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Information For Ages
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A photograph of two men in Boy Scouts of America uniforms. The man on the left is older, with a white beard, wearing a tan shirt and a red jacket. The man on the right is younger, wearing glasses and a tan shirt with many patches and medals. They are both looking at a newspaper or magazine that the man on the right is holding. The newspaper has the word 'Senior' visible on its cover.

***Senior scouts participate
in Boy Scouts of America's
100th Anniversary!***

See Page 2

February 2010
Vol. 24, No. 2

On the Cover

Senior scouts participate in Boy Scouts of America's 100th Anniversary

by SUSAN LARSON

ON THE COVER:

David Thompson, Scoutmaster, Boy Scout Troop 81, Monroe, Georgia, and Tom Holloman, Sweetwater District Chairman, look over a copy of an earlier edition of *Senior News*.

Boy Scouting began in England in 1907 with General Robert Baden-Powell and has since spread to 185 countries. The Boy Scouts of America, which celebrates its centennial this month, was started by Chicago publisher William Boyce on February 8, 1910. Today, the Boy Scouts of America (BSA) is one of the largest youth organizations in the United States, with over four million youth members. Since its founding, more than 110 million Americans have been members of the BSA.

Those members include many seniors who loved scouting so much as kids, they never left.

Tom Holloman is District Chairman of the Sweetwater District of the Northeast Georgia Council. Active as ever at age 57, Holloman said, "I believe in the program. Scouting is one of the last faith-based organizations in the country and what it can do for our

youth is amazing."

Council Commissioner Carter Wood, age 65, said, "I am convinced of the worth of scouting. We want to raise a whole generation who makes decisions the rest of their lives founded on the Scout Law. Scouting is a game with purpose: character development, citizenship and leadership. It pays off. One fourth of all boys will come to scouting at least for a little while, but of people who rise to the top, three-fourths have been scouts."

David Thompson at age 57 reflects on his sons' experiences in the 1960's. "My sons both made Eagle Scout and I feel a debt to the adults who helped get them there. I believe scouting teaches broad life skills that can be applied to the rest of their lives."

District Vice Chairman William Rambo, age 57, simply said, "This is fun. It's what I've been doing since I was eight years old."

And Boy Scouts isn't just for guys. Betty Baker, age 68, has been active with Boy Scouts for 16 years. She was active with Girl Scouts with her daughters, and then got hooked on Boy Scouts with her grandsons.

Boy Scouts of America is planning various events throughout the state to celebrate their 100th Anniversary. Plans include the BSA



Left to right: Don Maxey, Sweetwater District Eagle Board Chairman; David Thompson, Scoutmaster, Boy Scout Troop 81, Monroe, Georgia; and, Tom Holloman, Sweetwater District Chairman.

Alumni Connection, a call to reconnect alumni with Scouting friends, mentors, and local councils across the country; rekindle enthusiasm for Scouting and the values it repre-

sents; and encourage them to re-engage with Scouting programs. With 50,000,000 living BSA alumni nationwide, this program has the potential to bring incredible value to Scouting at all levels. For more information, visit www.scouting.org or link in on Facebook.



Betty Baker and her daughter-in-law Pam Baker are actively involved in Boy Scouts of America.



Hans Friedrichsen, a Silver Beaver, assembles woodcarving kits for neck slides that are sold to raise money for underprivileged boys to go to camps.

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Have You Ever Experienced...

- Problems following the conversation or presentation in a meeting?
- Difficulty hearing in a noisy environment?
- Complaints from family members that you don't pay attention?
- Prefer the TV or radio louder than others do?

2010 Census Cautions from the Better Business Bureau... be cautious about giving info to census workers

by SUSAN JOHNSON

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The big question is: How do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

- If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

- Census workers are currently only knocking on doors to verify address information.

Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

REMEMBER, NO MATTER WHAT THEY ASK, YOU REALLY ONLY NEED TO TELL THEM HOW MANY PEOPLE LIVE AT YOUR ADDRESS.

While the Census Bureau might ask for basic financial information, such as a salary range, YOU DON'T HAVE TO ANSWER ANYTHING AT ALL ABOUT YOUR FINANCIAL SITUATION.

The Census Bureau will not ask for Social Security, bank account, or credit card numbers, nor will employees solicit donations. Any one asking for that information is NOT with the Census Bureau.

AND REMEMBER, THE CENSUS BUREAU HAS DECIDED NOT TO WORK WITH ACORN ON GATHERING THIS INFORMATION. No ACORN worker should approach you saying he/she is with the Census Bureau.

Eventually, Census workers may contact you by telephone, mail, or in person at home. However, the Census Bureau will not contact you by Email, so be on the lookout for Email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

Here's their web site: <http://2010.census.gov/2010census/>

Additional security related information to keep in mind:

Any request for census information from the Census Bureau will be clearly marked as coming from the U.S. Census Bureau and as OFFICIAL BUSINESS of the United States.

It is a federal offense for anyone to pretend they represent the Census Bureau, or any other office of the United States Government.

When the 2010 Census takes place, you will receive a letter from the Census Bureau Director, notifying you that, in a few days, your household will receive a form in the mail, or a phone call from the Census Bureau, or a visit from a Census

Bureau representative.

Identifying the Census Taker

All census takers carry official government badges marked with just their name.

You may also ask them for a picture ID from another source to confirm their identity.

Some census workers might carry a "U.S. Census Bureau" bag.

If you still are not certain about their identity, please call the Regional Census Center toll-free number to confirm they're employed by the Census Bureau.

Most importantly, the Census Bureau will NEVER, under any circumstances, ask to enter your home.



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Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 15,000; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Did I wish all of you dear readers a happy new year last month? I can't remember, but forgetting it sounds like something I would do.

Lately I have been reading every article I can find on the onset of Alzheimer's, dementia and snakes in the head. I do believe I have finally stripped my gears and am sliding back into an old-age abyss from which I shall never arise.

The number of problems I have from not paying attention is endless. For instance, the washing machine. Brand new and the little darling wouldn't even squeeze the water out of the clothes. It was taking two hours in the dryer to get my slacks dry. Sometimes I would wring water from garments by hand. That was no fun because it reminded me of the days when we had to wring all our clothes by hand after washing them in a tin tub with a rub board. Before we did that we had to haul wood for a fire to boil water in the wash pot before the real work began.

Afterward, we heated flat irons on the wood stove in the kitchen and ironed until nightfall. Ah, the good

old days.

Sorry, I got to rambling again – which is another sign of dementia.

Back to the washing machine. I called for repairs since it was still under warranty. A young man came, turned the machine on and ran it through a cycle. He tried to keep from laughing when he told me I had been washing everything on "extra delicate." "That cycle is for your silk Sunday School blouses" he said. I didn't see what he wrote on the repair report nor did I want to see.

Now we move on to other appliances. I know I am behind time but after having two fits and a bad spell for a new dish washer I finally won! It was installed and I quickly forgot it was there. After all, it takes a week to get a load of dirty dishes. A plate, fork, cup and spoon a day take little space.

I had friends over for dinner one night and my best friend remarked we should use the dish washer. Sounded good to me. I opened it and there were the instructions and warranty card still inside the plastic envelope. I had forgotten to use the dish washer for a year and a half. I felt sooo bad!

The story doesn't end there. We still have a brand new refrigerator that was knocking, huffing and puff-

ing and scaring the wits out of me in the middle of the night. The ice maker sounded like someone emptying a truck of gravel in the kitchen.

Again I called for help. This was last week, mind you. The repair man came after two days and by that time I had lost all my goodies stored in the fridge. I always have a door packed full of tiny jars of odd and exotic things like capers, relishes and sauces in addition to grape jelly that turned to sugar a year ago and mustard as hard as cement.

I also lost a big pot of chili and a gallon of spaghetti sauce because I didn't know for two days that the freezer part of the fridge was fine, but the bottom was nice and warm. It was packed full of goodies, too. Anyway, the nice man squatted down and stuck his arm in the fridge. He asked me to come over and stick my arm in, too.

Long story short, I had it packed so full of sacks of meat, fruit, cheese, milk and about a half dozen half-gallon bottles of pomegranate juice that the air from the freezer couldn't even flow down into the bottom of the fridge.

"I think we had better move a few of these sacks so we'll have better air flow," he said kindly and with a smile. Don't know what he wrote on his report either.

Then there is always an issue with car keys. I lost them the other day and really went into a tizzy. I didn't find them until I went outside to see if I had left them in the car and used the unlocking device I held in my hand. I could not believe for the life of me how I had gone all over the house looking for something I held in my hand.

I'm not even going to tell you about my lost glasses I found on my face.

The crux of this epistle is that these things are happening far too often and while I'm still smart enough to know it, I want to do something about it.

First thing I did (from reading advice in a magazine) was work a cross-word puzzle. At least I tried. I got one word before my nerves were shot to glory and I knew deep in my heart there was a better way to shape up my sanity.

My daughter laughs at me and so do others when I do stupid things like eating dinner in a friend's restaurant and then discovering I only had enough money for the tip – not the food. He now asks me if this is cash or charge. But then again, what are friends for?

By the way, this is the month for lovers; Valentine's Day, flowers, candy and gifts of gold. Having a sweetheart is like walking on sunshine. I had the best one once.

Have a blessed month and tell friends and family that you love them. Nothing sounds as sweet. ©1/25/10

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

Spiritual Notes

Facing The Giants

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Some time ago I saw a movie entitled "Facing the Giants." The movie was produced by the Sherwood Baptist Church in Albany, Georgia. It was the story of how a married couple and other members of that community dealt with different problems they faced in everyday living and how they resolved them through a strong faith in God.

As I reflected on my life's journey, after seeing this movie, so many issues and events seemed serious and sometimes insurmountable "Giants" in my life. They ranged from acceptance by peers at the grammar and high school level to a choice of a life's mate and eventually to what type of career or profession I would enter. Then during what we would call our most productive years, there was the raising of a family, the success of life's work and the planning for the retirement years.

My pastor recently delivered a sermon from 1Samuel, Chapter 17, which is the story of David and Goliath. The title of his sermon was also "Facing the Giants." This Biblical text was quite different from the Giants in Albany, Georgia. David knew he was the servant of the Lord. In verse 45b, David said, "I've come out to fight you in the name of the

Lord All-Powerful." Further, in verse 47 David exclaimed, "Everybody here will see that the Lord doesn't need swords and spears to save his people. The Lord always wins his battles, and he will help us defeat you." And He did!

As senior adults, we now face different "Giants" in our lives. We are experiencing a plethora of issues such as health, finances and even death. As someone has said, "these things come with aging, like wrinkles." We will face them in different ways. The Albany story and the David and Goliath reference are different but they have the same victorious ending.

In the book of Romans 8:31, we are assured of God's love. It reads: "What can we say about this? If God is on our side, can anyone be against us?" And, in verses 37 and 38: "In everything we have won more than a victory because of Christ who loves us. I am sure that nothing can separate us from God's love – not life or death, nor angels or spirits, not powers above or powers below."

The lesson here is obvious. Face your "Giants" with the one who can help you resolve the challenges in your life. He is faithful!

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

Taking Care

When stroke hits a family... Tips for managing the stress

by LISA M. PETSCHKE

Strokes are the leading cause of long-term adult disability in this country. Approximately 600,000 Americans experience one each year. Only ten percent recover completely.

Stroke can result not only in physical disability but in mental impairment as well. Paralysis or weakness on one side of the body is the most obvious sign of damage, but mobility, personal care, communication, mood, memory and problem-solving ability can also be affected.

Without a doubt, stroke is a life-altering experience, not only for survivors but also for their loved ones. It can be a time of grieving losses. Life may never return to the way it used to be, and plans for the future may have to be revised.

Like survivors, family members initially can experience a wide range of conflicting feelings, including shock, relief, denial, fear, anxiety, anger, sadness and frustration.

In the midst of such upheaval, relationships within a family often become strained.

Impaired speech or language comprehension can make it difficult for the survivor to communicate with loved ones. Chemical changes in the brain can cause what is known as emotional lability - sudden, uncontrollable laughing or crying, often at inappropriate times. This can make for some awkward moments in social situations.

In addition, some people undergo personality changes following a stroke. A confident person may become slow and cautious; conversely, a cautious person may become impatient and impulsive.

Depression, a common consequence of stroke, may affect the survivor's motivation for rehabilitation. Sometimes it manifests itself as irritability, other times as indifference and withdrawal.

Stress points

• Such changes can lead family members to feel that they no longer know the survivor very well. Furthermore, they often feel as if no one outside the family understands what they are going

through. It can make for lonely times.

• Uncertainty about the future - for example, how much functioning their loved one will recover after the stroke and whether he or she will be able to return home - also contributes to stress among close relatives. One result can be depression.

• Spouses or adult children may be overwhelmed by the number and types of decisions that they need to make regarding rehabilitation options, medical equipment purchase, home modifications and other considerations following discharge from the hospital.

• They often have to take over practical tasks such as managing finances, preparing meals and housekeeping. In addition, they may be expected to assume the role of hands-on caregiver, assisting with dressing, grooming, bathing and even using the toilet. Feelings of doubt and resentment may surface, closely followed by guilt.

Keeping control

• So how can relatives of stroke survivors keep stress manageable during such a challenging time?

• The best place to start is with some education. Learn as much as possible about stroke, then teach family and friends to help them understand.

• Attend some therapy sessions with the stroke survivor in your family. Find out what he or she is and is not able to do.

• Include your loved one in conversations, even if his or her ability to participate is limited.

• Continue to involve your loved one in family activities and community events as well. If he or she must rely on a wheelchair to get around, register for accessible transportation service in your area. A physical therapist or social worker can facilitate this.

Helping hands

• Focus on progress made, however small the steps, and encourage your loved one to do the same. Take things one day at a time so you don't get overwhelmed. Encourage your loved one, and perhaps other close relatives, to participate in decision-making, so you don't have to take on sole responsibility for important choices.

• Find at least one person you can talk to openly, someone who will listen and empathize. Consider joining a support group for families of stroke survivors.

• Make a concerted effort to look after your own health. Schedule regular breaks from visiting at the hospital or care giving at home in order to stay connected to friends and outside activities.

• Ask other family members to help out as needed. If your loved one will be returning home or already is home with you, find out about relevant community support services and make use of them. Don't take on every responsibility single-handedly or you will burn yourself out.

• Be patient. Allow plenty of time to adjust to the changes in your relationship and lifestyle. Look for ways to include laughter and joy in each day - this will enhance your relationship with your loved one and help foster a positive outlook.

Lisa M. Petschke is a medical social worker who has worked in rehabilitation settings. She is also a freelance writer specializing in boomer and senior issues.



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Poets' Corner

Not Alone

By: Doris A. (Dot) Jones

I often wondered why, he liked to fish alone.
And now I understand,
He was with God and was not alone at all.

This was his quiet time, when the cares of the world he could shed.
He loved to fish with God, even if he didn't have a single bite on the line.

I often asked, "why don't you take a friend?"
I worried when he was on the lake alone.
I worried in vain when I look back and know,
He was with God and not alone at all.

Sometimes he would catch a lot of fish.
Then, maybe none at all.
But, he and the Lord had a good day,
just enjoying nature's call.
He was with God and not alone at all.

When the years took their toll, and he couldn't launch the boat, I often said, "you shouldn't go alone." But, he didn't listen to my plea and now I know, he must have thought God is there to catch me, if I fall.
He was not alone.

Time changed it all for him.
No more fishing time on the lake alone.
I know his memories were deep in his heart.
He was still with God and not alone at all.

"A Slice of Love"

By: Annel B. Martin

It seems so very small this token of my love
Remember, if you will, it came from God above
You are so very good to me each and every day
To give you all my heart it still would not repay

Faith, hope and charity within my heart dwells
Greatest of these is charity; love will never fail
Friends and my dear family help my love to glow
But I need to show the world so my love will grow

Not just on Valentine's Day should I spread the news
I need to show it everyday all the whole year thru
Because each and everyone of you are so very dear
So with this slice of love... I want you all to hear

The message I send to you... on this special day
Is I love you with all my heart, but I have more to say
Thank you for being near and offering me a hand
Sharing love everyday just the way God planned

So Happy Valentine's Day... to each and every one!
Enjoy this slice of love... including all the crumbs.

*To my friends and family on Valentine's Day 2010

Gift From Heaven

By: Lillie W. Scoggins

I could not be a Christian 'till God gave Grace to me
I could not be a Christian 'till Christ was born for me
I could not be a Christian 'till He died on that tree
There was no Gift from Heaven 'till it was given to me.

I want to be that Christian and to God be true;
I want to stay in prayer with praise to Him that's due,
I want to be a servant, as He would have me do.
Accept his Gift from Heaven, surely that I'll do.


I cannot be a worker, not knowing

what to do;
I cannot be a shirker, and earn the pay that's due;
I want to be a servant as He would have me do;
Accept this Gift from Heaven, surely that I'll do.

I cannot be a worker, not knowing

what to do;
I cannot be a shirker, not earning reward that's due;
I cannot be a leader unless I join the crew;
I can surely win the race if I follow through.

continued on page 7



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POETS' CORNER

from page 6

There will be no harvest if seeds I
don't sow;
I will not have the grain if I don't let
it grow;
There will be no reaping if my feet
are too slow;
I cannot share His Bread, if I don't
knead the dough.

I cannot move His boat if I don't try
to row;
I cannot sail His ship without His
winds that blow;
I cannot gain His wisdom if His
words I don't know
I cannot love my neighbors until I
share His woe.

I must not join a crowd that crucifies
my King.
I must not forget, in prayer, His
Praise to ever sing;
I must love the brethren, and children
I must bring;
I am in a Kingdom that lets my
freedom ring.

God sent His only Son, a Saviour for
you, too;
You must not reject Him; He paid the
price for you.
His spirit He has given, for Life with
Him anew -
Holy Trinity forever! We can be
there, too!

The Change
By Mildred Boyd

The Dining Room here is the
gathering place
And most residents return to their
former spaces.
I was taken to the table that

accommodates four;

All tables are alike - none seat any
more.

I was surrounded by three ladies,
seemingly nice
So it wasn't hard to break the ice.
I learned their names, then told them
mine.
I think now we'll get along fine.

My hearing I've missed - here more
so - I'd like to get acquainted -
there are many to know.
In my ears there's a noise that keeps
on staying and far away voices -
whatever they're saying.

So, my hearing is a problem that's a
hindrance to me,
Yet their nods and gestures spell
friendliness to see.
I'm a slow-moving person, could
never be quick,
Because all of my life I was often
sick.

I've a lovely apartment and they
made adjustments for me.
To be reached from my wheelchair,
this needed to be.

It creates a lot of chatter, keeping
things handy;
I just wish it could always be neat
and dandy.
If the foregoing statements sound
negative and bad -
My blessings are countless, so many
I've had.
And miracles brought joy to replace
the bad.

I am hoping my countenance will
somehow show.
The Source of Fulfillment that I've
come to know.
Romans 8:24

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C'mon, let's eat

by FAYE JONES

Since February is the month for lovers, try the following menu to make your sweetheart happy. If this doesn't do the trick – perhaps you have the wrong valentine. Enjoy these wonderful recipes. Bet they'll become a part of your permanent collection!

SPECIAL SPINACH SALAD

1/3 cup olive oil
3 tablespoons sugar
2 tablespoons white wine vinegar
2 tablespoons sour cream
1/2 teaspoon ground mustard
1 package (6 ounces) fresh baby spinach
1/2 cup chopped walnuts, toasted
1/2 cup dried cranberries

In a jar with a tight-fitting lid, combine the oil, sugar, vinegar, sour cream and mustard; shake well. Divide spinach among four salad plates; drizzle with dressing. Sprinkle with walnuts and cranberries. Yield: 4 servings

CHERRY STUFFED PORK CHOPS

1 package (5.6 ounces) couscous with toasted pine nuts
6 boneless pork loin chops (1 inch thick and 6 ounces each)
1/2 cup dried cherries
1 tablespoon brown sugar
1 tablespoon butter, melted
1/2 teaspoon minced fresh ginger root
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Prepare couscous according to package directions. Meanwhile, cut a deep slit in each pork chop, forming a pocket. Stir the cherries, brown sugar, butter and ginger into prepared couscous. Stuff 1/3 cup into each chop; secure with toothpicks. Sprinkle with garlic powder and pepper.

Grill pork chops, covered, over medium heat for 10 to 12 minutes on each side or until a meat thermometer reads 160 degrees. Discard toothpicks. Yield: 6 servings

GREEN BEANS WITH ALMOND BUTTER

1-1/2 pounds fresh green beans, trimmed
3 tablespoons butter, softened
2 teaspoons lemon juice
1/2 teaspoon grated lemon peel
1/4 teaspoon salt
1/8 teaspoon garlic powder
Dash pepper
1/3 cup slivered almonds, toasted and finely chopped

Place the beans in a large saucepan and cover with water. Bring to a boil; cook, uncovered, for 8 to 10 minutes or until crisp-tender.

Meanwhile, in a small bowl, combine the butter, lemon juice and peel, salt, garlic powder and pepper. Stir in the almonds. Drain the beans and return to the pan. Add almond butter and toss to coat. Yield: 6 servings

CHOCOLATE DESSERT DELIGHT

2 cups chocolate graham cracker crumbs (about 32 squares)
1/2 cup butter, melted
1/2 cup chopped walnuts
1 tablespoon sugar

Filling:

1/2 gallon chocolate ice cream, softened
1 jar (12-1/4 ounces) each of caramel ice cream and hot fudge toppings
1/2 cup miniature semisweet chocolate chips
1/2 cup chopped walnuts

Topping:

2 cups heavy whipping cream

3 tablespoons sugar
1 tablespoon baking cocoa
1 teaspoon vanilla extract
1/2 teaspoon instant coffee granules

Additional miniature chocolate chips and chopped walnuts

For crust, combine crumbs, butter, walnuts and sugar, press into an ungreased 13-in. x 9-in. x 2-in. baking pan. Bake at 350 degrees for 10 minutes; cool completely

Spread half of the ice cream over crust; spoon caramel and hot fudge toppings over ice cream. Sprinkle with chocolate chips and walnuts; freeze until firm. Spread with remaining ice cream over the top. Cover

with plastic wrap. Freeze for at least 2 hours.

In a large bowl, beat cream until stiff peaks form. Fold in sugar, cocoa, vanilla and coffee granules. Pipe or spoon onto dessert. Sprinkle with additional chocolate chips and walnuts. Return to freezer until 10 minutes before serving. ENJOY!

©1/25/10

EDITORS NOTE: If you have a favorite recipe, please share with us!

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.



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Alabama writers visit Atlanta

by MARY FRANCES

While sitting on their front porches, the prolific writers (Bragg 6 books and Brewer 4) who have been friends for 50 years, will contemplate their future writings. Bragg, who authored the tragic, heart-rending stories of cotton mill workers in his *THE MOST THEY EVER HAD*, will turn his thoughts to writing in a softer direction about the hairless, mangy dog his mother nurtured to

health and a thick coat. Brewer, who colorized a back-water Alabama legend into the novel *THE WOMAN AND THE TREE*, will review the variety of odd jobs he has had into his pending *FORTY HATS*.

"It's about my day jobs and how they would never hire me as a school teacher 'cause I looked like a trouble-maker," said Brewer.

These writing soul-mates came to novel writing from different directions. Bragg was a newspaper man for the St. Pete Times, Los Angeles Times, and national correspondent for the New York Times. Brewer, after odd-jobs, bookstore ownership and occasional magazine and newspaper writing, began his novel-writing career at age 50.

Both writers admitted they season their stories with profanity and, despite their advanced education credits (Bragg a Nieman Fellow at Harvard and Brewer, two college degrees) are satisfied to hang with the local folk, the working class and, "telling stories right-at-the-elbow." "Ordinary people are more important," Bragg says. The pair bring characters to life through painting verbal pictures in a clear, concrete language. "I missed the lesson on embellishment," says Brewer.

Bragg enjoys being an adjunct professor at the University of Alabama and says that writing is a craft that can be learned. Brewer says he wants to do other things besides write like build a house and paint a picture. Both said they do not write every day but set their own pace except where there is a deadline. That's when they move faster.

To learn more about these colloquial, colorful writers via the internet, google Rick Bragg and Sonny Brewer. The Writers Institute at Georgia Perimeter College arranged for the appearance of Bragg and Brewer. For more information on The Writers Institute and the schedule for future speakers, call 678-891-3275 or email jack.riggs@gpc.edu.



Rick Bragg



Sonny Brewer



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February is Dunwoody Fine Arts Month

by MARY FRANCES

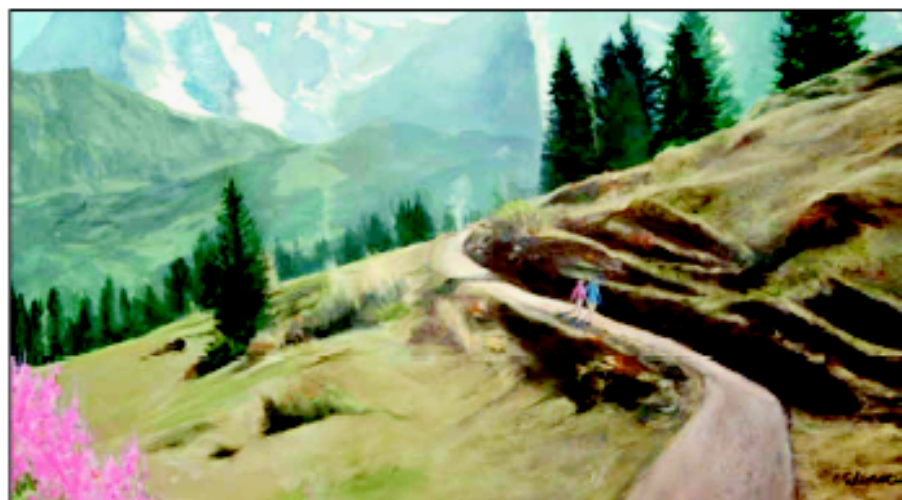
“The Dunwoody Fine Art Association is excited to present the second annual community wide Dunwoody Fine Art Month,” said President Barbara Flexner. “We had such success last year; we had to do it again.”

Original artwork will be on display at businesses throughout the new city of Dunwoody. Merchants who are participating in exhibiting art, museum-style, include The Bank of America, Dunwoody Chamber of Commerce, Dunwoody City Hall, McGraw-Hill Company

and Peter’s Restaurant. Contact the Dunwoody Chamber of Commerce, 5518 Chamblee-Dunwoody Road, Dunwoody, GA 30338 for a complete list of the artists and participating merchants.

A public reception for the over 35 artists and interested citizens was held at noon Wednesday, February 3, 2010, at the Dunwoody Sage Door Players located in the North DeKalb Cultural Center, 5339 Chamblee-Dunwoody Road, Dunwoody, GA 30338.

For further information about the exhibit, contact the exhibit chairperson Georgia Rousseau 770 752-9957.



Priscilla Glenn – “Country Walk”



Kathy Butler – “It Snowed”

Form **1040** Department of the Treasury—Internal Revenue Service **2009**
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maid service in her zip code area. To check and arrange for the service visit: <http://www.cleaningforareason.org>.

Please pass this information on to bless a woman going through Breast Cancer or any kind of cancer treatment. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.



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Out & About

Johns Creek Orchestra and Piotr Folkert present "A Chopin Tribute"

Special to Senior News

Join the JCISO as we present "A Chopin Tribute" featuring nationally acclaimed guest pianist Piotr Folkert, Saturday, February 6th at 8:00 p.m. This exceptional night will begin with the "Die Zwillingsbruder" Overture by Schubert, followed by Chopin's Concerto No. 1 for piano and orchestra. The evening concludes with Symphony No. 2 by Beethoven. A truly inspirational night of music! The Theater at Northview High School, 10625 Parsons Road, Johns Creek, GA 30097.

Tickets are \$28 Adults; \$22/Seniors; \$15/Students and can be purchased by going to www.johnscreeksymphony.org.

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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

by ELENA LOMBARDI
Atlanta, Georgia —

Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting biopic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Biopic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta



office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of biopic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. "These biopic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my biopic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biopic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

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Out & About

Main Street Players to present "Who's There?"

Special to Senior News

Main Street Players presents the premier production of an original comedic drama by Georgia playwright Sandra Jones Cropsey "Who's There?" February 25th through March 7th.

"Who's There?" is an absurd southern comedy peppered with characters that are funny, sad, absurd, but most of all memorable.

Each day, on a chicken farm in the rural south, Momma, Sister, and Ivylee have a bizarre memorial service for Bunk's amputated leg, which they otherwise keep in the freezer. Each looks for love and each waits. Someone knocks, but Momma's beliefs are not strong enough for her to answer. So she looks for signs to help her understand who's there.

When asked about the absurdity of the storyline, Cropsey said, "I think southern author Flannery O'Connor summed it up best when she responded to a reporter in New York who asked why it was that southern authors always seem to write about the grotesque, 'Maybe we're the only ones left who still recognize it.'" "And not only do we recognize it," says Cropsey, "We celebrate it."

"Who's There?" is a celebration, a sort of cross between Joseph Kesselring's 'Arsenic and Old Lace' and Samuel Beckett's 'Waiting for Godot,' but with a southern flavor."

Cropsey's characters are so bizarre that it is nothing short of amazing that she is able to make them

believable beginning with the opening line from the novel, "Seemed harmless at first for Momma to keep Bunk's amputated leg in the freezer."

"Who's There?" was a 2008 finalist in ForeWord Magazine's "Book of the Year Awards" as well as the "Georgia Author of the Year Awards."

The Main Street Players, 115 North Hill Street, Griffin, brings Sandra Jones Cropsey's new, madcap Southern/Gothic comedy to the stage, weekends, February 25th-March 7th, 2010; Thursdays-Saturdays at 7:30 p.m.; Sundays at 3:00 p.m.

Reserved seat tickets are \$20. Senior tickets are \$15. Student tickets are \$10. Groups of ten or more receive a 10% discount. For tickets and other information, call 770-229-9916, 770-233-0578 or visit www.mainstreetplayers.org.

This program is supported in part by the Ingram Foundation and the Grassroots Arts Program of the Georgia Council for the Arts through appropriations of the Georgia General Assembly and in partnership with Arts Clayton.

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• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
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• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
• Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

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• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
• Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

• Alpharetta Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
• Bethlehem Neighborhood Senior Center,

87 Thayer Street, NE, Atlanta, 404-577-6017.

• Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
• Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
• Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
• Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
• Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
• Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
• New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
• Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
• Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583.
• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club

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CALENDAR

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Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
• Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center
225 Benson Street, Lawrenceville
770-822-5180.

Gwinnett Senior Center
225 Bethesda Church Road, Lawrenceville, 770-822-5147

Bartow County Senior Center
Cassville, 770-383-7383
www.bartowga.org

Fayette Senior Services
4 Center Drive, Fayetteville
770-461-0813. Call for complete details on services offered.

CLUB 55
The Bridge Community Center
225 Willowbend Rd., Peachtree City
www.thebridge-cc.org
• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@bellsouth.net.

Alzheimer's Support Group
On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

Parkinson Support Group
Meets second Thursday of every month, 1-2:30 p.m., Mount Pisgah United Methodist Church in Alpharetta and the Prime Time Ministry will host a North Atlanta/North Fulton support group for Parkinson's Disease patients and their caregivers. Call 770-772-0591 or 770-442-2281, ext. 139.

Alzheimer/Caregiver Support Group
First Mon. each month, 10:30 a.m., Mt. Bethel UMC, Older Adult Center, 4608 Lower Roswell Rd., Marietta. Care is provided for your loved one while we meet. Call 770-579-9224.

Square Dance Class
Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Cooledge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com; caller: Jesse Oliver, 404-346-7528.

Senior Ballroom Dance
First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-294-1789.

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CALENDAR

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Atlanta History Center

130 W. Paces Ferry Road, NW, Atlanta; 404-814-4033, LMassey@AtlantaHistoryCenter.org

• Native Lands: Indians and Georgia: Through summer 2010, Howell Gallery

• Let Your Motto Be Resistance: African American Portraits: Through April 25, Nicholson Gallery

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Roswell Library

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• Yoga Classes: Tuesdays, 10:30-11:30 a.m. Call for details.

Atlanta World War II Round Table

Petite Au Berge Restaurant, 2935 N. Druid Hills Rd., Atl. Rest: 404-634-6268, www.petiteauberge.com. For information call John Kovach at 770-928-4579.

East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173

Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

Sandy Springs AARP

Meets the 2nd Tues. of each month at 2:00 p.m. in The Dorothy C. Benson Senior Center, 6500 Vernon Woods Drive, Sandy Springs. Contact Miriam Hahn at 404-252-2989 for information.

Decatur Monthly Sacred Harp Singing

Thurs., Feb. 4, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit www.atlantascathedharp.org.

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CALENDAR

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Monthly Singalong

Sat., Feb. 27, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

South Cobb Yellow Rocks

Square Dance Club

Dances on the second and fourth Saturday nights, 8-10:30 p.m., each month at the South Cobb Community Center, 620 Lions Club Dr., Mableton. Call Marshall/Edna Vix at 770-941-3632 or Ronald/Kathy Bickers at 678-838-8198.

Volunteers Needed

Senior Connections is looking for volunteers to participate in delivering meals to home-bound seniors, Adopt-a-Senior, and Adopt-a-Yard. For more information visit www.srconn.org or call 770-455-7602.

Volunteers Needed To Deliver Food

South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

Self Help for Hard of Hearing People

Hearing loss resource group meets the 3rd Wed. of each month at 10 a.m. at the Woodstock Public Library. For information email: woodstockshhinfo@phydeaux.org or call 678-438-9135.

Get Connected with SeniorNet

at the Marcus Jewish Community Center of Atlanta

SeniorNet is an international, non-profit computer learning program designed to teach adults ages 50 and over computer literacy. The Marcus Jewish Community Center of Atlanta bears the unique distinction as being one of only three SeniorNet learning centers operating in the metro Atlanta area.

The SeniorNet curriculum covers a broad spectrum of computer-related courses including learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and out's of email, learning how to use a mouse, basic typing skills, buying and using a digital camera, digital photography and Adobe Photoshop elements, PowerPoint, buying and selling on eBay, designing web pages, and fun with graphics.

SeniorNet programs at the MJCCA are available to both members and non-members. Trained volunteer instructors teach computer classes that are specially designed and paced for older adults. Classes are limited to 12 students each allowing for a meaningful learning experience. All classes are held in the ORT Computer Technology Resource Center at the MJCCA Zaban Park campus.

The Marcus Jewish Community Center of Atlanta (MJCCA), "The Center of the Jewish Community," is committed to strengthening the quality of life in Atlanta, and is recognized as one of the most highly-regarded centers internationally. From preschoolers and children, to teens and singles, to adults and seniors - the MJCCA attracts a diverse audience from the entire community. Visit us on the web at www.atlantajcc.org.

Volunteers Need for Meals on Wheels

Help deliver meals to homebound elderly residents of North Fulton County. You choose the day, you choose the route -

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CALENDAR

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Alpharetta, Roswell or Sandy Springs. Routes take approximately 2 hours, start to finish; start time between 10-11 a.m. Volunteer one morning or a month or more, if you choose. The choice is yours! Call Kimberly Whitten at 770-993-1906.

New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

Volunteers Need for Meals on Wheels

Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Scottdale and Lithonia. Call Senior Connections at 770-216-2574.

VOLUNTEER OPPORTUNITIES FOR 55+

The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is currently accepting applications for volunteers to help educate older adults about issues that are important for remaining healthy and independent in their communities. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

For more information, please call 404-463-3119 or email enaumann@atlantaregional.com; www.agewiseconnection.com/volunteer.

Alzheimer's Support Group

4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gerry Saunders at 770-961-2200.

Metro Atlanta RSVP Needs Volunteers 55+

To help educate older adults on topics important to helping them live independent healthy lifestyles. For complete details call 404-463-3119 or email: enaumann@atlantaregional.com.

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Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit www.casacherokee.org.

Task Force Patriot

Meets First Thursdays, 6:30 p.m., First Baptist Church of Lilburn, 285 Main St., Lilburn. Dinner, \$7. Reservations required. Call 770-381-9577, reservations@taskforcepatriot.com.

Heart and Home Market Place

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Your pain can be managed

by **ANDREA C. BUSSEY**
PharmD, CGP, FASCP

What is pain? Pain is usually defined as an unpleasant sensation that disturbs our physical or emotional well being. Pain impacts the ability to sleep or interrupts normal activities of daily living. When pain is severe it may impact your quality of life.

The experience of pain is purely subjective and it is the patient, not the caregiver, who can best describe pain intensity and the benefit of therapy.

There are three types of pain: somatic, visceral and neuropathic. Somatic pain is pain that involves skin, muscles, tendons or joints. Headaches and dental pain are examples of somatic pain. This type of pain is usually well localized or easy to pinpoint. It is commonly responsive to medications called non-steroidal anti-inflammatory drugs (NSAIDs) or acetaminophen.

NSAIDs may at times be combined with a stronger medication called an opioid or narcotic. Visceral pain is pain that is often hard to pinpoint. This type of pain may involve internal organs such as the liver, kidneys, gallbladder, the gastrointestinal tract (GI tract), bones or the area surrounding the heart. Opioid medications are often effective for this type of pain, but NSAIDs may also be effective. Neuropathic pain is caused when nerves are involved. Those with diabetes, shingles, trigeminal neuralgia, phantom limb pain, and certain types of strokes may experience nerve pain. Specific types of cancer chemotherapy may cause this type of pain. Nerve pain is often described as burning, piercing or numbness. This type of pain does not respond well to opioid therapy. Quite often other medication classes such as antidepressants or anti-seizure medications must be prescribed to provide pain relief when nerves are involved. These medications are only available with a prescription.

Pain is often under treated for a variety of reasons. This includes both patient and physician factors. Everyone has heard the saying "no pain, no gain," but untreated pain can be harmful. Pain is your body's way of telling you something is

wrong. Ongoing, untreated pain can be harmful to your body. This can lead to anxiety, depression, anger and interfere with your sense of well being. The goal of pain management when treating acute or chronic pain is to reduce the pain to a level tolerable to the patient and prevent the pain from recurring. The type and intensity of pain may require frequent or high doses of medications. The fear of addiction should not prevent adequate pain management. However, this is often a concern of both patients and physicians alike.

When talking to your medical professional about pain management, it is important to be able to describe your pain. There is a difference between acute and chronic pain. There is also a difference between the treatment of cancer pain versus non cancer pain.

Acute pain is often easy to identify (tissue damage) versus chronic pain. Chronic pain is present when the original source of pain is healed and the degree of pain may seem out of proportion to the original ailment or condition. Although the purpose of pain management is to decrease suffering, the goal in chronic pain management is to also improve functional status of the patient. One example of chronic pain is the management of arthritis pain so

the patient can remain as active and comfortable as possible.

Treatment may take many forms. At times, it may be more appropriate to use a non-medication approach such as heat, ice, massage, physical therapy or other intervention. When medications are necessary, there are several medication classes that may be chosen. Once again, the type of pain will determine what medication may be effective and what should be used first. What works in one situation, may not always work in others. Pain medications are available as prescription and over the counter (OTC) products. Your pharmacist can assist you in recommending the proper OTC medication. NSAIDs are used to treat mild to moderate pain and inflammation. Aspirin and ibuprofen are examples of NSAIDs. These are available in OTC and prescription products. Acetaminophen is used when treating mild to moderate pain and is often found in combination products for pain relief. Opioids are prescribed to people who have moderate to severe pain. These medications require a prescription.

Many people fear addiction when it comes to pain medicine, but it is important to understand there is a difference between physical dependence and tolerance compared to addiction. If you are on a prescription opioid for more than a few days, you may become physically dependent. This means if you abruptly stop taking the medication you may have nausea or other unpleasant symptoms. If you become tolerant to a medication, you may need increased doses to achieve the same amount of pain relief. Physical dependence and tolerance are physical conditions compared to addiction which is a psychological condition. Addiction is the psychological dependence on medications after there is no medical indication for the drug. People with addiction may also have physical dependence and tolerance if the medication has been taken for a long period of time.

No one pain medication is right for everyone and there will be times when one pain medication is preferred over another based on the type of pain being treated. That is why it is important to be able to describe your pain. Otherwise, choosing the right medication can be challenging. Not all healthcare providers are well trained in the management and treatment of pain and pain syndromes. This means finding the right health care team may be difficult. Patients may be referred to a pain specialist.

Remember, Communication is Key when it comes to using medications safely and correctly. As we celebrate American Pharmacists Month in October Know Your Medications, Know Your Pharmacist. Talk to a Senior Care Pharmacist today to learn more about your medications. The most expensive medication is one that is not being taken correctly or is causing undesirable side effects.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit www.MySeniorCarePharmacist.com, e-mail your questions and comments to Doctor@AMySeniorCarePharmacist.com or call 803-202-1106. Look for the next article in the April edition of Senior News.

About the author

Dr. Andrea Cauthen Bussey is a Board Certified Geriatric pharmacist, a Fellow of the American Society of Consultant Pharmacists and a member of the American Geriatrics Society. She has Bachelor of Science and Doctor of Pharmacy degrees from the University of South Carolina and has post graduate training in Geriatric Pharmaceutical Care, Alzheimer's, Dementia, Parkinson's disease and Adult Immunizations. She serves on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care as Vice-President, is licensed to practice in GA and SC and is President and CEO of Pharmacotherapy for Seniors, Inc.

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