

Senior News

Georgia

Providing Helpful Information for Mature Adults in GEORGIA!

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February 2022
Vol. 36, No. 2

Fairview Park Hospital Welcomes Pam Walker Manders, MBA-HCM, BSN, RN, as new Chief Nursing Officer

Special to *Senior News Georgia*

Submitted by **Lindsay Black**
Fairview Park Hospital
Lindsay.Black@hcahealthcare.com

Dublin, Georgia (1/4/2022)

Fairview Park Hospital is pleased to welcome Pam Manders, MBA-HCM, BSN, RN, as its new Chief Nursing Officer (CNO). Manders has more than 15 years of hospital-based healthcare leadership experience. She will have responsibility for more than 300 nurses at the hospital and will oversee clinical nursing operations and initiatives to improve quality care and patient satisfaction.

“I want to help foster a culture of excellence where staff feel valued and supported,” said Manders, who started her healthcare career as a Medical-Renal night shift nurse. “This culture translates into consistently providing high quality and compassionate care to those we serve. This community did an extraordinary job at keeping spirits high during some of the most trying times in healthcare and that support continues to motivate the staff at Fairview to raise the bar each and every day.”

Manders joins Fairview Park Hospital from 354-bed Doctors Hospital in Augusta, Georgia, where she served as AVP Clinical Services/Assistant Nursing Officer (ACNO). Under Pam’s tenure as ACNO, the Care Assure Program was developed, dialysis transitioned from contract service to facility owned provider, Evidenced Based Clinical

Documentation (EBCD) was implemented as a pilot program which later transitioned to companywide success giving nurses more time at the bedside with patients.

“Pam has a proven track record of building a nursing culture that attracts, retains and develops our nursing workforce,” said Donald R. Avery, FACHE, President and CEO of Fairview Park Hospital. “These are important elements that translate to excellence in patient care. I am excited for our nurses and our patients to have Pam at Fairview Park Hospital.”

Manders earned her bachelor’s degree in nursing from the Medical College of Georgia (now Augusta University) and her MBA in Healthcare Management from Western Governor’s University.

When she is not working, Pam enjoys time with her family and spontaneous trips with her twin sister. Pam and her husband, Travis, have one daughter, Jordyn.

For more information about Fairview Park Hospital, visit: www.fairviewpark-hospital.com.



Pam Manders, MBA-HCM, BSN, RN

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Senior News & Views of Georgia

Taking Care

Tips for Healthier Living with Heart Disease!

by LISA M. PETSCHE
lmepetsche@gmail.com

Hearth disease is a leading cause of death for adults in the USA. Coronary artery disease (also known as arteriosclerosis or hardening of the arteries) is the most common type.



Lisa Petsche

CAD is caused by accumulation in the coronary arteries of fatty deposits called plaques. This results in narrowing within the arteries, restricting blood flow to the heart.

Typically CAD progresses over many years and may go undetected until a crisis occurs. Symptoms can include angina (usually brought on by physical exertion or emotional stress), shortness of breath and, if a coronary artery becomes completely blocked, a heart attack.

A diagnosis of CAD can cause anxiety and fear. If heart disease runs in their family, the diagnosed person may become fatalistic, believing there's no point in trying to manage their disease. Some people cope through denial, carrying on with their usual lifestyle. Others, particularly those who have had a heart attack, may embrace changes in habits that can help halt or slow disease progression.

Family members, too, respond in various ways. Anxiety and fear are common, and may be manifested in behaviours such as regularly checking if their loved one has taken their medication, scrutinizing and criticizing their eating and other habits, and overprotectiveness (due to concern that any stress or physical exertion might cause a heart attack).

Coping Tips

If you have been diagnosed with CAD, here are ways to take charge of your situation.

Learn as much as possible about your disease and its management, and educate family and friends to help them understand.

Focus on controllable risk factors. Commit to making lifestyle changes, keeping in mind it takes several weeks to develop a new habit.

Find an outlet for expressing your thoughts and feelings — perhaps talking with a friend or writing in a journal.

Stay connected to people who care.

Learn to live in the present and enjoy life's simpler pleasures.

Set aside quiet time each day, to nurture your spirituality and help keep you grounded.

See your primary physician if you continually feel sad, angry, overwhelmed or unmotivated. Depression is treatable.

Practical Tips For Daily Living

Find a cardiologist whom you respect and trust.

Follow the prescribed management plan, which might include medication, a smoking cessation program, blood pressure monitoring, diet changes, exercise, rest, stress management techniques and regular check-ups. Ask loved ones to support you or, better yet, to join you in making lifestyle changes.

Keep an up-to-date medication list in your wallet.

Set up a record-keeping system to organize your health information.

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

Keep as active as possible. Just don't overdo it. If you're concerned about particular activities, consult with your doctor.

Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom now and then or watch funny movies.

Do something you enjoy every day. Revive a former pastime or try something new.

Don't hesitate to ask for help when you need it.

Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior health matters.

Opinion

Enough Already!

Special to SeniorNewsGeorgia
by Daniel W Gatlyn, USN Ret.
Minister/Journalist

I am finding it necessary to place all parties on Notice! I am up to my armpits with declaration and information surrounding COVID, and it's ninth generation of a supposed supervision! No sane person has dismissed the tragedies of a global infestation, and the unintended consequence of a dramatic experiment. I may miss the mark on a viable definition for the unthinkable dilemma handed down from soiled minds and hands, but I make no apology for the scandalous "flow and woe" of parasitic professionals who trouble my corner.

ENOUGH ALREADY! I have had my shots, I have consumed my peas, and I have colored within the lines; and, just as I surmised from the git-go, there has been no relief! The jabber never ceases, the pontification infiltrates every waking moment; and, the heresy is as putrid as ever. We, as living, breathing American mortals have been programmed for better days. It's OK to grow up... not Give in! Tomorrow may arrive without common courtesy, but for now; I am "through with the view!"

Count me as a maverick, a belligerent nobody, an inconsiderate, hard headed non-conformist if it makes your day; but, stay out of my way, my theme, and my catalog of hanging tight! I will not be intimidated by those who have missed the mark a thousand different ways concerning lock downs, mandates, and management... pulling the "wool over my eyes... and masks over my nose!" I am divorcing all insidious communication with political and scientific misfits and will form my own opinions on the "wherefores and whatnots." I am a law abiding citizen, and will cooperate with judicially equipped formulas, but I will not be a satisfied customer of proponents of pernicious points of plunder. I am not a fan of "Fauci, Botchi or Notchi; nor CDC, NHA,

WHO... or other assorted "think tanks." I can grow my own worms!

Let's get very real, Buttercup! I have grown extremely weary with the sway of the fray within a million confused minds, and have been disenfranchised from civilization and an honest shake on matters. At this point, it matters little whether such direction was committed through error, mis-judgement, or flagrant violation. The entire curriculum has introduced an unhinged calculation and mayhem. Just how many have died, have suffered untold

grievance, and malfeasance will never be determined. The uncouth practice of bacteriological warfare (notwithstanding the possibilities thereof) would not have rendered a different outcome! The occupants of American real estate (and the world) have been taken to the cleaners. Hopefully there will be a welcome "turn around" to a reckless methodology versed in personal gain. The damage inflicted is irreparable, and is unforgivable! So my message to the pundits... TAKE A HIKE!

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On the Cover

It’s Black History Celebration Month!

By Carolyn Brenneman

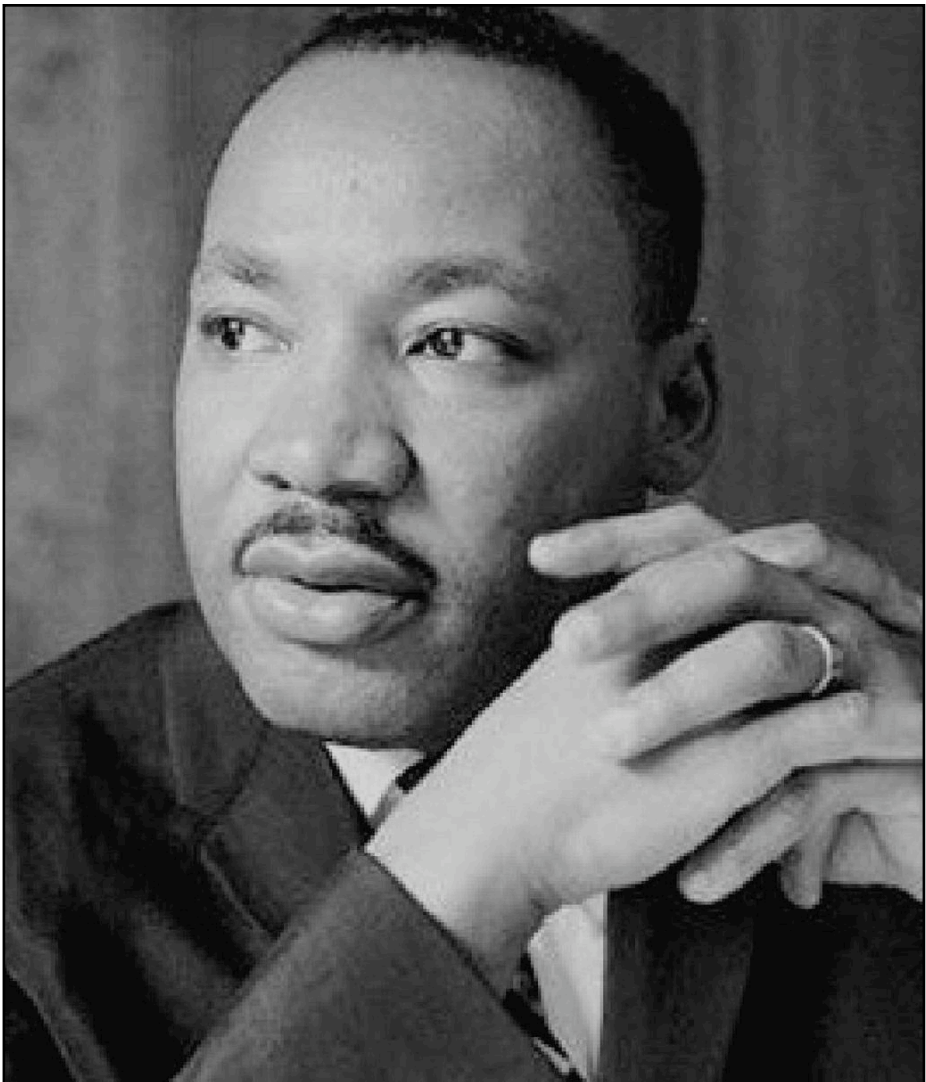
Cover: A celebration of Black History Month!

Each February we celebrate Black History Month, an observance and celebration of the history and achievements of African-Americans. Every February since 1976 the United States, as well as some other countries, celebrate Black History Month by honoring African-Americans of the past and the present.

It began sometime in 1915 with historian Carter G. Woodson, known as the father of Black history, who was a co-founder of the Association for the Study of Negro History. He began this organization to bring awareness of the accomplishments of Black people, and beginning in 1926, the second week of February was noted as Negro History Week. Interesting, February is also the birth month of Frederick Douglass, an abolitionist, and of former President Abraham Lincoln, who led the country during the Civil War.

Years later, in 1976, former President Gerald Ford extended the week-long observance to a month-long recognition so that Americans could “seize the opportunity to honor the neglected accomplishments of Black Americans in every field in our history.” Just ten years later, Congress made into law the observance of Black History Month to ensure the full month of February was dedicated to Black history as an annual celebration. The law aimed to make not only Americans, but also the world, aware of “the struggle for freedom and equal opportunity.”

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Dr. Martin Luther King, Jr., humanitarian and civil rights leader.



Thurgood Marshall served many years on the Supreme Court.



Rosa Parks, famous throughout the world.

Black History Month

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Today some of the figures most observed during Black History Month are Rosa Parks, who in 1955 took a stance against unfair racial treatment on buses; Dr. Martin Luther King, Jr., who led the Civil Rights movement in the 1960's; Sarah Breedlove, an African-American entrepreneur, philanthropist, political and social activist, as well as the first female self-made millionaire; Marie Maynard Daly, the first Black female to earn a Ph.D. in Chemistry (Columbia University); Thurgood Marshall, who, in 1967, became the first African-American justice appointed to the Supreme Court; actress Vanessa Williams, who was crowned the first black Miss America; May Jemison, who in 1992, was the first black female astronaut to travel in space; Erin Jackson, the first African-American woman to make the long track speed skating squad and now the world's No.1 ranked speedskater and is headed to the Beijing Olympics; and, former President Barack Obama, who in 2008, was elected the first black President of the United States of America... just to note a few.

Today, the month of February is celebrated not only in the United States but in Ireland, the Netherlands, United Kingdom, and Canada. It is a celebration of those who've impacted the world with their activism and achievements. In 2016 Lonnie G. Bunch III, Director of the Smithsonian Institution, stated at the opening of Washington D.C.'s National Museum of African-American History and Culture, "There is no more powerful force than a people steeped in their history. And there is no higher cause than honoring our struggle and ancestors by remembering."

Each year there is a theme for Black History Month. This year the theme is a focus on Black Health and Wellness. The aim is to acknowledge the legacy of Black scholars and medical practitioners, as well as those in fields of birth workers, midwives, herbalists, doulas and naturapaths. Community centers, senior centers, libraries and cultural centers will display and conduct many events and activities for the celebration this year, some events virtual and some some events with live attendance. Check with libraries and centers in your area for scheduled celebrations and events.



Dr. Marie Daly, biochemist at Columbia University.



Sarah Breedlove, known as Madam C. J. Walker.



The Miss America Vanessa Williams.

On the Cover

Bea Post Celebrates Being 100 Years Young!

by CLAIR HOUSER-DODD

COVER: Lacey Gwyn Beatrice Post

We love to write about 100-year birthdays, especially when the celebrant looks and acts at least 20 years younger. This is what we found with Beatrice Post. We met her a week before the big day; a lovely lady we took to be younger than we were and were enjoying talking with her and her daughter Barbara Long Murray. They were visiting A&E Styles in Byron. Bea had had her hair done and really looked beautiful. The talk was about a large 3-bedroom condominium they had bought on St. Simons Island and her pending 100-year birthday. We did not believe it then and still can't!

However, we are aware that the event did take place at home here in Georgia. What are the chances of a Buffalo born girl having her 100-birthday celebration in Byron? My, how time changes, but many kudos to the Birthday Girl who had fifteen family members celebrating, and even one from Atlanta helping to count the candles on that delicious Ice Cream Cake.

Now for a little background music! Bea is not only a loving person, but she is also, and always has been, a much-loved person. At three, her mother, Ethel Day, and father, Clinton Edward Day, divorced and she lived with her maternal grandparents, Scottish/Irish Corbert and Lettie Ann Agnew, in Pennsylvania... a devoted

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BEA CELEBRATES 100TH BIRTHDAY!

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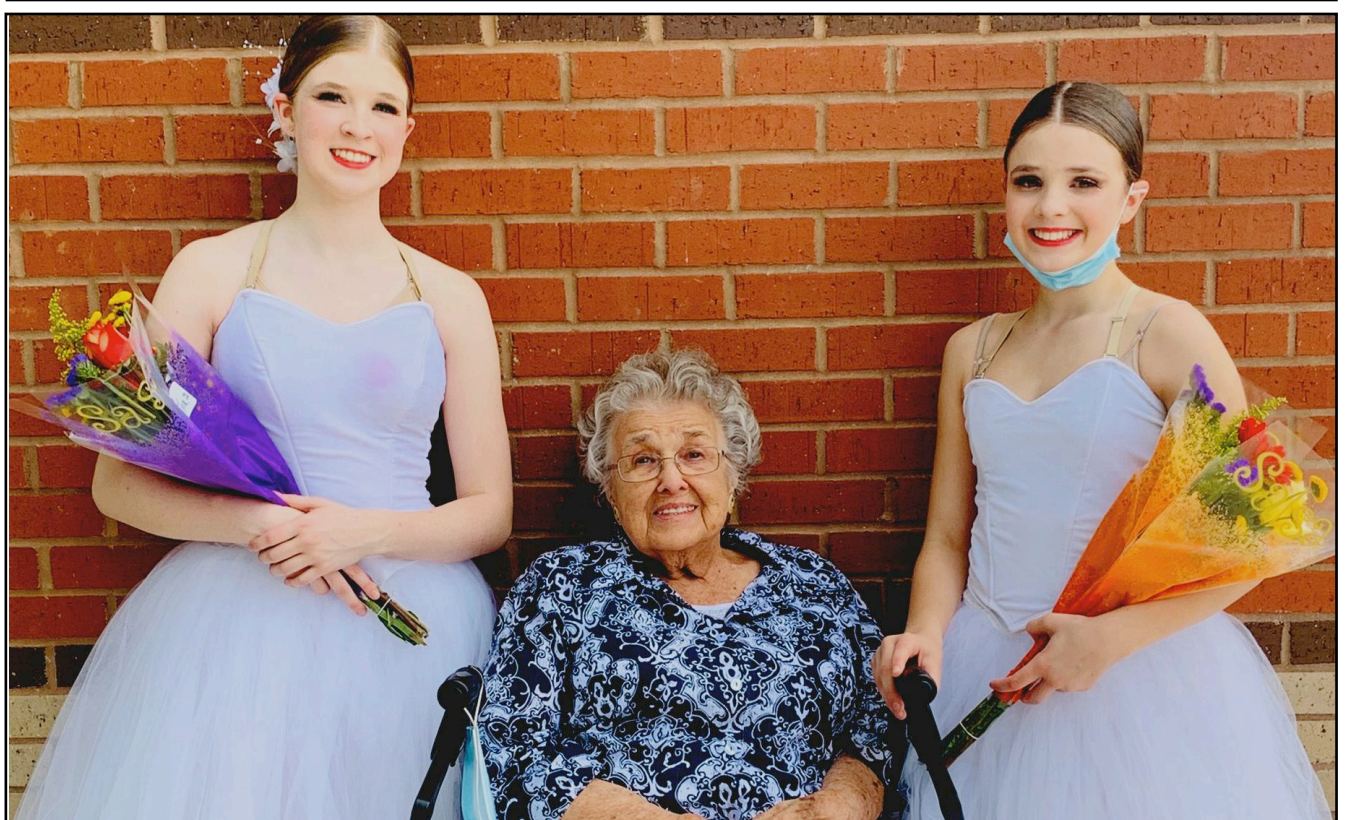
couple whom she adored. In fact, as a child, Bea tried to follow her grandfather everywhere; even taking water to this kind gentleman in the fields. Corbert was a man of many talents. Besides working the farm along the Allegheny River, he also built houses and worked on oil riggings and logging crews.

After a tonsillectomy at age twelve, Bea went to live with her mother, Ethel, who had remarried. She finished High School in Franklin, Pennsylvania. She then went to live with her father and to take night classes at John Hopkins; and, attend a Catholic junior college in Baltimore. She worked ten years as a microbiologist.

Bea's first marriage was to Mervin John Lilley, an engineer at Bethlehem Steele. She had one child, Barbara. She later married Dr. Lawrence Post, a dedicated old-time doctor who even made house calls; but, who wanted her to follow her interests and enjoy life. Bea enjoyed flowers and joined the garden club. She also took up Golf; and, after the game, met inside the Country Club for lunch and Bridge. She and her husband had a large home and her mother came to live with them as did a few more family members and friends.

After her husband passed, Bea moved to a lovely retirement home and continued her volunteer work at the hospital and making beautiful flower arrangements; as well as helping at the pharmacy with cultures and needs for forty years in all.

Bea has been with Barbara since November 2020 and loves
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BEA CELEBRATES 100TH BIRTHDAY!

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Byron, Georgia and trips to the beach. She enjoys SUDOKU and is trying to teach it to a Grand. Although she's had knee operations and back problems, Bea gets around, has fun, joined the garden club, is looking for a Bridge Club; and, is making many plans for the future. Bea is a very delightful person and a charming conversationalist. She said she still belongs to the Country Club in Baltimore but they don't charge her anymore!

Happy Birthday, Bea! We wish you many happy years to come!



VOICE OF THE RESIDENTS

VOL. XXV, No. 4 BROADMEAD, COCKEYSVILLE, MD. December, 2003

BEA POST'S "LITTLE HOUSE ON THE PRAIRIE"

By Bea Post as told to Fran Beasley

Bea Post, Broadmead's "flower arranger" par excellence, spent her childhood days in what she describes as a "Little House on the Prairie" lifestyle. Instead of a prairie it was a small village and primitive farms in the Appalachian Mt. chain in North-western, PA.

But in her words:

"I spent summers and Icelandic winters during the twenties on my grandparents' 800 acre farm in a place called Hedgehog Hollow. It was part of a valley bordered on the east by a mountain and on the west by the Allegheny River.

The nearest neighbors lived over a mile in

our combined labor.

A little after dawn each day Grandpa started a fire in the large cook stove in the kitchen and the pot bellied stove in the living room. It wasn't long before the crackling fire warmed the farmhouse. Before Grandpa came in from milking and feeding, Grandma was up and moving and from my room upstairs the aroma of bacon, eggs, buckwheat cakes tempted me from my warm and cozy bed. Teeny, my fox terrier, curled up with her head on my knees, lifted herself gently and stretched. Upstairs, if it was cold, I lifted the warm covers, grabbed my clothes and hurried as my bare feet hit the floor to make my way to the side of the living room stove to begin dressing for another day. Because of bad weather, on many days,





Dublin VA Begins Construction on New Outpatient Clinic

Special to *Senior News Georgia*

Submitted by James W. Huckfeldt
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www.dublin.va.gov.

The Carl Vinson VA Medical Center recently began clearing ground for a new \$16 million outpatient clinic on its main campus in Dublin, Georgia.

The eagerly anticipated 30,000 square-foot building will include new and enhanced space for existing primary care clinics as well as provide a new home for the medical center's rapidly expanding Women's Health Clinic.

According to VA project manager Carl Fountain, the new construction is occurring in phases.

First we had to clear the existing structures and now the area is being prepared. After that, we're looking forward to seeing steady progression, Fountain said.

The Dublin VA provides care to approximately 39,000 veterans over 49 counties in Middle and South Georgia. New Medical Center Director Manuel Davila is excited about what the new construction will mean for veterans' care.

This project will relocate our Blue Team, Green Team, and our Women's Health Clinics under one roof which will enhance access for our veterans and their families. At the VA, we are committed to providing high reliability care to our veterans, and this new structure is going to go a long way toward helping us do that even better, Davila said.

Davila noted that the new building will free up space for renovation of existing service locations, allow for consolidation of some services, and add 100 new parking spaces, all of which will enable the Medical Center to better serve outpatient veterans.

Completion of construction is expected in summer of 2023.



New Dublin VA outpatient clinic concept. New outpatient clinic will offer enhanced access to local veterans.



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Crossroads Quilt Guild Donates Quilts to Hospice Residents and a Homeless Veteran's Child

Special to *Senior News Georgia*

Submitted by James W. Huckfeldt
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www.dublin.va.gov.

Charles M. Schulz, creator of the beloved “Peanuts” comic strip, was on to something when he inspired the animated show, “Happiness is a Warm Blanket, Charlie Brown” to illustrate for the world what something like a quilt can mean to someone and why.

Charity Naim, a Licensed Clinical Social Worker at the Carl Vinson VA Medical Center and member of the Crossroads Quilt Guild located in Perry, Georgia, donated 12 quilts for the Veteran hospice residents over the holiday season. Sadly, these honorable Veterans may have seen their last Thanksgiving, New Year, and the holidays in between.

“Approximately 100 members are part of our guild and we’ve been donating quilts to the Carl Vinson VA Medical Center’s homeless program for the last seven years,” Naim said. “This donation was a bit different as we had slightly more quilts than hospice residents, so it felt like the best place to donate them for the holiday season.”

With 11 hospice residents receiving quilts, that meant there was one left over. At the Carl Vinson VA Medical Center located in scenic Dublin, Georgia, nothing goes to waste.

“Charity informed me that one of her quilts was perfect for a baby. I immediately thought of one of

our homeless Veterans who is participating in our Maternity Care Program and due to deliver any day now,” said Primary Care Social Worker for Women’s Health Tammie Campbell. “We have so many Veterans with children who need assistance, and the quilt is the proverbial cherry on top of the items we pack up and provide to them year-round, but especially during our annual baby shower which will be in April.”

Quilts, and other similar objects, tend to have a deeper meaning that other gifts may not have. According to the APA Dictionary of Psychology and adapted from the late British psychoanalyst Donald Winnicott, “transitional object,” explains “by extension any person or thing that provides security, emotional well-being, and a symbolic connection with a valued other.”

Our hospice Veteran heroes will transition from this world and their remains will be escorted by VA Police and the Dublin VAMC Honor Guard where the Veteran will be transported for funeral services. Some hospice Veterans are ready to pass on and others harbor a sense of natural fear, but if the quilts provide safety and security to help them face this moment with bravery, then all the time and effort put forth by the Crossroads Quilt Guild will have been well worth the effort. The quilts will be passed on to family members where memories will continue to be created and cherished.

If happiness is a warm blanket, then a handmade quilt crafted with love is truly a treasure.



BBB: Tips for Trusting Your Tax Preparer!

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

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- **Macon:** 277 M.L. King Jr. Blvd, Ste 201, Macon, GA 31201
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Most people get help filing their taxes, either from computer software or a professional tax preparer. In addition, some filers may have questions regarding COVID-19’s impact on their personal taxes. But horror stories in the media about tax service rip offs and scams have some consumers concerned about who they can trust with their financial data and private information.

A paid tax return preparer is primarily responsible for the overall, substantive accuracy of your tax return(s). If there is a problem with your return or you are audited by the Internal Revenue Service (IRS), the tax preparer can help you address the issue and can often represent you. The preparer is required to sign your tax forms (paper or electronic) and provide their preparer tax identification number (PTIN), a number assigned by the IRS.

Better Business Bureau advises taxpayers to be extra cautious when choosing a tax preparer, since that person or company will have access to your personally identifiable information (PII). Here are some BBB tips to help you find a tax preparer you can trust.

Get Referrals. To find a tax

preparer, start by asking friends and family for recommendations, then check BBB Business Reviews at bbb.org. Look beyond the letter grade; complaint details and Customer Reviews will tell you about others’ experiences.

Make sure they are properly registered. A tax preparer must obtain a PTIN from the IRS. Never let someone work on your taxes unless they have this number. Don’t be afraid to ask about this or other qualifications; a capable professional does not mind questions.

Look for credentials. Anyone with a PTIN can prepare your tax forms for you, but some tax preparers have more training and qualifications than others. Enrolled agents, certified public

accountants (CPAs) and attorneys have unlimited rights to represent their clients to the IRS on all matters. Other preparers can help you with forms and simple IRS matters, but are limited otherwise, and they can’t help you if they didn’t prepare your form. Learn more about tax preparer credentials on the IRS website.

Keep a watchful eye for promises. Be wary of any tax preparation service that promises larger refunds than their competition and avoid tax preparers who base their fee on a percentage of the refund. Also be wary of “refund anticipation loans,” which can take a hefty chunk of your refund in commission. Refunds

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FREE PRESCRIPTION DELIVERY

Tax Preparer

from page 13

are processed quickly these days, so it's a better bet to just wait for the real thing rather than pay a premium to get it now. Refund Anticipation Loans also created some delays for many individuals receiving stimulus payments within the last year.

Search for free tax programs. There are several free government programs that prepare taxes free of charge if you meet an income requirement; go to the IRS's Free File page for more information. Most will also file your state return as well. If not, check with your state's Department of Revenue to find out about their

programs.

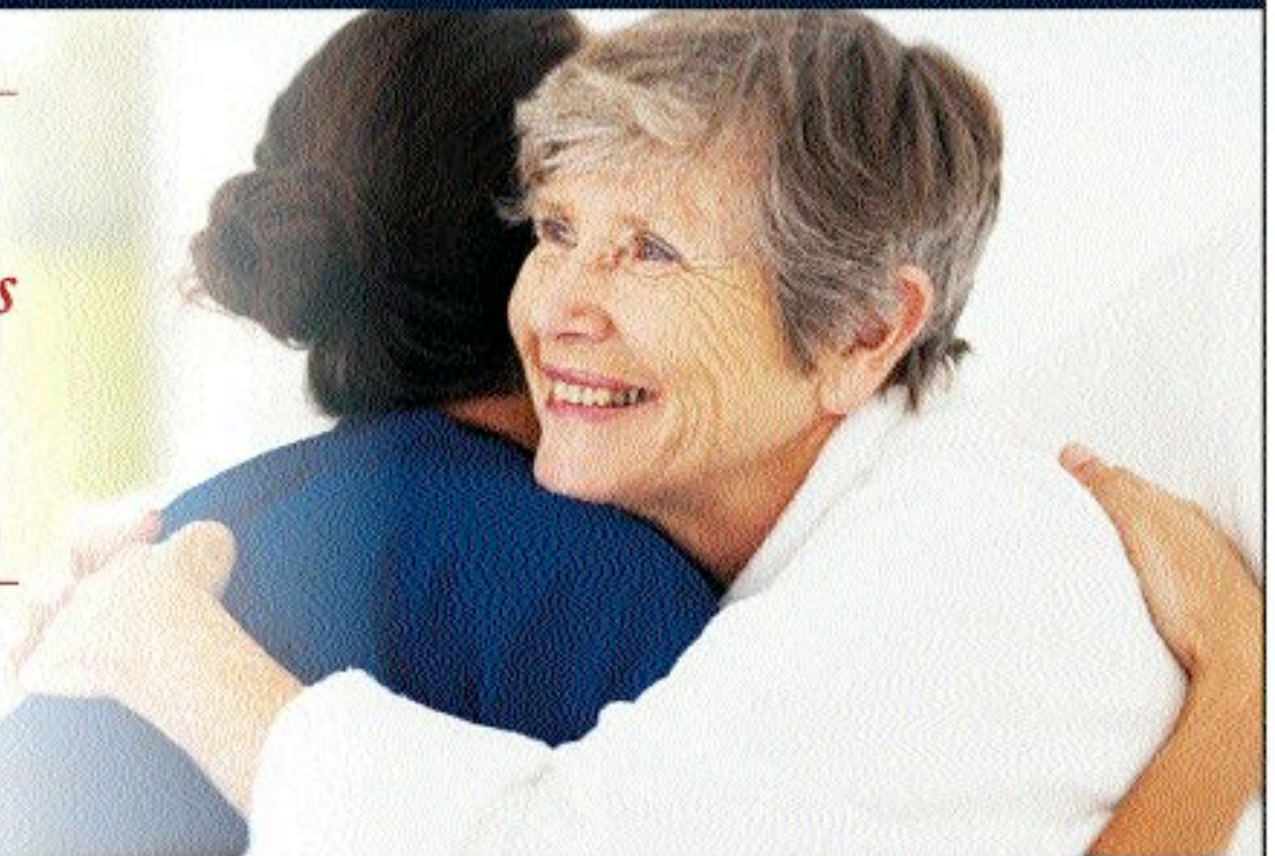
Tax Software and Apps. If you plan to file yourself, use tax software or an app that provides both excellent data security and good customer service. Some of the top names in tax prep software are BBB Accredited Businesses, so check with bbb.org first.

New tax laws can help create confusion that dishonest preparers will capitalize on, so taxpayers should always review their return before signing, ask questions on entries they do not understand. Also be sure to get a copy of the return for your records. Finally, do not ever sign a blank tax form or one filled out in pencil!

For more trustworthy consumer tips, visit BBB.org.

Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the International Association of Better Business Bureaus (IABBB). The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: BBB.org or E-mail: info@centralgeorgia.bbb.org.

In the end,
we believe *kindness*
can be the best
medicine.



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