

Senior News

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Don Wade Recycling Relics!

by SUSAN LARSON

How do some folk handle their empty nest? Some travel. Some take off for the golf course. Some, like Don and Becky Wade of Covington, just stay put and watch the birds in their own backyard. At least for a while they did. With his skill as a craftsman and a little imagination, Don soon found himself travelling all over the south displaying his birdfeeders created from recycled glass.

"My wife and I had baby chickens and I came up with the idea," Don said.

The feeders started as a hobby, but the idea of marketing them took flight when their grandson, Blair, said, "Granddaddy, your bird feeders are really nice, maybe you can sell them."

"We laughed and said we would consider it," Wade said. And with his 37 years of experience as a store manager for J C. Penney, he would have no problem with marketing them.

"We started with chick feeders and it grew to what we do now. We find the materials at estate sales, garage sales and anywhere else we can find old dishes. We started doing tea cup feeders and then came tea pot feeders and who knows what else will come. I really enjoy coming up with new ideas and Becky having an eye for what looks good and what does not is a big part of it all."

Unlike some recycled glass art which is merely glued, Wade's feeders are all bolted together.

"I drill a hole in the center of the bowl, plate, mason jar, chick feeder. I use a swag hook to bolt the jar to the cover

continued on page 6

September 2016
Vol. 30, No. 9

Taking Care

Bring cheer to a friend with a long-term ailment

by LISA M. PETSCHÉ

The majority of the senior population have at least one chronic illness, defined as a permanently altered state of health that significantly affects daily living.



Lisa Petsché

Examples include arthritis, osteoporosis, diabetes, heart disease and Parkinson's disease. Some conditions are visible, while many are not, and some are more debilitating

than others.

Chronic disease often negatively impacts quality of life. Affected per-

sons may no longer be able to do things they want or need to do, because of altered abilities, fatigue or pain. As a result, they may become frustrated and disheartened, and perhaps even depressed.

How To Help

The following are some things that you, as a friend, relative, or neighbor, can do to support someone who is in this situation, regardless of their age.

- Plan to call or visit when you are not rushed for time. Arrange a regular date to get together, and when you do, treat the person the way you always have.
- Allow them to express emotions freely. Illness and disability affect people physically, mentally, emotionally,

and spiritually. Listen attentively, demonstrate compassion, and provide words of encouragement. A listening ear and empathetic demeanor can go a long way in lifting someone's spirits.

- Encourage the person to practice self-care by eating nutritiously, exercising (if appropriate), getting adequate rest, and avoiding unnecessary stress. Also encourage them to keep medical appointments. Do whatever you can to help make this happen. For example, bring over a meal or offer to drive them to a medical visit.

- Ask, rather than guess, what kind of practical help would be most valuable. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or muffins or, if you're a neighbor, bring in both sets of garbage cans.

Encourage the person to ask for and accept help rather than struggle alone.

- Bring a surprise gift, such as a favorite movie, magazine or food treat, fresh flowers or a plant, or a gift certificate to a favorite restaurant that has takeout and delivery service. If you're on a limited income, sign out reading material, movies, or music the person would enjoy from the public library.

- Help the person feel good about their appearance. For example, offer to set a female friend's hair or do her nails, or bring her a pretty new accessory. Put together a pamper kit of items to give the person a lift when they're

alone — for example, a relaxation CD containing sounds of nature, scented candles, fragrant shower gel or body lotion, foot balm, or herbal tea.

- Encourage the person to cultivate some solitary pastimes — such as taking up word puzzles, jigsaw puzzles, writing, sketching, or a handcraft — that bring pleasure or fulfillment and enable them to enjoy her own company.

- Facilitate connections to the outside world by sharing news about family, friends, and current events. Bring a newspaper or newsmagazine with you.

- If mobility issues make it hard to get out of the house, encourage the person to rent or buy a walker, electric scooter, or wheelchair and help facilitate this. Also help them register with the local accessible transportation service if appropriate.

- Offer to get information about community resources, such as home health care services, friendly visiting programs, shopping services, meals on wheels, and accessible recreation and leisure programs.

- Encourage your friend to seek help from their primary physician or a counselor if they continually feel sad, angry, or overwhelmed. There is no need to suffer, because depression is treatable.

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

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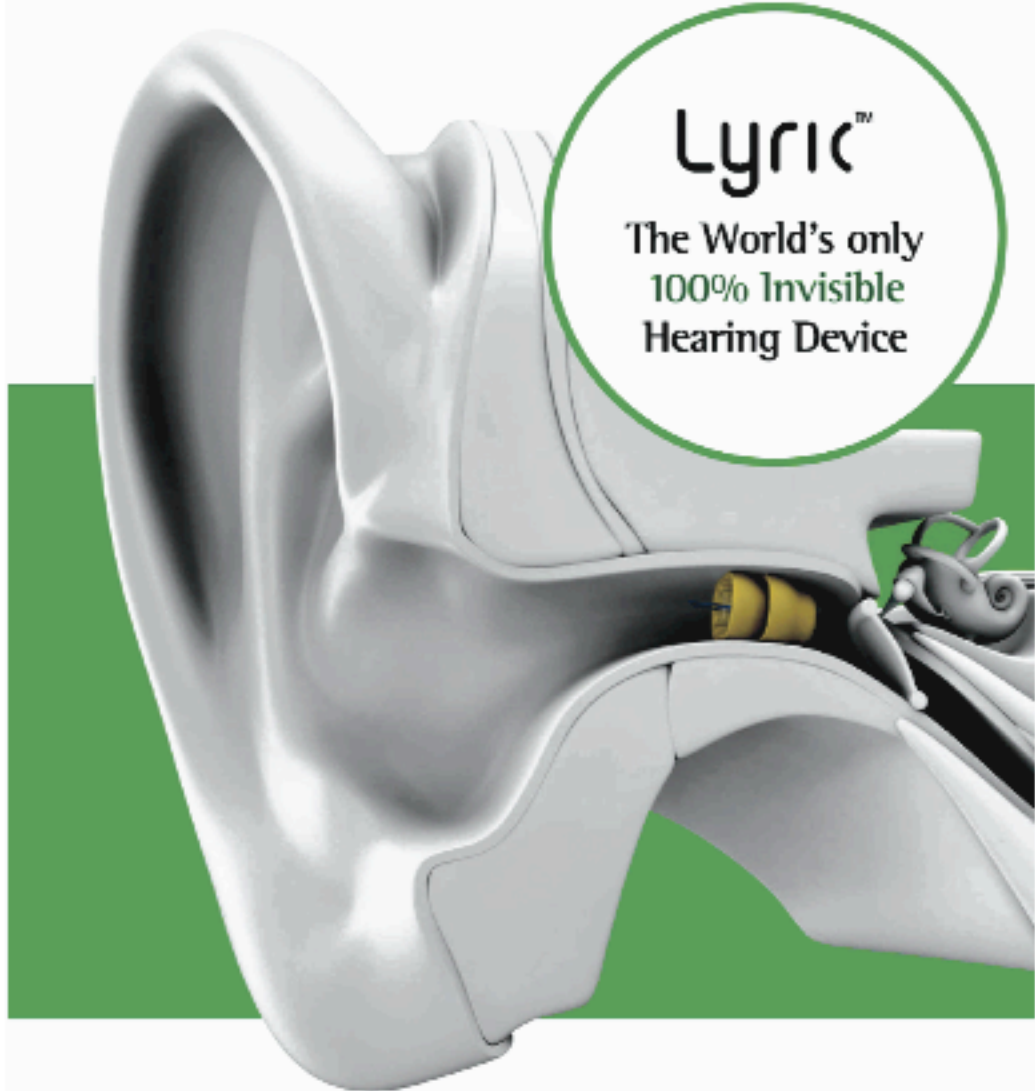
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Published monthly. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005.

Approximate Monthly Readership: Metro Atlanta, 60,000; Metro Augusta, 21,000; Metro Macon, 21,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logos, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation.

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CORPORATE OFFICE

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Phone: 478-929-3636
E-mail: seniornewsga@cox.net
www.seniornewsga.com
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Senior News & Views of Georgia

Poets' Corner

"MOMA"

by Jerome Joiner

*Put Moma in the nursing home.
She has lived beyond her years.
Always sad since Daddy's been gone.*

Moma has become a prisoner of her tears.

*Sitting alone in her dark bedroom
rarely uttering a single word.*

*Moma only eats in the afternoon
no matter what time dinner's served.*

*Rocking in her red rocking chair, while
looking for hours at the quarter moon.
Moma turned ninety five November the third.*

*Regressing to her childhood days, often
acting like a little kid.*

Moma's memories come, and fade.

*She often forgets the things that she
did except the time that she spent
on stage.*

*Some times Moma's hard to live with,
when she's going through a stubborn
phase.*

*But I won't be signing the papers
I'll take care of Moma until she goes to
the grave.*

*Moma won't be playing bingo with her
peers at the nursing home.*

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WADE
from cover

bowl and a screw with padded washer to bold the plate to the chick feeder. Then they screw together. I use screws to attach the tea cups and saucers and the tea pots to the plates. Chain is used to hang most of the items. I make a statement that all the bird feeders are bolted together. We bag and give bird seed with all purchases and big thank you. My customers all return and tell me how they love the feeders and sometimes buy more or refer people."

Wade has created custom feeders with family heirlooms and enjoys the challenge of working with those oddball pieces in the attic that neither have any practical use nor fit the décor. Like those old dishes Grandma saved from laundry soap boxes in the 50's. The ones the grandkids



Old teapot makes ornamental bird feeder.

don't want because they think they're tacky. From a bird's eye view, they could be a treasured work of art.

Wade's creations are featured on his Web site www.dandbcrafts.com and on Facebook at "D and B Crafts." He will be displaying his feeders and other craft items at the following venues:

- Sept.10: Pauling Meadows
- Sept. 17: Buggy Days,



Wade creates a variety of yard ornaments with everything from bottles to beads.



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 - Nov. 12: Christmas Arts and Crafts, Lanier Tech
 - Nov. 19: Christmas in Fort Gaines, Georgia
 - Dec. 3: Christmas in the Square, Rutledge
 - Dec. 10: Christmas in Cumming

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.



Even light fixtures can be reused for Wade's feeders.

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Quilts of Valor awards quilts to three family members

Article and Photos Submitted by
Lee Schermerhorn, Chairman
Publicity & Media, Philadelphia
Winn Chapter NSDAR

On Saturday, July 2, 2016, the national Quilts of Valor Foundation's Gwinnett QOV Quilters awarded quilts to three family members, a father and his two sons, at a ceremony held at Ashton Senior Living in Lawrenceville, GA. Philadelphia Winn Chapter NSDAR Daughter Janet Perry, a member of the Gwinnett QOV Quilters, was accompanied by two members of the quilters group, Gerry Kraus and Joanne Jones, who assisted in the presentation ceremony by wrapping the honored veterans in their quilts, a part of the QOV ritual.

Homer Allen Priscock, Sr., a resident at Ashton Senior Living, is a ten-year veteran of the U. S. Army. During his career from 1954 to 1964, he was stationed at Fort Benning, GA, Fort Hood, TX, Dexheim, Germany, and Fairbanks, AK.

Homer "Allen" Priscock, Jr. is a U. S. Navy veteran who served six years in Japan aboard the USS Midway Aircraft Carrier. The USS Midway is now a floating museum in San Diego, CA.

Howard Eugene Priscock is a 20-year veteran of the U. S. Army/Air Force who began his military career in 1990, retiring in March 2013. "Gene" Priscock was highly decorated for service including Katrina Disaster Relief, Desert Storm, Desert Shield and America's Shield.

A rib luncheon and music presentation followed. A special message to veterans was brought by Jim Freeman and Philadelphia Winn Daughter Peggy Freeman during the music program. Mr. Freeman noted the tireless work of the Daughters of the American Revolution for our veterans, as well as the ongoing dedication of

the Task Force Patriots Outreach group that Jim and Peggy founded. Peggy paid tribute to "those who wait at home" serving their country as well.

The Quilts of Valor Foundation, a national organization, began in 2003 by Founder Catherine Roberts. "The mission of the Quilts of Valor Foundation is to cover all combat service members and veterans touched by war with comforting and healing Quilts of Valor." Later, the words "all" and "combat" were removed, further reflecting our understanding of the true meaning "touched by war."

The Priscock Family coordinated this time of honor to coincide with Homer Sr.'s 80th birthday, and their family's reunion. There were

12 members of the Priscock Family present along with several veterans and numerous residents of Ashton Hall – about 100 in all! Unfortunately, Allen Priscock was unable to attend the presentation due to recent back surgery. Daughter Connie Priscock handled her family's reunion arrangements and compiled a scrapbook detailing the service of her father and brothers. The Priscocks wish to thank the McGill family for their generous support and help in coordinating this wonderful event!



Connie Priscock with dad, Homer Allen Priscock, Sr.

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HODAR (husband of DAR) Major Jim Freeman, U. S. Army, retired

Out & About

Alzheimer's Association Walk To End Alzheimer's® helps reclaim the future for millions

Participants Raise Critically Needed Funds for Alzheimer's Care, Support and Research

Special to Senior News

The Alzheimer's Association is inviting Metro Atlanta area residents to unite in a movement to reclaim the future for millions by participating in the Alzheimer's Association Walk to End Alzheimer's®. The Atlanta Walk to End Alzheimer's will take place on Saturday, September 24 at Kennesaw State University Sports and Entertainment Park in Kennesaw, Georgia and is expected to attract more than 3,500 participants.

Walk to End Alzheimer's is more than a walk. Participants in Metro Atlanta will learn about Alzheimer's disease and how to get involved with this critical cause, from advocacy opportunities and clinical studies enrollment to support programs and services. In addition to the 3-mile walk, participants also will honor those affected by Alzheimer's disease with the poignant Promise Garden ceremony.

"We are excited to host this year's Walk to End Alzheimer's at the Kennesaw State University Sports and Entertainment Park," said Ashlie Ming, manager of constituent events in Atlanta. "The facility is perfect for our event. This year should be our best year yet thanks to our new location, our sponsors, teams and walk committee."

To start or join a team today, visit www.georgiawalk.com. To learn more about the disease and available resources, call the toll-free Alzheimer's Association 24/7 Helpline at 800-272-3900.

Alzheimer's disease is a growing epidemic and the nation's sixth-leading cause of death. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's more than 5 million Americans to as many as 16 million by 2050.

Alzheimer's Association Walk to End Alzheimer's®

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the

Alzheimer's Association Memory Walk®; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's.

Alzheimer's Association®

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. It is the largest non-profit funder of Alzheimer's research.

The Association's mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected and to reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer's. Visit alz.org/Georgia or call 800-272-3900. Connect on Facebook and Twitter.

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CUMMING PLAYHOUSE

Mixing Georgia history with mystery

by SUSAN LARSON

What's in a name? Quite a lot, I discovered while browsing through "Georgia Place Names" by Kenneth Krakow.

For example, locals say Hahira was named after an engineer named Hira at whom children yelled "Hey, Hira" as he drove by. What was once Cypress Pond was renamed Gum Pond because no one could spell Cypress. It's a good thing Gum has the hard G sound or they'd still be in trouble. Look what some people do to Jawja. And Dried Indian Creek — yep, you guessed it — named after a dried Indian found lying on the bank.

In Metter, the story goes that a railroad official named it after his wife, so to speak, because that's where he "metter." Adel, once known as Puddleville for all the puddles that remained after a rain was renamed by the postmaster when he grabbed a sack with Philadelphia printed on it. He crossed out the first four and last four letters and came up with Adel. So why didn't he do that with Puddleville and call it Lev?

Pretty colorful stories some of them, but what about places around Atlanta? I found most are named after people, but we do have some local color.

For example, the Yellow River is translated from the Creek Indian word "wellauneehatchee" meaning "yellow river." I guess that's colorful. And Flowery Branch is the English translation of the original name, Anaguluskee, a Cherokee Indian word meaning "flowers on the branch."

Sugar Hill was named for a truckload of sugar that spilled on the street and a similar story is told about the origin of the name Cabbage Town.

Luxomni had a brilliant beginning. It's either Latin for "all light" or Muskogee for "turtle."

Now, Dacula — there's a name! Is it Dracula spoken with a speech impediment? An Indian version of tequila? How about a daiquiri and tequila mixed together? Well, that's close. Actually, someone took three letters from Atlanta and three letters from Decatur and jumbled them together to make Dacula. Gee, with a little creativity, he might have used different letters and come up with Turtle. (I'm serious. Try it.) But then, Turtle is already taken in another language, and we wouldn't want to confuse anybody.

I could find nothing about the origin of Druid Hills, but maybe there's a reason for that. Very little is known about the ancient Druids. They left no written accounts of themselves. So maybe the founders were just keeping with Druid tradition and not telling any stories about

their beginnings. But then, I happen to know that St. John's Lutheran Church, that big grey granite structure on Ponce de Leon Avenue, was built in 1914, shortly after Druid Hills really started to develop. And because of its structure, St John's is called Stonehenge. Maybe there's a story there after all?

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

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The Next Chapter

Book Recommendations
by ANNE B. JONES, PhD

• *The Beauty of the End*, Debbie Howells, Kensington Books, 2016

Debbie Howells' *The Beauty of the End* is a complex work enhanced by twists and turns that lead readers through uncharted territory. In this psychological thriller, involving teen angst, obsession and betrayal,

Howells addresses issues such as victimology, psychopathology and euthanasia. The setting is England where the story begins and ends with protagonist Noah Calaway. Shifting flashbacks reveal his life in increments, including his teenage years; his consuming love affair with a girl named April Moon; his careers as a lawyer and novelist; and, finally, his determined, though amateur, attempt at detective work. Set against Noah's journey is

the story of Ella, a child who has discovered family secrets that link her to Noah's ex-lover. April, a damaged victim of incestual rape and brutality, lies in a coma, self-induced by a suicidal drug overdose. Accused of a murder Noah does not believe she committed, she is guarded by police who are conducting a homicide investigation. When Noah attempts to prove her innocence, he too is accused and drawn into a tangled web of lies and deceit. In the end he must

come to terms with secrets from his own past and his present convoluted life. Much more than a light beach read, *The Beauty of the End* presents a provocative and unusual plot in a tale that offers both depth and entertainment. ***** You may contact Anne at annebjones@msn.com... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).



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Sept. 12. Tee Time: 9 a.m.; Registration: 7:30-8:45 a.m. Bridge Mill Golf Club, 1190 Bridge Mill Ave. Canton. The LMK Foundation is a 501C3 non-profit foundation. For details visit www.lmkfoundation.org.

5K "Forever Remember" Walk/Run
Sat., Sept. 24, 6:30 a.m., Registration, 7 a.m., Race. Start & finish line: Lawrenceville City Hall located at 70 S. Clayton St., Lawrenceville. Raising awareness with the Star Neuroscience Foundation. For race information contact Addison Baker, Race Coordinator, at 404-931-9064 or visit www.neurostudies.net.

Monastery of the Holy Spirit Fall Festival and Health Fair
Sat., Oct. 1, 10 a.m. to 5 p.m., Monastery of the Holy Spirit located at 2625 Hwy. 212, Conyers. Free. Events for the grandchildren. Marketplace. Videos and guided tours of the Gothic Abbey Church. Health Fair screenings, 10 a.m. to 2 p.m. Information: e-mail cal@trappis.net or call 678-964-2237.

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