

<u>Taking Care</u>

Stay connected with elder in retirement setting!

by LISA M. PETSCHE

ne 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



Lisa Petsche

and initially our visits there were strained. But my husband and I persisted and gradually found ways to make interactions with her enjoyable again.

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 professional 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 conversation, 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:

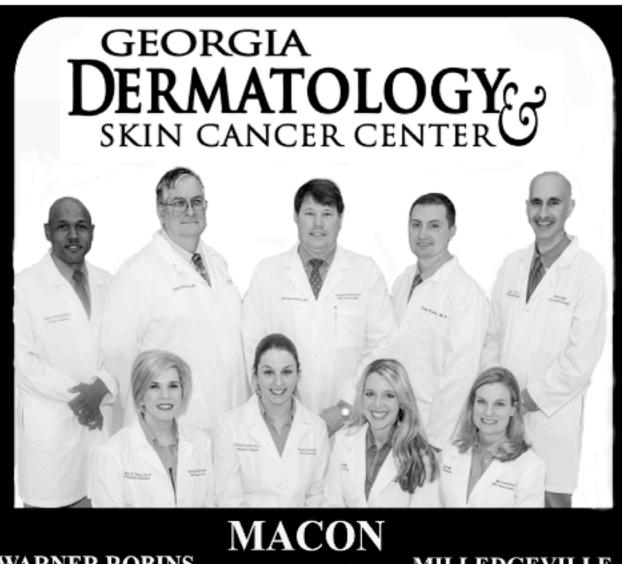
- Bring in possessions from home to personalize his or her room.
- Supply a large calendar with special occasions marked.
- Plan to visit when you're not rushed for time. Develop a regular visiting schedule so your relative knows when to expect you and can anticipate your next visit. Telephone between 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 activi-
- 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. Petsche 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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Let us entertain you

by CLAIRE HOUSER DODD

o matter how we are warned and warned, we are not prepared for the extreme heat that comes here in the Southern part of the United States of America. To add insult to injury, we had to run down to really South Georgia, Pearson. Dear Lord, to get out of your air-conditioned car to eat is like getting knocked down in the street. The heat is hitting you from above, below and sideways. The temperature was 101 degrees, even in the shade of a filling station. We were afraid the tires would melt on the asphalt.

However, we lucked out Saturday afternoon and night. We just happened to hit a sparse area of the highway. Thank Heavens because we had promised ourselves we would NOT get on I-75 Memorial Day weekend, and

were prepared to return the back roads; but as we said, we were lucky. A nice trip, all in

This Memorial Day is the pool with family. Cool in the Pool!

We've been going to lots of Baseball games lately to watch our Grand play. Last Thursday night his team, the Braves of Perry's Junior League, 9-11 years old, won again, giving them the Championship. Matthew caught a fly ball for the last out, made a run and was chosen most valuable player of the day and was given the ball he caught. That was one proud little boy.

His teammate friends were proud of him too. But proudest of all was his Grandmother, Emily; and, his Great Grandmother... Us!

What a nice, hardworking and friendly group of boys playing ball at the park. They are truly coming together as a team, winning 8-1 that night. They have had a very successful run this season.

The team Roster: Brodie Tinsley, Caden Brett, Jackson (Bo) Miller, Landon Howard, Matthew Turner, Peyton Belflower, Rooks Lawson, and Ryan Gellins. Congratulations all you guys! Not only do we enjoy the game, we meet afterwards with whoever can go for dinner at The Swanson House. Grand, Denver, and her husband Blake joined us that Thursday. More fun!

On Sunday night the coaches had a swimming party for the team and each one of them received a ring. Matthew had so much fun he was exhausted, and fell face first on his bed asleep! We had one more game on Monday night. We will be sad to see it end. These kids are great and nice!

Often, we tell tales on Matt the Great (Grandson that is) while Grand Denver toils

away in the Nursing program at Wesleyan. She is sixth or seventh generation Wesleyan and has just finished her junior year as the Most Distinguished Junior Student with the highest GPA. You're hearing it from a very proud grandmother! We know the kind of dedication and hard work it takes to make it at Wesleyan; and, we know what the cooperation and help from husband Blake Payne means to her. As been touted a lot lately, "You can't do it alone," "You need help." It has gotten to be in line with, "It takes a village to raise a child." All good thoughts and

Congratulations to a welldeserved honor to a wonderful grand for a worthwhile cause. Denver will be working at a hospital all summer preparing for her senior year. She will graduate Wesleyan with a bachelor's degree in Nursing.

2019 Georgia Golden Olympics

Special to Senior News

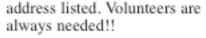
egister now for the 2019 Georgia Golden Games in Warner Robins. Registration forms have been mailed and the form is also on the website: http://www.georgiagoldenolympics.org. If you are a first time competitor, please complete the form and mail with fees and age verification to the address listed on 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





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!!!



Wehsite www.scniornewsga.com

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Opinion

"ABORTION: The Ultimate Error!"

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

ne 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); Kazakistan (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!

VA announces new Medical Center Director... Mr. David L. Whitmer, FACHE

Whitmer brings proven leadership, experience to the Carl Vinson VA Medical Center

Special to Senior News

ATLANTA (Duluth, Ga.)

The Department of
Veterans Affairs recently
announced the appointment of
David L. Whitmer, FACHE, as
the new director of the Carl
Vinson VA Medical Center
(CVVAMC) located in Dublin,
Georgia. Mr. Whitmer will
oversee health care delivery to
approximately 37,000 Veterans
with a workforce of 1,472
employees. The CVVAMC is a
343-bed facility with an operating budget of approximately
\$329 million.

"Mr. Whitmer has a proven track record as an exceptional health care leader," said VA Southeast Network Director Leslie Wiggins. "He has held progressively responsible leadership positions within the Federal and private sector and has outstanding qualifica-



David L. Whitmer

tions."

Throughout Whitmer's career, he has demonstrated the management ability to lead complex organizations, motivate employees, manage resources, and work successfully with widely varied stakeholder groups.

He earned his Masters of Political Science, Public Administration, of South Florida, Tampa, FL, and a of Arts, Secondary Social Science Education, of South Florida, Tampa.

For media inquiries and schedule interviews, please contact Carl Vinson VAMC Chief of Communications and Stakeholder Relations Scott Whittington at 478-272-1210 ext. 5440 or via email at Scott.Whittington@VA.gov.

On the Cover

Barbara Hale Davidson

by CLAIRE HOUSER DODD

COVER: Barbara Hale Davidson

very fine friend we have known since moving back to Fort Valley, Georgia is Barbara. She had just married our cousin William Houser Davidson, better known as Billy. They had a good marriage and a fine time, belonging to the Camellia Societies, Middle Georgia as well as American, traveling to the Camellia shows as Judges. Billy was President of the Middle Georgia Camellia Society when we lost him in 2001.

Barbara was born in Baltimore, as her father was stationed at Annapolis with the U.S. Navy. Shortly, they moved back to Georgia and Barbara grew up in Macon. She graduated from A. L. Miller High School for Girls and later from Georgia Southern University in Statesboro, GA. She taught two years in Bibb County, two years in Houston County and the rest of her 30 years in Peach County. While teaching in Peach County, she went to Fort Valley State University and earned her Master's in Education.

After retirement, Barbara got her Visual Impairment Certification from Florida State University and taught for six years at the Georgia Academy for the Blind in Macon.

Barbara was a Supply Teacher at several schools. Besides being a great teacher, she was a good disciplinarian, too, When other teachers had a "problem child," he or she was sent to the principal who sent them to Barbara. For some reason, she never had a problem with them. That cannot be said about too many teachers. Now Barbara is a volunteer for all the good causes around the Valley. She even helps us tremendously with typing our articles! She's a wonderful one with that as first, she's an English teacher and knows the rules, and secondly, she is smart; but, thirdly, as a volunteer and busy person, she knows a lot about what is going on around the town and county.

Having been married earlier, she has one son, Bill Nelson, and four grandchildren; Mattie, Olivia, Katelyn and Will.

With all her helping people and being interested in politics and government, we might not see as much of her as we so would like if she didn't help us too! We're really lucky to have such a good friend as Barbara; and, forever sorry we lost our other good friend and cousin and dedicated Auburn graduate so early in his life. We feel we have something left to enjoy of him through Barbara. He is often our subject of conversation.



Barbara and Billy Davidson



Barbara's Family: Son and daughter-in-law, Bill and Amy Nelson and four grandchildren: Madelyn, Olivia, Katelyn and Will.

31-Year Georgia DNR Law Enforcement Veteran promoted to Lt. Colonel

Lt. Col. Johnny Johnson becomes the new assistant director of the Division

Special to Senior News

Submitted by: Mark McKinnon Public Affairs Officer SOCIAL CIRCLE, GA

Recently, the Georgia
Department of Natural Resources
Law Enforcement Division's northeast Georgia Region supervisor,
Captain Johnny Johnson, was promoted to Lieutenant Colonel and will join the Command Staff at the
Division's Headquarters in Social
Circle. He steps into the vacancy created when Lt. Col. Jeff Weaver retired a few weeks ago. Johnson's new role as Lt. Colonel was effective on Friday, May 23rd.

"Lt. Col. Johnson understands the Division from the lowest level to the highest level and his many years of experience with DNR Law Enforcement will be a great asset to the entire Division," said DNR Law Enforcement Director Colonel Thomas Barnard. "He has had great success leading two of our Regions and I'm looking forward to his continued success at the statewide level."

Johnson has been with DNR
Law Enforcement for 31 years, starting his career in 1988 assigned to
Dodge County in the Cordele
District. He transferred to Region II
in northeast Georgia, where he
served until promoting to Captain
and region supervisor of Region I in
northwest Georgia. Three years later,
he transferred back to Region II,
managing 19 counties in northeast
Georgia and supervising all of DNR
Law Enforcement's operations at
Lake Sidney Lanier, one of the
busiest lakes in the nation.

During his career he served as a Field Sergeant, Administrative Sergeant and Captain. Johnson implemented the DNR LED K-9 program, becoming the Division's first K-9 handler in 1999, and began the DNR K-9 Training Academy in 2000. He also created and implemented the man-tracking curriculum for the Georgia Game Warden Academy and was responsible for starting the Game Warden Advisory Council under Colonel Black.

Johnson's hard work and dedication has been evident to his peers and the Division Command Staff as well. He was the State Supervisor of the Year for the Division in 2001 and State Investigative Ranger of the Year in 1995.

Lt. Col. Johnson's wife, Angie Johnson, is employed by the GA DNR State Parks & Historic Sites Division and they have two children. He is a Whitfield County native and currently resides in Lumpkin County.

The Georgia Department of Natural Resources Law Enforcement Division is committed to conserving our natural resources and protecting the people we serve through fair and vigorous law enforcement, quality education, and community involvement.

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Lt. Col. Johnny Johnson Georgia Department of Natural Resources, Social Circle

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

he 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.o
- 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



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For more information call the CBG at 706.327.8400 or visit us online at columbusbotanicalgarden.org



Code of Support Foundation honors Dublin VA social worker with "Salute to Service" Award

by WILLIAM OUTLAW Office of Patient Care Services Washington, D.C.

Judith Foster, a Patient Aligned Care Team (PACT) social worker at the Carl Vinson VA Medical Center in Dublin, Ga., received the Code of Support Foundation's (COSF) prestigious national "Salute to Service" award at the COSF's recent ceremony in Washington, DC, in recognition of the exemplary way in which she serves Veterans and their family members every day.

The award was presented to Foster April 26 as part of COSF's "Toast to our Troops" ceremony by COSF co-founders Maj. Gen. (retired) Alan Salisbury, who also is COSF's chairman; and Kristy Kaufmann, chief executive officer for COSF. The award was co-presented by Dr. Lynda Davis of the Veterans Experience Office and Cassandra Law, Associate Chief Patient Care Services Officer for the Veterans Health Administration.

The COSF is a 501(c)3 nonprofit organization that has grown to serve more than 3,000 of our nation's Service Members, Veterans, and their families by providing essential one-on-one assistance to Veterans, Service Members & their families.

"Code of Support is proud to be working with the VA. Judith Foster has been collaborating with our case coordination team for two years really making sure the system serves Veterans and to leverage Code of Support to get all the resources they need," said Kaufman. "It's all hands-on deck - Judith is one of the exemplary employees at the local

VA level who does this every day, and together our team has changed lives."

"At the national level, we often talk about the importance of collaboration and partnerships between the Department of Veterans Affairs and non-governmental organizations. While this is key, it is at the field level, where our dedicated VA providers illustrate their commitment and true power of these partnerships, said Law. "Judith's work with the COSF's Veteran Peer Navigators, is a shining example of how collaboration, dedication and can-do attitude improves the lives of our nation's Veterans and their families. We were very proud to join the Code of Support in recognizing Judith for her outstanding contribu-

Foster first met COSF while working with the VA HUD-VASH program, which helps homeless Veterans.

"I referred Veterans to their organization for assistance," Foster said, "It is very important to form community partnerships."

Foster's VA career began in working in suicide prevention and then later with the HUD/VASH program, which helps homeless Veterans. Recently she began working as a social worker within the PACT at the Dublin VAMC where she performs a variety of roles, including dealing with complicated psychosocial problems of Veterans, their families, and care-

In her current job at the Dublin VA Medical Center, Ms. Foster is responsible for assessment of psychosocial problems that cause distress, often impacting the health condition and creating barriers to care. Stressors can include adjust-

ment to a current medical condition. untreated or under-treated medical and mental health or substance use conditions, economic instability, legal problems and inadequate housing and transportation. PACT Social Workers receive and respond to referrals from any member of the interdisciplinary team.

Foster said she provides education, resources, case management, and helps Veterans obtain needed

services and navigate through the VA system.

"I have worked with many Veterans in suicide prevention, HUD-VASH and most recently the PACT program," Foster said. I am been honored to have served these Veterans and their families and it is great to hear from Veterans and their families how thankful they are for what we do."



Kristy Kaufmann, Code of Support Foundation's (COSF) Chief Executive Officer; Judith Foster, VA social worker at the Dublin, Ga VAMC and recipient of the COSF's "Salute to Service" award; Celebrity Chief Robert Irvine; and Cassandra Law, Associate Chief Patient Care Services Officer.

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Are you in need of Long-Term Care?

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

hat exactly is longterm care? According to The Administration for Community Living (www.longtermcare.gov), long term care is "a range of services and supports you may need to meet your health or personal needs over a long period of time." These services fall into two major categories:

"Activities of Daily Living" include bathing, dressing, transferring to or from a bed or chair), and eating.

"Instrumental Activities of Daily Living" include (but are not limited to) housework, taking medication, errands, caring of pets, and using communication devices.

The need for long term care, which can be provided at home or in a special facility, usually stems from a health condition, such as a chronic illness or disability. Age-related factors can also increase the likelihood for needing services. Research suggests that most Americans turning 65 will need long-term care at some point in their lives.

Longtermcare.gov is a government website that provides information and resources to those who are inquiring about long-term care needs for themselves or a family member. Here's a short list of age-related factors or risks they cite when considering long term care:

- Age: The older you get, the more likely it is that you'll need help.
- Living alone: If you live alone, you're more likely to need paid care than if you live with others.
- Gender: Women are more likely to need long-term care than men, primarily because women tend to live longer.
- Lifestyle: While poor diet and exercise habits increase the chance that you'll need long-term

care, so does participating in dangerous hobbies that could result in an accidental disability.

 Personal history: Health and family history can increase the chances you'll need long-term care.

The cost of long-term care is a major issue to consider, and with many baby boomers now seeking elder care services, family members are recognizing the benefits of early planning. Medicare, VA benefits and employer programs may cover some costs of long-term care, but more and more people are adding private long-term care insurance policies to their retirement planning. Make that decision sooner rather than later; the younger you are when you buy the policy, the less it will cost you. And once you have a major health issue, such as stroke, Alzheimer's, metastatic cancer or Parkinson's, you may not be able to get coverTo find out more information about long-term care, go to www.longtermcare.gov. For more consumer tips or to find a trustworthy long-term care insurance broker, go to 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 Council of Better Business Bureaus. 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: www.bbb.org or E-mail: info@ centralgeorgia.bbb.org.

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