

# Senior News

A full-page photograph of a man in his 50s or 60s with a white beard, wearing a blue and red tartan kilt, a white shirt with a red sash, and a black hat with a red band. He is holding a sword in his right hand. The background is a lush green forest.

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***Blairsville  
hosts Celtic  
Festival!***

***Story on Page 2***

July 2009  
Vol. 23, No. 7



## On the Cover

# Blairsville hosts Celtic Festival

by MARY FRANCES

**ON THE COVER:**  
Don Bogue of the Atholl  
Highlanders, Stone Mountain

**M**eeks Park bordered by gurgling Butternut Creek was the shady setting for the 6th Annual



James Summers  
Bale Toss Competition

Blairsville Scottish Festival and Highland Games. Over thirty-five clan families pitched a canopy, picnicked, and participated as Union County welcomed pipers and drummers the weekend of June 12-14. Genealogy searches and a full schedule of events were planned for adults and children.

The Southeastern Scottish Athletic Association s/b SSAAA held sanctioned games both Saturday and Sunday with judging by certified judges and trophies awarded. Dressed in kilts, with bulged muscles, and grunting effort, today's strong men plied their will and skill in the traditions of old at the festival.

The first games instituted in the year of 1057 by King Malcolm Ceanmore to improve his military's prowess. Equipment used for the Highland Games were common items from the Scotsman's daily life, i.e. Blacksmith's hammer, steelyard weights, pitchforks for tossing sheaves of straw, a tree log, and large stones.

For the family affair, Kimberly and Gary Miller organized a children's version of Scottish Athletics,



Buster Brown and Rico, a Harris Hawk

with pre-participation instruction. Young peoples' performances were greeted with cheers from fans, observing parents, and friends. The kids also enjoyed a spacewalk in the inflated bouncing Scottish Castle, Scottish miniature golf, and a ride in an open train.

"What a great event for my three-year-old," said Kelly Jo Bluestone from Atlanta. "Cash loved ringing the bell on the train."

Beside the bagpipe and Scottish fiddle workshops there were displays of Border Collies herding sheep, and Gordon Setters. Dr. Bob Gordon of the Georgia Falconry Association drew crowds as he wondered the festival with his majestic Harris Hawk "Rico" perched on his gloved hand. Across from the food vendors, the

**continued on page 5**

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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.

## All Aboard By Vera King

Age is a number  
Recorded in time  
Some people say  
I'm still in my prime

Then there are others  
Who aren't so kind  
They see the real me  
They aren't as blind

The way I see it  
I am who I am  
The meat of the matter  
Instead of the spam

So stick to the subject  
Of what life's about  
To end up in Eden  
With never a doubt.

Are you on the right track?

(For my Mama on her birthday  
2/22/09 who put me on the right  
track 85 years ago. VK)  
\*\*\*\*\*

## Look Down My Master By Vicky Harper

Look down, look down  
eternities Master.  
Receive, we pray, this church's  
praise.  
Delight we You?  
Our delight is you.  
Bring us into worship  
and swing wide the glorious gates.  
Bid us come with You  
as our spirits sway in honor and  
love,  
Receive our rising savor  
As sweet as doves.  
Look down, look down  
Christ of night.  
To you we pledge our love.  
Infuse us more  
with your spirit in power.  
Holy God, Make all of us  
Your fortified tower.  
\*\*\*\*\*

Editor's note: The following two poems were written by Charles W. Cook in honor of his father and mother.

## Pride of The Toil By Charles W. Cook

Her image never fades from view,

Forever fixed in my mind's eye;  
Straw hat, gloves, old shirt and  
jeans,  
Weeding, hoeing, seeding, growing.

With her soul she loved the soil,  
The pride of toil, and job well  
done;  
She burst the red-clay clods one by  
one,  
Laying off rows with her rake and  
hoe.

Mid-spring breezes cooled her  
brow,  
As she gathered yellow squash and  
white half-runners,  
Eventually unloading her basket in  
the kitchen sink  
While sweat trickles over her subtle  
grin.

She wipes her face, sits to gain her  
breath,  
While fanning with her old straw  
hat.  
Then she proceeds to wash the  
produce in cold water.  
At last she carries her hat to the  
nail on the back porch.

In her kitchen, steam soon rises on  
the stove,  
With aromatic blends of her  
finished product.  
She stirs, tastes and adds salt and  
pepper.  
My taste buds shout, "Amen" as I  
sniff the air.

The table is set with butter and  
corn muffins,  
Bowls of squash, green beans, and  
fried chicken.  
Whipped cream, peaches, and  
pound cake.  
As her family brags, she smiles.  
Mom is satisfied.

## A Patient Loving Dad By Charles W. Cook

Sometimes I still can see him there  
Across the wooded maze;  
At other times on Brasstown's  
tower,  
Immersed in misty haze.

My ears can hear his gentle words  
Echoing through the vales;  
I sense him in the autumn breeze  
Descending mountain trails.

The national forest he preserved

With years of dedication;  
He taught us to respect the woods  
And wildlife conservation.

I always witnessed honesty,  
Insisting on the truth;  
He set examples for his kids  
Throughout our years of youth.

Although I miss his guiding hand  
And may feel somewhat sad;  
I hope that I can be like him -  
A patient loving dad.

(Author's note: In memory of my  
U.S. Forest Service father, Rufus  
L. Cook)

## Second Annual Alzheimer's Educational Conference scheduled for July 9th

Special to Senior News

Alzheimer's disease is the sixth leading cause of death in the nation. More than 5.2 million people in the United States currently suffer with Alzheimer's and the prevalence of the disease is growing rapidly as the population ages. In an effort to help raise funds for the Alzheimer's Association, the Second Annual Alzheimer's Educational Conference will be held Thursday, July 9th at Newberry Hall, 117 Newberry Road SW, Aiken, SC. The conference time is from 8:00 a.m.-4:00 p.m., and the cost is \$25.00. Breakfast, lunch, and handouts are provided.

The conference features Teepa Snow, MS, OTR/L, FAOTA. Snow is an occupational therapist with more than 28 years of experience. She currently works as a dementia care specialist providing educational and training sessions throughout the

United States. This past year she presented more than 350 programs and received awards for her clinical and teaching skills from a wide variety of organizations.

Program topics include: coping with challenging behaviors; creating a safe and friendly place for a person with dementia; managing other medical conditions when the person has dementia; understanding yourself as a caregiver: what do you need to keep going?

The conference sponsors include: Especially Seniors, Eden Gardens Assisted Living and Memory Care, Trinity Home Health and Hospice, and TLC Medical Centre, Inc. For more information or to register for the Alzheimer's Education Conference, please call Christina Reed at Eden Gardens Assisted Living & Memory Care at 803-642-8444, or email her at Aikeneg.dcr@sunriseseniorliving.com.

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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

I hope all of you dear readers will celebrate, or have celebrated, a great Independence Day. It's always nice around the homestead with family and friends. Its good to have a legit excuse for overeating – like I really need one!

All of us know that we live in a "beautiful" society. If you weigh more than 100 pounds you're fat; by 150 you're obese and by the time one reaches my weight, the situation is well out of hand. I have never seen so many skinny women on TV in all my life. I wonder what and if they eat. They must wear minus-zero blue jeans and sleep in their baby dresses.

It does something to the psyche of the more rotund of us. First off, nobody has to tell us we're fat! We have already noticed those 10 pounds a year that have crept around our hips since high school graduation.

We notice our girth every time we pass a mirror. Personally I never look at myself naked. Did that once and hurt my own feelings so badly I had to stay in bed for a week. It was

like seeing Dolly Dimples in person. The only thing I could think of was where to buy a luffa sponge. Remember when the magazine ads proclaimed that the luffa gourd would rub away cellulite? I learned as thousands of others that there is no gourd out there that is going to smooth out the ripples in a 200 pound woman. One does not scrub away fat!

And there were the creams of course that were supposed to do the same thing and didn't. I tried them all. The most horrible experience came from diet pills the doctor prescribed. I took them for about three days. By then I was immobile, sitting at the table staring out the window all day with my teeth chattering like grandma's false teeth while riding in the wagon on a dirt road.

Feeling that I have been a fairly intelligent woman at certain times in my life, I decided to try the one thing that works for everybody – stop overeating. That is a bummer folks – but it works – it really does. You can lose half a person if you stick with a good-sense eating regimen like the one for diabetics.

On and off during the years, I

have probably lost about 5,000 pounds and found them again one by one. My wonderful friend and family doctor (now retired because of patients like me) said I had fat genes in my family. To my demented mind, that meant "go get 'um girl!" That was not what the dear man meant I'm sure but I didn't diet for years.

Anyway, now that I am almost as old as dirt I find myself wanting to be healthy all of a sudden. These past nine months and five operations during that time have been boogers. I'm on the mend and ready to go again. So, where do we start? By losing weight, of course.

I have a special friend who feels she needs to lose weight also, so she got us into Weight Watchers. The first meeting was great. They had a great program and I learned a lot. They also had boxes of snacks for sale. I bought the reduced-for-quick-sale ones because I would have had to trade my car in on the regular priced ones. GeeeeWizzzz! If one eats food with less sugar, fat and stuff that is bad for you it seems like it would cost less – not more! Not so! One must pay a price for being beautiful.

We don't count calories, we count "points" which is a copywrited term that I have no idea what it means. I only know I can't eat Ben & Jerry's ice cream any more. I eat Weight Watchers frozen fudge bars that cost one point. I can have one every night. Muffins cost 3 points. I can have 20 points a day so I must think ahead if I suspect a sweet tooth is on the way after dark.

TV makes you eat. I think they are the bad guys when it comes to dieting. Every other commercial is the product for that "certain part of the male body" and the other is food of every kind from every country. If you can watch TV for an hour without getting the munchies, you're one strong person.

Therefore, I starve all day and eat a whole box of fudge bars after 10 p.m. Something is definitely wrong. I got on the scales this morning and I have gained four pounds. This is not what the founding mothers of Weight Watchers had in mind and I have to pay them every week to give that "you should be ashamed of yourself" look.

They have those up-town scales that don't lie. My scales are by a chest. I keep my hand on the chest to keep my balance (right?) and sometimes the reading is not exact. I can knock off 20 pounds by trying to stand on the scales.

I'm only kidding folks. Weight Watchers is a fantastic organization and the instructors are very devoted to the cause of improving our health as well as teaching us how to lose weight. Now, if they only had someone who could staple my mouth closed, it would be like walking on sunshine!

Blessings to all and have a great July. Three months until the leaves turn again! ©6/24/09

\*\*\*\*\*

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

## Spiritual Notes

# What's Your Story?

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

As a child growing up in the state of Alabama I remember looking forward to visits from my great aunts Jennie and Dorothy. They were sisters and were two of the most delightful relatives that I recall from my childhood. Aunt Dorothy would come South from Illinois to visit once a year. During her stay the two sisters would make the rounds visiting all the relatives. Both had lost their husbands and loved being together. They would talk for hours about their lives growing up together, numerous stories about various family members and yes, the unfortunate war, as they called it, the North/South conflict. As a youngster I was smitten by all the facts of family and still remember virtually all they relayed to us about their earlier years and the contributions so many relatives made to our family history.

The only regret that I have is that none of the time spent with these aunts is documented. In recent years my wife and I had good intentions to have our parents review their life's history on tape/video for us. Her mother did a brief interview which we treasure but we never got comprehensive statements regarding their lives, in their own words. They are no longer with us and our grandchildren only have pictures and our recollection of what they were like, their philosophy of life, and the

many ways they influenced our lives.

Richard Morgan has published a book entitled "Remembering Your Story." He states that across the country older Americans are writing down their stories or telling them for others to record. The purpose is "to pass along a legacy to one's children and grandchildren – and to find meaning to one's life." Further, American life and culture is changing so fast that older people realize their grandchildren have no idea of the events that shaped their lives.

Morgan goes further and relates how powerful the sharing of a spiritual autobiography can be to the individual and to family and friends. "As we hear these self-portraits, some of life's great questions are presented and perhaps answered. Did my life really matter? Was my time well spent? And where did God meet me in life's journey?"

Deuteronomy 32:7 reads: "Remember the days of old, consider the years long past; ask your father, and he will inform you; your elders, and they will tell you." Perhaps it's too late for you to talk to your elders but don't delay writing "Your Story." You may be surprised at the insights you will receive from taking an inventory of your life. Do it as a gift to your loved ones.

\*\*\*\*\*

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





Blairsville Court House

## CELTIC FESTIVAL

from page 2

modern cow's ancestor, the hairy Highland Cow, nibbled on grass in a wired corral.

The colorful Highland Independent Company of

Darien, known as the "Clann Nan Con," pitched a circle of tents around an open fire and roasted potatoes and seared meats similar to the way early Scottish settlers did in Georgia. Formed in 1998, this group of authentically costumed re-enactors portrayed the Scottish of the

late 17th to mid 18th centuries complete with booming cannons.

"I'm picture-taking-crazy," said Tami Walker toting her big black camera in one hand. "The creek, the costumes – I'm having a great time."

Under the entertainment tent, The Blair Band, a Celtic acoustic folk rock group, performed their fiery Scottish and Irish instrumentals and vocals in four concerts spread throughout the weekend along with other accomplished Celtic musicians.

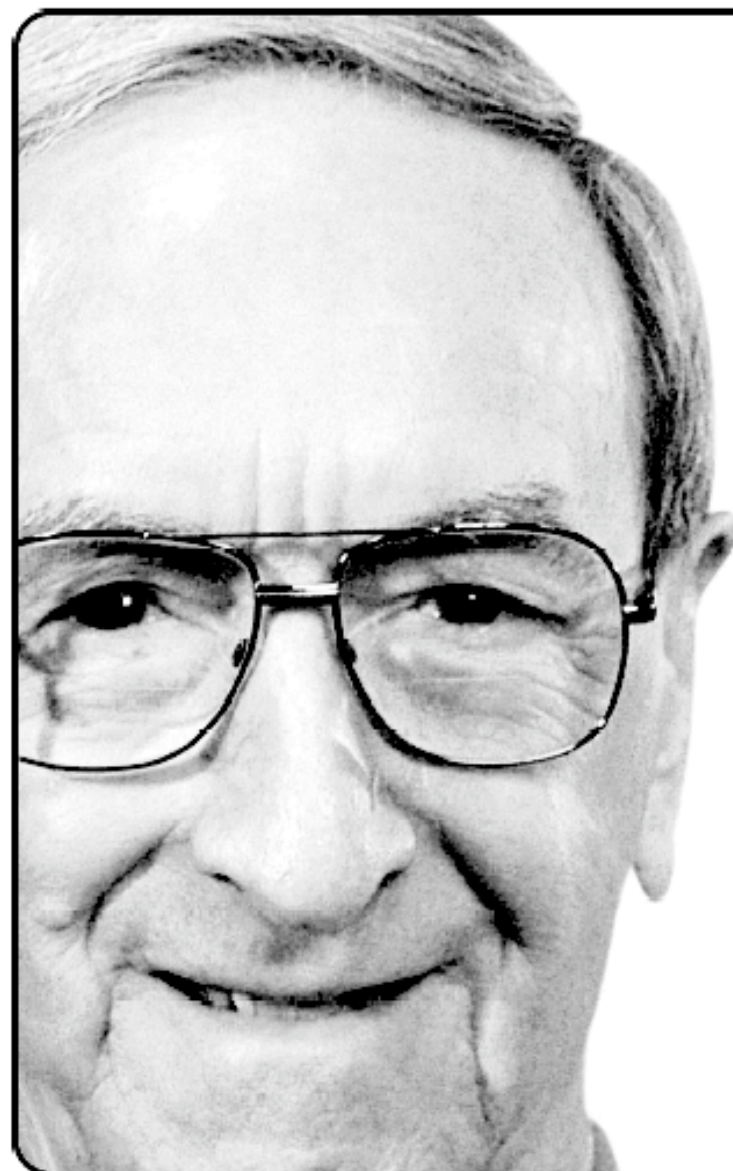
Throughout the weekend full-dressed bands of pipes and drums strolled through the rows of vendors and played under the shade trees to the applause of a gathering crowd wearing smiles.

"This has been such fun," said Angie Gregory from South Carolina. "This is my first time. Everything was new and exciting. I love the bagpipes."

The annual Blairsville Scottish Festival is open to all and will be held again in June 2010. For more information about similar nearby festivals, google Scottish Festivals and Highland Games and join in the fun.



Neil Fitzgibbons of Kennesaw  
Member of The Clann Nan Con



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## University Health Care brings Specialized Audiologist on board

Special to Senior News

**G**loria Garner, Au.D., has joined University Health Care System's Speech and Hearing Center as an audiologist.

Dr. Garner completed her undergraduate and graduate degrees in audiology from the University of Georgia. She completed her doctoral degree in audiology in 2003 at the Pennsylvania College of Optometry's School of Audiology. A native of Augusta, the majority of her years in clinical practice were focused on improving the quality of life of individuals with hearing loss through the use of leading edge hearing aid and cochlear implant technologies at the Medical College of Georgia.

Dr. Garner has served on the adjunct faculty for the George S. Osborne School of Audiology at Salus University since 2004 and teaches online courses in ethics and aural rehabilitation. She has served as Chair of the Ethical Practices Committee of the American Academy of Audiology since July of 2007, and also serves on the Review and Editorial Boards for Audiology Online and Healthy Hearing. She is frequently invited to national and state meetings to speak on ethics in audiology.

University's Speech and Hearing Center provides a full range of eval-



Dr. Gloria Garner

uation and treatment services for children and adults with speech, language, feeding, swallowing and hearing disorders. They provide services for hundreds of CSRA residents each year from infants to the elderly. Their goal is to enable people with communication and related disorders to regain quality of life, and to communicate and function as independently as possible in their homes, schools, workplaces and communities. For more information on Dr. Garner or the center, or to schedule a free screening, call 706-774-2237.

## Indian Footprints Patriotism – Indian Style!

by W. MAXWELL DUKE

**W**e know how patriotic the American people are today, but what about our predecessors, the American Indians? To answer this question, some of the best evidence comes from a writer named James Adair. During the early 1700s he lived among the Indians for many years, learned their ways and even went to war with them. The following is a paraphrased summary of part of his work. Most of the terminology and style of writing has been left intact to convey the ambience and flair of the early 1700s.

Through the whole continent, and in the remotest woods, are the traces of their ancient warlike disposition. We frequently met with great mounds of earth having a strong fort around them. These they used as security against an enemy. They called these old fortresses, "Nanne Yah" which meant "the mounds of God."

Indians are all equal except by gains made through superior virtue, speech making skills, and war. They esteem themselves by the fact that they are bound to live and die in defense of their

country.

Each warrior holds his honor, and the love of his country, in so high esteem that he prefers it to life. He will suffer the most exquisite tortures rather than to denounce it.

There is no such thing among the Indians as desertion in war. They do not fight for hire, instead they fight for wreaths of white swan feather (a symbol of peace and purity).

They confer rewards based upon merit. These rewards and recognition are motives for which they war. It is from such motivation that they arm their hearts with a strong and permanent love for their country.

### AUTHOR'S COMMENT

Sort of sounds like our fine soldiers in our modern day military does it not? Support our troops – an ancient American tradition!

### TIDBIT OF TRIVIA

The Southeastern Indians held true to their homelands during the War Between the States. They sided with the Confederacy fighting valiantly – and, in similar fashion, they were punished right along with the other Southerners after the war. ©



# ADVOCACY ALERTS: Beware of sales by fine print!

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

**R**on Burley, author of *Unscrewed: The Consumer's Guide to Getting What You Paid For*, reports, "A caller told me about a reoccurring charge on her credit card — one that she did not authorize." He learned that a company, called "CompleteHome," had charged her a yearly fee since 2000, after she cashed a check for \$2.86 that came with a credit card bill. Apparently, cashing the check signed her up with them for life! Needless to say, when he told her about the "membership," she canceled the membership immediately. The caller also asked if he could assist her in getting a refund, from "CompleteHome." He told her he would try; but, really did not expect to recover anything. "CompleteHome," provides discounts and online coupons, that average a savings of a decent 10 or 15 percent. (Of course, you have to enroll and use the participating retailers enough to make it worthwhile.) After contacting the com-

pany by telephone and then in writing, the company agreed to reimburse her and refund the \$620.

This is an example of one of the worst types of marketing — sale by fine print. There are variations, yet generally the catch is that by accepting a free offer now obligates you to pay later. Unfortunately, this story is not unusual, at all. We think "someone or some company is 'giving' us something worthwhile for free;" however, in the months after receiving the "free gift" we often find that "free gift" has cost us in the long run.

Other "freebies include:  
**Free cell phone ring-tones:**

These may be a "Trojan horse" for expensive subscription services. Your Best Defenses: Don't enter your cell phone number as part of any online purchase or survey and don't respond to text-message offers.

**Free software utilities:**

Browser add-ons you accept while surfing the Net may hijack dial-up modems allowing someone to place pricey phone calls on your phone. Best Defenses: Antivirus software and remember to turn off your computer when not using it.

**Free credit reports:**

Even the free AnnualCredit

Report.com may lead you astray to credit bureaus' trial offers. Best Defense: Fill out the site's form after choosing a credit reporting bureau. Then, resist all come-ons! Say NO and mean it!

However, there are legitimate ways of saving your money. Here is how a Kansas City mom makes the "system" work for her. Two years ago Chrissy Pate spent \$700 or \$800 a month on groceries, cleaning, and personal care supplies for her family. Now she spends half that. How did she do it? Pate learned the smart way to take advantage of coupons and sales. And now, she and her friend Kristin McKee are teaching others to do the same through their company — [www.BeCentsAble.com](http://www.BeCentsAble.com). The pair have a network of educators in 40 states hosting online workshops known as "coupon parties." The idea is to teach you in two hours what she and McKee learned over eight months.

Here are some of Pate's top tips for saving:

- Know where to find coupons. Look online at sites like [www.Couponmom.com](http://www.Couponmom.com) and [www.Becentsable.net](http://www.Becentsable.net), which direct

you to coupons and deals.

- Check the manufacturers' websites for items you use.
- Figure out which items you use most and watch for sale cycles at stores near you. For example, Pate knows that about every 12 weeks shredded cheese is on sale for half price and buys enough for her family to enjoy for "pennies on the dollar."

There are also seasonal trends. Condiments are cheapest around July 4 and baking supplies are cheapest at holiday time.

- Know your store's incentives. Walmart, for example, will match prices on items advertised by local competitors. So take everybody's sale flyers with you to cash in on their price matching.

- Another online site for savings is [www.Drugzoo.com](http://www.Drugzoo.com). They offer savings coupons when it comes to drugs, especially prescription drugs. Also, be sure to check the drug manufacturers' sites for more ways to save money.

As always, should you have questions or comments, please contact The Senior Citizens Council at 706-868-0120 for assistance.

## Register now to compete in the Georgia Golden Olympics

Special to Senior News

**I**f you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 24-27, 2008 in the city of Warner Robins. The annual competition is open to adults ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horseshoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of \$30.00 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.

This year is a qualifying year for National Senior Games Association summer games,

which will be held in August 2009 in the San Francisco Bay Area. Winners from the state competition will be eligible to advance to the national level.

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 Joyce Hutcherson at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603; [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org).



Remember when Ford Thunderbirds were big cars? Or the buzz when the Graduate starring Dustin Hoffman and Anne Bancroft showed at the drive in? Which was your best dance — the jerk, the swim or the mashed potato? Were you a part of Beatlemania? Remember watching Dragnet and The Monkees?

You've seen a lot of changes since those glory days — marriage, children, mortgage and more. Through all your past experiences, the desire to have fun has not changed.

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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 —

**J**ust 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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or call 1-877-948-7784.

\*\*\*\*\*

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## ***Taking Care***

# **Relinquishing primary care**

by LISA M. PETSCHKE

**W**hen a person moves into a long-term care home, not only they but also their caregiver can find the transition difficult.



Caregivers lose a companion and the rhythm of their days changes significantly. They must schedule visits in order to spend time with their relative. Transportation may pose challenges, especially if they don't drive.

Feelings about the situation may include sadness, anxiety, anger and guilt. Caregivers may wonder if they made the right decision. They may worry about their relative's ability to adjust. They may also worry about how well he or she is being cared for. And they may wonder what role they now play in their relative's day to day life.

If you find yourself in this position, read on for some suggestions.

### **Relating with care providers**

It's important to perceive and position yourself as an integral part of your relative's healthcare team.

Here are some ways to go about this:

- Share as much as possible about your relative's routines, likes and dislikes, and any tips that can help make care provision easier.
- Educate yourself about the roles of the various healthcare professionals, and ask about their goals and plans for your relative. You may need to adjust your expectations or negotiate changes to the care plan.
- Let staff know how involved you wish to be in terms of hands-on care, and discuss what is possible. (Facility policies may prohibit you from doing certain things, such as using mechanical lifters.)
- Get to know the staff, in order to develop a partnership of trust and mutual sharing. Show your appreciation if you are pleased with their care.
- Think twice before you criticize. Some family members initially find fault with virtually everything professional caregivers do, in an effort (often sub-conscious) to assert that no one can take care of their relative as well as they can. This makes it hard to establish constructive relationships.
- Address a concern directly with the relevant care provider. Express it as

calmly as possible, and in a timely fashion. Involve the person's supervisor only if the issue doesn't get resolved.

### **Relating with your loved one**

- Be prepared that your relative may have many complaints initially. If a concern seems legitimate, discuss it with staff and do some advocating if necessary. Otherwise, provide a listening ear, allowing your relative to vent. Be attuned to underlying feelings and empathize with them. Discourage him from dwelling on the negative, though; change the subject if necessary.
- If your relative asks you to take him home, gently but firmly reinforce that he needs more care than you can provide. Reassure him you'll be returning soon, and plan what you'll do together.
- If he shares a room, inquire about private areas for visiting.
- Develop a regular pattern of visiting so your relative knows when to expect you and can anticipate your next visit. Telephone between visits if you can't get in as often as you would like.
- When you visit, bring something, such as a newspaper, flowers from your garden or a favorite food.
- Re-create routines from home, such as playing cards, watching a favorite TV program together or sharing a meal.
- Show interest in your relative's daily activities. Join him for some special recreational events.
- Keep your relative up-to-date on news about friends and relatives, and

continue to involve him in family decision-making.

• Plan activities outside of the facility. Go for a walk around the neighborhood or to a nearby park, or take a drive. If your relative uses a wheelchair, register him with the local accessible transportation service. Then you can take him shopping or to community events.

• Continue to include your relative in family celebrations. If members' homes aren't accessible, choose a restaurant that is, or ask staff to help you plan a gathering onsite.

• If feasible, arrange for your relative to come home for a few hours.

• Keep in mind that just because you are no longer the 24-hour caregiver does not lessen the importance of your role. With that heavy responsibility lifted, you can focus your energy on meeting your relative's emotional and spiritual needs and enjoying your time together.

### **Final thoughts**

Spend time with friends and relatives who support the move to long-term care. Family members of other residents as well as staff, especially the social worker, are also valuable sources of support. Initially you may need lots of reassurance that this was a good decision. Be patient and give yourself and your relative plenty of time to adjust.

\*\*\*\*\*

*Lisa M. Petschke is a clinical social worker and freelance writer specializing in boomer and senior issues.*

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# C'mon, let's eat

by FAYE JONES

## PEACHY PORK MEDALLIONS

2 (3/4 pound) pork tenderloins  
Vegetable cooking spray  
1/2 cup peach nectar  
1/4 cup dry white wine  
1 teaspoon peeled, minced ginger  
1/4 teaspoon pepper  
1 teaspoon cornstarch  
1 tablespoon water  
1/3 cup mango chutney  
2 cups peeled, sliced fresh peaches  
1/2 cup sliced green onions

### Garnished green onion curls

Partially freeze tenderloins, trim fat from tenderloins. Cut tenderloins diagonally across grain into 1/4-inch-thick slices.

Coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Add half of pork, and cook 3 minutes on each side or until pork is lightly browned. Remove pork from skillet. Drain, set aside, and keep warm. Repeat process

with remaining pork slices. Wipe drippings from skillet with a paper towel.

Combine peach nectar and next 3 ingredients in skillet. Return pork to skillet. Bring to boil, cover, reduce heat and simmer 4 to 5 minutes or until pork is tender.

Transfer pork to a serving platter, using a slotted spoon. Set aside, and keep warm. Combine cornstarch and water, stir until smooth. Add cornstarch mixture and chutney to peach nectar mixture, stirring well. Add peaches and sliced green onions. Bring to boil, reduce heat, and simmer, stirring occasionally, until thickened. Spoon peach mixture over pork. Garnished, if desired. Yield 6 servings.

## PORK TENDERLOIN WITH FRUIT STUFFING AND SHIITAKE SAUCE

1 1/2 cups vegetable broth, divided  
1 cup chopped mixed dried fruit  
1/2 minced shallot, divided  
1/2 teaspoon minced garlic

3 tablespoons olive oil, divided  
1/4 cup Italian-seasoned bread crumbs

1 (1-pound) pork tenderloin, trimmed

1/4 teaspoon salt

1/4 teaspoon pepper

4 to 6 fresh sage leaves

8 ounces shiitake mushrooms, thinly sliced

1/4 cup dry red wine

1/8 teaspoon salt

1/8 teaspoon pepper

Bring 1/2 cup broth to a boil in a small saucepan over high heat, remove from heat, and add dried fruit. Let stand 20 minutes.

Saute 1/4 cup shallot and garlic in 1 tablespoon hot oil in a large skillet until tender. Stir in fruit mixture and breadcrumbs, set aside.

Cut tenderloin in half lengthwise, cutting to within 1 inch of opposite side. Open halves, press flat. Place between two sheets of heavy-duty plastic wrap and flatten to 1/2-inch thickness, using a meat mallet or a rolling pin. Sprinkle both sides evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Spoon stuffing mixture down center of tenderloin, top with sage leaves. Close tenderloin, securing with string at 1-inch intervals. Wipe skillet clean with a paper towel.

Brown tenderloin on all sides in

1 tablespoon hot olive oil in skillet over medium-high heat (about 2 minutes on each side). Transfer to a lightly greased broiler pan.

Bake tenderloin at 350 degrees for 35 minutes or until done.

Wipe skillet clean saute remaining 1/4 cup shallot in remaining 1 tablespoon hot oil until tender. Add mushrooms, and saute 5 minutes.

Add remaining 1 cup broth and wine, cook until liquid is reduced by half. Stir in 1/8 teaspoon salt and 1/8 teaspoon pepper. Serve with tenderloin slices. Yield 4 servings.

## QUICK FRUIT DESSERT

Soft ripe peaches cut into wedges  
Blueberries  
Strawberries, cut in half  
Bananas, sliced in rounds

Mix fruit together and sweeten to taste with sugar or Splenda.

Chill before serving. Place in individual serving dishes and top with a dollop of sour cream or vanilla yogurt! Oh, so good!

Enjoy! ©6/23/09

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

\*\*\*\*\*

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

## Times Not Forgotten

# Mysteries and mystery trips

by CHRISTINE COLEMAN

Webster defines mystery as something secret, obscure or unexplained. Come to think of it, life itself is a mystery. Creation is baffling, to say the least.

When we were small children, we were concerned about why night had to shut out daylight hours. We wondered why we had cold weather sometimes and scorching hot weather at other times. Then as we grew older, we realized how these things come about. We noticed how tides come in and go out, how seasons change and babies are born and people die.

As I was growing up on the farm, there weren't that many mysteries. When my folks said, "We're going to the fields to work" we knew where the fields were and what we were expected to do. When they said, "We're going to take the day off to go fishing," we knew what they meant. (We might not know the exact stream or river to which we were headed, but we knew we were going to have a day of fun and excitement).

When on Saturday they said "We're going to town," we knew we were going two miles (a long distance back then) to see a movie (including a weekly serial).

On Sundays when they said, "We're going to church today," we knew what they meant also. None of these things were mysteries. For the most part, grownups didn't pretend. They left that up to us youngsters. Today we run into mysteries everywhere. If there's none at hand, we'll make up some. I'd like to comment on a certain fun type.

## MYSTERY TRIPS

Whether a Mystery Trip is for one day or one week, they are terrific. These trips are not for the faint hearted. Also, they won't necessarily please everyone. Complete trust and confidence in a director and guide is essential for any trip of this nature. You might say, "I'd never launch out on a trip anywhere when I didn't know where I was going." I've heard that statement, and I fully understand.

I must say I was apprehensive the first time my husband (now deceased) and I decided to give one of these mystery trips a try. We had traveled with the tour owner several times and had always been pleased with the services rendered. So, off we went on our first Mystery Trip which lasted five days.

When we left our prearranged boarding place, we had no idea where we were headed and what was on the agenda. After a few hours of travel, everyone settled back and began to relax and have a good time. We had confidence in our director that we would be staying overnight at reputable hotels and eating good food.

That was exactly what we received. After making our first venture, I was never hesitant again about a Mystery Trip. I would not have you think that everything was always rosy, but it was the next thing to it.

As you are reading this, my new husband, Ron, and I are traveling on his first Mystery Trip. I have assured him that he will have loads of fun. For all of you out there who haven't tried the unknown, give it a go.

\*\*\*\*\*

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



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# Augusta/CSRA CALENDAR

## Augusta State University Continuing Education

• Online Courses: Go to classes in your pajamas, at anytime day or night. Go to [www.ced.aug.edu](http://www.ced.aug.edu) and click on ONLINE COURSES. Contact Byron Widener for more information at 706-667-4215.

## The Senior Citizens Council

Contacts: Marilyn Grau, Senior Corps Project Director and Sheryl Silva, Senior Corps Deputy Project Director, 706-826-4480; Email addresses: [mgrau@seniorcitizenscouncil.org](mailto:mgrau@seniorcitizenscouncil.org) and [ssilva@seniorcitizenscouncil.org](mailto:ssilva@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.

• Exercise: Low Pack Aerobics: Mon.,

Wed., & Fri., 8:30-9:30 a.m.

• Tai Chi, Line Dance, Chair Exercise:

Wed., 10-11 a.m.

• Senior Fitness Room with Trainer:

Mon., Wed., & Fri., 8:00-11:30 a.m.

(Doctor's Slip Required)

• Bingo: Fri., 10:00-11:15 a.m.

• Ceramics: Mon. & Tues., 9 a.m.-3 p.m.

• Table Tennis

• Monthly Programs & Special Events

## Alken Parks & Recreation Department

803-642-7631

Courtney Senior Center

564-5211

Harrison-Caver Park

593-4698

Recreation Center

663-6142

Roy Warner Park

564-6149

## Alken County Parks, Recreation & Tourism

803-642-7559

## Academy for Lifelong Learning, USC-Alken

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. Activities

include bridge, spades, pinocle, sewing,

arts and crafts, and wellness programs. A home cooked meal is served Monday through Friday at 1 p.m. for a minimal fee. 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 [blaag.rish@yahoo.com](mailto:blaag.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](http://www.the-morris.org).

## Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta. Call 706-722-5465 for information.

## 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 information 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  
• History on Canvas: Ongoing  
• Voices of the Past Museum Theatre Series: A Petersburg Boat Pilot: Sat., July 11, 11:30 a.m., 12:30 p.m. & 1:30 p.m. FREE with Museum admission.

## Lucy Craft Laney Museum of Black History

[www.lucycraftlaneymuseum.com](http://www.lucycraftlaneymuseum.com)  
Call 706-724-3576 for events information.

## "Dance with Us"

The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our FIRST SATURDAY social dance at the Elks Lodge #205 on Elkdome Court. Members \$7; Non-members \$10 starting with a complimentary dance lesson at 7:15 p.m. by different local studios.

For more information contact Marie Perrotto at 706-863-1180 or Jean Avery at 706-863-4186.

## Christian Social Association For Single Adults

Dances held each Saturday night, 7-11, at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Dance lessons are included for the admission price of \$6 members and \$8 guest from 7-8 p.m. Refreshments provided. For additional information visit [www.christiandances.org](http://www.christiandances.org).

## AARP Augusta Local 266

There is more to AARP than a

continued on page 11

# General Business Directory For Seniors

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## CALENDAR

from page 10

newspaper and a magazine. The local chapter meets at Sands Hill Community Center, 2540 Wheeler Road, Augusta. For additional 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 800-568-1615.

### Augusta Newcomers Club

The Augusta Newcomers Club helps new residents acclimate and make friends by offering many activities including lunch 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.

### Phlinzy 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@nsdiscover.org.

### Fit After 40

First Baptist Church, 3500 Walton Way, 706-294-1147. Taught by Pam Thraillkill, AFAA Certified Personal Trainer. Call

for complete details and schedules.

### 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 - Augusta Chapter

Tues., July 28, 6 p.m., St. John Towers, Dining Room, 724 Greene St., Augusta. Call 706-364-1662.

### Brain Injury Support Group

Second Thurs., 6-7:30 p.m. Presented by Walton Rehabilitation Health System, Walton West, 2501 Center West Pkwy. For information call 706-829-0370.

### Augusta Rose Society Annual Auction & Sale

Tues., July 21, 7:30 p.m., Adult Building at First Baptist Church of Augusta. Everyone welcome!

# General Business Directory For Seniors

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