

Senior News

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The Hidden Jewel of the South!

Story on Page 6

May 2010
Vol. 24, No. 5

New rules go into effect to protect air travelers

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

Complaints to Better Business Bureau about airlines have increased by more than 170 percent in the last five

years. Good news is on the horizon, as BBB explains, new rules and regulations go into effect this month to provide better consumer protection for air travelers.

According to the Department of Transportation (DOT), most complaints against airlines are about flight problems – including delays and cancellations – and lost baggage. Some more famous angry customers took their complaints

online in the last year by performing songs like “United Breaks Guitars” for YouTube or posting videos of being stuck for hours on the tarmac with other angry passengers.

Harried air travelers have grown increasingly angry and vocal both online and offline about how they feel they are being treated and the Federal Government is taking notice. These new regulations will hopefully result in happier fliers and fewer complaints to BBB.

Following are the new regulations that went into effect April 29 by the DOT to improve customer protections when flying in the US:

- **Customer Complaints** – Airlines are now required to acknowledge customer complaints within 30 days and address the issue within 60 days.
- **Tardy Takeoffs** – DOT is now allowed to penalize airlines for any domestic flight that is more than 30 minutes late on at least half its trips each month for four months in a row.
- **Tarmac Tribulations** – Airlines are required to provide adequate food and potable drinking water for passengers within two hours of the aircraft being delayed – lavatories must also remain available and operable. If the plane is delayed more than three hours on the tarmac, it must return to the gate and deplane the passengers – barring any safety or airport disruption concerns.
- **Web Site Wait Times** – Airlines are required to display on their Web site flight delay information for each domes-

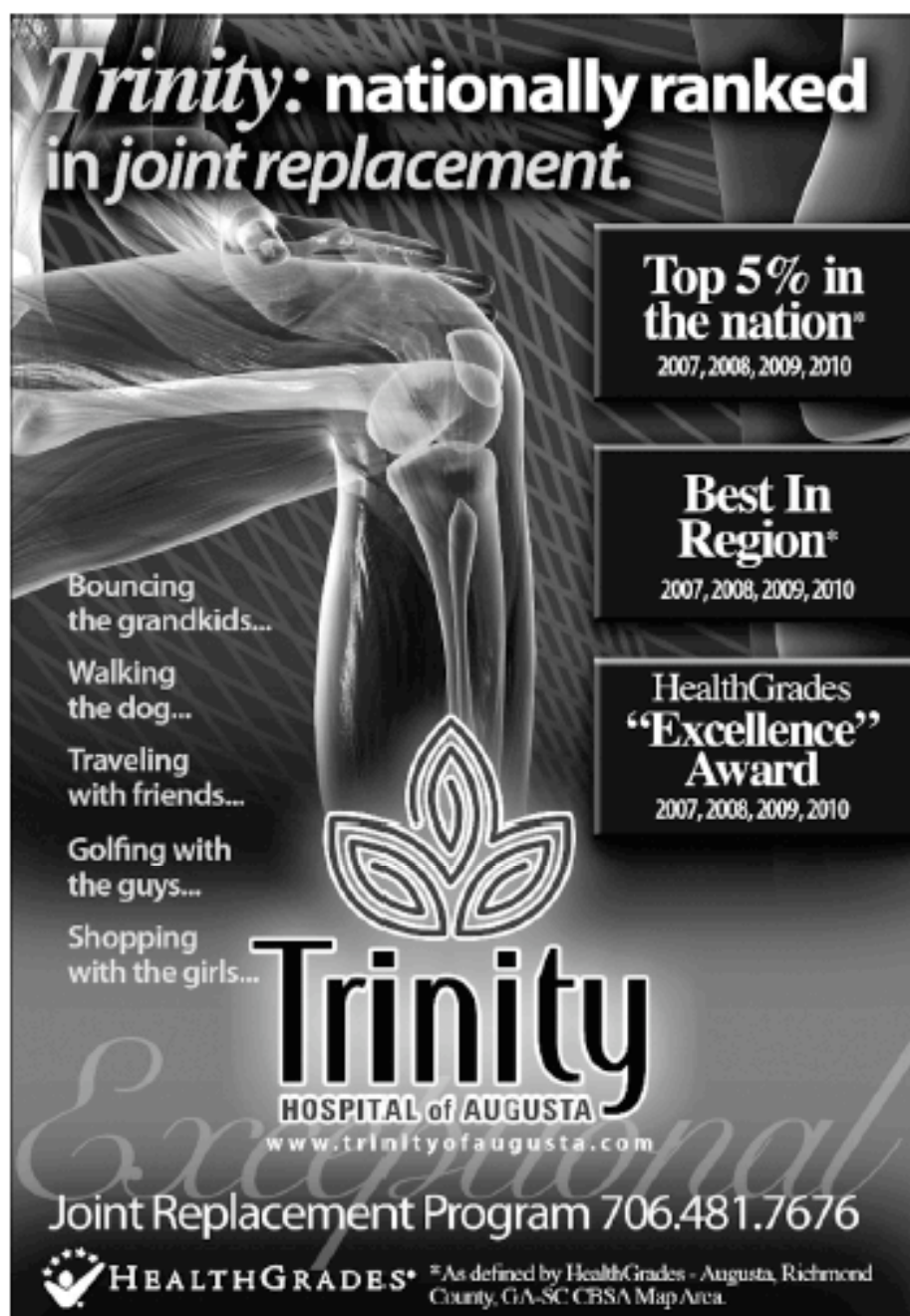
tic flight they operate. The Wall Street Journal reports, however, that the airline industry is asking for an extension on the deadline for compliance on this specific issue because of technology constraints.

• **Relaying Your Rights** – Airlines must include on their Web site a customer service plan which, as recommended by DOT, would outline the company policies in regard to overbooking, baggage handling, handling customer complaints and many other customer service issues.

More information on these new rules can be found online at regulations.gov. Upset airplane passengers are encouraged to file a complaint with both the DOT and BBB online.

For more advice you can trust to become a smart traveler, visit www.bbb.org/us/consumer-tips-travel/.

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 or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.



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HEALTHGRADES* *As defined by HealthGrades - Augusta, Richmond County, GA-SC CBSA Map Area.

Letter

To the loyal readers of Senior News

by **DEBBIE BELL**

About three years ago, and with several follow-ups, I wrote an article for *SENIOR NEWS* about Veterans being entitled to an unknown Benefit called the Improved Pension With Aid and Attendance. If the war Veterans were home bound or in assisted living or nursing homes they could qualify. To my surprise I received over 400 calls and was able to help a lot of people! Also, I had a lot of facilities calling to see if I could talk to the people who lived in their facil-

ity. One man said, “if you just helped one or two that would be incredible!” Well we helped 10 people in that facility who are now getting a monthly check.

I have been all over Georgia and South Carolina educating people about this benefit. So many Veterans tell me that in these hard times they might not have had enough money to last them much longer! Most people can not believe when they get these checks, especially the widows of Veterans. The money is quite substantial. Widows receive \$1056 monthly, the Veterans receive \$1644 monthly, and couples receive \$1949 monthly. And, it's tax free!

But, as with many things, there are now people out there who say they do this but they charge the Seniors a fee. Charging Seniors a fee for this service is illegal, however, they are finding a way around it. As of June 8, 2008 a person working with this benefit must be certified through one of our VA services such as Army, Navy, Marines, Air Force, Coast Guard, etc. I am certified by the US Marine Corp. and very proud of it! My son serves his country in the US Navy and is stationed on a marine base himself!

I know the fine folk at *SENIOR NEWS* want all their readers to be up to date on the Veteran benefits and want to be sure you are informed of any changes. Since I conduct meetings all over Georgia, I am happy to come and meet with your organization. If you have questions you can reach me at 478-956-2255, Monday through Friday, from 9:00 - 5:00 pm.

I know there are a lot of war Veterans out there that will be needing this help during 2010. Help me find them by giving me a call at the above phone number.

Thank you, *SENIOR NEWS*, for being an advocate of our Veterans!



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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 forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

TO MY MOTHER by Kathleen Eidson

My mother lived a life of prayer,
And I can see her now.
Each night before she went to bed
She'd kneel and humbly bow.
While yet a child, I asked her why
She lingered there so long.
She answered with a radiant smile:
"Prayer keeps my spirit strong."

"I couldn't face a single day
Just going on my own,
But with the presence of the Lord
I know I'm not alone.
I thank Him for the gift of life,
And for his loving care.
I pray that I might know His will,
And follow, anywhere."

"I lift my children up to Him
And ask He keep them near,
That they may lead a Godly life
And know no earthly fear.
I pray that He will bless our home
And all we strive to do.
While we believe and trust in Him,
I know that we'll come through."

This tribute which I offer now
Is from my heart today,
In honor of my mother,
For she taught me how to pray.
I try to follow as she lived,
And do no conscious wrong,
For I, like her, have found it true:
Prayer keeps my spirit strong.

HOPE ETERNAL by Henry N. Goldman

Despair will weigh me down at
times,
Uncertainty is my constant thorn;
But when I feel that all is lost,
Within me hope is reborn.

Though sadness may banish all my
joy,
And failure dash my dreams,
My heart shall be refreshed again,
For hope will reign supreme.

When all seems lost in darkest
hour,
And friends nearby fall away,
I know my bonds will be renewed,
For hope shall be my stay.

When years go by without success,
And plans just won't come true,
I'll reach way down and persevere,
For hope will bring me through.

And when my life draws near its
end,
My steps then falter and slow,
In passing from earth to Him
above,
Blessed hope will help me go.

TIME

by Doris A. "Dot" Jones

Life to us was a treasure more pre-
cious than gold. Time passed so
quickly, there was hardly time for
the story to be told.

We met – we were young – and
love entered in – we married and a
family began. A dear little girl,
who soon grew up to be a wife,
another part of the treasure of life.

Her family began, two wonderful
sons and another dear girl. Life
moved right on, it doesn't wait. We
were suddenly old, where had it
gone? 50+ years together was not
enough, way too short for the story
to be told.

Whatever comes in life's precious
treasure, it's such a joy to look
back with pleasure. The story may
be short, but if life is lived in joy
and happiness and Christian love,
the Lord has waiting another treas-
ure above.

THE POSITIVE APPROACH by Vera King

L is for Labor
O is for Our
V is for Virtue
E is for Everyone

Our Virtue toward Everyone
Is a Labor of Love
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Senior News & Views of Georgia

May is Stroke Awareness Month

Stroke: Not Just A Man's Disease

by DR. FREDRICK PHILLIPS
Medical Director of Stroke
Rehabilitation, Walton
Rehabilitation Health System

In the United States, 1.4 million more women than men are living with the effects of stroke, according to the American Stroke Association.

In fact, every year 55,000 more women than men have a stroke, and twice as many women die of stroke than breast cancer. Locally, Walton treats nearly twice as many women as men for stroke rehabilitation.

These numbers emphasize that much like heart disease, stroke can no longer be described as just a man's disease. Particularly here in Georgia, which sits at the buckle of the "Stroke Belt" – a band of 11 Southeastern states where the risk of stroke is higher than average – it's important that both men and women educate themselves about how to prevent stroke and how to identify stroke symptoms, particularly since there is only a three-hour window for acute therapies. In addition, it's important that families are aware that with the appropriate training and help, stroke survivors can continue to live fulfilling and independent lives.

Although risk factors for men and women are basically the same, including a family history of stroke, high blood pressure, smoking, diabetes, heart disease and high red blood cell count, some additional risk factors affect only women.

For example, a woman's risk of stroke increases during pregnancy when

her blood pressure may go up. A woman who has migraines also has an increased risk. Use of oral contraceptives or hormone replacement therapy during menopause, as well as extra belly fat, are other risk factors unique in women.

To help reduce risk in both men and women:

- If your blood pressure is high, talk to your doctor about how to reduce it
- Quit smoking and avoid exposure to second-hand smoke
- If you have diabetes, keep it under control with diet and prescribed medications
- Reduce your risk of heart disease by reducing high blood levels of cholesterol and avoiding saturated fats
- Keep physically active. A recent study published in *Stroke*, the journal of the American Heart Association, found that women in particular can significantly lower their risk of stroke through moderate aerobic exercise (brisk walking) at least two hours a week.
- Reduce excess weight or maintain a healthy weight
- Moderate use of alcohol

Reducing risk is the first step, but awareness of the symptoms of stroke can help those who suffer strokes get help quickly, which is vital as the clot-busting drug, tPA, can only be administered within three hours of the onset of stroke. If given within this small time window, tPA can significantly reduce the long-term effects of stroke.

There are certain symptoms common in both men and women:

- Sudden numbness or weakness of face, arm or leg – especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes

- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

But women in particular may experience atypical symptoms, including:

- Sudden face and limb pain
- Sudden hiccups
- Sudden nausea
- Sudden general weakness
- Sudden chest pain
- Sudden shortness of breath
- Sudden palpitations
- Sudden onset of abdominal pain

Remember, as soon as a stroke happens, the clock starts ticking, so if you or someone you love experiences any of these sudden symptoms of stroke, call 911 immediately.

According to the Hazel K. Goddess Fund for stroke research in women, 31 percent of female stroke survivors will need help caring for themselves, 20 percent will need help walking, and 71 percent will have an impaired ability to work. Along with knowing the symptoms of stroke and acting quickly, rehabilitation after a stroke can help improve these statistics. While successful rehabilitation depends on the severity of the stroke and other factors, how early rehabilitation begins is also important.

With acute-care hospitals discharging patients more quickly due to changes in health care delivery, rehabilitation settings can play a bigger role in helping stroke survivors regain lost skills and become independent again since they may provide care and therapy sooner after a stroke. For example, locally at Walton Rehabilitation Health System, stroke patients can benefit from a unique rehab-ready stroke unit featuring ambulation bars, roll-in showers and wheelchair-accessible sinks so patients who are still in recovery can complete physical and occupational therapy in the comfort of their own rooms.

Therapy in the outpatient setting is also important for continued improvement and independence after discharge, as physical and occupational therapists help patients rebuild strength through land-based or aquatic therapy and learn how to do everyday tasks in a different way. Speech and language therapists can also treat patients who have difficulties with memory, comprehension, or verbal expression as a result of a stroke. Plus, innovative technology—such as using the Nintendo Wii to help engage patients in therapy; Bioness, a unique device that assists patients in regaining fine motor skills and improving gait; or Balance Master, a state-of-the-art modality that helps patients improve balance issues—are growing options for patients as more and more continue to live with the effects of stroke.

Today, more than 3.9 million American women are living with the consequences of stroke. During May, which is Stroke Awareness Month, we encourage both men and women to learn about stroke, change their lifestyles to help lower their risk and understand the options available should a stroke occur. Remember, there is hope after stroke; and awareness is the first step.

Dr. Fredrick Phillips is a physical medicine and rehabilitation physician who specializes in stroke rehabilitation at Walton Rehabilitation Health System. He and the Walton stroke team will be at Regal Cinemas Augusta Exchange on Friday, May 7 from 7 to 9 p.m. to educate the public on general stroke awareness.

Spiritual Notes Life's Rests

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

After an unusually cold winter in Georgia, springtime is making an appearance in all of its glory. The trees and grass are greening, birds singing and yes, the "yellow dust" is covering everything in sight. Schools are closed for Spring Break allowing families to take a much needed rest with their families. Some parents may say it's more of a change of pace than a rest. As summer approaches, we look forward to taking time away from our jobs. If retired, planning a trip or at least doing something different. By doing so we hope to be invigorated by the change.

John Ruskin, one of England's greatest thinkers of the 19th century, once pondered the importance of "rests" in a musical composition. He began to compare the "rests" put in by a composer to the "rests" that come to us in life. Unlike the rests we create for ourselves there are

rests that come which we can't control. There are times when, for whatever reason, we are compelled to sit and wait until we realize God is now telling us to move on. These are the difficult ones to handle and they don't feel like rests. Ruskin wrote: "There is no music in a rest, but there is the making of music in it." In music there are full rests and quarter rests. As in music some "rests" take longer to resolve than others.

Jesus, life's greatest Conductor, admonished us in Matthew 11:28-29: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Rests, planned or unplanned, will come. Make good music when they do!

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

ADVOCACY ALERTS: The Second Annual Elder Rights Conference

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council
Augusta, Georgia

The second annual Elder Rights Conference was held on Tuesday, April 20, 2010, at the Savannah Rapids Pavilion in Evans, Georgia. This year, the focus was "Bringing to Light Issues of Elder Abuse" and getting the information out to the general public about the seriousness of abuse and how wide-spread abuse has become.

The organizers were Jeanette G. Cummings, Director, Area Agency on Aging; Kathleen J. Ernce, Executive Director, The Senior Citizens Council; Lauren Spivey, Elder Rights Program Manager, Area Agency on Aging; Joyce Sims, Supervising Attorney, Georgia Legal Services Program; Christene Peek, District Manager, Division of Aging Services, Adult Protective Services; Phyllis Sadler, Long-Term, Care Ombudsman Program; Patricia Hunt, Garrett/Jones Manor Personal Care Home Manager; and, Don Strong, Community Volunteer. These individuals are committed to the improvement of quality of life for our senior citizens.

Our invited speakers, Ms. Natalie Thomas, Legal Services Developer of the Georgia Department of Human Services, Division of Aging Services; Mr. Randy Thomas (no relation), Retired Unit Chief, Investigations-Behavior Science Unit, South Carolina Department of Public Safety, Criminal Justice Training Division; Ms. Phyllis Sadler, Long-Term Care Ombudsman Coordinator, Georgia Legal Services Program; Ms. Jennifer Hogan, Elder Rights Team Leader, Georgia Department of Human Services Division of Aging Services; Ms. Christene Peek, District Manager, Adult Protective Services, Department of Human Services, Division of Aging Services; Ms. Patricia Hunt, Manager, Garrett/Jones Manor; Lt. Patricia Champion, Columbia County Sheriff's Department; Mr. Warren Richard, Center Manager, HomeFirst Augusta, Inc.; and, Mr. Nathanael E. Wright, Assistant District Attorney, Special Victims Unit, Chatham County, have all dedicated themselves to the important task of expanding services to the elderly and educating them and their families on the expectations and pitfalls of aging and the prevention of abuse, neglect, and exploitation of senior citizens.

A seldom addressed aspect of Elder Abuse, Neglect, and Exploitation is the role that the Faith Community can play in assisting the elderly with their needs and concerns. Many churches now have Senior Adult Ministries, such as the one at Trinity-on-the-Hill United Methodist Church, pastored by Rev. Greg Hatfield. Dr. Elsie Odom, Chaplain of

Odyssey Hospice and Ms. Kathleen McKeown, LPCLMFT, from the Rape Crisis and Sexual Assault Services discussed how the church family can be a valuable supporters of the elderly.

Many times, our most senior members of society do not want to report a negative situation they are experiencing and it is important to let them know that they can go to their clergy for help, advice and education about the services that are available to them in their community. The State of Georgia mandates that people in certain professions must report any suspected or known abuse to the authorities. These professions include: physicians, osteopaths, dentists, chiropractors, podiatrists, psychologists, licensed professional counselors, social workers, any employee of a public or private agency engaged in professional health-related services to elder persons or disabled adults, adult day care personnel, hospital or medical personnel, pharmacists, physical therapists, occupational therapists, nursing personnel, coroners and medical examiners, any employee of a financial institution, law enforcement personnel and administrators, and managers or other employees of a personal care home or nursing home.

You do not have to be engaged in any of the professions mentioned here to report suspected or known elder abuse. ANYONE who has knowledge of a questionable situation that an elderly person may be in has a moral responsibility to report it to the proper authorities. When in doubt as to who that may be, a simple call to 911 is most appropriate.

Most of us think in terms of very limited parameters of what we believe the scope of abuse to be. During this conference, we learned that abuse comes in many forms and from many different sources. In addition to physical abuse, there is emotional, sexual, financial abuse, and exploitation wherein a victim's resources are being improperly or illegally used for the benefit of another person. There is even self-abuse, which results when a person fails to perform essential self-care such as eating, drinking, taking prescribed medications, neglecting personal hygiene, or putting themselves in harm's way.

From a legal standpoint, the consequences of committing crimes against the elderly can have a wide variety. Sometimes, the victim actually hinders prosecution due to fear of being alone or having to enter a nursing home if their caregiver is arrested.

During the conference, the term 'tip of the iceberg' was used more than once in referring to the crucial situation so many of our elderly find themselves in today. We are living longer, and consequently, needing more care for longer periods of time. The issues of Elder Rights and Abuse is exploding upon our society and it is deserving of our time and attention to see to it that our most fragile and vulnerable citizens are protected, cared for, and safe. By the end of the

day, each participant had the weapons necessary to advocate for the protection of older persons who are subjected to physical and emotional abuse, theft, negative stereotyping and discrimination.

We invite you to become an active member of the CSRA Elder

Rights Team by calling either Jeanette Cummings at 706-210-2000 or Kathleen Ernce at 706-868-0120.

Get involved! Get educated!

Volunteer! Donate! Speak out!

Written by Patricia Whisenhunt, Senior Advocate, The Senior Citizens Council.

Compete in the Georgia Golden Olympics

Special to Senior News

If you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 22-25, 2010 in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horse-shoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of \$35.00 allows the participant to enter 3 events. Additional events are \$6.00 each. Bowling, tennis, golf and archery require an additional fee. Fees are non-refundable. All registration must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. The 2010 event is the qualifying event in Georgia for the 2011 National Games

in Houston, Texas in June 2011. Over 400 athletes qualified for the National Senior Games in 2009 held in the San Francisco Bay Area.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information call the Warner Robins Recreation Department at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603. Website: www.georgiagoldenolympics.org.



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On the Cover

The Hidden Jewel of the South

by CAROLYN BRENNEMAN

Photography by Carolyn

ON THE COVER

Miniature yellow rose bush.

Come with us and spend a day in the most gorgeous yet hidden jewel of the South – a Living History Park tucked away on 7.5 acres of

land with natural springs and a lush sensory garden – to enjoy the delights of the seventh annual Olde Town Artisan's Fair held April 16-17.

During this event we travel on a captivating journey to enjoy the displays of artisans and to listen to the sounds of music by an array of fine artists and skilled artisans.

Our first encounter is with a most gifted twelve year-old musi-

cian, Nathaniel Samsel, who plays his mountain dulcimers entertaining us with the musical sounds of the 50s and 60s. Nathaniel plays a variety of tunes, including Twelve Bar Blues and many songs by Hank Williams on one of his dulcimers. "I like country music," Nathaniel says, "so I want to play a Hank Williams song for you." And

so he does - in fact, several from his vast repertoire. A very gifted and talented young fellow, Nathaniel tells us he has been playing the dulcimer with his dad since he was eight. We are definitely impressed.

As we stroll through this treasured park, we feel mesmerized by the talents of Michael Allen, a chemist by day and a painter by



Nathaniel Samsel, Dulcimer Player

night who shows us his bird paintings, captured with oil on canvas.

"The Living History Park is one of the finest places to display my art," says Michael. His art is truly magnificent. Soon we encounter Daryl Freed who creates feathered creatures out of driftwood. Each unique piece has a name, such as "Old Bones,"

"Bobbler" and "Intelligent Design." Now we meet Irmaly, who displays her unique and beautiful sculptures and pop frescoes inspired by her dreams. Irmaly has won many awards over her 30 year career and we can see why. Soon we cross the bridge over the flowing stream, and we appreciate the beauty around us as we speak to other artists and

musicians. The park is indeed a treasure for these artisans to display their talents.

Whether it is for listening to musical sounds, enjoying the works of gifted artists, strolling through a very special garden designed to excite all of your senses, relishing a peaceful weekend, or exploring the hidden history, living exhibits and demonstrations of colonial life, this serene park is worth a day's visit. It is indeed, the hidden jewel in the South. Visit and learn more about Living History Park in North Augusta at www.colonial-times.us.



Michael Allen, Oil Paintings



Irmaly, Award Winning Frescoes



Daryl Freed, Wooden Creations

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Adaptive Golf Challenge raises more than \$10,000 for Walton Foundation programs

Special to Senior News

Twenty-four adaptive golfers competed alongside fifty-three community golfers in this year's State Farm Adaptive Golf Challenge, presented by the Walton Foundation, and raised more than \$10,000 for foundation programs.

The 6th annual fund-raiser, which took place on Monday, April 5, supports Camp TBI (To Be Independent), a week-long summer camp offered free to children and

young adults ages 8 to 21 who have sustained traumatic brain injuries, and the free monthly adaptive golf program, which provides specially designed equipment, volunteer golf coaches, as well as an all-access pass to three local courses to help those 15 and older with acquired disabilities learn or return to the game of golf. "Funds raised this year will enable up to 10 children to attend Camp TBI or up to 36 adults to enjoy the game of golf through Walton's monthly adaptive golf program," said Leslie Glass, Vice President of Development at Walton Foundation for Independence.

The adaptive golf challenge is also an awareness builder. A golfer with a physical disability is teamed with three community golfers, who are able to experience the abilities of those with physical disabilities.

This year's event kicked off with Augusta Mayor Deke Copenhaver presenting 1970 Masters Champion Billy Casper with a proclamation naming it Billy Casper Day in Augusta; recognition of adaptive golf challenge honorary chair, Augusta native and Champions Tour golfer Jim Dent; as well as a trick and precision golf demonstration by nationally recognized golfers with disabilities.

Sponsors of this year's event included State Farm, the United



Vicki Greene, Event Coordinator with the Walton Foundation; Honorary Chair and Champions Tour Golfer Jim Dent; 1970 Masters Champion Billy Casper; and Leslie Glass, Vice President of Development for the Walton Foundation.



Lucky Cabeza putts on the 9th green as teammate Donnie Newman watches.

States Golf Association, Walton Foundation, News12, Allen-Batchelor Construction, Inc., Cells for Life, LTD, Creel Harison Foundation, Dawson, Taylor and Company Insurance, Georgia Bank and Trust, Medequip Healthcare, Pharmacare Services, Sodexo,

Trattoria Sotto Sotto Restaurante, United Technology Group and Wachovia.

For more information on how to support or participate in Walton Foundation's monthly adaptive golf program or Camp TBI, call 706-826-5809.



Gene Childers, Jerry Fisk, Col. George Prince and Kenneth James were one of the teams participating in this year's State Farm Adaptive Golf Challenge, presented by the Walton Foundation.

Live Well with Diabetes

GMCF, the Medicare Quality Improvement Organization for Georgia, is promoting a "Know Your Numbers" awareness campaign for Medicare beneficiaries in Georgia who have diabetes.

The best way to manage and control diabetes is to be aware of the latest information and receive key tests.

If you or someone you know has diabetes, it is important to get the following tests:

- ☒ A1c (at least twice a year)
- ☒ Lipids (once a year)
- ☒ Eye Exam (once a year)
- ☒ Blood Pressure

Call
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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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— Paid Advertisement —

Times Not Forgotten

Teacakes and doopie coffee

by CHRISTINE COLEMAN

There were several treats my parents made for us children in the 1930s that linger with me still. Children today would probably wonder who in the world thought up that sort of snack food. In any event, we were tickled to have different kinds of tasty morsels to enjoy, especially when we came home from school and felt we were perishing. Times were hard and our folks made do with whatever was available.

During hog-killing time, pork was sliced and separated from its skin. Small chunks of this pork were cooked until it was almost without fat. These pieces of meat were made into "cracklin" bread. Their skins were baked in the oven to turn into pork rinds. Both cracklin' bread and pork skins were enjoyed by all of us. You seldom see these items today, but when I go into a restaurant today where it is served, I always have cracklin' bread.

During winter months, we'd pour syrup into our plates. We'd then pour cream into the syrup. This made a

pretty dish, especially when we'd add a dollop of butter to the mixture. Then we'd have fresh made biscuits to sop the delicacy. Of course, there was ham or sausage to accompany the meal.

A masterpiece of it's own

Papa always had "doopie coffee" at the end of his breakfast meal. He was an artist at making this treat. Our coffee cups were large ones. They must have held 12 ounces at least. Our saucers were deep. Papa would take a biscuit and remove the top from its bottom. He'd break the top half into bite-size pieces and arrange them in his saucer. He'd then do the same with the bottom. Then he'd spoon two or three teaspoons of sugar over the bread. Finally, he'd pour coffee from his cup over the bread. With a spoon, he ate the prepared meal and stated it was doopie coffee. All of us enjoyed watching him go through this ritual. He taught us well even if he didn't intend to. We never knew how our folks came up with this name, but it stayed in our family during our growing up years.

Then there were teacakes. Mama

could make the best. When we came home from school, many times she had this treat waiting for us. We could be starved (or so we thought), and those teacakes were a welcoming sight. Along with a glass of milk, they refreshed us, and we could go about doing our chores. Sometimes I'd watch Mama make teacakes. I don't know the recipe she used, but she rolled out the dough using a longneck wine bottle. For a cookie cutter, she used a water glass turned upside down, which worked just fine. There was never any tea cakes thrown out. We consumed them all.

Those were good old days. We didn't have money, but our folks knew how to make do. We didn't lack for food or the love of our parents. They taught us how to manage in later years. I look back and smile when I think of doopie coffee, teacakes and other treats we enjoyed as children.

Hope you have favorable memories.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at CFD@reicomputers.com.



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Your Health & Wellness Advocate — anntunali@msn.com
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It's time to let your body do what it was meant to.

Taking Care

Visiting a hospitalized relative or friend... plan ahead to make it a positive experience

by LISA M. PETSCH

Chances are good that a senior you care about will require hospitalization at some point, especially if he or she has a chronic health condition. The following are some tips to help ensure a positive visit.



Before you go

- Call ahead to the patient or his or her next of kin to find out if visits are welcomed, and if so, the best time of day to come. Also ask if there is anything you can bring.
- If you are not an immediate family member or close friend, reconsider visiting unless the patient has few local supports. Instead, send a card or e-mail (some hospitals offer the latter option on their website) and plan a visit when the person returns home.
- Before arranging for any kind of get-well gift, find out the hospital's policy around balloons and flowers and take into account space limitations

in the patient's room. It's best to hold off on plants, balloon bouquets or gift baskets until the person is discharged home.

- Before planning to bring in food or beverages, find out if any dietary restrictions have been implemented.
- Postpone your visit if you are not feeling well. Telephone instead.

What to bring

- If you feel the need to bring something, keep it simple and practical. Ideas include reading material, a notebook and pen, a box of facial tissue, hand sanitizer for the bedside and earplugs, especially if the person is a light sleeper.
- Some ideas for cheering a patient: bring children's artwork, decorative window clings or a special food treat.
- If the person's finances are limited, arrange to pay for telephone or TV service. If he or she is expected to be hospitalized for a while, you may wish to pool resources with relatives or friends.

What not to bring

- For security reasons, don't bring the patient anything of value.

Discourage him or her from keeping identification, jewelry, electronics or more than a few dollars on hand.

- Don't bring in prescription drugs, over-the-counter medications or herbal remedies. Interactions with medications the hospital physician has prescribed could prove harmful. The same goes for alcohol.
- Don't wear perfume or cologne or bring the patient heavily scented toiletries. Many healthcare facilities are now designated "fragrance-free" environments due to staff and patient allergies.

Visiting tips

- Find out what the visiting hours are and stick to them.
- Clean your hands when you enter and leave the hospital, and also before and after visiting in the patient's room. It's important for everyone's sake to prevent the spread of disease-causing microorganisms.
- Watch for signs regarding the use of cell phones. Typically they must be turned off in clinical areas. In permissible locations, set your phone to vibrate mode and exercise discretion when conversing about sensitive matters.
- If the patient is in isolation – indicated by a sign on or beside their door – go to the nurses' station to inquire whether he or she can have visitors and if so, what precautions to take. You may need to don gloves, a gown and a mask. Although it may be inconvenient, it's important to follow all instructions.

• If you are not the patient's next of kin, don't request medical information from staff or get involved in care issues. If you are one of several immediate family members, keep in mind that patients are asked to appoint one contact person in order to streamline communication. This is who you should speak to if you would like more information than the patient is able to provide. If family dynamics are challenging or the person's situation is complicated, a family meeting can be organized with the healthcare team.

- Limit visitors to a few at a time. Speak softly in the room and hallways so you don't disturb patients who are resting. Exercise good judgment when it comes to bringing children, and ensure adult supervision at all times.

If the patient is safely able to walk or transfer into a wheelchair, visit outside the room – perhaps in the visitors' lounge on the ward or in the main floor lobby or coffee shop.

- Be prepared that a healthcare professional may ask you to leave the patient's room in order to provide care or conduct an assessment or test.
- Keep the visit short if the person is low on energy.
- Ensure before you leave that the patient's call bell, telephone, bedside table and any mobility aids are within reach.

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

Indian Footprints

"The power of the moon"

by W. MAXWELL DUKE

Since the beginning of time, mankind has always attached an air of mystery to the moon. Even today modern people think the moon affects Earth and its people. The ancient Southeastern Indians were no exception.

The Indians developed their own notions about the moon. They had their own ideas about the moon's origin, reason for its pale color, an explanation as to why there are "spots" on the moon's surface, what caused an eclipse and even the moon's relationship to fertility.

The Indians' explanation as to the origin of the moon related to a very special ball game that had occurred between rival towns. One of the players cheated by picking up the ball and then threw it extremely hard toward the goal post. The ball, thrown so hard, went far astray and stuck against the sky. It has remained there ever since. The color of the ball (the moon) is pale because its purity was tainted by an act of cheating. The pale color is a reminder to everyone that cheating is wrong and should never be done.

One very old Indian legend tells why the dark spots are on the moon's surface. The story relates to an embarrassing "affair of the heart." A young man (Moon) met once a month with a young girl (Sun). She did not know who he was because in the dark of the night she could not see his face.

She became obsessed with determining his identity. So, one night she secretly gathered some ashes and cinders from the fire and wiped them upon his face to mark him.

The next day she discovered who her lover had been – none other than the moon. From that day on, the moon stayed as far away from her as possible because he was so embarrassed. The cinders and

ashes had marked his face forever and that is why we still see the marks on his face today.

Under the watchful eye of the Indians, and being extremely leery of any weird happenings, it is no surprise that when a lunar eclipse occurred things tended to go berserk. We are fortunate to have a first hand account by an early historian, James Adair, who was present when one of these "freaks of nature" happened.

He recorded it thusly: "The first lunar eclipse I saw after I lived with the Indians was... in 1736. During the continuance of it their conduct appeared very surprising... They all ran wild, this way and that way, like lunatics... whooping and howling, beating kettles and making the most horrible noises that human beings possibly could."

What Adair witnessed was the Indians acting out their belief about an eclipse. They thought a huge frog was biting off chunks of the moon and eating it. Their loud and erratic behavior was believed to frighten the frog away. (This event significantly strengthened their belief system and added credence to their high priest's remedy – after all, the eclipse remedy never failed!)

Many of the Southeastern Indians' beliefs about the moon are unique. However there is one topic that is shared in many cultures around the world – the effect of the moon on a woman's fertility. This power of the moon affects not only fertility but reproduction in general. (Perhaps the origin of the true effect of the moon on living creatures reaches even further back in geologic time when the moon was only 10,000 miles from the Earth compared to its distance of 250,000 miles today.)

TIDBIT OF TRIVIA

When sprinkled on plants, soil from the moon makes them grow better. Could this be another "power of the moon?" ☺



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Augusta/CSRA CALENDAR

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The Senior Citizens Council

218 Oak Street North, Suite L
Augusta, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org

The Senior Citizens Council is open Monday through Friday for the following services:

• Advocacy Programs including: Caseworker Services; Caregiver Support and Information; Bill Paying and Money Management; Benefits Counseling including information about the new Medicare Part D Prescription Drug Plans; and, Elder Abuse, Neglect, and Exploitation Prevention.

• Foster Grandparent Program and Senior Companion Program: Limited income persons age 60 and older needed to work from 15 to 40 hours a week with special-needs children or adults. Call for complete details.

• Retired and Senior Volunteer Program: Are you looking for a fun and exciting way to make a difference in the community? RSVP offers persons age 55 or older an opportunity to apply their skills and experience to meet critical community needs. RSVP pairs talented volunteers with their choice of a variety of non-profit, health care, government, and faith-based organizations. Call for complete details.

For additional information or to make an appointment for a needed service, call 706-826-4480 from 8:30 a.m. to 5:00 p.m.

H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta
Contact: Patricia A. Jenner
706-772-5456; 1 a.m.-3 p.m.

Aiken County Parks, Recreation & Tourism

902 Vauluse Rd., Aiken, SC 29801; 803-642-7559;

www.aikencountysc.gov/tourism

Courtney Senior Center

49 Roy St., Wagener, SC; 564-5211

Harrison-Caver Park

4181 Augusta Rd., Clearwater, SC; 593-4698

Aiken County Recreation Center

917 Jefferson Davis Hwy., Graniteville, SC; 663-6142

Roy Warner Park

4287 Festival Trail Rd., Wagener, SC; 564-6149

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

Shiloh Comprehensive Community Center

1635 15th Street, Augusta

Activities for senior citizens offered 9 a.m. to 4 p.m. weekdays. For additional information please call 706-738-0089.

Hearing Loss Association of Augusta

Hearing Loss Association of Augusta.

For meetings information contact: Debbie

Rish, President, at 706-650-2496; 624

Kingston Rd., Grovetown, GA 30813; or,

by email at hlaag.rish@yahoo.com.

Meetings are held the 3rd Monday during

Sept.-March.

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7

p.m., Jesse Carroll Community Center,

Windsor Spring Rd., Hephzibah. For additional

information contact Lion David

Usry, President, at 706-592-2752.

Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta
Riverfront Center. Call 706-724-7501 for
more information or visit the Museum's
website at www.the.morris.org.

Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta.

Call 706-722-5465 for information.

• 30th Annual Juried Fine Art Competition

and Exhibition: Award recipients will be

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reception on Fri., Sept. 17. Exhibition:

Sept. 17-Oct. 15. Entries may be post-

marked by May 28th. For details call 706-

722-5495.

Caregiver Support Group

Are you caring for a spouse or parent? Join

other caregivers to share experiences, gather

practical resources and find the support

you need. The group meets the 3rd

Monday of each month at 6:30 p.m. at the

Friedman Branch Library located at 1447

Jackson Road in Augusta. For more infor-

mation contact Georgia Jopling, Caregiver

Specialist, Area Agency on Aging, 706-

210-2000 or 888-922-4464.

Augusta Museum of History

560 Reynolds Street in downtown

Augusta. Call 706-722-8454 for events

information.

• From Ty to Cal: A Century of Baseball in

Augusta: Ongoing

• Into the Interior: A History of the

Georgia Railroad and Banking Company:

Ongoing

• Augusta's Story: Ongoing

• The Godfather of Soul, Mr. James

Brown: Through May 31

• Stories & Legends: Remembering the

Augusta National: Ongoing

• A Community That Heals: Ongoing

• Digging the Past: Sat., May 8, 1797

Ezekiel Harris House

Lucy Craft Laney

Museum of Black History

www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

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Perrotto at 706-863-1180 or Jean Avery at
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Augusta Christian Singles Dance

Dances held each Saturday night, 7-11

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Grand Slam Dr., Evans. Admission

includes complimentary dance lessons 7-8

p.m., refreshments and drinks. Cost:

Guests, \$10; members, \$8. For additional

information call 706-863-9262 or visit

www.christiandances.org.

AARP Augusta Local 266

There is more to AARP than a news-

paper and a magazine. The local chapter

meets at Sands Hill Community Center,

2540 Wheeler Road, Augusta. For addi-

tional information or to join call Varnell

Owens, Chapter President, at 706-790-

4388.

Al-Anon and Alateen Groups

Al-Anon and Alateen Groups meet in

various locations in the CSRA Mon.-Sat.

For information or a listing of meeting in

the area call 706-738-7984. To locate

meeting throughout Georgia call 800-568-

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Augusta Newcomers Club

The Augusta Newcomers Club helps

new residents acclimate and make friends

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continued on page 11

General Business Directory For Seniors

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CALENDAR

from page 10

and dinner groups, social activities, bowling, golf, book clubs and more.

Monthly coffees for prospective new members are held on the first Tuesday of each month.

For additional information call Jeannie Hipsher at 706-210-7547 or Mary Ellen Quick at 706-869-1517; hospitality@AugustaNewcomers.com; www.AugustaNewcomers.com.

Service Corps of Retired Executives

The Service Corps of Retired Executives (SCORE) provides counseling and mentoring to business people who are starting up a new business or who are expanding one that is ongoing. SCORE is a non-profit, public service organization, affiliated with the SBA. There is never a charge for our services. Call 706-793-9998, Mon. - Fri., from 9 a.m. - 12 noon.

Phinizy Swamp Events

706-828-2109

Find Your Voice

Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

Senior Volunteers Needed

Fort Discovery need your help in making visitors' experiences ones that they will never forget. To volunteer call Kathy at 706-821-0609 or email: thibaultk@nsdscdiscovery.org.

DBSA (Depression Bi Polar Support Alliance)

Meets the 3rd Wed. of every month at 6 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105, 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details.

Volunteers Needed

The Retired and Senior Volunteer Program (RSVP) is seeking volunteers in the Aiken area at the Council on Aging, Social Services Offices, Health Department, Habitat for Humanity Thrift Store, Public Schools, and other Aiken Volunteer locations. Some typical duties include delivering "Meals on Wheels," light office administration, answering phones, stamping mail, making copies, visitor reception, coaching "Welfare to Work" clients, after school programs, and more. If interested in volunteering and giving back to your community, please contact Ed Jelinek or Dorothy Moyers at 803-648-6836, ext. 224 or 223.

Augusta Chapter Of The Embroiderers'

Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

Alzheimer's Caregiver Support Group

Meets 3rd Tues., 7 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3519 or 706-854-3501.

CSRA Parkinson Support Group

Meets monthly, Tues., May 25, 6 p.m., St. John Towers, Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

Trinity Hospital Offerings

For details call 706-481-7604 or visit www.trinityofaugusta.com
• Joint Efforts: Thursdays, 11-11:45 a.m., Augusta Orthopaedic Clinic, Behind Trinity's ER, 1521 Anthony Rd., Augusta
• Family Dynamics: The Past Comes to the Present: Thurs., June 3, 11:30 a.m.-12:30 p.m., Trinity Hospital of Augusta, 2260 Wrightsboro Rd., Augusta. Class for senior

adults.

• Widow & Widower Social: 2nd Tues., 4:30-6:00 p.m.

Walton Rehabilitation Health System Offerings

• Aiken Stroke & Outpatient Support Group: Mon., May 3, 6-7:30 p.m., Aiken Physical Medicine & Rehabilitation Center, 191 Centre South Blvd., Aiken, 803-644-6140.
• Augusta Stroke & Outpatient Support Group: 2nd Wed., Noon-1 p.m., Walton Rehabilitation Health System Board Room, 1355 Independence Dr., 706-823-5250.
• Brain Injury Support Group: 2nd Tues., 6-7:30 p.m., Walton Rehabilitation Health System, Walton West, 2501 Center West Pkwy., 706-533-3094.
• Spinal Cord Injury Support Group: 2nd Thurs., 5:30-6:30 p.m., Walton Outpatient Therapy Center, 706-823-8504.
• Amputee Support Group: 3rd Thurs., Noon-1 p.m., Walton Rehabilitation Health System, 1355 Independence Dr., 706-823-8504.

Symphony Orchestra Augusta Golf Classic

Mon., May 17, Belle Meade Country Club. To register or for more information contact Beverly Smith at 706-826-4704; email: beverly@soaugusta.org; visit: www.soaugusta.org.

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Enter the Garden Lover's Paradise

by CAROLYN BRENNEMAN

Photography by Carolyn

The Sacred Heart Cultural Center, in downtown Augusta, is the setting for a classical southern gardening event during its 19th annual Garden Festival held April 23 through April 25th. There are many unique Garden Market vendors, informative lectures, and enjoyable exhibits at the Cultural Center including beautiful exhibits of floral and garden displays created by only the best designers and garden experts in the area. Many garden enthusiasts come every year to enjoy the inspirational beauty of this event and learn from the experts. In the Great Hall of Sacred Heart Cultural Center, the Garden Market is filled with unusual plants such as orchids, Ikebana, contemporary floral arrangements, and designs by exhibitors.

The featured speakers during this



Magnificent Floral Design

three-day event include June Mays who inspires us to evoke mood and create special spaces in our own garden. She is a graduate of the English Gardening School in London where she earned diplomas in garden design and plantsmanship. Margaret Brown creates unique floral designs and has studied traditional English garden styles in England. Robin Storey, shares with us her unique hummingbird experiences through photography and stories about these petite birds. Ted Stephens, focuses



Tulips in Water

on instructing us on caring for unusual and rare plant material as he has traveled to Japan and other countries to collect new plant selections to share with us. Brian Gandy, a horticulturist, practices many different types of organic methods including drip irrigation, composting, and crop rotation - all important topics of interest to the residents of Augusta. In addition, he is gifted in handling eighteen bee hives in Beech Island. This is indeed an impressive panel of experts who will share their knowledge with us.

In the outer areas of this magnificent cultural center are floral and landscape exhibits including, for the first time ever, an architectural element, Garden Sheds! These beautiful sheds are for auction and many of the landscape exhibitors have designed and built their gardens around the themes of each shed. One shed is constructed of cedar with plexiglas sun space and windows while another garden shed is made of pressure treated pine fir doors and tempered



Ikebana

glass. Truly it is a garden lovers delight to own one of these unique sheds.

In addition, the Garden Festival features the Tour of Private Gardens displaying six of the areas finest private gardens around town and in Columbia County. Mark your calendars for next year's event as you surely will not want to miss it.

Walton opens new apartments for Brain Injury Survivors

Special to Senior News

James Colson's first meal in his new apartment was catfish and grits, which he made himself.

That may not seem like a big achievement to some, but this is the first time James has lived on his own since a car accident last fall resulted in a traumatic brain injury. Thanks to Walton Rehabilitation Health System, survivors of brain injury who are able to live independently with minimal support can now have a home of their own.

Walton recently opened its 11th addition to its community of accessible/affordable housing. The new apartment complex, named Walton West Villas, features six one-bedroom apartments and is the only accessible/affordable housing community in this area designed specifically to meet the needs of survivors of brain injuries.

Amenities include curbside sidewalks, accessible bathrooms and kitchens and wider doorways. Residents also benefit from support from the adjacent Walton West Transitional Living Center. Walton West TLC teaches valuable life and work skills to brain injury survivors who are ready to leave the inpatient rehabilitation setting but not quite ready to go home. Through the partnership with Walton West TLC, Walton West Villas also provides staff support, garden therapy, transportation, a brain injury support group and more for its residents.

"Locally, there is a great need for

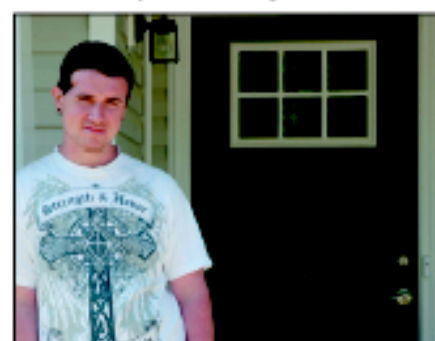
accessible/affordable housing for those with physical disabilities who are able to live independently with minor home modifications," said Beth Miller, Vice President of Walton Community Services. "Walton's community services are helping to meet that need by providing accessible and affordable housing in partnership with HUD for people with physical disabilities and for seniors."

"I love it," said James, who is already gardening and is also taking job training classes at Walton Options for Independent Living. "Just being on my own and independent - it's been great."

Walton West Villas was designed as an extension of Walton's services for brain injury survivors and is part of its mission to help restore independence to people after a disability. It is now accepting applications for residents. To apply, call 706-737-9300.



Volunteer at Sacred Heart



James Colson

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