefit, visit the park's pre-planning website at https://www.nps.gov/ande/planyourvisit/anc_preplanning.htm, email the park at ande_information@nps.gov, or call 229-924-0343 ext. 112. www.nps.gov.

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BBB Tip: What to Know Before Donating to a Crowdfunding Cause

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

Crowdfunding campaigns are helping to raise money for a multitude of causes, from little league teams to medical bills. Crowdfunding can make supporting – and raising money for – a good cause easier than ever, but it’s not without issues. Con artists can use crowdfunding platforms to deceive donors and steal money for personal use. Or the money can be raised with the best intentions, but not end up used for its stated purpose.

Should You Donate to that Crowdfunding Cause?

Potential crowdfunding donors should proceed with caution and do research before making a donation to any individual or cause. The following tips will help you practice smart giving if you decide to donate on a crowdfunding platform.

Give to individuals and organizations you know personally. Charities can be vetted, but it is much harder to verify the trustworthiness of individuals who have posted a request for financial help. The safest way to donate on a crowdfunding platform is to give to someone you already know.

Photos don’t mean a campaign is legitimate. Con artists often use pictures of victims without their permission to make donors believe the campaign is legitimate. This is especially true in the wake of a major tragedy.

Not all crowdfunding sites have the same rules. Some platforms do a better job of reviewing projects and postings than others. Make sure you read up on the website’s rules, regulations, and procedures. For example, on one site, if a post claims to support the victims of a recent tragedy, the site holds any funds collected for victims and distributes them directly to the identified persons or families. On other sites, donors must rely on the creator of the

post to follow through on any assistance they promise to give. Transparency is key. Vague descriptions of how donated funds will be used is a big red flag. Trustworthy charities and individuals will clearly explain the intended use of collected funds. Avoid duplicate efforts. Stay up to date on the latest news about victim support efforts. If government agencies offer to pay for

continued on page 13

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Dublin VA nurse receives national DAISY Award

Special to Senior News Georgia

Submitted by

Dr. Frank G. Jordan, Jr., FACHE,
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DUBLIN, GA

The Carl Vinson VA Medical Center in Dublin, Ga., on behalf of the national DAISY Award Foundation, recently announced the selection of RN Lynn M. Rountree as a recipient of the prestigious DAISY Award for Extraordinary Nurses.

The DAISY Award memorializes J. Patrick Barnes who died from the complications of the autoimmune disease idiopathic thrombocytopenic purpura in 1999 at the age of 33. The DAISY Award, which stands for Diseases Attacking the Immune SYstem, and the DAISY Foundation, were developed by Barnes' family as a way to acknowledge superior commitment to nursing by registered nurses, which they experienced during Patrick's final illness and attribute to helping them bear their loss.

The award recognizes the compassion and professionalism of nurses for the extraordinarily skillful and compassionate care they provide patients and families. Nurses are nominated nationally on the foundation's web site or by mail and the nominations forwarded to local review committees for consideration. Nominees are rated based on explicit criteria including whether they serve as role models for the nursing profession, demonstrate caring attitudes, communicate compassionately, and if they have a significant impact on the lives of patients and families. In addition to a plaque, lapel pin, and monetary award, selectees receive many gifts, including fresh cinnamon rolls which were the only food that Patrick Barnes could tolerate in the final days of his life.

Rountree was nominated for the award by Dr. Andrea Lambert, a primary care physician at the Dublin VA who recognized Rountree's superior professionalism in her work caring for a veteran who was reluctant to receive the COVID-19 vaccination. Despite the veteran's fears, Rountree continued to maintain contact with the veteran and coordinate his care.

RN Rountree is a very inspiring and loving person who takes the time to genuinely care for her patients. Watching her nursing practice reminds me of Leo Buscaglia's observation that too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest accomplishment, or the smallest act of caring, all of which have the potential to turn a life around. Lynn is the embodiment of that sentiment in her daily actions and a true inspiration for all us at the VA, Lambert said.

A nurse since 2003, Rountree has worked at the Dublin VA for seven years and was an LPN for three years before receiving her nursing credential. A member of the Green Team in Primary Care where she primarily assists

Drs. Andrea Lambert and Mathew Mathai, both of whom she credits along with her other teammates of creating an environment of support and professionalism that allow her to excel as a nurse.

We can't practice medicine alone. It takes a dedicated team and I am grateful to have one, Rountree said.

Rountree noted that being a nurse was always the plan.

I have always wanted to be a nurse. I realized at a young age that nurses are the real care givers that go that extra step to help the patient and family members navigate and cope and understand their health issues. I worked many years in the Critical Care Unit and it really hit home that we nurses are the interpreters and advocates for the patients. We hold the hand of sick and dying patients and family members and we celebrate their recovery. Nurses have a special bond to their patients. They trust us. Many times, veterans will come to the nurses for assistance and they really appreciate the efforts made by the nursing staff. That's a sacred trust that all good nurses take very seriously.

Reflecting on receiving the DAISY Award, Rountree was appreciative but observed that the work itself is inherently rewarding.

I was very honored to receive the Daisy Award. I am just doing my duty to serve our veterans to the best of my ability. Nursing is so rewarding. That is what nursing is all about helping others. It feels good and I hope that fire never goes out, she said.

Dr. Pam Jackson, head nurse at the Dublin VA, emphasized the model of nursing and VA professionalism that Rountree epitomizes.

It was an honor recognizing Ms. Rountree as our DAISY recipient. This esteemed nationally recognized award recognizes nurses who go above and beyond to call of duty



Rountree (center) receives DAISY Award from Dr. Pam Jackson (left) and her supervisor RN Rachel Allen

when delivering care. Ms. Rountree's commitment to veteran care shows in everything that she does for our veterans in Primary Care. It's not only the impeccable clinical skills of the nurse that make the difference in the lives of our veteran, but the care and compassion in which the skill is delivered that Lynn demonstrates. We salute her and congratulate her on receiving this honor and being such an extraordinary example for others to follow, Jackson said.

VA medical center director David Whitmer affirmed Jackson's sentiments.

Everyone at the VA is crucial for our success in caring for America's heroes, but when you look at healthcare from a high-level, it's almost always a nurse who makes the difference in a patient's perception of quality care. I have many nurses in my own family, so I certainly have a soft spot for nurses and admire them and what they do. RN Rountree's commitment to nursing excellence makes our entire VA team look good and honors nurses everywhere, Whitmer said.

Rountree has been married for 42 years with two children, a son and daughter-in-law who are both physicians and a daughter who is a teacher. When not working, her hobby is spending time with her two grandchildren.

The DAISY Foundation is a 501(c)3 non-profit organization. More information about the foundation and the award is available at www.daisyfoundation.org.

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Chamber Celebrates Success at 16th Annual Banquet

Special to *Senior News Georgia*
Submitted by **Olivia Reich**
Communications Manager
Columbia County Chamber of
Commerce

EVANS, Ga.

The Columbia County Chamber of Commerce hosted its 16th Annual Banquet and Business Showcase on Thursday, May 6 at the Columbia County Exhibition Center.

With an estimated attendance of 400 local, state and federal business leaders, the event celebrated and saluted the Chamber's accomplishments of 2020, with a look ahead to a prosperous 2021.

The evening kicked off with the business showcase and reception. Normally one of the Chamber's largest networking opportunities, this year downsized due to social distancing. Nonetheless, the showcase provided attendees the opportunity to mix and mingle amongst themselves and network with nearly 20 local vendors.

Chamber President-CEO Russell Lahodny

opened the dinner program with a welcome and highlighted the successes of the Chamber in 2020 and the prospects for a brighter future. Lahodny and Vice President, Tiffany Heitzman, presented the awards for Ambassador of the Year and Volunteer of the Year, respectively, to Heather Johnson, Southpaw Roofing; and Shelly Wilson, Warren Baptist Church.

A highlight of the evening was the ceremonial passing of the gavel of leadership from outgoing Chairman Reagan Williams of Meybohm Real Estate to 2021 Chairman Adam Williams of The Cleveland Group CPAs. In his remarks, Williams expressed his appreciation to the Board for the confidence shown in him and relayed his goals and aspirations for the upcoming year.

During the program, the Chamber presented several prestigious awards including the Lifetime Achievement Award. Given annually since 2005, the Lifetime Achievement Award seeks to honor one leader of our community for his or her

professional and philanthropic achievements. This year's award winner, Mr. Ron Cross, was recognized for his entrepreneurial spirit, his leadership in commercial development and his legacy of innovation and forward momentum for Columbia County.

Additionally, the Chamber named Augusta Staffing the Small Business of the Year and tabbed Queensborough National Bank & Trust as Large Business of the Year. The Leadership Columbia County Alumni Award went to Robert Kelly of Augusta Staffing.

The 16th Annual Banquet and Business Showcase was presented by South State Bank.

Premier Sponsors included: Doctors Hospital, Savannah River Nuclear Solutions and Savannah River Remediation. Executive Sponsors included: ADP, Allegra Image 360, AT&T, Blanchard and Calhoun Real Estate, C & C Automotive, The Cleveland Group CPAs, Georgia Power Company and Gold Cross EMS. Additional Sponsors included Lifetime Achievement Award Sponsor, Southeast Restoration; Non-Profit Member of the Year Sponsor, Allen + Batchelor Construction; and Volunteer of the Year Award Sponsor, First Community Bank.



Augusta Staffing was recognized as the Small Business of the Year!



Queensborough National Bank & Trust was recognized as the Large Business of the Year!



Robert Kelly of Augusta Staffing was honored with the Leadership Columbia County Alumni Award!

Dublin Rotary Club and MAP International delivering critical Medicine to J.O.Y. Medical Clinic

Special to Senior News Georgia

DUBLIN, GEORGIA (05/07/2021)

The Rotary Club of Dublin and MAP International are teaming up to deliver life-saving medicine at no cost to the J.O.Y. Medical Clinic in Dublin.

Established in June 2012, J.O.Y. Medical Clinic is a volunteer-based nonprofit Christian health clinic that provides medical, dental and eye care services to those who live in Laurens County, are employed and without health insurance or to those who have been unemployed for 6 months or less and are actively seeking employment. Patients’ total household income must meet 200% or less of the Federal Poverty Level. The medical and administrative office is located at 410 Academy Avenue in Dublin.

Saving Lives with Medicine is an initiative of Georgia Rotary Clubs and MAP International that supports free and charitable Georgia clinics with critical medicines and health supplies to uninsured patients. With the addition of the Dublin clinic, Rotary and MAP International are sending medicine to seven free and charitable clinics in Georgia reaching more than 4,200 patients.

“This partnership delivers medicines and supplies that improve the health of Georgians who struggle to treat their chronic diseases,” said Rotary Club President Will Curry. He said the partnership focuses on medications for hypertension, diabetes, high cholesterol and asthma. Rotary pays for packaging, shipping and handling of the deliveries while MAP International works with pharmaceutical companies to collect, store and distribute medicines.

"Since the statewide project started in 2017, patient health conditions have

improved significantly", Curry said. Clinics participating in Saving Lives with Medicine reported chronic disease conditions of patients have improved by 50% for patients with hypertension, 61% for patients with diabetes, 63% for patients with high cholesterol, and 82% for asthma patients.

“More than 150 million Americans suffer from at least one chronic disease and almost 30 million Americans are living with five or more chronic diseases,” said Rita Green, RN, Clinic Director of the J.O.Y. Medical Clinic. “Chronic diseases such as high blood pressure, diabetes and chronic obstructive pulmonary disease (COPD). More than two thirds of all deaths are caused by chronic diseases – in fact, chronic disease is the leading cause of death in the U.S. We are so very excited to have the Dublin Rotary Club and MAP International as our partners at the J.O.Y. Medical Clinic! As a non-profit medical clinic, this partnership will support our efforts in providing life changing medications and supplies to our patients who live with chronic disease. These medications will improve our patient’s health, help control the disease, prevent complications, ER visits and hospitalizations. Mediations like insulin and inhalers cost several hundred dollars for just one vial or one inhaler and that’s only enough medicine to last about a month or even less. As you can see, the cost alone would prevent those without insurance from obtaining the live saving medications they need. Dr. Bob Shuman, the clinic’s Medical Director and the clinic staff

are very thankful and look forward to working with the Dublin Rotary Club and MAP International!”

ABOUT J.O.Y HEALTH CENTER:

The Center was established in 2012 as a medical, eye care and dental clinic serving patients in Laurens County. It is volunteer-based, nonprofit ministry of the Laurens Baptist Association serving employed people who are uninsured or who have been unemployed for less than six months and are actively seeking employment. During COVID-19, the clinic is limited to medication refills and diabetic supplies, as well as telephone consultations. For more information, call 478-272-4071 or go to joyclinic.weebly.com.

ABOUT ROTARY:

Rotary unites a global network of volunteer leaders dedicated to tackling the world’s most pressing humanitarian challenges and creating lasting change. The Rotary Club of Dublin is connected with 1.2 million people of action in almost every country in the world who live by the motto of Service Above Self. Learn more at rotary.org.

ABOUT MAP INTERNATIONAL:

MAP International, located in Brunswick, Georgia, is a global health organization providing hope to millions of people around the world for over 65 years. They bring medicines and health supplies to those in need so people might experience life to the fullest. Visit www.map.org to learn more.



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BBB Tip: Planning your next family vacation or trip!

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

When planning an event, looking for a good deal for a family vacation, or a getaway, BBB encourages people to plan ahead to save money, avoid scams, and travel safely.

Scammers will often target people looking for great deals online by offering tempting vacation packages at unrealistically low prices. One place to begin an online search is BBB.org for finding reputable travel agencies, agents and websites.

BBB adds the following tips to help ensure an enjoyable vacation:

Plan ahead. Allow plenty of time to research hotels, flights, and the area where you will be staying. Typically, the earlier reservations are made, the better the deals and the lower the risk of the destination being booked solid. Making reservations in advance also locks in rates and prevents higher prices later during prime spring break, peak summer, or holiday travel seasons.

Avoid broad internet searches. Entering phrases like 'best deals' into whichever search engine used can sometimes bring up-websites that look official but are designed solely to rip people off.

Be alert for travel scams. Watch out for phone calls or letters claiming a 'free trip' or websites offering prices that appear too good to be true. It's easy to extend questionable offers like these, but the vast majority of them leave

hopeful travelers in limbo – and out money.

Do your homework. Ask family and friends to recommend a travel agent or travel website and visit BBB.org for free Business Profiles. Research the business and read customer reviews about any rentals under consideration.

Get trip details in writing. Before making a final payment, get all the details of the trip in writing. This should include the total cost, restrictions, cancellation penalties,

and names of the airlines and hotels. Also, review and keep a copy of the airline and hotel's cancellation and refund policies, as well as the cancellation policies of the travel agency or booking site used.

Consider travel insurance. Travel insurance covers things like trip cancellations or medical emergencies. There are different levels of coverage based on what type of plan purchased. Ask a lot of questions, and always read the fine print to see **continued on page 18**



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VACATION PLANNING
from page 17

what’s covered and what’s not.

Pay with a credit card. Paying with a credit card provides additional protection if something should go wrong with the travel reservation.

No matter when or where you are traveling, take extra precautions:

Wait to post on social media. It's fun to post adventures with friends and family but wait until getting back from the trip. Photos and social media posts of the family having a great time also lets thieves know the house is empty.

Check your home insurance. If your home will be unattended while away, make sure you know your responsibilities under your home

insurance policy. Some policies do not cover damage if nobody checks on your home for a certain amount of time.

Share a copy of the itinerary with a family member or close friend. Include the contact information of someone joining you on your trip.

Take a map. People rely heavily on smartphones and GPS. Consider having an atlas or hard copy map just in case of technical difficulties.

Check the weather conditions where you will be traveling and pack appropriate supplies and clothing.

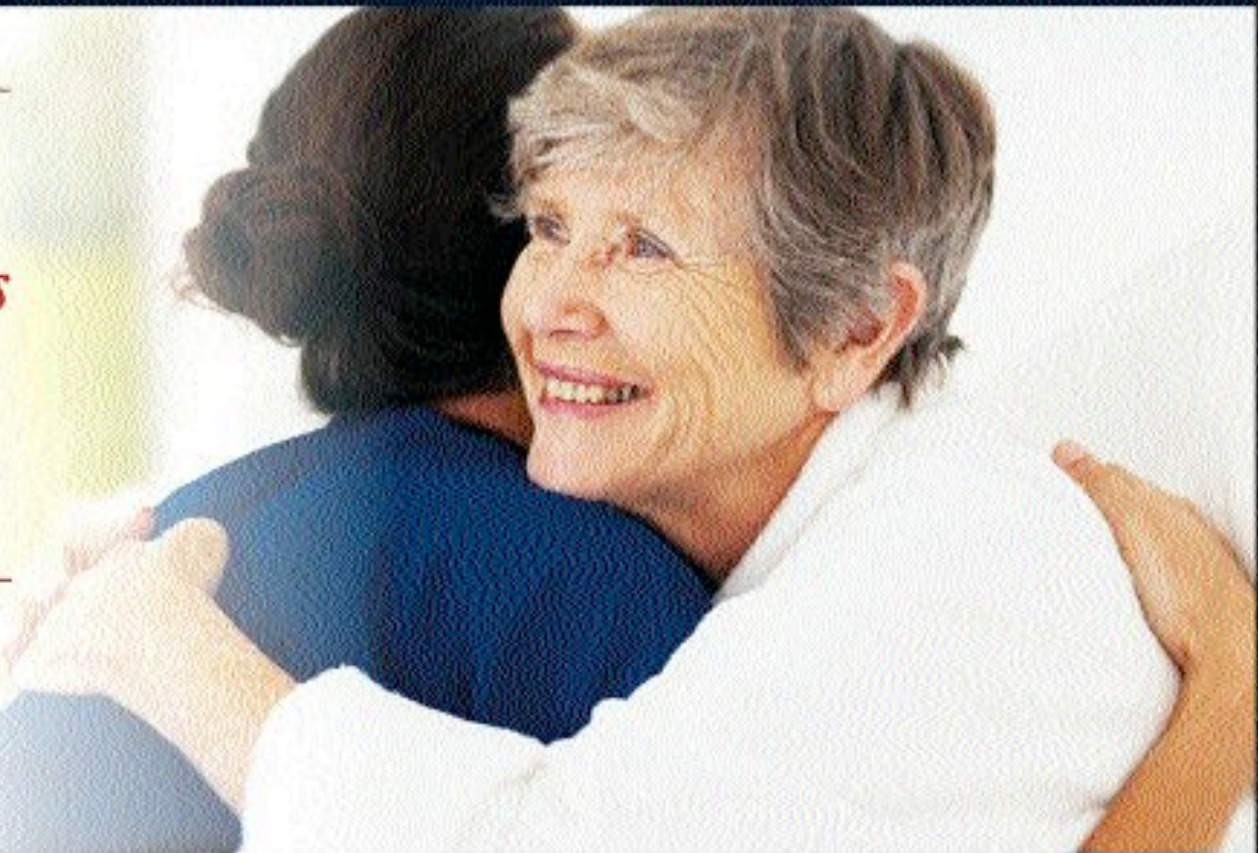
Avoid traveling alone. Use the buddy system and stick with the group.

Use a hotel safe to store extra cash and keep any valuables under lock and key.

For more BBB tips or to find a travel agent, visit BBB.org.

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