



Senior News

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Information For Ages
50 PLUS!

*Let's take a
trip to see the
Cyclorama!*

Story on page 5

June 2019
Vol. 33, No. 6

Taking Care

Stay connected with elder in retirement setting!

by LISA M. PETSCHKE

One of my husband's aunts moved to a nursing home a while ago, due to her fluctuating health status and declining ability to care for herself. Although she'd exhausted other options, she was extremely unhappy about the situation and initially our visits there were strained. But my husband and I persisted and gradually found ways to make interactions with her enjoyable again.



Lisa Petsche

If you find yourself in a similar situation, grappling with how to help ease an older relative's transition into long-term care, here are some suggestions from my personal and profes-

sional experience.

One of the best things you can do is share psychosocial information with staff to help them get to know your relative. Valuable personal information might include birthplace and other places lived; family of origin; education; work history; successes, losses and other challenges; significant relationships; pastimes and skills; personality and coping style; cultural and religious background; values and beliefs; routines and habits; likes and dislikes; and what brings comfort when something upsetting occurs.

Such information assists staff in seeing a unique person rather than simply someone with a set of physical needs (especially valuable if your relative is unable to communicate or illness has caused behavioral changes.) It also guides staff in individualizing the plan of care. In addition, they can use the information to initiate con-

versation, putting your relative at ease and building rapport, and to introduce him or her to residents with similar backgrounds or interests and match recreation programs to fit specific needs.

There are also many direct ways you can help your relative feel valued and connected to pre-admission life:

- Bring in possessions from home to personalize his or her room.
- Supply a large calendar with special occasions marked.
- Plan to visit when you're not rushed for time. Develop a regular visiting schedule so your relative knows when to expect you and can anticipate your next visit. Telephone between visits if you can't get in as often as he or she would like.
- Bring flowers from your garden or some favorite foods.
- Change room decorations to reflect the seasons and holidays.
- Actively listen to what your relative has to tell you. Show interest in his or her daily activities.
- Keep your relative informed about current events by supplying a radio or television or arranging for a newspaper subscription.
- Recreate routines from home, such as playing cards or watching a favorite TV program together.
- Encourage your relative to try some recreational programs or attend a resident council meeting. Join in yourself for special events.
- Keep your relative up-to-date on news about family and friends, and involve him or her in family decision-making.
- Notify family members and friends of the new address and phone number and encourage them to call, write or visit. Offer to join them for the first visit if they express anxiety.
- Bring your relative's or your pet in to visit (find out the home's policy first).
- Plan activities outside the residence. Go for a walk around the neighborhood or take a drive, for example. If your relative uses a wheelchair, register with the local accessible transportation service so you can take him or her to a restaurant, the mall or community events.
- If it's feasible, arrange for your relative to come home for a few hours.
- Continue to include him or her in family celebrations. If members' homes aren't accessible, choose a restaurant or banquet hall that is, or ask staff to help you plan a gathering onsite. Videotape or photograph events your relative isn't able to attend, to share later.

Be prepared that your relative may demonstrate considerable sadness, anxiety or anger at first. He or she will need time to grieve losses, which might include a house that holds fond memories, companions, pets, possessions and supportive neighbors, for example.

Some residents adjust to their new circumstances within a matter of weeks, while others can take months to accept the change in living arrangements and settle in. Be patient. Keep showing up and reaching out.

If you're concerned that your relative isn't adapting well, consult with the staff social worker.

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

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VA to launch new VA health care options under MISSION Act

Special to Senior News

DUBLIN, Ga

The U.S. Department of Veterans Affairs (VA) will launch its new and improved community care program June 6, 2019, implementing portions of the VA Maintaining Internal Systems and Strengthening Integrated Outside Networks Act of 2018 (the MISSION Act), which both ends the Veterans Choice Program and establishes a new Veterans Community Care Program.

Carl Vinson VA Medical Center (CVVAMC) has VA MISSION Act activities planned for this summer, includes holding Veteran Town Hall at each Community-Based Outpatient Clinic during June and July. Consult the CVVAMC in Dublin, GA for meeting dates.

The MISSION Act will strengthen the nationwide VA Health Care System by empowering Veterans to have more options in their health care decisions.

Under the new and improved Veterans Community Care Program, Veterans can now work with their VA health care provider or other VA staff to see if they are eligible to receive community care. Eligibility for community care does not require a Veteran to receive that care in the community; Veterans can still choose to have VA provide their care. Veterans are eligible to choose to receive care in the community if they meet any of the following six eligibility criteria:

1. A Veteran needs a service not available at any VA medical facility.
 2. A Veteran lives in a U.S. state or territory without a full-service VA medical facility. Specifically, this would apply to Veterans living in Alaska, Hawaii, New Hampshire and the U.S. territories of Guam, American Samoa, the Northern Mariana Islands and the U.S. Virgin Islands.
 3. A Veteran qualifies under the "grandfather" provision related to distance eligibility for the Veterans Choice Program.
 4. VA cannot furnish care in a manner that complies within certain designated access standards. The specific access standards are described below. (Important: Access standards are proposed and not yet final.)
 - Average drive time to a specific VA medical facility
 - 30-minute average drive time for primary care, mental health and noninstitutional extended care services.
 - Sixty-minute average drive time for specialty care.
- Note: Average drive times are calculated by VA using geo-mapping software.
- Appointment wait time at a specific VA medical facility
 - Twenty days for primary care, mental health care and noninstitutional extended care services, unless the Veteran agrees to a later date in consultation with his or her VA health care provider.
 - Twenty-eight days for specialty care from the date of request, unless the Veteran agrees to a later date in consultation with his or her VA health care provider.

1. The Veteran and the referring clinician agree it is in the best medical interest of the Veteran to receive community care based on defined factors.
2. VA has determined that a VA medical service line is not providing care in a manner that complies with VA's standards for quality.

To help employees prepare for this transformation and others under the MISSION Act, CVVAMC dedicated the month of May to readiness.

"We are honored to reaffirm our commitment to America's Veterans," said VA Medical Center Director David Whitmer, CVVAMC. "Our staff is steadfast in providing health care that meets the needs of our Veterans at the right time and place."

The VA MISSION Act:

- Strengthens VA's ability to recruit and retain clinicians.
- Statutorily authorizes "Anywhere to Anywhere" telehealth provision across state lines.
- Empowers Veterans with increased access to community care.
- Establishes a new, urgent-care benefit that eligible Veterans can access in the community.

"We understand any transformation of this size and on such a rapid timeline is not without

risk," said Whitmer. "We are aiming for excellence in this effort, and we will continue to improve the process as we hear from our Veterans."

Carl Vinson VAMC serves approximately 37,000 local Veterans every year.

For more information:

- VA news release – April 22, 2019: https://www.blogs.va.gov/VAntage/59215/vas-improvements-veteran-community-care-mission-act-track-june-6-implementation/VA_Vantage_Point_Blog – April 1, 2019: New eligibility criteria a major improvement over existing rules
- VA Vantage Point Blog – March 19, 2019: VA MISSION Act: What is the latest on community care? How VA is transforming Veteran community care under the VA MISSION Act of 2018 and what to expect.
- VA Vantage Point Blog – Feb. 11, 2019: MISSION ACT 101: How the law will improve VA's ability to deliver health care to Veterans

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Senior News & Views of Georgia

Opinion

"ABORTION: The Ultimate Error!"

by DANIEL W. GATLYN, USN Ret.
Minister/Journalist

One would never have guessed that this planet would one day be seared with the abominable stretch of human abortions; but, it is a present reality. Approximately fifty-six million babies are aborted each year; with the United States trailing Russia with 37.4 per thousand; Cuba (rate is 28.9); Kazakhstan (27.4); Georgia (26.5); Romania (21.3); Sweden (20.8). America stands at 19.6. The lowest country is Poland with 0.1 per thousand. (These rates are from 2010). Total estimated abortions in U.S. since 1975 is 42 Million!

When the Supreme Court decided for abortions on January 22, 1973, few would have dared appraisal of the controversial decision; or, the millions of infants scrapped like so much garbage. It has been the sore spot of Judicial opinions into the twenty-first century; and, continues to plague the nation through Administrative, Political, and numerical stats; especially with permissive/liberal groups.

Six states have rewritten their take on the 14th Amendment; with several more contemplating the same. This is indicative of a sober realization of what is expected from a civilized society. It may also lead to a review of Roe v. Wade.

Addressing this issue from a perspective which is

alien to most of the world – with phrase sounding sensible to an Omnipotent Creator – one may well announce that "humanity is no longer capable of handling their own affairs." Opinions and decisions will be reached by a vast number (both in and out of the courts); but, in the most stringent word, their decision (in light of eternity and heaven's slant) matters not; for the correct approach to this puzzling equation has long been settled by the voice which guides all progress. If that daring statement finds error, then nothing on this earth really matters – what you say or do, where you go, what you think, and the finale of each! Like it or not, we are saddled with the obligation to adjust our ways toward the one who placed order in this mystical universe. That's just the way it is!

To be sure, there will be a scrambling for accepted tempo and terrace. The multiple parties will be busy vying for popular spots on the ballot of every election or legislation affecting these issues. And with each choice, there will be a recording (both in earth and heaven) surrounding their moral stance. Take it to the bank, to the church, or to "Bubba" on the town square – every decision demands a response from the Power House to the steps of superiors; and, often, in thirty minutes. We can flout the Tower of Babel, the mighty surf of the seas, the patterns of weather from East to West; or, the reproduction capabilities of man and woman; but, all manner of manipulation will end in multiple moments of misery.

Listen carefully!

Sixth Annual Chattahoochee Valley Daylily Festival to Be Held at Columbus Botanical Garden

Festival was Recognized as a Daylily Ambassador by the American Daylily Society in 2018

Special to Senior News

Columbus, Ga., May 25, 2019

The sixth annual Chattahoochee Valley Daylily Festival will be held on Saturday, June 8, 2019, from 9 a.m. to 5 p.m. at the Columbus Botanical Garden, located at 3603 Weems Road in Columbus, Ga. Held since 2014, the festival is being presented by the Chattahoochee Valley Daylily Society, Columbus Botanical Garden, and the UGA Extension. During last year's event, the festival was honored by being recognized as a Daylily Ambassador, a distinction held by few.

The Daylily Festival will feature an accredited daylily show that is scheduled to open at 1:15 p.m., a marketplace with daylilies and arts and crafts for sale, and the opportunity to learn daylily growing tips and see demonstrations. Food will be available for purchase. Admission is free. A donation of \$5 is suggested.

"The AHS Daylily Ambassador program recognizes those clubs, businesses, organizations, communities, individual or groups of individuals that successfully achieve outreach to the general public by extraordinary effort in promoting the daylily. We were excited to receive this distinction, and we hope you'll join us for this fun event," said Larry Miller,

Chairman of the Chattahoochee Valley Daylily Festival. "Plan to come early for the best selection and stay for the day."

For additional information, visit us at the following sites:

Columbus Botanical Garden:

- Facebook: Columbus Botanical Garden
- Website: www.ColumbusBotanicalGarden.org
- Instagram... Columbus_Botanical_Garden

Chattahoochee Valley Daylily Society:

- Facebook - <https://www.facebook.com/daylilysociety>

About Columbus Botanical Garden

Nestled in North Columbus amid shopping and eateries, Columbus Botanical Garden operates as a 501(c)(3) organization whose mission is to develop gardens, protect woodland, and provide educational programs that stimulate the imagination and deepen our understanding and appreciation of nature. This preserved jewel of pine and hardwood forest is a remnant reminder of the native Central Georgia landscape that is becoming more scarce as the region continues to develop. Since its founding in 1999 with a gift of acreage and buildings from the children and families of Lillie Belle Kimbrough Adams and later approved by the Columbus City Council, Columbus Botanical Garden (CBG) has been the steward of a 23-acre rolling property located about 6 miles northeast of downtown Columbus. With its recent expansion to 36 acres, CBG now encompasses four developed acres.

On the Cover

Let's take a trip to see the Cyclorama!

by CAROLYN BRENNEMAN

Ever since February of this year, the Atlanta History Center is presenting the "Cyclorama: The Big Picture," which features the fully restored cyclorama painting of the Civil War "Battle of Atlanta."

Want to know what a cyclorama is? A circular picture of 360 degrees viewed from inside. And this painting is one of only two cycloramas in the United States – the other being the Battle of Gettysburg cyclorama – making it one of America's largest historic treasures. The restored cyclorama is now viewed by hundreds of thousands of visitors who come from all over the United States to take in its beauty. So, let's take a day trip with our family and grandkids to the Atlanta History Center!

This historic painting, is a multimedia experience, which through its last restoration which began in 2017, shows the visual story about the 1864 Battle of Atlanta. Over time it has evolved into a significant artifact of a hand-painted work standing 49 feet tall, longer than a football field, and weighing over 10,000 pounds.

The cyclorama was originally created by 17 German artists in Milwaukee in 1886. They created the masterpiece in five months and

debuted it in Minneapolis.

Afterwards, in 1892, the painting was relocated to Atlanta and modified in many areas to depict a Confederate victory to appeal to Southern audiences. After years of display, the masterpiece was again modified many times and many parts were repainted in the 1930s to bring back the original intent of the 17 German artists. And guess what famous actor was painted in? Well, when Clark Gable saw the painting, he commented that it was good, but it was missing him... and... so Clark was painted into the painting as a deceased union soldier in this Cyclorama!

The cyclorama shows a remarkable artistry and craftsmanship of immense size. Using historical evidence, Atlanta History Center highlights the painting through a variety of features and experiences designed to offer a 360-degree perspective of the battle.

When we visit the center, we are greeted by an introductory video as we walk through a tunnel and enter the cyclorama. In addition to the painting, there are two levels of exhibitions which observe the truths and myths of the Civil War. A short video gives us a great historical insight into the backstory of this work of art. We are amazed as we

view the masterpiece on the circular platform and note the details of the figures and events depicted in the painting. After the viewing, we can see the many exhibits with free audio as well as four other exhibit halls depicting many historic events.

We will want to gather up the whole family, including the grandkids, to spend the day at the center. The all-inclusive general admission ticket to the center also includes full

access to all exhibitions, four historic houses, and 33 acres of Goizueta Gardens. Parking is free. Secure advance reservations for this event. Senior tickets are only \$18 and there is free admission for two for active or retired military. The address is 130 West Paces Ferry Rd NW, Atlanta, GA 30305. Visit the website www.atlantahistorycenter.com for selecting your tickets. Sign up right away! Reservations are required!



Clark Gable painted into a scene.



A depiction of two soldiers at camp from exhibit hall.



Detailed figures at battle.



A panoramic view of part of the cyclorama.

ENOPION Theatre Company Children's Program

Special to Senior News

Our children's program is an opportunity for kids ages 9 and up to experience all aspects of the theatre! Our gifted instructors not only teach acting skills, all of our activities build confidence, knowledge of set-building, and deepen our faith while having FUN!

Our summer session will run for five weeks in July. Children will be focusing on five types of theatre styles: story drama, scripted, puppetry, verse, and improv. All classes are \$75 per child for the 5 weeks, plus a \$10 registration fee.

Ages 9-11:

- Mondays 1:00 to 2:30pm or 6:00 to 7:30 pm: July 1, 8, 15, 22, 29
- Tuesdays 3:00 to 4:30 pm: July 2, 9, 16, 23, 30
- Wednesday 1:00 to 2:30 pm: July 3, 10, 17, 24, 31

Ages 12 and up:

- Mondays 3:00 to 4:30 pm: July 1, 8, 15, 22, 29

- Tuesdays 1:00 to 2:30 pm: July 2, 9, 16, 23, 30
- Wednesdays 3:00 to 4:30 pm: July 3, 10, 17, 24, 31

Sign up now. Space Is Limited!
Also, if you haven't seen all the

ways you can get involved with ENOPION, be sure to contact us at: The Ivory Box Theatre by Enopion, 3814 Commercial Court, Martinez, GA 30907; phone 706-771-7777; website: www.ivoryboxtheatre.com.



On May 7, 2019, at the annual Georgia Retired Educators Association (GREA) convention in Augusta, Georgia, Myrtice Johnson, 2018-2019 President of Georgia Retired Educators Museum (GREM) joins GREA President Mickey Wendel in burning the mortgage note on the museum building located in Flowery Branch. GREA is a 30,000 member professional organization of retired educators. GREA members raised approximately 1.5 million dollars to build an office and museum building. Joining the ceremony on stage are past GREM presidents Jesse Hunter, Dr. Beverly Roberts, James Haymans, Vivian Teasley, Rita Marable, Mary Ann McDaniel, Dr. John Upchurch, Kate Finch, and Dorothy Wilson. Special to Senior News. Submitted by Beverly A. Roberts, Treasurer, Richmond County Retired Educators and Recording Secretary GREA.

AUGUSTA AUTHOR SERIES

DOROTHEA BENTON FRANK

Meet New York Times best-selling author Dorothea Benton Frank!



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HERE (Benefits the Morris Museum of Art).

ABOUT DOROTHEA BENTON FRANK

New York Times bestseller Dorothea Benton Frank was born and raised on Sullivan's Island, South Carolina. She resides in the New York area and South Carolina with her husband. Dorothea Benton Frank's most recent bestseller, *Same Beach, Next Year* debuted at #4 on the New York Times list, where it remained in the top ten for three weeks. A contemporary voice of the South, Dorothea Benton Frank is beloved from coast to coast, thanks to her bestsellers including, *Same Beach, Next Year*, *All Summer Long*, *All the Single Ladies*, *The Hurricane Sisters*, *The Last Original Wife*, *Porch Lights*, *Folly Beach*, *Sullivan's Island*, and *Plantation*.

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2019 Georgia Golden Games

Special to Senior News

Register now for the 2019 Georgia Golden Games in Warner Robins. Registration forms have been mailed and the form is also on the website: <http://www.georgiagoldenolympics.org>. If you are a first time competitor, please complete the form and mail with fees and age verification to the address listed on the form. Others may register online at the above website. Mail/register by August 1 to avoid late fees.

Please do not forget to sign the waiver in the registration form and complete all information so that your registration can be completed when first submitted. Please read the information in the registration form to answer questions you may have about number of events, fees, schedule times, etc.

If you sign up for more than three events there is an additional fee for events over 3 and some events have fees specific to the sport as well.

If you are interested in volunteering for the games, the volunteer form will be available soon on the website. Print the form, complete and send to the address listed. Volunteers are always needed!!

OTHER EVENTS HAPPENING IN WARNER ROBINS DURING THE GAMES

The Thunder Over Georgia Air Show will return to Robins Air Force Base this year, and the U.S. Air Force Thunderbirds will be the featured performers. While in Warner Robins for the games take the opportunity to see this event free of charge. Reminder: Make your reservations for lodging EARLY. Many people will be visiting Warner Robins with the Air Show in town. Great opportunity for a fun time!!

Athlete FYI

Many new and exciting changes are happening with the Warner Robins Recreation Department and the department facilities. We have listed the facilities in the registration form for 2019 with the stipulation that some events may need to be re-located due to improvements and construction. When you receive your confirmation letters in August, please be sure to read them and check for possible changes.

Our mailing address is: Georgia Golden Games, Inc., PO Box 958, Winder, GA 30680; www.georgiagoldenolympics.org.

SEE YOU IN SEPTEMBER!!



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Representatives Jodi Lott and Gloria Frazier slated to speak at Executive Luncheon Series

Chamber to announce 2019 Business Woman of the Year Award winner

Special to Senior News

Submitted by Olivia Reich,
Communications Coordinator

Evans, GA

The Columbia County Chamber of Commerce will host its Executive Luncheon Series on Wednesday, June 5 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.

Representative Jodi Lott and Representative Gloria Frazier, will speak on "Empowering Women to Lead the Future." The Chamber will also announce the winner of its 2019 Business Woman of the Year

Award.

Tickets are available online at columbiacountychamber.com or by calling 706-651-0018. Members can purchase a ticket for \$30, while non-members can reserve a seat for \$40. Corporate tables are available at \$280.

For more information, contact Sabrina Griffin, Events &

Programs Manager for the Columbia County Chamber, at sabrina@columbiacountychamber.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 columbiacountychamber.com.

Augusta Library's Third Annual Fireworks on the Patio

Come enjoy the firework display from the third floor terrace of the Augusta Library

Special to Senior News

AUGUSTA, GA

Join us for the Augusta-Richmond County Public Library's Third Annual Fireworks on the Patio event! This event will be held on Thursday, July 4 at 8:30 pm at our Headquarters Library, located at 823 Telfair Street, Augusta. Attendees

will enjoy dessert with a deluxe ice cream bar while enjoying a spectacular view of downtown fireworks display from the Headquarters Library third floor terrace! Tickets are \$20 each. All proceeds will benefit the Friends of the Augusta Library. Tickets must be purchased in advance online at arcpls.org/fireworks or at any Augusta-Richmond County Public Library System branch. This event will be held rain or shine, and tickets are nonrefundable. For more information on this event contact Jennie Feinberg at 706-821-2613.

About ARCPLS:

The mission of the Augusta-Richmond County Public Library System is connecting the community to knowledge by providing information to people.

The six libraries in Richmond County serve a population of almost 300,000, containing within them over half a million items. All libraries are equipped with computer access to the state-wide PINES catalog of materials, and have public-use computers for Internet access and office applications. Friendly staff make customer service a priority.

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4. Wellness Promotion:

Exercise programs, chronic disease management classes, food & nutrition, falls prevention

5. Services & Supports:

Meals on Wheels, medical transportation, adaptations, assistive devices and technology, In-home support, vision screenings, case management, Centenarian Club, volunteer opportunities

6. Community Education:

Speakers bureau, seminars & training conferences, small & large group presentations

7. Safety, Security, & Protection:

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