

Senior News

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***Chopin Society of
Atlanta celebrates
200 years of Chopin!***

See Page 2

March 2010
Vol. 24, No. 3

On the Cover

Chopin Society of Atlanta celebrates 200 years of Chopin

by SUSAN LARSON

ON THE COVER:

World renowned pianists Andrzej Jagodzinski, Leszek Mozdzer and Ewa Poblocka will perform 3X Chopin at the Roswell Cultural Arts Center on March 21.

It's a musical celebration in double time as the Chopin Society of Atlanta marks its tenth anniversary and commemorates Chopin's 200th birthday. The Atlanta Chopin Society was founded in 2000 by Dorota Lato, a Polish-born John's Creek pianist and music educator, and her husband, Polish born concert pianist Piotr Folkert.

In 1999, for the 150th anniversary of Chopin's death, they wrote and performed a musical and narrative tribute to the composer. With Chopin's piano music playing in the background John Lemley of WABE Radio read from letters that Chopin had written about his

life.

"Chopin was a very witty person," Lato said. "He is so human. Even if you do not know much about classical music, you can still love Chopin."

Of course Chopin is revered in his native Poland, but his music is universal Lato said. There is an International Chopin Society based in Warsaw and several other musical societies dedicated to Chopin around the United States. Today the International Federation of Chopin Societies remains the world's largest organization dedicated to the works of a single composer. The Chopin Society of Atlanta maintains a mailing list of over 1,000 members and fans.

To celebrate this two-time special year of Chopin's 200th and CSA's 10th birthdays, Lato and Folkert have gone a step further to orchestrate a program called 3XChopin, a stunning and unprecedented performance of the master's works. It features



Left to right: U. S. Representative Tom Price, Chopin Society Founder Dorota Lato and WABE Radio's John Lemley at a Chopin Society of Atlanta Concert.

three generations of Chopin's music interpreters and three diverse visions of this genius's works. Ewa Poblocka, a distinguished classical pianist and recipient of international awards, will play Chopin in classical style. Andrzej Jagodzinski, along with Adam Cegielski on bass and Czeslaw Bartkowski on drums will perform his intellectually and emotional charged jazz interpretations of Chopin's music. Leszek Mozdzer, representing the youngest generation of jazz pianists, will push the boundaries on the possibilities the piano offers.

This unique triple treat will be performed at the Roswell Cultural Arts Center, 950 Forest Street in Roswell, on Sunday March 21, 2010 at 6:00 p.m. Tickets are \$25, \$20 for members/seniors and \$5 for students. For more information call 770-



Piotr Folkert, co-founder of the Chopin Society of Atlanta performs at concerts throughout Metro Atlanta.

641-1260 or visit www.chopinatlanta.com.

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Seniors urged to avoid census season fraud

Special to Senior News

The Department of Human Services Division of Aging Services is urging older adults to be vigilant over the next few months to avoid criminals who are masquerading as legitimate Census Bureau workers. Cyber-criminals and scam artists are looking for any available opportunity to steal money and personal information. With the 2010 U.S. Census process beginning, these criminals are taking advantage of the census-taking event to separate older adults from personal information that thieves can use to empty bank accounts.

To avoid the scams, here is what older adults need to know. Census forms will be mailed to households with a return-by date of April 1, 2010. From April through July, census workers will knock on the door of every household that did not return its census forms.

If an individual comes to the door, look for someone who has a badge (with a Department of Commerce watermark and expiration date), a letter from the Census Bureau Director on official letterhead, and a handheld device or computer. If you have any questions regarding the person's identity, call the Regional Census Center at 1-800-923-8282 to confirm that the visitor is an employee.

The Census Bureau might ask for basic financial information such as a salary range. It will not, however, ask for Social Security, bank account or credit card numbers. Employees of the U.S. Census Department can never ask for money or donations, enter your home, or tell you that you owe money to the government, even if you do.

There have already been reports

of scam artists posing as Census Bureau workers in Georgia. In January, homeowners in middle Georgia's Crawford County reported people going door to door, posing as Census Bureau workers, and requesting social security numbers.

Census workers may contact you by telephone, by mail, or in person at home. They will not contact you by e-mail. Do not click on a link or open any attachments in an email that is supposedly from the US Census Bureau. If you do receive an e-mail or find a Web site that you suspect is falsely representing the Census Bureau, forward the e-mail or Web site URL to the Census Bureau at

ITSO.Fraud.Reporting@census.gov.

If anyone posing as a census worker asks for any personal information, is aggressive, or tries to intimidate or coax you, you have the

right to refuse to give information. If you feel uncomfortable in any way, end the conversation immediately and call law enforcement. Then report the matter to the Census Bureau Call Center at 1-800-923-8282.

For more information about elder abuse prevention, the public may call the Georgia Department of Human Services, Division of Aging Services at 1-866-55-AGING (552-4464) or visit <http://www.aging.dhr.georgia.gov>.



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Ann Tunali

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Email: seniornews@msn.com

SENIOR NEWS

5579 Chamblee-Dunwoody Rd.

Suite 478

Atlanta, GA 30338

Advertising Account Executives

Janet Tassitano

Phone: 770-993-2943

Fax: 770-992-0210

Email: jantass@bellsouth.net

Linda Conyers

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

Copy Editor

Faye Jones

email: byronfaye1@aol.com

Writers

Susan Larson - Columnist

Faye Jones - Columnist

Contributing Writers

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

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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.

CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636; 800-752-5037

FAX: 478-929-4258

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E-mail: Seniornews@cox.net

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

I hope all of you dear readers have the luck of the Irish this month. Don't know about you, but I could use a little luck - good luck that is.

We had a wonderful weekend with the three inches of snow that fell in here in the mid-state. We don't see much snow and it always causes a commotion. Grocery store shelves empty like magic and I am among the first there. I bought a van full of food to last two days - just in case. I will never outgrow being a Miss Scarlet and I shall never be hungry again - snow or not.

A world of white was wondrous to behold. My old homestead yard looked like a Christmas card and the quiet was amazing. Of course by the next day the snow had melted and all was back to normal. Little things bring a lot of joy.

I enjoyed a wonderful weekend recently. My best friend and "sister" Helen and I had spent hours on the phone talking about the state of our houses and how badly they needed a spring cleaning. She stays busier

than I because she walks better. She hobbles on only one knee. Well, she got on her horse and found a lady who has a cleaning service. She cleaned half sister's house for nearly \$100. It was then I realized I must have chosen the wrong vocation. I could have a fine retirement had I cleaned houses for a living instead of playing with words.

Since her homestead was shining bright she rushed over to help get mine in shape. About five hours later we began to slow down. It was sundown and we were about to starve although our work was not finished. I'm sure it will take at least a month to do all I have planned.

Anyway, not wanting to cook, I talked her into going to our neighborhood fish restaurant for dinner. I promised we would be the first there and that it wouldn't be crowded for another couple of hours and we probably wouldn't see anyone we knew anyway. Therefore we went in our work clothes with no make up.

Arriving at the restaurant we found the parking lot packed to the brim. As we walked inside it was

like home coming at the church. Everybody we ever knew was there - all of them looking neat and clean with make-up. Well rats! I said, one can't be right all the time - just most of the time. It turned into a night of fun and laughter and we had a wonderful dinner.

Back to the homestead after dinner, I thought we would sit and visit for a while. That was not to be. She was wound like an eight-day clock and was ready to clean again. We ended up cleaning out drawers, filtering through my three categories of clothes; those that are too small, those that are even smaller and the ones I wear that make me look like a refugee. We got bags of stuff for some nice folks who haven't eaten as much chocolate as I have.

For 30 years Helen and I have never left each other's house without a sack. We're forever sharing or swapping something. She had a sack and a big basket to lug home and I had a backache that wouldn't wait.

When we finally collapsed at the breakfast table, we were so tired we were silly. That's when we got to talking about the way we lived during our childhood. She lived in Kentucky and I have been in Middle Georgia all my life. Our lives are amazingly parallel, however.

We remembered how valuable paper sacks from the grocery store were. There were no plastic bags back then. Plastic had not been invented. Things were covered with cellophane. The big brown bags were used to drain french fries, fish and cornbread fritters on. When there were left-over bags, my three sisters and I cut them into strips about 2 x 5-inches long, rolled our hair around the middle of the strip and twisted the two ends to hold the curls in place. We were a sight to behold.

We laughed about our mothers being just a little too protective about our appearance. She couldn't shave her legs and my mother made me wipe off my lipstick every morning. I can't imagine what those two wonderful mothers would think about how kids dress these days.

The night ended with us comparing our ailments, declaring that Monday we would start our diet again - like we did last Monday. We are going to get healthy and go to far away places and do fun things. Sounded like a plan to me - kinda like walking on Sunshine.

Have a blessed month!

©2/20/10

Spiritual Notes

The art of receiving

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Recently, during a time of reminiscing, I began reviewing, in my mind, the various personalities of my family members.

There were those who were serious in nature, others fun-loving and the list of personality types goes on and on. It is always enjoyable to share with your children and grandchildren the stories of family and the impression they have made on your life. Because families no longer live close, so many children don't know uncles, aunts, cousins, etc., as so many of us did as we were growing up.

My sister and my mother-in-law were the two people in the family who loved to give. The one thing the family soon realized was that they don't know how to receive. On one occasion my wife gave her mother a gift and her mother protested, "honey, you shouldn't do this," which she had done each time she was given a gift. My wife said, "Mother, just say thank you." My sister, similarly, did not know how to receive. She appeared awkward in expressing her thanks when given

a gift.

As someone has said, "In a day of 'gimmeitis' it seems almost paradoxical for anyone to suggest a tonic for the improvement of the art of receiving." Like my relatives, there are many folks who have not learned this art. So much of our time is spent on majoring on the grace of giving we have not developed the art of receiving. We have often quoted Jesus; "It is more blessed to give than to receive." In doing so we have virtually forgotten for every gift given, someone must be a recipient.

Giving is a Biblical principle. Jesus also said in Luke 6:38, "Give and it will be given unto you." While we accept this scriptural admonition it is important that the generosity of others and their overtures of love will be welcomed by a grateful spirit, a receptive heart and with grace. If you haven't developed the art of receiving, think about it. Giving is enjoyable. Receiving should be also.

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

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

Taking Care

Moving in with a child: Should you do it?

by LISA M. PETSCH

When older people are living alone, there may be concerns about their physical well being, emotional well being, or both. Particularly in situations where they are having health problems or do not live close by, a son or daughter may invite them to move in.



If you find yourself on the receiving end of such an offer, ask yourself the following questions and take time to honestly and thoroughly answer each one before making a decision.

Interpersonal issues

- What kind of relationship do you and your son or daughter have? How well do you get along with others in the household? Any personality clashes are sure to be magnified when you are living under the same roof.
- If you need assistance, are you comfortable with the idea of role reversal?

Your needs and expectations

- Would the move uproot you from important relationships and community connections such as supportive longtime neighbors, a church congregation or seniors' clubs?
- If you have a pet, can it be accommodated? If your child has pets, are you comfortable around them?
- If you have a chronic illness, how are your needs likely to change? Would you expect your family to provide whatever help you may require? If so, are they willing and able?

Your family's needs and expectations

- Would you be expected to contribute to the household in practical ways, such as cooking meals or providing childcare?
- If you require assistance: Would your child or other household members be able to cope with the ongoing physical, mental and emotional demands of care giving? Would they have enough time to devote to the rest of their family – spouse, children, grandchildren, other older relatives? Would they still have time for themselves – for exercise, hobbies, volunteer work or whatever else is important to them?

Lifestyle issues

- Do you and your son or daughter have similar lifestyles and values? If not, are differences likely to be an ongoing source of tension?

- If you require care, how might your needs affect your child's work life, social life, vacation plans and other pursuits? Is he or she prepared to make adjustments?

Available supports

- Would you be within walking distance of a convenience store, pharmacy or bank? What about proximity to a place of worship? Would you be close to public transit routes? Easy access to at least some amenities would maximize your independence – a win-win situation.
- Would friends and former neighbors be able to visit frequently? Consider the distance they would have to travel to get to your new location and what type of transportation is available to them.
- If your child lives in a different area, how easily could you link with needed medical supports such as a new primary care physician?
- What kinds of community support services are available to assist in meeting your needs, either now or in the future? Find out about accessible transportation services, seniors' recreation centers, day programs and home healthcare services.

Finances

- How much would you be expected to contribute toward fixed and variable household expenses?
- Do you have savings or insurance that would cover the cost of any needed medical equipment or healthcare services? If not, would your family be prepared to pay for them?

Home setup

- Is there sufficient space in the home to meet everyone's needs for privacy? Would you have separate quarters or would it be a communal living arrangement?
- How accessible is the home? For example, are there steps to get inside, does it have multiple levels, can doorways accommodate walker or wheelchair passage? If adaptations would need to be made, what is the estimated cost and who would pay it?

Other options

- Before making any decisions, explore alternatives: arranging home health care services and other home supports such as meals on wheels; obtaining live-in help; doing home renovations; and moving to a condominium, seniors' apartment complex

or assisted living facility. Find out if any of these options are appropriate and affordable.

The decision

- If you decide to move into your son or daughter's home, consider a six-month trial period with a clear understanding that other options will be pursued if you, your child or other household members feel it's not working out and issues can't be resolved.
- Keep in mind that such a plan

involves changes in family dynamics and household routines that will affect daily living. Therefore you need to allow plenty of time for everyone involved to adjust.

- There are bound to be some difficulties, but these can usually be worked through if you are committed to making the new arrangement work.

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

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Poets' Corner

The Gate

By: Vicky Harper

Pursue the Jesus gate.
Mind you, enter straight.
Going over it
can make you self-righteous.
Under it, the serpent is there.
If you go around, it
you will never get there.
The lock is in your heart,
so swing wide the Gate,
and let Holy Spirit enter,
for eternity begins there.

My Trickle Theory

By: Vera King

My life has been a picnic
By streams of flowing wealth
Where everyone was drinking
But not to my good health

Somehow I got a trickle
From their great excesses
Which lead eventually
To my very own successes

So I give thanks to others
For my present state
Without this constant trickle
All my payments would be late.

Old Memory's Friend

By: Charles W. Cook

It's been a while since I walked there
Where honeysuckle floods the air;
And tulip trees rise strait and tall
As autumn leaves begin to fall.

I'd like to roam across the vales
Among the hawks and cottontails;
Ascend high woodlands trails once
more
To view the vistas known before.

A paradise of rustic charms
With old plank barns on family
farms;
Fried apple pies and marmalade,
A summer nap in white oak shade.

Such childhood ventures I endured
With homespun love always insured:
A mountain lad with wide-eyed
dreams
While skipping stones across the
streams.

It is a land where manhood grows,
Great plans were made in times like
those;
A campout on the Blue Ridge crest
were moments shared that I loved
best.

The flowing dawn through morning
fog,
A mossy quilt on chestnut log,
The chirr of locust's spring return;
Still boyhood joys for which I yearn.

But age and distance can erase
The gleeful moments of such place;
I know that youth can't come again,

but priceless is old memory's friend.

The Garden

By: Doris A. "Dot" Jones

He's planting his garden in heaven
now.
Sowing each seed with tender care.
His earthly garden stands bleak and
bare.
No pretty flowers or vegetables to
share.

But, the memories remain, for he
sowed his seeds in the hearts of his
friends and now,
He's remembered, as his heavenly
garden he tends.

As long as he has loved ones here on
earth,
His garden remains although it's
untouched.
For he leaves his smile and words of
cheer in the hearts of others, as we
recall his fare.

His heavenly garden is one to
behold, more beautiful than any
earth could unfold.
He's a master gardener now, toiling
without pain and strife
in a garden fed by the "River of the
Water of Life."

Hope

By: Robert C. Speng

Hear the streams go gurgling by,
See the birds as they fly,
Watch the flowers as they grow,
Feel the fluffy feel of snow.

Hear, see, watch and feel
These and many more.
Learn to know all the beauty
Here on Heaven's floor.

After you meditate all these

Look up and see God's trees.
Look higher, higher still
Into the Heaven, into His will.

See the clouds that cover the earth.
Feel the gay breezes merry mirth.
Hear thunder as it cracks and bursts.
Watch the Heaven, the clouds are

first,
Then the infinite sky.
Now hear the baby cry.

Compare all you see and hear.
Then thank God that you are here.
To see and think and meditate.
To love and live and to create.



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2010 Georgia Centennial Farm deadline is April 30th

Special to Senior News

The Georgia Centennial Farm Program was created to draw attention to historic farms and to encourage their preservation. Nominees must be a working farm with a minimum of 10 acres actively involved in agricultural production or generate at least \$1,000 in annual income. In addition, farms must be continuously farmed for at least 100 years and owned by members of the same family for at least 100 years or be listed in the National Register of Historic Places.

Since starting in 1993, the program has recognized 359 farms around the state. Qualifying Centennial Farms are honored each October at a special award ceremony at the Georgia National Fair in Perry, Georgia.

The Centennial Farm Program is administered by: the Historic Preservation Division; Georgia Farm Bureau Federation; Georgia Department of Agriculture; Georgia Forestry Commission; and the Georgia National Fair and Agricenter.

Applications are available on HPD's Web site at <http://hpd.dnr.state.ga.us/content/displaycontent.asp?txtDocument=119>. For more information, contact Gretchen Brock at 404-651-6782 or gretchen.brock@dnr.state.ga.us. Applications are due on April 30, 2010.

The Historic Preservation Division (HPD) of the Georgia Department of Natural Resources serves as Georgia's state historic preservation office. Their mission is to promote the preservation and use of historic places for a better Georgia. HPD's programs include archaeology protection and education, environmental review, grants, historic resource surveys, tax incentives, the National Register of Historic Places, community planning and technical assistance.

The mission of the Department of Natural Resources is to sustain, enhance, protect and conserve Georgia's natural, historic and cultural resources for present and future generations, while recognizing the importance of promoting the development of commerce and industry that utilize sound environmental practices.

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C'mon, let's eat

by FAYE JONES

Nothing gives our senses a greater treat than walking into a home where bread is baking. Surely it brings back nostalgia to all of us from the rural south. Of course we only knew two kinds of bread; corn bread and biscuits. Sliced bread around our homestead was a treat indeed.

Bread making is made easy now. We have machines that do all the work - even the baking but fun is still to be had from whipping up a batch of bread, rolls or muffins in our own kitchens. The following recipes are a few from my collection. As a baker's daughter, these are among my favorites.

BEER BREAD

5 cups self rising flour
1 12 oz can beer
5 tb sugar

1 1/2 cup sour cream
1/2 stick melted butter or margarine

Preheat oven to 350 degrees. In large bowl, combine flour, sugar, add sour cream and beer, mix well.

Pour batter into greased 2 qt round dish or loaf pans. Bake 45 minutes. Brush top with butter and bake an additional 15-20 minutes. GOOD!

BLUEBERRY NUT BREAD

(Makes one 9 x 5 inch loaf)

1 package Duncan Hines Blueberry Muffin Mix

1/3 cup chopped nuts

3 tablespoons sugar

1 egg

1/2 cup + 1 tablespoon water

Preheat oven to 375 degrees. Grease and flour a 9 x 5 x 3 inch pan.

Empty blueberries into strainer. Wash under cold running water. Set aside to drain.

In a medium-sized bowl combine all ingredients except the blueberries, mix until well blended. Gently fold in drained blueberries. Spread batter in prepared pan.

Bake at 375 degrees for 30 to 35 minutes, until bread tests done with a toothpick. Cool in pan about 10 minutes then remove from pan.

ZUCCHINI BREAD

3 eggs

2 cups sugar

2 cups grated zucchini

1 tsp vanilla

3 c flour

1 tsp salt

1 tsp soda

1 tsp baking powder

2 tsp cinnamon

1/2 cup nuts

Beat eggs until foamy. Add sugar and oil. Add vanilla and zucchini. Sift dry ingredients. Pour in greased & floured loaf pans. Makes 2 cakes. Bake at 350 degrees - 45 minutes to 1 hour.

BANANA NUT BREAD

2 cup plain flour

1 2/3 c sugar

1 tsp salt

1 tsp soda

1 tsp cinnamon

1 cup chopped nuts

3 eggs, beaten

1 1/2 cups oil

2 c mashed bananas (3)

1 8 oz crushed pineapple

1 c chopped nuts drained

2 tsp vanilla

Combine dry ingredients, combine oils and add to dry - stir add nuts. makes

9 x 5 x 3 loaves or 4 small pans. 350 degrees for 1 hour.

CRANBERRY ORANGE SCONES

2 cups all purpose flour

1 teaspoon sugar, divided

1 tablespoon grated orange peel

2 teaspoons baking powder

1/2 teaspoon salt

1/4 teaspoon baking soda

1/3 cup cold butter or margarine

1 cup dried cranberries

1/4 cup orange juice

1/4 cup half and half cream

1 egg

1 tablespoon milk

GLAZE (optional)

1/2 cup confectioners' sugar

1 tablespoon orange juice

ORANGE BUTTER

1/2 cup butter, softened

2 to 3 tablespoons orange

marmalade

In bowl, combine flour, 7 teaspoons

sugar, orange peel, baking powder, salt and baking soda. Cut in butter until the mixture resembles coarse crumbs; set aside. In a small bowl, combine cranberries, orange juice, cream and egg.

Add to flour mixture and stir until a soft dough forms. On a floured surface, gently knead 6-8 times. Pat dough into an 8-inch circle. Cut into 10 wedges. Separate wedges and place on an ungreased baking sheet. Brush with milk; sprinkle with remaining sugar. Bake at 400 degrees for 12-15 minutes or until lightly browned. Combine glaze ingredients if desired; drizzle over scones. Combine orange butter ingredients serve with warm scones. Yield: 10 scones.

Enjoy! ©2/20/10

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 byronfayel@aol.com.



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Georgia Senior Follies 2010 scheduled for April

by ANN TUNALI
Editor

The Georgia Senior Follies, second annual extravaganza is back! Check out their ad in this edition of *SENIOR NEWS*. Mark your calendar for the show dates... April 15, 16, 17, 18 and April 22, 23, 24, 25, 2010 at the Cumming Playhouse, 8 p.m. and Sunday matinees at 3 p.m. Get your group together for a wonderful outing! I recommend this for everyone! I was so impressed with the show last year that my intentions were to try out for the 2010 Follies. You'll want to get in the isle and sing and dance your heart out right along with them!

The Georgia Senior Follies 2010 is a brand new show featuring your favorite music from the Hollywood Movie Musicals of the past and much more. Featured movies are *Singing in the Rain*, *Music Man*, *The Wiz*, *Blue Hawaii*, *Chicago*, *Guys & Dolls*, *Funny Girl* and many more. They will be bringing back many of the wonderful singers and dancers that were in last year's performance in addition to several wonderful new cast additions and a couple of surprises.

It's good for the heart! Don't miss it! Tickets may be purchased on line at the Cumming Playhouse website www.playhousecumming.com or at the box office by calling 770-781-9178.

For additional question call Sheila Biales at 678-455-0975.

Tax forms help Georgians donate to elders and youth

Special to *Senior News*

It takes just five seconds for taxpayers to deliver a hot meal, give a ride, or nurture a child by donating to the Georgia Fund for Children and Elderly on 2009 tax forms. Donations are tax-deductible, and every dollar supports meal deliveries for homebound elders, transportation to senior centers and doctors' appointments, and grant programs to serve children with special health, educational, and emotional needs.

"Right now, many Georgians are struggling every day to just get by. We can make a major difference in many of those lives by making a donation to the Georgia Fund for Children and Elderly through our income tax returns," said Dave Statton, Interim Director of the Georgia Department of Human Services Division of Aging Services. "Please

check your contribution off, knowing how important it will be to so many."

Donating a dollar or more is simple and quick. The check box for the Georgia Fund for Children and Elderly is conveniently located on line 28 of Georgia Income Tax Form 500 and on line 11 of Form 500ez. Participants can also donate at payment time by adding dollars to their check and indicating how much they are contributing to the fund.

Last year, taxpayers voluntarily contributed \$176,669 to the Georgia Fund for Children and Elderly. Half of the donated funds went to the state's 12 Area Agencies on Aging, and the other half supported grants for organizations serving special-needs children.

For more information about tax check-off funds that are used for elders, contact Cynthia Haley Dunn of the Department of Human Services Division of Aging Services at 404-657-1515 or chdunn@dhr.state.ga.us.



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Spotlight on Art: Art Opportunities Galore!

by MARY FRANCES

"I'm dazzled. I've never seen so many art pieces for sale in one art show," a first-time attendee at the 29th annual Spotlight on Art at Trinity Elementary School in Vinings gushed.

The six-day show, open to the public the third week in February, was stacked with A to Z in art. Work ranged from impressionist, realistic, contemporary, garden, folk, children's and photography to jewelry and sculpture. Proof that Atlantans do care about art: The event attracted an elbow-to-elbow crowd. More than admirers, they carried the objects of their affection to the check-out counter.

A drove of hardy volunteers stood by ready to explain and assist.

It probably helped that there was no charge for admission and the ample parking was free.

More than 7,500 art works by 285 invited artists adorned the wall squeezed into Trinity's converted theater. "This is an art shopper's dream," said Loretta Paraguassu, one of the artists. Her painting, "A Tangled Web," 32"x32" abstract oil on canvas, donated to the school, was included in a raffle and won by one of the volunteers. Some 16 artists donated works to the cause. Others shared in the profits.

A well-orchestrated event, this year's Spotlight was kicked off with The Saks Preview Market at

Phipps Plaza where on December 9, 2009. In early January, the exhibit expanded to 250 works. Then on Monday, February 15, 2010, Spotlight on Art moved to the Trinity campus where hundreds drove through the school's iron gates, walked through the portico and were greeted at a reception booth. An opening party on the first night and a champagne party Friday night were additional lures.

The picturesque school located on 43-acre campus inside the Atlanta perimeter on Northside Parkway could easily be mistaken for a eccentric millionaire's estate. Next door to the sprawling IBM complex, it began as a nursery school for Trinity Presbyterian Church in 1951. Now, it accepts children from age three through sixth grade and boasts a student body of 591.

The annual art market is a major source of funding for the school. However, a portion of the proceeds are donated to a designated charity. This year that money will go to Families First of



Chicken by Evelyn Edmeades

Atlanta, Georgia. It is the leading nonprofit family service agency in Georgia serving more than 40,000 children and families each year.

Those interested in exhibiting or attending next year's Trinity School Spotlight on Art may contact Liz Ball at 404-231-8101 or e-mail her at iball@trinityatl.org. The website is www.trinityatl.org.



Young Woman

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Out & About

"March for Meals" to benefit Fayette's Meals on Wheels Program

Special to Senior News

In the wake of recent state budget cuts to its Meals on Wheels program, Fayette Senior Services is taking a proactive role to ensure that no homebound senior goes hungry in Fayette County. The agency will host its second annual "March for Meals," a 1 Mile/5K Fun Walk/Run on Saturday, March 20.

This year the race will begin and end at Fayette Senior Services Center, 4 Center Drive in Fayetteville, across from the Justice Center. Participant check-in begins at 8 a.m. and the Walk/Run starts at 9:00 a.m. The registration fee is \$30 per applicant. After March 6 the fee is \$35, including race day registration, but a t-shirt is not guaranteed. Team groups are welcome to participate with teams of 12 or more listed by team name on the event t-shirt. Registration forms are available at Fayette Senior Services Center at 4 Center Drive, Fayetteville and online at www.FayetteSeniors.org.

Fayette Senior Services, Inc., a non-profit 501(c)(3) organization, delivers more than 40,000 meals annually to older adults who are unable to prepare meals for themselves. The meals are delivered by volunteers who also provide daily social contact to this vulnerable, and often isolated, population.

"Walkers and runners of all ages are invited to participate in this fun event," says race director, Dawn Davis. She adds, "It's a good experience for all the participants, while raising funds for a very worthwhile cause. The Meals on Wheels program is an essential service that helps seniors remain independent and improve their quality of life." Davis is also the Fitness Coordinator at Fayette Senior Services Life Enrichment Center.

There is no minimum or maximum age to participate. 5K awards will be given to the individual with the fastest time in each age group. The 1 mile awards will be given to the top three finishers. This year the registration fee for all 5K and 1 mile Fun Run/Walk participants includes lunch following the race. Spectators will be able to purchase lunch for just \$5. Additionally, all participants will receive a goodie bag and a commemorative tee shirt designed by local Fayette artist, Vicki Turner. Turner is a member of the Fayette Society of Fine Art and has donated several pieces of artwork to local fundraising opportunities including the Youth Protection Home, the Joseph Sams School, and the Children's Village at Christian City.

Fayette Senior Services, Inc., offers adults age 50 and better, the opportunity to be involved in a variety of social, leisure, educational, wellness and life-enriching activities. Since 1978, the agency has also provided services that improve quality of life and foster independence such as: Meals on Wheels, Adult Day Referral Service, Information and Referral, Transportation Services, In-Home Services, and Case Management. For more information call 770-461-0813 or visit www.FayetteSeniors.org.

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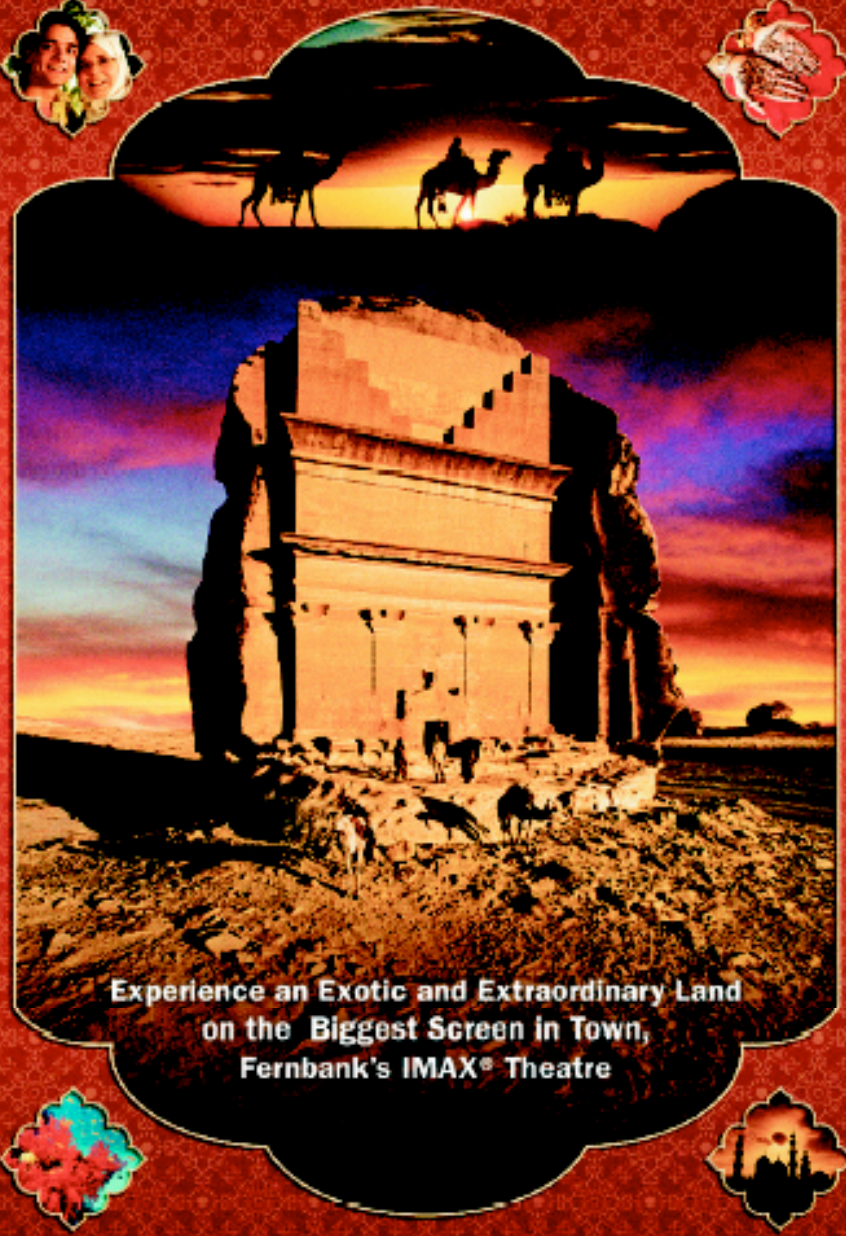
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Georgia eye doctor helps legally blind to see again

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 bioptic 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

Batter Up! Teams are forming now! Softball Tournament to benefit Fayette County's Homebound Seniors

Special to Senior News

To raise awareness and funds for programs that help Fayette County's homebound seniors remain independent and improve their quality of life, the community is invited to participate in Fayette Senior Services "Hit One for the Homebound" softball tournament on April 10, 2010 at Mead Fields in Peachtree City. The games are scheduled to begin at 8 a.m.

The tournament will have two divisions, one for men's teams and the other will be co-ed play. Awards will be given for the top three teams in both divisions. The tournament will follow USSSA rules, which allows players of all skill levels to enjoy the games.

Dawn Davis, FSS Health & Wellness Coordinator and Tournament Director states, "We are challenging local businesses, churches, and individuals to assemble teams and help us 'Hit One for the Homebound.'" The in-home services we provide such as personal care, light housekeeping, and Meals On Wheels help hundreds of homebound

senior citizens with their basic needs so they can live independently in their own home. The Hit One for the Homebound Softball Tournament is a fun way for us to raise awareness for the specialized needs of the homebound."

Space is limited to 24 teams so sign up early! A minimum 10-person team is required to play but teams may have as many players as they like on their roster. Applications and tournament guidelines are available online at www.fayette-seniors.org or at Fayette Senior Services Life Enrichment Center located at 4 Center Drive in Fayetteville. The application fee is \$300 per team (\$400/team after April 2, 2010). For more information contact Dawn Davis at 770-461-0813 ext. 124 or at ddavis@fayss.org.

Fayette Senior Services, a non-profit 501(c)(3) organization. This past year, Fayette Senior Services delivered more than 40,000 Meals on Wheels to hundreds of Fayette County seniors. Other services include Transportation, Adult Day Care Referral Service, Information & Assistance, In-Home Personal Care/Homemaker Services, Case Management, and Tool Team Home Repair Service.



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• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740
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Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance Hotline at 404-730-6000, or visit www.myfultoncounty-ga.us.
• Offering "At Your Service," a transportation program that is available to anyone 60+ or disabled living in North Fulton. Will transport an individual from their home. For complete details on distances, charges, etc., call 770-993-1906.

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• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
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• Alpharetta Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta,

770-751-9397.

• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
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• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
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• 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.

continued on page 16





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Senior Multipurpose Facilities

• Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900.
• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.
• 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,



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CALENDAR

from page 15

• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club: 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.

Multiple Sclerosis Center of Atlanta

Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

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

continued on page 17

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CALENDAR

from page 16

alicerhodes357@mindspring.com; caller: Jesse Oliver, 404-346-7528.

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 Atl. Rest: 404-634-6268, www.petiteauberge.com. For information call John Kovach at 770-928-4579.

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
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continued on page 18

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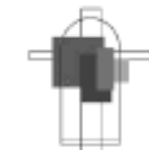


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CALENDAR

from page 17

Monthly Singalong

Sat., March 26, 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.

Volunteers Need for Meals on Wheels

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

Shema Yisrael - The Open Synagogue Services

Every Sat., 10:15 a.m., Jewish Family and Career Services, 4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.

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.

continued on page 19

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CALENDAR

from page 18

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 Gery Saunders at 770-961-2200.

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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.

Lifespan Resources, Inc.

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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.

Cherokee Chorale Spring Concert

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Sun., March 21, 3 p.m., Canton First United Methodist Church, 930 Lower Scott Mill Rd. Tickets: \$10 adults; \$5 students. Call 678-439-8625 or visit www.CherokeeChorale.org.

Holy Week and Easter Services

Roswell United Methodist Church, 814 Mimosa Blvd., Roswell. For details and schedule visit www.rumc.com/Easter.

Afternoon Fashion and Spring Tea

March 17, 1-3 p.m., Roswell Garden Club and Unique Boutique, Roswell Adult Recreation Center, 830 Grimes Bridge Rd., Roswell. \$20 per person. Reservations required. Call 770-650-4607.

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Natural Products and Traditional Medications

by ANDREA C. BUSSEY
PharmD, CGP, FASCP

Nutraceuticals is the term used for a food or naturally occurring food supplement thought to have a beneficial effect on human health.

Examples of a nutraceutical include ginkgo biloba, St. John's Wort and other herbal supplements. In the United States, nutraceuticals are marketed under the Dietary Supplement and Health Education Act of 1994 (DSHEA). Therefore they are not regulated like traditional pharmaceuticals or medications. Consumers should be aware that scientific data supporting the claimed benefits of herbal products are not always available. These products may vary substantially in potency and purity. Quality control standards are not in place for these substances compared to the rigid standards to which over-

the-counter and prescription drug products must adhere.

More and more people are taking herbal products due to their purported claims of being effective. Unfortunately many people are under the false impression that natural means safe. This is not always the case. Natural products may not be effective and may be dangerous when combined with traditional medications or certain disease states.

Since some of these supplements can contribute to dangerous interactions, researchers have been analyzing and collecting data on how natural products interfere with medications. This information can prove to be quite helpful because most people taking an herbal supplement are also taking prescription medications. As the number of herbal products and traditional medications increase, so too will the interactions between the products. We refer to this as herbal-drug interactions.

Herbal-drug interactions fall into three categories – mild, moderate and

major with approximately 25% of these interactions rated as major and 65% rated as moderate.

Some important interactions include:

- St. John's wort interacts with oral contraceptives. This may lead to ineffective birth control and lead to an unplanned pregnancy.
- Ginkgo or Ginkgo biloba can interact with medications used to control seizures and increase the likelihood of having a seizure. It also interacts with blood thinners and many antidepressants.
- Bitter orange interacts with heart medications and may lead to dangerous or even fatal arrhythmias. This substance may be found in weight loss supplements and should be avoided.
- Black cohosh may decrease the effectiveness of chemotherapy and reduce the benefit of cancer treatment.
- Kava kava may increase the effects of sedating medications leading to increased drowsiness and it interacts with alcohol. It has also been

reported to decrease the effectiveness of Sinemet®, a medication used to treat Parkinson's disease.

• Licorice is known to interact with digoxin and medications called ace-inhibitors (lisinopril, ramipril, captopril, fosinopril, benazepril, enalapril and others). Digoxin is a medication for the heart and ace-inhibitors are used to treat high blood pressure. This herbal-drug interaction could lead to serious adverse effects.

• American ginseng may lower blood sugar and interact with medications for diabetes. Other interactions may include blood thinners and some psychiatric medications.

• Valerian may increase the effects of anesthesia and other sedative agents. Patients should always inform their provider(s) well in advance of surgery if they are taking this supplement.

• Red clover has estrogen-like properties and interacts with tamoxifen. Those being treated for breast cancer should avoid using red clover to treat hot flashes and those taking hormone therapies should be cautious. Other interactions with red clover include aspirin and blood thinners.

• Garlic supplements may increase the effectiveness of blood thinners. It may also interact with medications for HIV/AIDS and lead to treatment failure with serious consequences.

• Red yeast rice should not be taken with cholesterol-lowering (statin) medications known as HMG-CoA reductase inhibitors (such as atorvastatin, lovastatin, fluvastatin, simvastatin, pravastatin, cerivastatin), because it may enhance the effect of these medications, thereby increasing the risk of liver damage.

Many herbal products interact with the blood thinner warfarin (Coumadin®). Anyone taking blood thinners should only use herbal products if your physician or pharmacist is aware and you are being closely monitored.

Remember, Communication is Key when it comes to using medications safely and correctly. Always ask your pharmacist, your medication expert, about drug interactions.

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@MySeniorCarePharmacist.com or call 803-202-1106. Look for the next article in the February 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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