

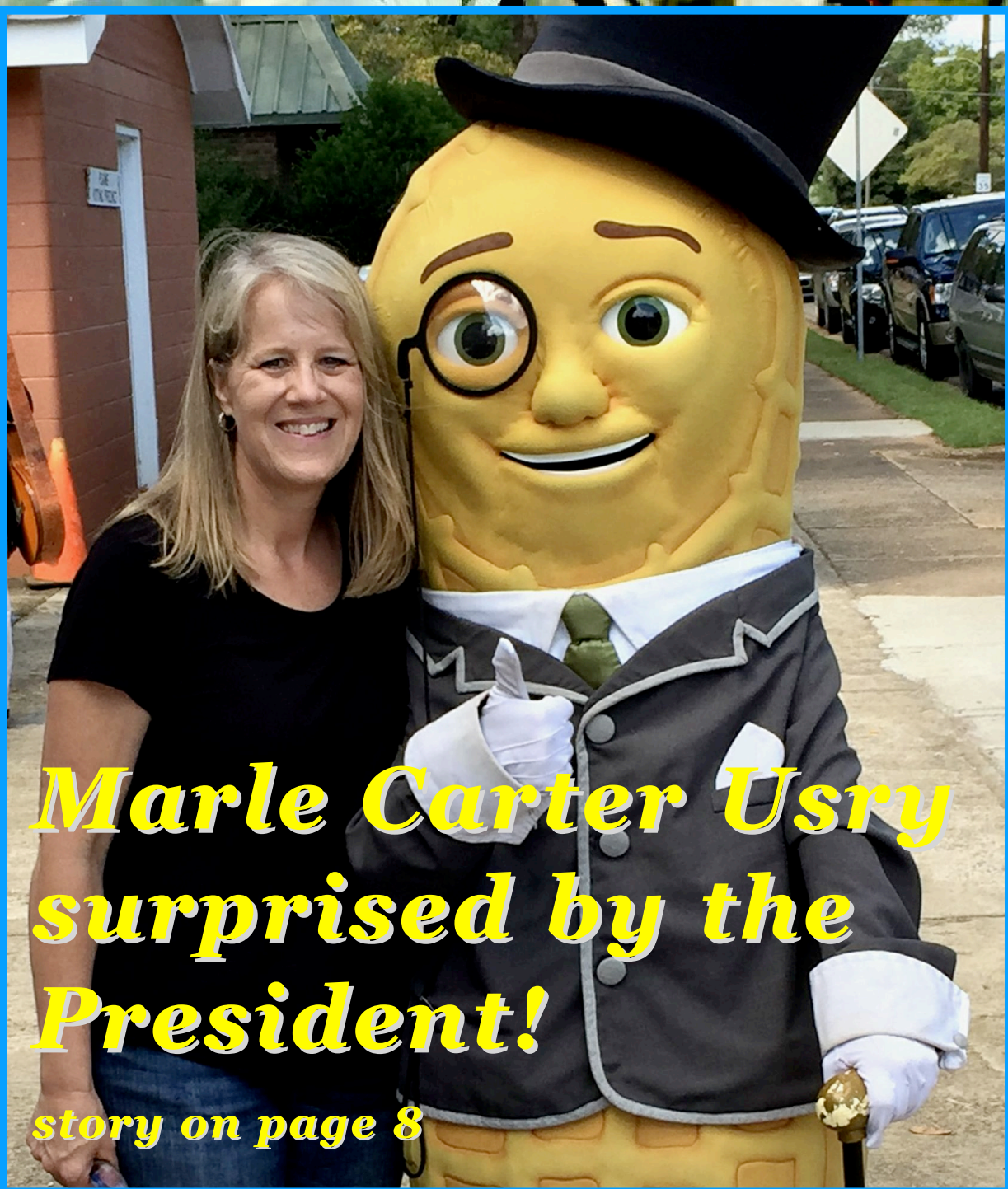
Senior News

Georgia

Providing Helpful Information for Mature Adults in GEORGIA!

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April 2023
Vol. 37, No. 4

Let Us Entertain You

by CLAIR HOUSER-DODD

Now that March Madness has passed and we all survived, we must get ready for April Annoyances!

Don't know about yours, but mine will be the hunt for a Geriatric Dentistry Department, preferably with a Dr. Paint and a Dr. Glue. That's about all a ninety year old mouth can handle. It sure-

ly cannot take the old steel wrap-around to hold the concrete. Similar to bracing in and pouring a patio. We've already had that. It goes like this: fix one, break one. And again we ask, "Why do kids look so adorable snagged toothed and we yet manage to look scary?"

How did this last catastrophe occur? We had a wonderful trip to "Cheddar's Restaurant" and enjoyed our favorite, Country Fried Steak. Had no idea that a hard piece in our mouth was the front of

a tooth. We thought it was the well fried covering of the steak. You can't feel it from the inside of your mouth as that part is usually A-Okay. It's the part that shows to the public that always goes astray. We should have caught on as this is far from the first time it's happened. Far, far from it!

Could we have brought it home and stuck it back in with Super Glue? Or, would that hard fried crust do just as well? If you hear of a Geriatric Dentistry anywhere in the World, please let me know.

While I'm on the pity-pot, let me turn this into a heads up warning. If, or when, you need to seek and search in your side-by-side freezer, beware! And wear your steel toed boots. We did not. Even nail-polish won't cover a black toe nail! It's painful too! Very much like dropping an anvil on your foot.

I called around to discuss the Ninety-fifth Oscar Awards Ceremony, and couldn't find but a very few who watched. No one had seen the winner, "Everything Everywhere A-11 Act Once." We all agreed Jamie Lee Curtis stole the show with her win, and her beautifully tasteful metallic gowns. We all loved Tom Cruise's Fly-By, and Jimmy Kimbrel's entrance with Blue Satin parachutes flowing behind him.

Incidentally, some of these extremely expensive outfits could have been exquisitely outstanding if only the wearer had remembered to button up the front.

If you are anywhere in the vicinity of Middle Georgia (or not) we must mention "The Flower Fantasy" to be held at Pineola Farms on April 22 and 23rd. It's Saturday and Sunday and with one \$20 ticket you can go both days. It is an extravaganza of beauty. You will enjoy food and beautiful vistas all around Pineola Farms

Hope to see you there!

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Connect, powered by Flint Energies, delivers all-fiber broadband service to inaugural customer!

Peach County resident takes advantage of Connect, powered by Flint Energies, all-fiber service, gaining access to up to 2 Gbps internet.

Special to *SeniorNewsGeorgia*

Submitted by **Marian McLemore**
mmclemore@flintemc.com

Reynolds. March 20, 2023

Flint Energies and Conexon Connect, the internet service provider arm of rural fiber-optic network design and construction management leader, Conexon, are pleased to announce the connection of their first customer to gigabit-speed internet.

Peach County’s joining to the Connect, powered by Flint Energies, fiber broadband network means rural Georgia residents now have access to Connect’s 2 Gbps service internet that is among the fastest and most robust in the nation.

Flint Energies Members Ian and Angelyca Russell say they are now able to instantly connect to the internet. “It has made all the difference for our family’s needs. Before Conexon Connect, we struggled to have good, reliable internet service. At one point, we were using several hotspots with our cellphone provider just to meet our digital needs.”

Even their young son Avery is a fan of the service. He gleefully exclaims, “We’ve got internet!”

Conexon Connect and Flint Energies announced its fiber-to-the-home (FTTH) project in March 2022 to build and deploy a nearly 3,000-mile fiber network. It will provide high-speed internet access to approximately 31,000 homes and businesses in Crawford, south Houston, Macon, Marion, Muscogee, Peach, Schley, Talbot and Taylor counties.

“Since announcing our fiber project one year ago, we’ve been excitedly waiting to announce that our first member is connected,” says Jeremy Nelms, CEO of Flint Energies. “This fiber will be used to pave the digital dirt roads that have existed throughout the Flint territory for far too long. With the services provided by Conexon Connect, our members can expect a total transformation in their lives and how they access digital information. With improved access to cutting-edge telehealth

services and online education, along with personal and professional development opportunities, the possibilities are endless. Flint began over 85 years ago working to improve these communities by installing electric service, and we’re working just as hard today with Conexon Connect to do the same thing in the same areas with fiber.”

The FTTH project is expected to be completed within four years and together, Flint Energies and Conexon Connect are investing approximately \$100 million to build the network.

To check availability and sign up for service, visit ConexonConnect.com.

About Flint Energies

Flint Energies is a not-for-profit electric cooperative owned by its Members in parts of 17 central Georgia counties. Flint employs nearly 215 employees and serves nearly 95,000 electric meters. We are 100% locally controlled and democratically governed by nine Directors elected from among the membership. In 1937, Flint Energies was created to bring people together to meet common needs like reliable electric energy, and our mission remains focused on improving the quality of life in Middle Georgia.

About Connect

Connect is the internet services provider (ISP) arm of rural fiber broadband design and construction management leader Conexon. The subsidiary was formed to operate and manage cooperative and investor-owned fiber-to-the-home networks. Connect leverages Conexon’s decades of co-op operations, fiber-

optic design and construction, telecommunications, federal and state lobbying and customer experience management expertise to successfully launch and operate projects. The Connect approach is to work exclusively with electric cooperatives to launch and deploy high-speed fiber-optic networks, enabling them to offer world-class fiber broadband to 100% of their members.

About Conexon

Conexon works with Rural Electric Cooperatives to bring fiber to the home in rural communities. The company is comprised of professionals who have worked in electric cooperatives and the telecommunications industry, and offer decades of individual experience in business planning, building networks, marketing and selling telecommunications. Conexon offers its electric cooperative clients end-to-end broadband deployment and operations support, from a project’s conception all the way through to its long-term sustainability. It works with clients to analyze economic feasibility, secure financing, design the network, manage construction, provide operational support, optimize business performance and determine optimal partnerships. To date, Conexon has assisted more than 200 electric cooperatives, 60 of which are deploying fiber networks, with more than 500,000 rural Americans connected to fiber to the home. The company has secured nearly \$2 billion in federal, state and local grants and subsidies for its clients.



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Senior News & Views of Georgia

Taking Care

Living well with low visions! Strategies to help with adjustment!

by LISA M. PETSCHKE

lmepetsche@gmail.com

Approximately 12 million Americans aged 40 and up have impaired vision, according to the Centers for Disease Control and Prevention. The American Foundation for the Blind defines visual impairment as "any vision problem that is severe enough to affect an individual's ability to carry out the tasks of everyday living."



Lisa Petsche

A number of eye conditions are associated with the aging process; the most common are macular degeneration, glaucoma, cataracts and diabetic retinopathy.

Visual impairment can negatively affect one's ability to read, write, engage in activities that provide purpose or pleasure, mobilize and socialize. Eventually routine household and self-care activities may also become difficult. Resulting losses include independence, roles and responsibilities, favorite pastimes and plans for the future.

It is normal for the affected person to go through a grieving process. Typical reactions include disbelief, anger, fear, anxiety, guilt, frustration, irritability, inadequacy, sadness and loneliness.

Time frames vary among individuals, but eventually the visually impaired person comes to accept the reality of their situation. At that point they are ready to plan for their future and take control of it as much as possible.

If you are living with low vision, read on for strategies that can help with the adjustment process.

Coping Strategies

Find an outlet for expressing your thoughts and feelings.

Learn as much as possible about the disease and its management. Share this information with those close to you.

Concentrate on what you can rather than can't do. Be open to learning new ways of doing things and finding substitutes for activities in which you can no longer participate.

Maintain important relationships to prevent isolation.

Allow plenty of time to adjust to your situation and any lifestyle changes it necessitates.

Don't hesitate to seek counseling if you become stuck in one of the phases of grieving, such as anger or sadness.

Practical Tips

Although age-related eye disease most often is chronic, there are many ways to com-

pensate for deficits and make the most of remaining vision. Here are some practical strategies for empowering yourself.

Ensure regular exams by an eye care professional, and enlist a relative or friend to accompany you to appointments. Take an active role in your treatment.

Don't request or accept more help than is necessary. Independence contributes to self-esteem and quality of life, and helps ward off depression.

Seek a loved one's help with relabeling frequently accessed containers with large print.

Ensure adequate lighting in every room, distributing it as evenly as possible. Devote special attention to task lighting--swing-arm lamps, for example--and lighting in dark spaces such as closets and stairwells. Outdoors, install sensor lights that illuminate walkways and entrances.

Minimize glare from reflective surfaces. For example, ensure all windows have coverings and place decorative cloths on glass tables.

Use color contrast to make objects easy to distinguish. For instance, use a dark tablecloth with light-colored dishes, and place contrasting tape on light switches.

When you go out with a companion, ask them to describe any unfamiliar environments. Let them know what you can and cannot see. If you are nervous about navigating in public, hold on to their elbow and walk half a step behind them, so they can lead the way.

Obtain a lighted magnifier for reading.

At home, ask others in your household and any visitors to leave doors fully open or completely closed, and put items back where they belong. Request that they consult you before rearranging or adapting the environment.

Get help in conducting a home safety assessment to identify potential hazards--for example, clutter and lack of proper stair railings--and do what you can to rectify them.

Arrange for an assessment by a low vision specialist who can recommend adaptive techniques and devices. The latter include large-button phones with speed dial, large-print calendars and talking watches.

Find out about organizations in your community that assist those with low vision. Consult your eye doctor or local office on aging, or call Prevent Blindness toll-free at 1-800-331-2020. Even if you feel you are managing adequately right now, it's a good idea to start learning about resources in the community that may be of help in the future.

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

OPINION

THE UNDERDOG

by Daniel W. Gatlyn USN Ret,
Minister/Journalist

The subject beings in this category are dubbed with multiple tags... laity, commoners, peons (and more); and, are summarily discarded on far too many occasions as being unimportant. They miss out on the accolades, the promotions, the marquee, the commendation and Awards. It is true that life is primarily made up of Traitors, Trolls, and Troopers (Flunkies, Observers, and Front Runners). Label this as you will; there remains a segment to be extracted from each category. These are members of a group who, for whatever reason, did not "make the List," even as Honorable Mention! No matter what billet they fill, or what task is performed, they seldom get credit for anything. While we make no apologies for honoring those who sacrifice much to merit "top spots," we should not forget others who go unnamed.

Like it or not, there are scores of individuals who trace the lines, mend the mines; and, pay the fines... a selection of souls who work late hours without reward and who are often left to salvage the shattered pieces of a botched mission. Industrialists and professionals generally garner the "cream of the stream," while the unseemly contributors are left to weather the storms alone. The appearance of such may leave an unnerved host of "bright eyes" with the impression that the tacky group is worthless and do not count; when such mentality is far from truth.

For the moment, let me kindly take up their case and cause; and, stand up for the careless and caustic chorus of individuals who many times make the difference between asset and liability.

Without a statistical list of involvements (which would consume

excessive pages and posture); let me mention just one of the examples of "high value and low maintenance contributions" made by a member of a subordinate staff. The highly sophisticated Norden Bombsight worked well for high altitude missions... (at an expensive price)... while lower ranked crewmember Ross Greening of the Doolittle Raid designed and developed a highly effective (low level) Bomb Sight for just TWENTY-FIVE CENTS. It was

used for the Raid on Japan on April 18, 1942. We are ever mindful of the vast number of technical personnel who continuously orchestrate materials and machinery for the widespread tasks of conflict and casualty resolution. At the same time, we can recognize that history records the innumerable, and outstanding, feats accomplished by those of minimal expertise or motivational drive. Every single person on this planet, regardless of IQ, deserves our attention!

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On the Cover

Masters Week is Here in Augusta!

By Carolyn Brenneman

Cover: Beautiful displays of white azalea blooms!

The weather is warm and the beautiful pink, white, red, and multi-colored azaleas are in full bloom! Select residents have rented out their homes for a week for an extravagant amount of money; and, our Augusta businesses are all prepared to entertain thousands of newcomers visiting the second largest city in Georgia.

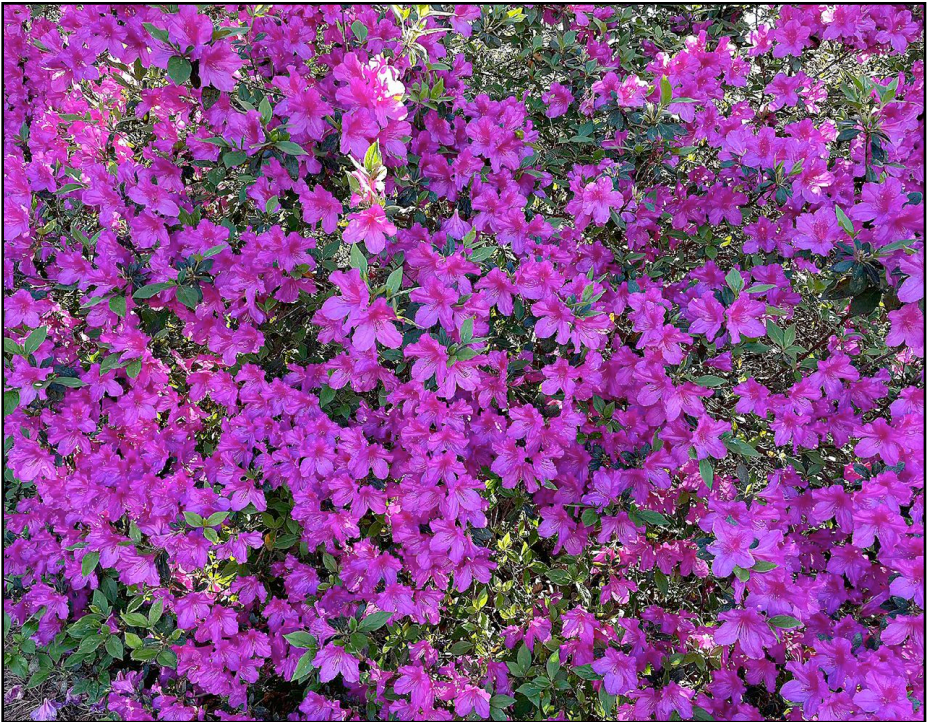
Masters is here at Augusta National Club. Yes, this is the most famous event that occurs every year in April in our Augusta. As a worldwide event held during the week of April for the last 87 years, The Masters is played by the best golfers ever.

The Masters is the first of the four major PGA Tour championship golf tournaments played yearly in the US. And, Augusta has been preparing for this dramatic transformation of its quiet city for over a year and now thousands of guests are spending millions of dollars in our conservative and cozy town. The Masters’ events, watched on tech devices by millions throughout the

world, showcases the best golfers in the world competing for the coveted prize of a green jacket.

This year, The Masters is scheduled to be played from April 6–9, 2023, with practice rounds taking place April

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Beautiful Azaleas in full bloom!



The faithful attending the tournament!

MASTERS

from page 6

3-5 at the Augusta National Golf Club. The golf club is known as one of the world's most exclusive clubs and most venerated domain of cultivated landscaping.

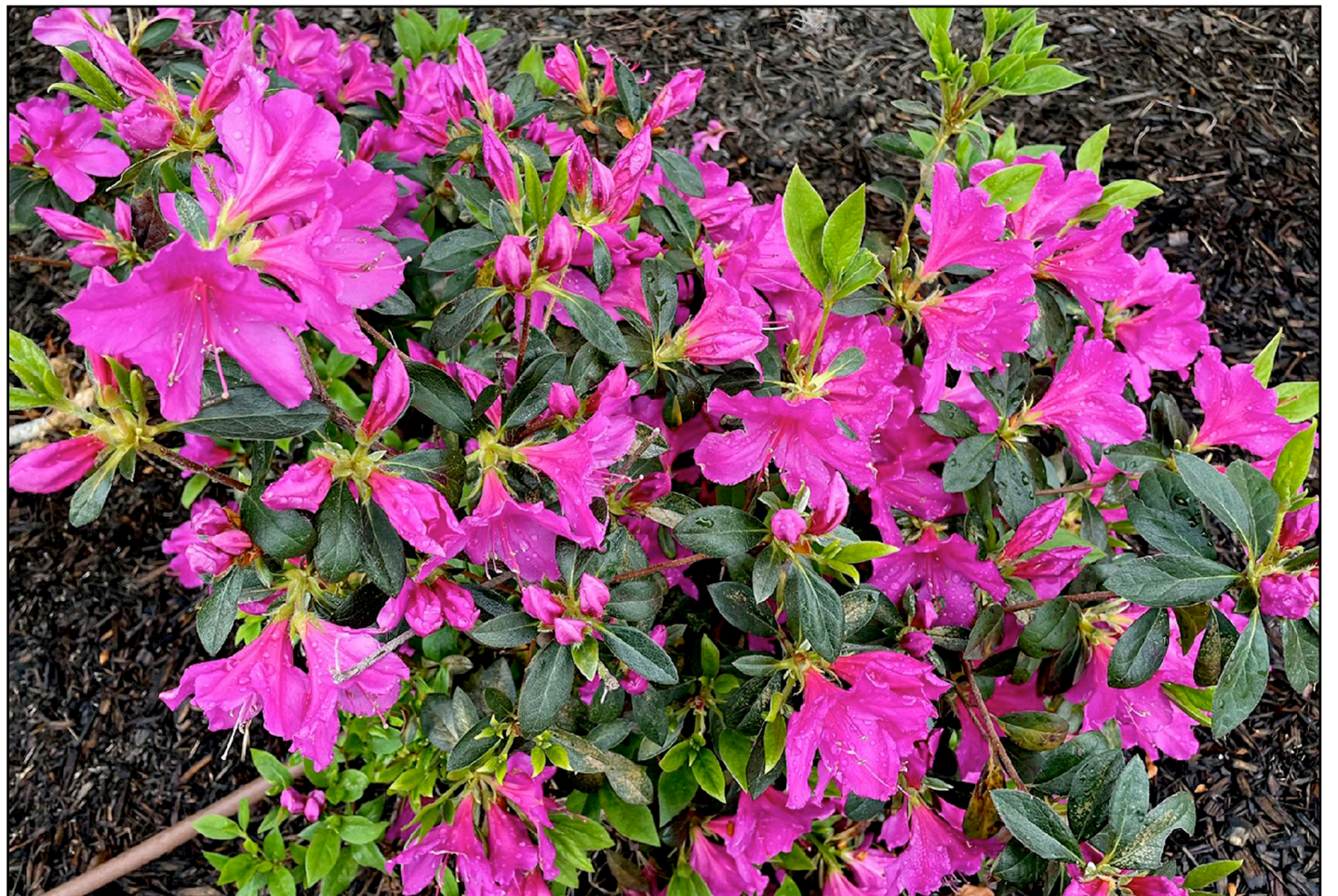
Well, is it easy to attend the Masters? No! We can't just buy tickets to The Masters. We must apply for the opportunity to purchase tickets via a lottery the previous June, and the lottery is only open for 20 days. Tickets must be purchased from Augusta National, Inc., the only authorized source/seller of Masters® Tickets. And the golf police will arrest anyone who even thinks about reselling any of the coveted Masters tickets.

The rules are strict as to what we can and cannot bring into the club, what we can wear or not wear; and, of course, we won't even think about breaking the rules about cameras, cell phones, Apple watches, Samsung smart watches, and recording devices. Otherwise, the Augusta National Golf Bureau of Investigation will hunt us down, escort us out, and forbid us from ever attending again – forever.

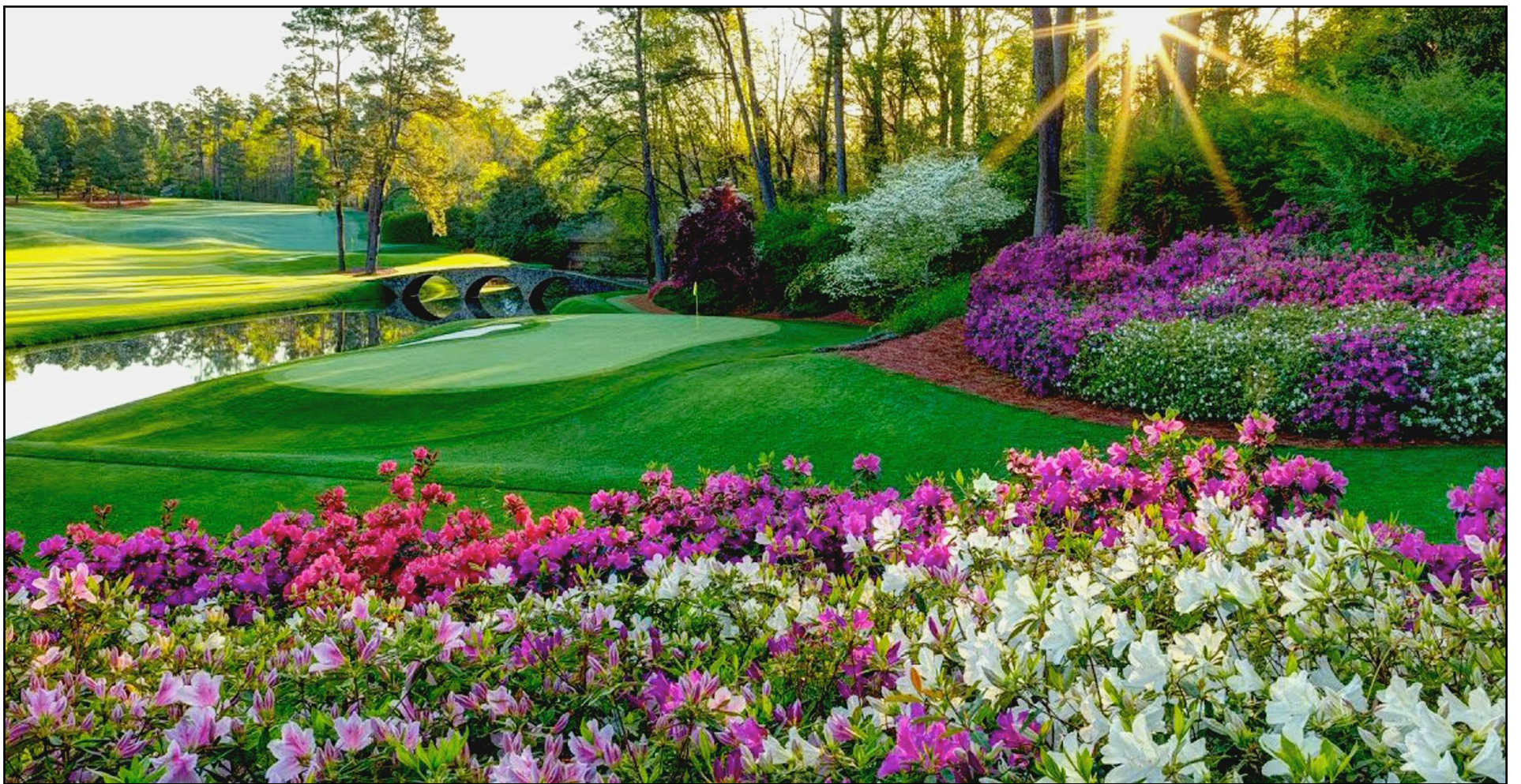
But if you really want some videos or photos, the

practice rounds are when we want to visit. Only cameras are allowed on those days which means no hiding of our cell phones!

Well, with the world's golf elite and aficionados coming to this small town, local residents will also join in the celebrations and social gatherings. Millions of people from around the world will watch the golf drama as it unfolds. And for the locals who do not have tickets to attend, this is the week to renew friendships and make new friends in the numerous entertainment centers in the area. The week brings us daytime festivals, street vendors and gorgeous displays. So, let's all enjoy!



Beautiful azaleas as seen throughout the golf club!



The Augusta National Golf Club!

On the Cover

Marle Carter Usry surprised by the President!

by CLAIR HOUSER-DODD

COVER: Marle Carter Usry enjoying a visit to Plains, Georgia.

The delicious Caramel Cake at my surprise Malibu Birthday Party was made by Marle Usry. Sandee Khoury knew about it being Marle’s favorite uncle, Jimmy Carter’s, favorite cake; and, figured if it was good enough for a President, it would certainly make a hit on my 90th! It certainly did. I ate five pieces.

Marle has just retired, in December 2022, from teaching third grade at Byron Elementary, Kay Road Elementary, five years with the Georgia Department of Education as Social Studies Specialist at the Jimmy Carter National Park in Plains, Georgia where she led the Field Trip Programs and wrote curriculums about Jimmy Carter.

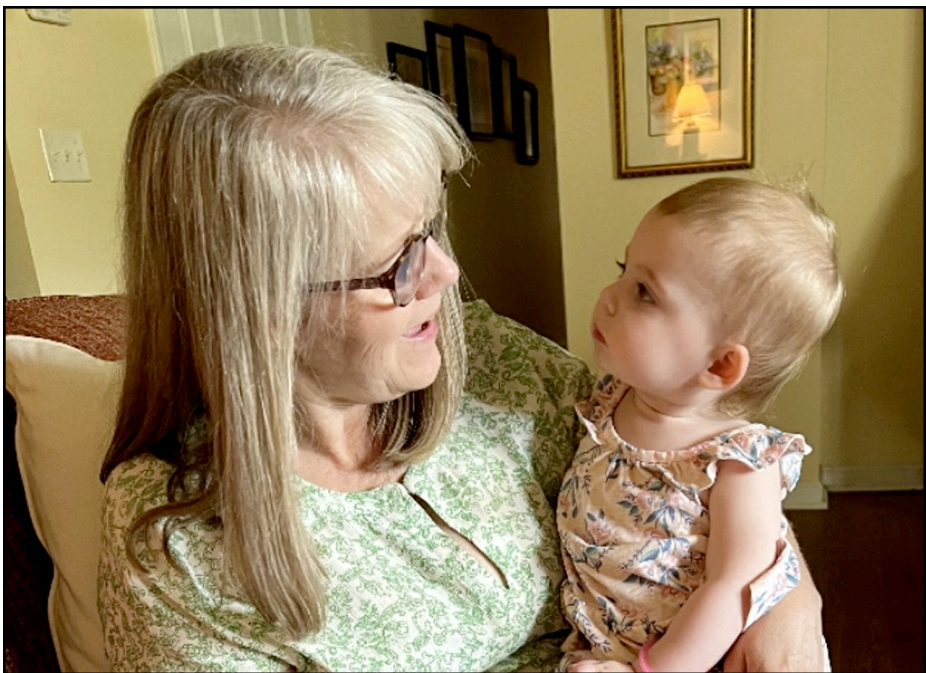
Now she has time to enjoy friends and family, and cooking. Marle loves her old cookbook, from the Plains Junior Women’s Club. It is ancient and falling apart, but cherished. The old-fashioned Caramel Icing recipe is about 100 years old and heavy. Hence the cream cheese pound cake. It had to be dense enough to hold that heavy icing. It was wonderful. Maybe Marle will go into catering!

While visiting and having so much fun, we heard a story that has to be told.

One day while teaching in Byron in 2008, she heard that Uncle Jimmy was coming to Macon. Sorta laughingly, Marle

sent an e-mail to see if he just might be able to stop by Byron to read his children’s book to her students. A long shot in her mind! But, Hey! A couple of days later she was called to the office to meet a couple of strange men. Having no idea

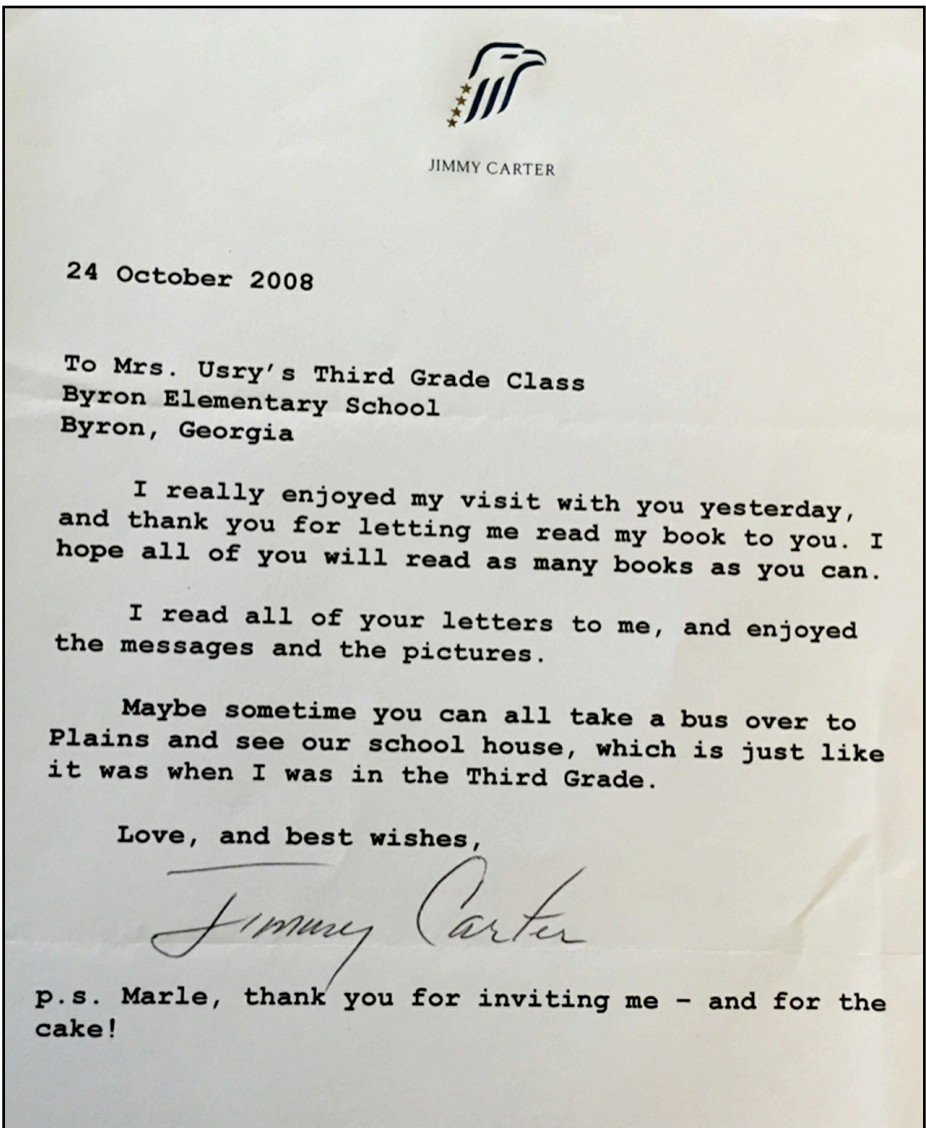
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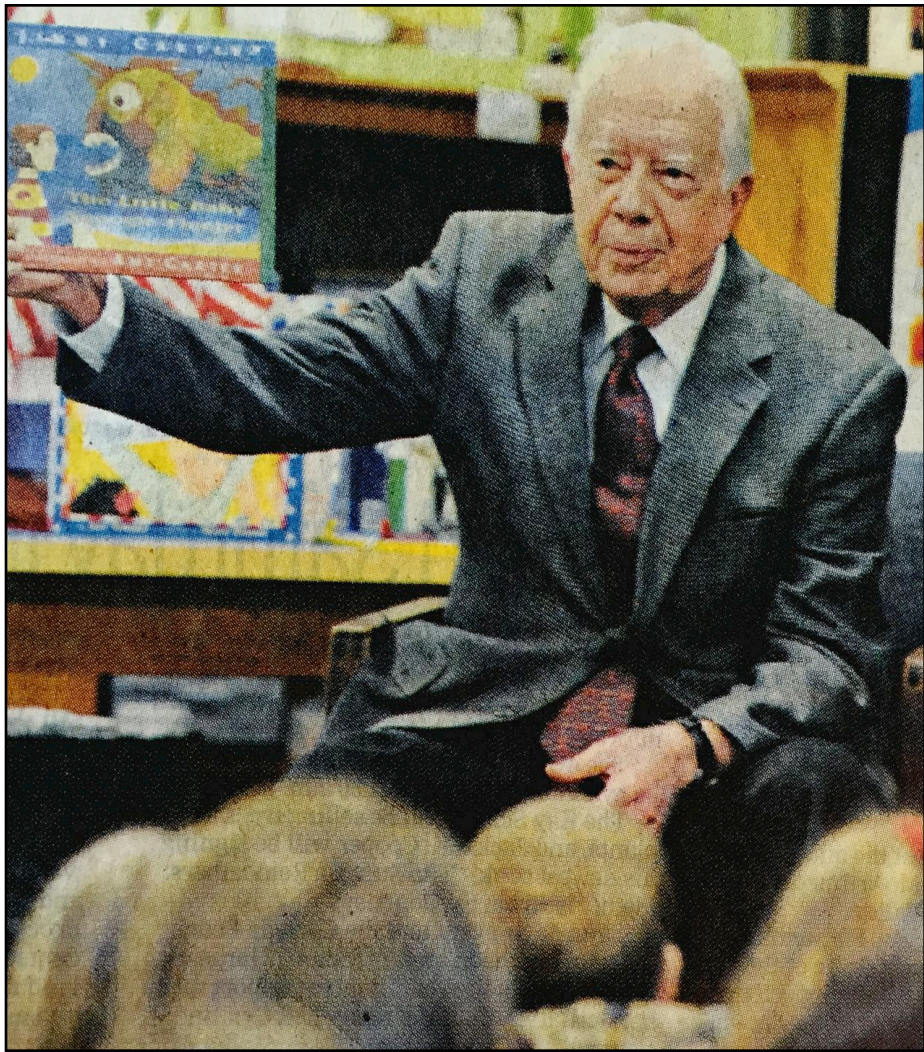
Marle and granddaughter Emmeline!



Having fun with the “fur babies!”



Letter to Marle from President Jimmy Carter!



President Jimmy Carter shares with third grade students.



Marle enjoys a hug with her uncle, President Jimmy Carter!

MARLE
from page 8

who they were, she was really in shock when she discovered they were there to set up her meeting with the President. He came the next day for a library gathering with only the third graders. Security is able to set up small groups in a hurry. Out of all the books he has written, there is only one children’s book, “The Little Baby, Snoogle-Fleejer.”

I was in Atlanta during the 70’s and 80’s in Ansley Park. Governor Carter and Rosalynn were High Profile. We met often. Also, my husband, Dr. Billy Dodd, was kin to the Carters on the Ansley side.

We knew Marle’s father, Billy, through Pat Toulivers who wrote a beautiful coffee table book about him. We loved our visits with him in Plains. These folks are fun to be with, personally plus.

This article was started before it was known that President Jimmy Carter was going into Hospice Care. We are

praying for him and the rest of his family. We are proud to have had a governor and President from Georgia; especially with such charm and home-grown South Georgia friendliness.

Thank you, Marle, for an exciting interview. Loved hearing about your funny hubby, Jody, Luke, Meghann and especially granddaughter, Emmeline. Bless your wonderful family.



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VA recognizes Dr. Kelsey Metts... National HeRO Awardee for commitment to patient safety!

Special to SeniorNewsGeorgia

Submitted by James W. Huckfeldt
Deputy Public Affairs Officer
Carl Vinson VA Medical Center
Dublin, GA; James.Huckfeldt@va.gov

The U.S. Department of Veterans Affairs (VA) announced today it honored Veterans Health Administration (VHA) National HeRO Awardee Dr. Kelsey Metts, a clinical pharmacist at the Carl Vinson VA Medical Center in Dublin, Georgia for their contributions to VHA’s Journey to High Reliability.

Dr. Metts and a colleague, David Brown, created a dashboard to screen female Veterans ages 47 years and younger, who are at risk of becoming pregnant, to ensure they are not currently prescribed teratogenic medications that could harm the embryo. With unwavering support from Women’s Health, Dr. Metts’ dashboard helped save a few pregnancies.

VHA’s enterprise-wide Journey to High Reliability aims to continuously improve processes by maximizing patient safety and reducing harm, with the overarching goal of making VHA the Safest Health Care System for All. The National HeRO Awardees were recognized for their safety efforts and process improvement initiatives to provide the best possible care to Veterans every time.

“I am immensely proud of the work Dr. Metts has accomplished,” said Manuel Davila, Medical Center Director. “Receiving a National HeRO Award means our staff members have integrated High



Dr. Kelsey Metts

Reliability Organization (HRO) Principles and practices into the fabric of our daily operations and culture to ensure VHA delivers the best care possible. Veterans have a champion on their side when it comes to Dr. Metts.”

All ten teams and individuals

were nominated by their leadership in one of five categories: Clinical Individual from a Veterans Integrated Service Network (VISN) or Facility, Non-Clinical Individual from a VISN or Facility, Clinical Team from a VISN or Facility, Non-Clinical Team from a VISN or Facility, and Individual or Team from VHA Central Office.

The National HeRO Award is the highest level of HRO recognition available within VHA and is reserved to honor employees who advance VHA’s Journey to High Reliability through the demonstration of VHA’s HRO Principles in action.

Learn more about VHA’s Journey to High Reliability at VA National Center for Patient Safety.

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Repticon Atlanta: A Walk Among the Wild Things!

Special to *SeniorNewsGeorgia*
info@repticon.com

Lawrenceville, GA
April 15 & 16, 2023

Repticon brings the amazing world of reptiles and exotic animals back to Lawrenceville, Georgia on April 15 & 16, 2023, with a fun and educational exposition suitable for all ages and personalities. A truly family-oriented event, Repticon's reptile and exotic animal shows are held in major cities throughout the United States and attract thousands of enthusiasts.

Repticon, a recognized leader in hosting reptile and exotic animal expos throughout the United States, is coming to Lawrenceville with an outstanding mixture of vendors and breeders. This family-oriented, fun-filled event offers guests the opportunity

to learn about animals not normally seen in local pet stores. Breeder-vendors are always willing to teach in their field of herpetology.

Guests can also shop for a new family pet among the hundreds of reptiles, amphibians, invertebrates, spiders, and small exotic animals. Repticon Atlanta is also the perfect place for them to get merchandise, cages, supplies, and both live and frozen feeders, as well as to get expert advice about caring for their new household member.

This event, to be held at the

Gwinnett County Fairgrounds, offers a unique family outing suitable for all ages and for a very diverse range of enthusiasts.

The show hours are Saturday: 9:00 a.m. to 4:00 p.m. Sunday: 10:00 a.m. to 4:00 p.m. Ticket options are only sold online: \$15, Super Ticket; \$12, Sat.; \$10, Sat After 1 P.M.; \$12, Sun; \$6, for children 5 to 12; and children 4 and under are admitted free. For more information and to find tickets please visit our website: <https://repticon.com/georgia/atlanta/>.

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15th Annual Historic Beech Island Tour

Saturday, April 29

Special to *SeniorNewsGeorgia*

The society's 15th Annual Historic Beech Island Tour to be held Saturday, April 29, from 10 a.m. - 5 p.m. will feature 14 historic and unusual places to visit. Among them will be Carolina Farms, a real working farm complete with a vast array of animals – goats, sheep, Emus, horses, chickens, turkeys, guineas, pigs, ducks, rabbits, peacocks and a milk cow. Come pet and feed the animals and tour the farm's 1850s home near Jackson, SC.

Other sites include Trusty Farms, a plant nursery where Ryan Trusty grows a wide variety of unusual food-bearing, flowering perennials, carnivores, and tropical and aquatic plants; Boondock Farms, an agri-tourism farm where Jarett and Laura Acosta sell homemade jams, jellies, and tomato pies as well as handmade candles, and Jenks and Gloria Farmers' beautiful old-school cottage garden where Jenks raises fields of beautiful pink crinum lilies. Our tour also includes: tours of Redcliffe Plantation; First Baptist Church of Beech Island; Silver Bluff Baptist Church; the Beech Island Historical Society's History & Visitors Center, Country Store and Agricultural Museum; Hammond and Zubly cemeteries; a 1737 Swiss settler's archaeological site and the Silver Bluff Audubon Center and Sanctuary and Risher Cabin.

Tickets are \$25 for adults (\$20 in advance) and \$20 for

seniors (\$15 in advance). Children under 18 are free. The barbecue lunch is from 11-1 p.m. For more info, call Jackie Bartley @706-833-3651 or email: bdbartley@comcast.net or visit our website beechislandhistorical society.com.



1850s Home of Daniel and Carolina Paradis and Their Carolina Country Farm.

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