

# Senior News

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Ed and Linda Baker  
celebrate El Chonco  
Dedication!



## *The Bakers sharing water and the Word!*

by SUSAN LARSON

**E**d and Linda Baker consider themselves to be two of the most blessed people in God's creation. After several years of going on short term mission trips to Honduras and the Dominican Republic, they felt called to go full time. In 1999, at age 50, Ed, a civil engineer with two degrees from Georgia Tech, and Linda, a data base consultant with a management degree from Rutgers, up and quit their jobs. Both of their daughters were in college so they fled their empty nest and signed up with the Mission Society.

After spending a year in the states learning Spanish, they took off for Paraguay to dig wells for people in need. Their personal mission was to "Use the gift of clean abundant water to share the Gospel of Jesus Christ." But first they needed a drill, which at \$24,000 was not an easy item to come by. However, through a series of fortuitous connections, they received full funding for the drill from the Decatur Rotary Club.

"I can't say enough good about the Decatur Rotary Club," Ed said. "They are a real blessing."

Once they arrived in South America, they found the full time

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July 2016  
Vol. 30, No. 7



## Taking Care

# Lighten Up This Summer... Here's How!

by LISA M. PETSCHÉ

**M**any people look forward to the mild temperatures and increased daylight of summer, which positively affect their mood and allow new opportunities for enjoyment, especially outdoors.



Those who are looking after a frail, ill or disabled senior relative, however, may be so preoccupied that they find it hard to reap the benefits of the season.

If you are a caregiver, read on for a variety of ideas for streamlining necessary tasks in order to ensure some time for leisure this summer. Ideas for activities to enjoy with your relative are also included.

### General Tips

- Establish and stick to priorities, and curb perfectionism. Not everything needs to be done to a high standard. Set a time limit for chores if necessary.
- Be flexible about plans and expectations, taking into account your relative's energy level and

yours at any given time, as well as the weather. Take things one day at a time.

- Pay for a grounds keeping service if you can afford it.
- If you do not have central air conditioning, get a window air conditioner or oscillating fan for the room(s) you use the most. Before a heat wave hits, check that any such appliances are in good repair.

### Meal Preparation

- Collect recipes for one-dish meals, such as main course salads.
- Cook double batches of recipes and freeze half for later use.
- Keep a supply of heat-and-serve entrees in the freezer.
- Buy convenience foods that reduce preparation time: packaged salads, shredded cheese and boneless chicken breasts, for example.
- Order takeout now and then, as finances permit.
- Get a box of favorite ice cream treats the next time you are at the grocery store. Or, if feasible, take your relative out to the local dairy bar for an ice cream cone or sundae.

### Shopping and Errands

- Run errands and schedule appointments early in the day, before

temperatures peak.

- Shop by mail order whenever possible.
- Take advantage of stores and other services that offer home delivery.
- Research mobile services in your area, such as hairdressing and foot care for your relative, and dog grooming, especially if transportation is an issue.

### Ideas for Activities

- The following are some ideas for enjoying quality time together.
- Have morning coffee or evening tea on the balcony, deck or patio, as applicable.
- Cook favorite foods on the grill.
- Watch a favorite summer-themed movie.
- Have a picnic in your backyard or at a nearby park.
- Go for a stroll around the neighborhood, using a wheelchair if necessary.
- Take your relative to the local farmers market for fresh fruits and vegetables, as well as favorite meats, cheeses and baked goods.
- Go to an accessible park or other outdoor public space and people-watch.
- Attend some or your children's or grandchildren's baseball or soccer

games. Just be sure your relative can safely navigate the distance and terrain from parking lot to sports field. And do not forget a chair for them that offers good support.

- Attend an outdoor concert or summer art festival.
- Go for a drive in the country.
- If it is hard to get out, obtain some CDs featuring summertime sounds of nature (babbling brooks, loons calling, and so on), and play them in the background while eating meals or reading the newspaper, for example.
- Reminisce about summers from your youth, including family customs, special people and places and touching or humorous moments.

Do not forget to set aside some personal time, for self-care. Make a habit of doing something you enjoy every day: read, listen to music or spend time in the garden, for example, even if fifteen or twenty minutes are all you can manage. Consider this a necessary time to recharge your batteries.

\*\*\*\*\*

*Lisa M. Petsché is a social worker and a freelance writer who has personal and professional experience with elder care.*

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\*Amount of federal rent assistance varies. Must meet age and income qualifications set by the Department of Housing and Urban Development (HUD). Assets are not considered income, but can be used to pay for supportive services. Call 404.751.2255 for details.



# Giving my covers a little more coverage

by SUSAN LARSON

In my 18 years of writing columns and feature stories for five different publications, I'm aware of how limited space is and with breaking news always coming in, reporters cannot cover every single thing that happens in their community. So with my "own space" I've always enjoyed the opportunity to give some ink to newly established and lesser known organizations. I love following up on them and I'd like to recognize a few of them that have graced the cover of *Senior News*.

Music Director and Conductor, J. Wayne Baughman, founder of Johns Creek Symphony Orchestra, was featured on the cover of *Senior News* in October 2010.

"In December of 1997 I was conducting the Christmas portion of Handel's Messiah at a church in the Johns Creek area and I was struck with the idea that this growing community could support a part-time professional orchestra at some point in

the future," he'd said.

On December 6, 2006, at St. Benedict Catholic Church, JCSC was born. They just announced Season Ten and to celebrate they are offering a special discount on seasons tickets. To get in on the deal, visit [www.johnscreeksymphony.org](http://www.johnscreeksymphony.org).

Bobbi Jean Pack, featured on the cover of the May 2011 *Senior News*, establish her Love in Action Outreach Ministry. While she still seeks a suitable home for her House of Joy for homeless women and children, her outreach ministry continues to touch the entire community. Her "You are not alone" support group meets monthly in Norcross with lunch and gift bags provided by local restaurants and businesses. She now is holding luncheon seminars for men to educate and encourage them in their Godly role in the family. For more about her ministry visit [www.houseofjoynorcross.org](http://www.houseofjoynorcross.org)

Stu and Vicki LaRoche were featured on the cover of *Senior News* in January 2014. Two of their three children were born

developmentally disabled and when they graduated from high school there was nowhere for them to go to socialize or continue learning. In 2007 they established The Next Stop for adult children like theirs. Today their facility in Suwannee has served the needs of over 130 developmentally disabled adults and continues to attract volunteers and donors from all over.

To learn more visit [www.thenextstop.org](http://www.thenextstop.org)

And I'm still sitting at my computer feeling blessed that *Senior News* gives me the opportunity to showcase such wonderful people and look forward to writing about more.

\*\*\*\*\*

Susan Larson is a writer from Lilburn. E-mail her at [susanlarson79@gmail.com](mailto:susanlarson79@gmail.com).

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# Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please email it to seniornewsga@cox.net or mail it to Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

\*\*\*\*\*

## IT'S GOOD TO BE ALIVE by Allie Morris

*Lying in bed one Saturday morning  
I could see the sunlight through my  
blinds.  
Thought, "It's Good to Be Alive!"*

*Get out of bed on my own, able  
to walk,  
Dress myself, I thought, "It's Good  
to Be Alive!"*

*Have pretty good eye sight, fix my*

*own meals,  
Make my own decisions. Go where  
I please.*

*Read my Bible daily, also pray.  
I thought, "It's Good to Be Alive!"*

*To the others who complain about  
what's not so good about their  
morning.  
There's many who would love to  
be in your shoes.  
They can't get out of bed on their  
own,  
Nor walk, can't dress themselves.*

*There's others who have lost their  
eyesight, would love to read again,  
Would love to make their own meals,  
Make their own decisions, or go  
where they please.*

*So, the next time you complain  
about what's not so good about  
your morning,  
They are saying this, "It's so Good*

*to Be Alive!"*

\*\*\*\*\*

## WHEN YOU CAN'T SLEEP by Gerry Noel

*When you can't sleep  
Counting sheep doesn't do for you  
Then talk to the Shepherd  
He will pull you through*

*When you stumble  
Make it a part of your dance  
Make a joyful noise unto the Lord  
He will hear your rants*

*When you say you can't  
And you don't try  
You're staying behind  
Life is passing you by*

*For I am 50% blind  
Have trouble sleeping  
But I imagine my Pastor  
Into the night comes creeping*

*He says, call on the Shepherd  
Who is attending his sheep*

*Read your Bible  
Then go fast asleep*

\*\*\*\*\*

## THE LONELY PATH by Edna Kuhn (96 Years Young!)

*I know the time has come, when  
I must walk alone.  
I have a question to God, why he  
waited so long to call me home?  
I guess he had a plan for me, I  
don't know what it was.  
But who am I to question God,  
I knew someday I would be  
walking alone.*

*So I want to bid everybody  
goodbye, prepare yourself, the  
day will come.*

*When you will walk down the  
lonely path.*

*My life has had ups and downs,  
not knowing when God would  
call me home.*

*I tried to be ready to walk down  
that lonely path.*

*This is my fair well to each and  
everyone that had a part in my  
life.*

*So just remember, we will meet  
again, but you too will have to  
walk down that lonely path.*

*So hope someday we will meet in  
heaven, when God calls you home.  
Then you too will walk down that  
lonely path just like everyone  
before you.*

*So this is my good bye until we  
meet at the pearly gates; but, the  
only way here is to walk down  
that lonely path. (2016)*

## Legal Matters for Life

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# RN

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## "United We Stand" Flag Day 2016... Snellville, Georgia

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

**U**nder a hot and hazy sky, the fifth annual National Flag Day Ceremony was held at the steps of Snellville City Hall. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day.

Mr. Mike Sabbagh was Master of Ceremonies. Proclamations were read from Mayor Tom Witts, the Office of Congressman Hank Johnson and the Office of Congressman Robert Woodall. The Keynote Speaker was highly decorated Col. Raphael Bruce, USA Army, Retired. Col. Bruce stated,

"Liberty, justice and humanity are represented in the stripes of our beloved flag." Col. Bruce reminded the group that the American Flag is the honorable symbol of our beloved nation.

Philadelphia Winn Chapter Daughter, Vanessa Wynn, Chairman of the United States Flag Committee, conducted an inspiring flag folding ceremony with the Boy Scouts of Troup #504, from Trinity Lutheran Church in Lilburn Georgia. The Boy Scouts also handed out water to thirsty attendees.

The National Anthem and America the Beautiful were performed by Ms. Lisa Young.

A rousing musket salute was part of the program with participants, in period dress, from the Button Gwinnett SAR (Sons of the



Chairman US Flag Committee Philadelphia Winn Chapter NSDAR Vanessa Wynn, Boy Scouts, Troup #504 William Patrick, Michael Patrick. Scouts and leaders present but not pictured: William Rambow, Assistant Scout Master Troup #504, Mrs. Ranate Patrick, Owen Allen.

American Revolution).

Refreshments were served inside City Hall by the Patriotic Planning

Committee for Snellville. The ladies served a beautiful flag cake and much appreciated cold drinks!

In addition to the Philadelphia Winn Chapter Daughters of the American Revolution and the Button Gwinnett Sons of the American Revolution, other organizations participated: American Legion Post 232, Disabled American Veterans, Chapter 90, Knights of Columbus, Snellville Masonic Lodge #99, Patriot Guard Riders, VFW Post 4180, South Gwinnett High School JROTC and Boy Scouts of America Troop 504.

Philadelphia Winn Chapter Daughters in attendance: Vanessa Wynn, Chairman US Flag Committee, Janet Perry, Jean Axelberg, Carolyn Holley, HODAR (husband of DAR) Howard Holley, Corresponding Secretary Sandi Christman, Bee Ruff, Corresponding Secretary Elect Lee Schermerhorn.

Button Gwinnett Sons of the American Revolution in attendance: President Button Gwinnett SAR, State Militia Commander Bill Palmer, Rigsby Barnes, Bennie Koon, Harry Kitchings, GA State Genealogist SAR Bruce Maney, Mike Ruff.

For more information regarding the Philadelphia Winn Chapter of the NSDAR, please visit our website at: [philadelphiawinn.georgiastatedar.org](http://philadelphiawinn.georgiastatedar.org).

# Brain Health & Memory Study

Are you over the age of 65 and have difficulty walking a few blocks? Are you worried about falling or concerned with your brain health and memory? Emory University and the Department of Veterans Affairs are working to study exercise interventions aimed at improving physical and cognitive health in adults ages 65 and over.



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Highly Decorated Col. Rafael Bruce, USA Army, Retired



## BAKERS from page 1

work involved a lot more than just digging in the dirt and reading the Bible.

"Our ten years serving as missionaries taught us that living internationally means becoming involved in the issues facing those that we serve – water and sanitation, agriculture, health, education, and many social issues. People are more open to receiving the Gospel from those of

us who recognize the many issues of their daily life and help with their solutions," Ed said.

"To really know another culture, you need to attend a wedding and a funeral, share a meal with a family and sit with a grieving mother," Linda said. "Every eight seconds somewhere on the world a child dies of a water related disease. It is so sad that the parents have no idea why."

In 2011, the Bakers were called back home to work in more of an administrative role which includes

serving as sanitation specialists for the Global Resource Team and as speakers for churches, civic groups and public schools. After years of being active members of Cannon United Methodist Church in Snellville, the couple recently sold their Lawrenceville home and moved to Lake Oconee where they are

enjoying life near clean abundant water!

For information or to arrange a speaking engagement, visit [www.aguadevida.org](http://www.aguadevida.org) or call 404-538-7936.

\*\*\*\*\*  
Susan Larson is a writer from Lilburn. E-mail her at [susanlarson79@gmail.com](mailto:susanlarson79@gmail.com).



Ed and Linda Baker take a break from digging a well in Nicaragua.



Ed and Linda Baker work with villagers to provide clean abundant water.

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# Task Force Patriot celebrate special June Dinner Meeting

Submitted by Peggy Freeman  
State Travel Coordinator  
Georgia State Society, NSDAR  
Lilburn, GA

The Task Force Patriot June dinner meeting proved significant for the guest speaker, Ron Mastin, Lieutenant Colonel, U.S. Air Force (Ret.) and guest Debra Poirot, Office Manager for U.S. Congressman Rob Woodall. The two were introduced by Task Force Patriot Founder Jim Freeman, Major, U.S. Army (Ret.) for the very first time.

In 1966, Lieutenant Mastin began flying combat missions into North Vietnam with the 11th Tactical Reconnaissance Squadron out of Udorn, Royal Thai AFB, Thailand. While on his 34th combat mission on

January 16th, 1967 he was forced to eject from his aircraft over North Vietnam. He was captured and held by Vietnamese farmers who turned him over to the North Vietnamese military, where he became a prisoner of war for the next 2,239 days.


Debra Poirot was growing up during this same time as a U.S. Air Force "Brat," living on various military facilities around the world, one of which was Clark AFB in the Philippines. Being the daughter of an Air Force C-141 aircraft navigator gave her a passion for those who were being captured and held as Prisoners of War. Debra selected the name of Captain Ron Mastin to begin wearing his POW bracelet until such time as he would be released or declared dead. She wore the bracelet for over ten years, never once meeting Ron Mastin. He was released from enemy captivity during Operation Homecoming on March 4, 1973.

On Thursday evening June 2, 2016 Debra presented the bracelet bearing the name of Captain Mastin to now, Lieutenant Colonel Mastin, nearly 50 years after making her commitment to wear it on behalf of the captured officer. LTC Mastin was recognized for his distinguished military service and Debra Poirot was commended for her persevering support of an American Prisoner of War. An emotional meeting to say the least.

Article written by Jim Freeman. Photo by Frank Marchese



Debra Poirot and Ron Mastin, Lieutenant Colonel, U.S. Air Force (Ret.)



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# Hang up on Robocalls

by **KELVIN COLLINS**  
President/CEO, BBB of Central  
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If you have a telephone, robocalls may be ruining your day. If you answer the phone and hear a recorded message instead of a live person, it's a robocall. If the recording is a sales message and you haven't given your written permission to receive calls from the company on the other end, the call is illegal.

Since most of us frequently receive robocalls, we know that being illegal doesn't mean that the calls aren't happening. Technology has made it cheap and easy for scammers to make illegal calls from anywhere in the world, and to hide from law enforcement by displaying fake caller ID information. The Federal Trade Commission reports it has brought more than a hundred lawsuits against over 600 companies and individuals responsible for billions of illegal robocalls and other Do Not Call violations.

In fact, earlier this month, the FTC brought suit against a company that they say is responsible for hundreds of thousands of these calls. According to the FTC, Life Management Services swindled people out of their money by offering two types of phony debt relief: credit card interest rate reduction services and credit card debt elimination services. The company promised lower interest rates or government funds to pay off debt, and asked people to make initial payments ranging from \$500 to \$20,000. But almost no one got the help that was promised.

## Not all robocalls are illegal so which types are allowed?

Recorded messages regarding candidates running for office or charities asking for donations are allowed. Messages that are solely informational, for example a reminder from your pharmacy or doctor's office or a message from a business that is contacting you to collect a debt, are permitted. Pre-recorded messages from banks, telephone carriers and charities also are exempt from these rules if the banks, carriers or charities make the calls themselves.

## How do I know if a robocall is illegal?

An immediate red flag is if the recording is trying to promote the sale of a good or service. If the recording is a sales message and you haven't given your written permission to get calls from the company on the other end, the call is illegal. Beware of robocalls that are blatantly illegal because the pitch is mostly likely a scam. In addition, if you are listed on the national Do Not Call Registry and you still receive a recorded sales message, you can be sure the company is breaking the law and trying to scam you.

## What are my robocall rights?

A telemarketer must have your written consent, whether through paper or electronic means, to receive a call or message. The company is not allowed to justify the call based solely on an 'established business relationship' with you. Simply buying a product, or contacting a business with a question, no longer gives them legal permission to call you. The rules also require telemarketers to allow you to opt out of receiving additional telemarketing robocalls immediately during a pre-recorded telemarketing call through an automated menu. There are harsh penalties for sellers and telemarketers who break the rules and transmit pre-recorded messages to consumers who have not agreed in writing to accept such messages. They can face penalties of up to \$16,000 per call.

## Before responding to unsolicited phone calls, the BBB advises:

- Never give out any financial information. If you did not initiate the call, do not provide bank account, credit card or social security numbers over the phone to unknown callers.
- Don't rely on caller ID. Scammers can use technology to make it appear as though their calls are coming from legitimate businesses or organizations. Some will even display as your own telephone number.
- Hang up the phone. Don't press 1 to speak to a live operator and don't press any other number to get your number off the list. If you respond by pressing any number, it will probably just lead to more robocalls.
- Consider contacting your phone provider. Ask your provider to block the number, and whether they charge for that service. Remember that telemarketers change Caller ID information easily and often, so it might not be worth paying a fee to block a number that will change.
- Trust your instincts. If something doesn't seem right to you, end the call.
- Report robocalls. To BBB Scam Tracker at [www.bbb.org/scamtracker/central-georgia](http://www.bbb.org/scamtracker/central-georgia) and file a complaint with the FTC at [complaints.donotcall.gov](http://complaints.donotcall.gov) or by calling 1-888-382-1222.

ing 1-888-382-1222.

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Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better

Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org). For more consumer tips that you can trust, visit [bbb.org](http://bbb.org).

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# The Next Chapter

Book Recommendations  
by ANNE B. JONES, PhD

• *All Summer Long*: Dorothea Benton Frank, William Morrow, 2016

**A**ll Summer Long by Dorothea Benton Frank is a good read and would also be a good movie. Not that it's particularly profound. Despite mixed reviews, it's solid writing with an interesting set of dilemmas and characters. Frank, who has written sixteen Low country novels, is known for her "smart and witty fiction" and "edgy stories." In her newest release, she addresses the challenges facing an enticing New York couple who decide to simply their lives through downsizing and relocation. Sound familiar? That's because so many of our nation's retirees are doing the same, particularly in our metro area.

The story revolves around successful interior designer Olivia

Ritchie and her college professor husband Nicholas Seymour. Very much in love despite their differences, the two have built a happy committed marriage. But, as with many older couples, one is set on "going home" while the other has doubts. The issue is particularly difficult because Olivia is very much a northerner and New Yorker and her husband longs for the peaceful slow pace of his Lowcountry south. They find a house they think they can afford on Sullivan's Island near Charleston, South Carolina. It seems like a dream come true until Olivia factors in needed repairs that may be expensive.

As the time for their move draws near, Nicholas is consumed by happiness as Olivia experiences the opposite. She is as unprepared to deal with their new lifestyle as, she discovers, are their finances. With large renovation expenditures looming, she has second thoughts. Increasingly, she comes to rely on her assistant Roni Larini for help and moral

support.

In the middle of their decision-making, Olivia and Nicholas embark on a summer journey with her billionaire clients and their friends. Exploring the world with the ultra-rich is exciting but comes with pitfalls, as well as unusual and eccentric characters. *All Summer Long* tells "a story of how plans evolve and lives change in unexpected ways, how even those who have everything are still looking for something more." Dorothea Benton Frank was born and raised on Sullivan's Island and now lives in the New York area with husband.

\*\*\*\*\*  
You may contact  
Anne at [anneb-jones@msn.com](mailto:anneb-jones@msn.com)

[jones@msn.com](mailto:jones@msn.com)... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).

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For additional information, contact Susan Rowe, Director of Christian Education, at 770-339-9801, ext. 26 or facilitators, Jay & Nancy Rowland, at 678-618-8735 or [nancy.m.rowland@gmail.com](mailto:nancy.m.rowland@gmail.com).

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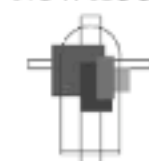
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