

THE BEACON

McIntosh Trail Management Services, Inc.

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Volume I, Issue I

"IS THAT ALL THERE IS?"



I recently spent a Sunday afternoon reading the Sunday New York Times. I happened upon a selection in the magazine section called "The Life They Lived." It was the obituaries of a variety of people who have passed away. Some notable, some less so.

Queen Geraldine of Albania, who as the wife of King Zog, was for one year her adopted country's first and only queen and the only member of European royalty with American blood. She died in Tirana, Albania's capital. She was 87. Her story reads as if it were a Hollywood fantasy. But who knew?

Lucia Pamela, a Musician to the Moon and a one-of-a-kind entertainer best known for recording a music album in 1969 about her fictional travels to the moon. One of Ms. Pamela's proudest accomplishments, she liked to say, was building a rocket, touring the Milky Way and stopping on the moon to record her album. "It was recorded in Moontown," Ms. Pamela said of her album. "I was the only one from Earth there." Lucia died in a hospital in Los Angeles. She was 98. Again, who knew?

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Birthdays...

July..

Elizabeth Hutchings
Shirley Nix
Viva Elbert
Taesha Marion

August..

Katie Wrights
Martha Morton
Margaret Sanderfur
Carol McGuffey

September..

Dianne Birdsong
Doris Carter
Earnestine Reeves
Shaneji Ward
Eva Henderson
Rosa Baldwin
Penny Medhurst

Brain Teaser...

While Barbara was out golfing with her husband George, they met Ronnie. Ronnie was Barbara's only sister's mother-in-law's only son's grandfather-in-law. What was Ronnie's relationship to Barbara?



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Diamonds from Doris

by Doris Carter

*Keep skid chains on your tongue. Cultivate a low persuasive voice. How you say it often counts more than what you say.

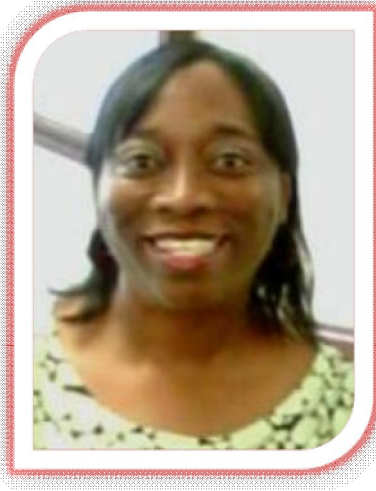
*Make promises sparingly and keep them faithfully, no matter what the cost.

*Never let an opportunity pass to say

a kind and encouraging word to or about somebody. Praise good work, regardless of who did it.

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In The Spotlight With...



Doris Carter
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Doris currently serves as Program Manager for the Middle Georgia Care Coordination Office in Macon and has been with the Community Care Services Program for 22 years. Co-workers and friends describe her as cheerful, compassionate, understanding and adept at identifying the needs of clients as well as staff and always works diligently toward finding solutions.

Doris graduated with a Bachelor's Degree from Albany State College. She currently lives in Monticello (home of country singer Tricia Yearwood, as Doris likes to describe it). She has two daughters that have given her four handsome grandsons and one beautiful granddaughter. In her spare time, Doris likes working in her flower garden and spending time alone; however, she does long for a cute little Chihuahua with perky ears and soulful eyes to keep her company.

Doris says that her biggest pet peeve is when someone is talking to her, alone or part of a group, and others around her continue to talk among themselves. Her favorite saying is "to thine own self be true" which is how she strives to live her life.

New to the Community Care Services Program, Tracy has served as an Assessment Nurse for the last four months. Although only having been with MTMS for a few months, Tracy has already made a positive impact on her fellow employees. They describe her as pleasant, hardworking and willing to learn. In return, Tracy says she enjoys working with her team members and her job here with MTMS.

Tracy is a 1993 graduate of Gordon College School of Nursing and has worked as a Registered Nurse for the past 16 years. She was born and raised in Griffin but lived for the past several years in the Florida Keys. Tracy and her husband Gary now live in McDonough and have three grown children, two daughters and one son. Tracy and Gary have also been blessed with two grandchildren, Tristan and Hayden, with another granddaughter due in October.

Tracy likes to make beaded jewelry, scuba dive and spend time with her family. Her biggest pet peeve is "crazy drivers". Tracy believes that "God puts no more on us than we can handle", a saying that she holds dear.



Tracy Mosley, RN
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By Lynda Teague



Diamonds from Doris con't

*Be interested in others: their pursuits, their work, their home and families. Make merry with those who rejoice, mourn with those who weep. Let everyone you meet, however humble, feel that you regard them as a person of importance.

*Be cheerful, don't burden or depress others around you by constantly dwelling on your aches and pains.

*Keep an open mind. Discuss, but don't argue. It is a mark of a superior mind to be able to disagree without being disagreeable.

*Let your virtues, if you have any, speak for themselves. Refuse to talk about the vices of others.

*Discourage gossip. It is a waste of valuable time and can be destructive and hurtful.

*Take into consideration the feelings of others. Wit and humor at the expense of others

is never worth the pain that may be inflicted.

*Pay no attention to ill-natured remarks about you. Remember, the person who carried the message may not be the most accurate reporter in the world.

*Don't be anxious about the credit due you. Do your best and be patient. Forget about yourself and let other's remember. Success is much sweeter that way.

*Brain Teaser Answer:
He was her grandfather.*

"Is That All There Is?" con't

Edith Bouvier Beale, 'Little Edie,' once a successful model, an aspiring actress and a cousin of Jacqueline Bouvier Kennedy Onassis, was found dead in her small apartment in Bal Harbor, Fla., on Jan. 14. She was 84.

Her nephew, Bouvier Beale, said the Dade County coroner attributed the death to a heart attack or stroke resulting from arteriosclerosis. Her cousin, John H. Davis, said she appeared to have been dead for five days. Someone should have known.

This whole story would not have come about had it not been for

one other person we've lost. To me, a noted notable... Miss Peggy Lee. Working with Seniors for nearly 30 years and watching what aging does to some, I have often thought of that old question Peggy Lee asked in a song so long ago, 'Is That All There Is?'

When I started visiting nursing home residents, the question became more personal. It's difficult to find volunteers because it's hard for folks as they get older to visit these residents... thinking to themselves 'that could be me'.

If they do visit, they see a wheelchair, a slack jaw, vacant eyes, and quickly pat an arm, say hello and then walk on to the next arm... pat and hello... never looking long enough to see the person not just the resident... never lingering long enough to notice the effect of that arm pat and hello... when for a second, those vacant eyes shine again.

A lot of great people die each year and take their history and their memories, good and bad, with them. Everyone has a story, everyone has memories... take the time to listen... and save someone's... today...

PM



The Meansville Mailbag by Lynda Teague



It's August and most of the school-age kids are back in the classroom, parents are excited about having a little more peace and quiet at home and many of our summer vacations have been taken and enjoyed. Take a look at what's been happening and what's ahead for the Meansville staff.

Congratulations to Elaine Hallman on her new grandson, Maddux McCay Nauss, born on August 5, 2009. Parents and baby are all doing well. Elaine is sure to be sharing baby pictures with us all really soon!

Birthday wishes go out to Martha Morton on August 7th, Margaret Sandefur on August 22nd, Carol McGuffey on August 23rd, Penny Medhurst on September 16th and Dianne Birdsong on September 23rd.

Congratulations to Elaine Hallman for receiving Meansville's Employee of the Year Award for 2009. Way to go Elaine!

MTMS anniversary wishes to out to Lisa Kilcrease on August 1st for 6 years of service and to Gloria Boyer on August 16th for 3 years of service. Hope there's many more to come!

Congratulations to Margaret Sandefur for being Employee of the Month for July and to Lynda Teague for being Employee of the Month for August.

Sending a get-well wish to Lisa Kilcrease's husband, Scott, who recently underwent spinal surgery. Lisa states that Scott received physical therapy at Shepherd and is improving daily. Lisa and Scott are both excited about the new hand controls for Scott's car and the fact that he can drive again! Get well wishes also go out to Tracy Mosley who had a recent run-in with a barbed-wire fence and received seven stitches to her hand. Ouch!

Until next time... in the words of Helen Steiner Rice,

"A Sure Way to a Happy Day"
 Happiness is something we create in our minds—
 It's not something you search for
 And so seldom find.
 It's just waking up and beginning the day
 By counting our blessings and kneeling to pray.
 It's giving up thoughts that breed discontent
 And accepting what comes as a gift heaven-sent.
 It's giving up wishing for things we have not
 And making the best of whatever we've got.
 It's knowing that life is determined for us
 And pursuing our tasks
 Without fret, fume or fuss...
 For it's by completing what God gives us to do
 That we find real contentment and happiness, too.



Did she say mailbag"
or "old hag"???

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Bits and Pieces

- Taesha Marion graduated in June with a Master's of Science in Public Administration from Troy University. Congratulations Taesha!
- Chantelle Sams thought folks might like to know that Peach County students returned to school on August 4 instead of August 3 due to budget problems. The students will attend school Tuesdays and Fridays until further notice, including the Byron and Fort Valley areas.
- Neanda Andrews celebrated her first wedding anniversary on April 26, 2009. Best wishes, Neanda, for many more.
- Shaneji Ward recently vacationed in Gatlinburg, TN. She reports, "If you like the mountains, you will love the cabins at Gatlinburg Falls. There are plenty of nearby activities for the kids, lots of good restaurants with great food. Words cannot express the beautiful mountain scenery. It is also a wonderful romantic getaway for couples.
- Congratulations and good job to Christy Thornhill for losing 40 lbs. since September 08. Keep up the good work!
- The Best Breakfast...
A hard boiled egg and a bowl of cooked oatmeal topped with berries, walnuts, or raisins— with coffee or tea. This meal is a nutritional powerhouse and easy to pull off if you make the oatmeal and eggs the night before. Fiber & protein help slow down the digestive process, making you feel full longer and keeping your blood sugar steady. The protein from the milk and nuts, combined with the healthy carbohydrates, will eliminate any sugar crashes for at least three hours. Walnuts are an excellent source of omega-3 fatty acids, which have been shown to lower LDL (bad) cholesterol, reduce inflammation and reduce the risk of heart disease.

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