



Summer Time &
The Living is
Easy

THE BEACON

McIntosh Trail Management Services, Inc.

June, 2010 Volume 1, Issue 4

Time To Put
The Top
Down



* Tribute To Freedom



Freedom Came At A High Price

Freedom came at a high price and with freedom comes responsibility, but it's worth it. Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors and tortured before they died.

Twelve had their homes ransacked and burned.

Two lost their sons serving in the Revolutionary Army;

Another had two sons captured.

Nine of the 56 fought and died from wounds or hardships of the Revolutionary War.

They signed and they pledged their lives, their fortunes, and their sacred honor.

What kind of men were they?

Twenty-four were lawyers and jurists.

Eleven were merchants;

Nine were farmers; men of means, well educated.

They signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay and his family was kept in hiding. His possessions were taken from him, and poverty was his reward. Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge and Middleton.

At the battle of Yorktown, Thomas Nelson Jr, noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. His home was destroyed and Nelson died bankrupt.

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'The View From Here'
Carol McGuffey
Executive Director

It's hard to believe that Fiscal Year (FY) 2010 is almost over. It seems you just get started and it's time again for year end reports.

We had a great year and I want to thank everyone for their hard work. I'm sure FY 2011 will be eventful, but I also know all of you will meet the challenge.

I hope everyone enjoyed our staff retreat day as much as I did, even with our unexpected guest. It's always a treat for me to have all the staff together for a day of appreciation for the work you do, along with a bit of fun and camaraderie. Happy Fourth of July!

Carol

* Diamonds from Doris

by Doris Carter



THINGS I AM THANKFUL FOR

Summer time, summer time, the good ole summertime is the perfect time for relaxing and reflecting, take a minute to reflect on the things you are thankful for and keep the list going.

- Caller ID
- Ice cream
- Weekends
- Fingers
- Music
- A good book to read
- Choices
- Roadside rest area
- Having a significant other
- Road signs
- Memories
- Computers
- People in my past
- Changing seasons
- The breath of life
- Children and Grandchildren

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* In The Spotlight With...

By Margaret Sandefur



Dianne Birdsong
Care Coordinator
dbmtms@bellsouth.net

Dianne Birdsong is a Care Coordinator in the Meansville MTMS office. She was born and raised in Barnesville, the youngest of four children, and graduated from Milner High School. She moved to Thomaston when she married her husband of 33 years, **Donald** (“*who patiently puts up with all my foolishness*”) and they have one daughter **Allison**, an RN in the Emergency Department of Upson Regional Medical Center in Thomaston.

Dianne graduated in 1996 with a degree in Psychology from Gordon College, then went on to graduate from Mercer University with a degree in Social Services the same year her daughter started college. (“*My husband told everyone he had two kids in college!*”)

Everyone knows that **Dianne** loves to cook but she also likes to try new recipes and create her own dishes. Some of her favorite things to do include going to casinos and playing the slots, out-of-town shopping trips with her friends, collecting jewelry (she is the proud owner of over 1200 brooches and is seldom seen without one pinned to her clothing), going to country music concerts (her favorite is **George Jones**). **Dianne** loves to play games, especially trivia with her trivia team “Wise Guys.” The team has placed 2nd out of 30 teams at the championship. You might not be surprised to find out that **Dianne’s** favorite saying is “All work and no play makes Jack a dull boy!”

Dianne says that her pet peeve is pretentious people and people who show their worst body parts out in public for everyone to see. She says she has little patience for people who have no compassion for other people.

What **Dianne** really wants everyone to know about her, she says, is that she loves her family, friends and all her CCSP clients.

* Recycling

By Eva Henderson



I have always been somewhat of a “nature freak” but now that I am older, I have even more appreciation for the simple things in life, like clean water, air and soil. Now that I am older, I find myself thinking of ways to keep our community safe and clean for future generations.

Although I contribute a lot to my community via my job I contemplated doing something to help the environment. I thought of recycling for awhile but where I live the city does not have a recycling program so I pushed that thought to a far corner in my mind. One day, though, when my 82 year old mother mentioned to me that her friend comes by and picks up her recyclable trash and takes it to the Recycle Center, I thought - if my mother can recycle, then so can we (my family and I)! We have been recycling now for almost a year and I can tell you it is not easy or glamorous but it is rewarding. It is my way of giving back to my community.

I believe that everybody is a product of their community. You are who you are because of sacrifices someone else made for you so it is only right to give back. So I challenge you to give back to your community in some way via volunteering of your time, skills, money; recycling, etc. Give back to your community and I guarantee you, you will feel good about yourself and your community!

Recycling conserves energy, saves natural resources, cuts down on greenhouse gas emissions and can benefit our economy via creating jobs. For more info, visit <http://www.hcdoes.org/swmd/Residents/Recycling/recybenefits.html>

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* Diamonds from Doris con't by Doris CarterTHINGS I AM THANKFUL FOR

-
- Chocolates
- Friends
- For the piece of cloth in front of the zipper, so nothing bad happens
- Christmas and other holidays
- An occasional grey rainy afternoon
- Yellow and white road line divider
- Biscuits
- Diversity
- Mothers and fathers
- Air conditioning
- Air Fresheners
- Blue jeans
- Scenic drives
- A Higher power

* Recycling con't

by Eva Henderson

Recycling tip: if your city doesn't have a recycling program, get several trash cans, set side by side in your kitchen and label each with what you want them to be used for so when you go to the Recycle Center it'll be easier to dump your recyclables into the designated bins.

There are several locations in middle GA where you can take your recyclables:

- Byron (on Recycle Road in downtown Byron)
- Fort Valley (also on Recycle Road near Blue Bird Bus Co)
- Macon (Macon Iron on Lower Popular, call 478-743-6773 for directions)
- Warner Robins - you can drop off plastic bags at Kroger's and Publix. Publix also takes Styrofoam egg crates.



* Funny Bones

A Minneapolis couple decided to go to Florida to thaw out during a particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years earlier.

Because of hectic schedules, it was difficult to coordinate their travel schedules. So the husband left Minnesota and flew to Florida on Thursday, with his wife flying down the next day.

The husband checked into the hotel. There was a computer in his room, so he decided to send an email to his wife. However, he accidentally left out one letter in her email address, and without realizing his error, sent the email.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack.

The widow decided to check her email expecting messages from relatives and friends. After reading the first message, she screamed and fainted.

The widow's son rushed into the room, found his mother on the floor, and saw the computer screen, which read:

To: My Loving Wife
 Subject: I've Arrived
 Date: October 15, 2009

I know you're surprised to hear from me. They have computers here now and you are allowed to send emails to your loved ones. I've just arrived and have been checked in.

I've seen that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then!!!! Hope your journey is as uneventful as mine was.

P.S. – Sure is hot down here!

* MTMS Employee of The Year

by Margaret Sandefur



In this newsletter I have the pleasure of introducing you to **Gloria Jean Boyer**, Care Coordinator, who was recently named **“Employee of the Year”** from the Meansville office of MTMS.

Gloria was born January 3, 1969, in Fredericksburg, Virginia, but her family relocated to Griffin, Georgia, when she was 15. She currently lives in Brooks, Georgia, with her husband of 20 years, **Chris**, and 12-year-old son, **Brett**. **Chris** is a 20-year employee of Delta Airlines. **Brett** is a student at Flint River Academy and active in the Boy Scouts with a goal of becoming an Eagle Scout by the age of 15.

Gloria graduated from Mercer University with a BA in Human Services. She was formerly employed with the Spalding County Department of Family and Children Services, worked as a real estate agent and with Southern Living at Home. She came to MTMS in August, 2005.

When asked about her favorite things to do in her leisure time, **Gloria** answered that she and her family like to travel. They have enjoyed trips to South Africa, England, Hawaii, most of the Caribbean, and lots of destinations in the United States – “We love adventure.” When at home though they enjoy hiking, biking and working in the yard.

“If you think you can or if you think you can’t, you are probably right” and “Can’t never could!” are **Gloria’s** favorite quotes. She says her favorite quote goes along with her number one pet peeve: “When someone says ‘I can’t’ and they haven’t even tried or if someone won’t push themselves to reach a goal.”

Gloria added, “I enjoy my job at MTMS and am very grateful for getting **Employee of the Year**. Even though it gets stressful, I enjoy helping my clients and co-workers. God has blessed me with a great family and I thank Him everyday!”



Gloria volunteering at the 2009 Annual Long-Term Care Ombudsman’s program Holiday Luncheon for residents from long-term care facilities.

* Smurf or Avatar?

Neither! It’s Martha Morton’s Granddaughter, Shyann, enjoying her first birthday cake.



* Do You Know What Month It Is?

by Lisa Kilcrease, RN, CCM



May is **American Stroke Month**. There are several symptoms of a stroke (cerebrovascular accident-CVA). The symptoms include: sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion, trouble speaking, or understanding; sudden trouble in seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; and/or sudden severe headache of unknown cause. If you or someone you know is experiencing these symptoms, call 911 immediately. If a clot-busting drug is given within 4 ½ hours of the onset of the symptoms, the risk of a long-term disability may be reduced. A TIA (Transient Ischemic Attack) may also be called a warning or mini-stroke. The TIA may present with the same symptoms as a stroke but doesn't have lasting damage. For more information relating to strokes visit www.americanheart.org.

May is also **Melanoma/Skin Cancer Detection and Prevention Month**. Melanoma is the most serious form of skin cancer. It may appear suddenly or develop from an existing mole. More than 75% of all skin cancer deaths are from melanoma. Melanoma is mainly caused by excessive exposure to the ultraviolet radiation of the sun. Other factors include genetic factors and immune system deficiencies. Risk factors include: having more than 50 moles, large moles, or atypical moles; having a blood relative who was diagnosed with melanoma; are a Caucasian who has fair skin; are a redhead or blonde. Having blue or green eyes also increases your risk; having a previous melanoma diagnosis, basal cell carcinoma, or squamous cell carcinoma, or having other types of cancer such as breast or thyroid cancer. Visit www.aad.org to learn about melanoma and other skin cancers.

June is **Home Safety Month**. Get information at www.homesafetycouncil.org. On this site there is information such as safety for older adults, caring for your parents, fire safety, medications, and preventing falls. You can also view an interactive video "My Safe Home".

National Aphasia Awareness Month is in June. Aphasia is an acquired communication disorder that impairs a person's ability to process language. It impairs the ability to speak and understand others and most experience difficulty reading and writing. The most common cause of aphasia is a stroke. Other causes include head injury, brain tumor and other neurological causes. Aphasia is usually due to damage to the right side of the brain. Visit www.aphasia.org for tips on communicating with people who are diagnosed with aphasia.

* Freedom con't.

Francis Lewis had his home and properties destroyed. The enemy jailed his wife and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart.

Norris and Livingston suffered similar fates.

Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty

more. Standing tall, straight, and unwavering, they pledged:

"For the support of this declaration, with firm reliance on the protection of the divine providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor."

They gave you and me a free and independent America.

Sometimes we take these liberties too much for granted, but we shouldn't. So, take a few minutes while enjoying your 4th of July holiday and silently thank these patriots. It's not much to ask for the price they paid.

Remember: Freedom is never free! But, it's worth it.



* FYI' Minute

Hundreds of actors auditioned for the part of the Skipper in the TV series 'Gilligan's Island', but no one made a greater effort to get to the audition than the man who was destined to become Gilligan's comic partner, Alan Hale Jr.



Imagine being on location, filming a western in the wilds of Utah. Then imagine grabbing a horse and riding with your friend to the nearest highway, where you leave him holding the reins while you hitchhike to Las Vegas. Once in Vegas, you catch a flight to LA, then grab a cab to the studio, where you audition with Bob Denver for a part in something called 'Gilligan's Island'. Then imagine going back to Utah the same way. That's exactly what Alan did!

* Franklin Facts

by Neanda Andrews



Hello everyone! I hope that all of you sprung into spring and now summer is right around the corner! I am sure you all are busy making vacation plans and getting ready for that two piece bikini! We here at the Franklin office have been busy celebrating new beginnings and celebrating milestones!

* Congratulations to **Christy Thornhill** who will begin working as a Care Coordinator in June 2010. She has been employed with MTMS for 5 years.

* Congratulations to Care Coordinator **Katie Wrights**, who is now **Mrs. Katie Hunt**. She and her husband **Darren** thanks everyone for their well wishes.

* I celebrated 8 years with MTMS in April and **Terannie** celebrated 7 years in April also.

* Birthday wishes go out to **Terannie Brumbelow** who celebrated in March.

Summer fitness tips!Eat Fresh:

Summer time is a great time to get fresh fruits and veggies.

Morning Workouts:

What better way to start your summer day than by doing a good morning workout. Even if its just 15 minutes, its worth it!

Stay fit with friends:

Call a pal and go for a evening walk. There is nothing like catching up with a good friend.

Relax in the sun:

Grab the kids & head outside to play or relax in the sun. It's good for you!

DO THESE TIPS AND YOU WILL BE BIKINI READY IN NO TIME!



* What's Shakin' In Macon

by Eva Henderson



Congratulations to our **Employees of the Month:**

January – **Shirley Nix** and **Shaneji Ward**

February – **Darienne Shuler** and **Adrienne Holloway**

March – **Annette Patat** and **Louise Lentz**

Happy Belated Birthday Wishes to **B'Nekia Johnson** (1/3), **Chantell Sams** (1/21), **Luciana Green** (2/23), **Dorothy Wilson** (4/15), **Annette Patat** (4/30) & **Adrienne Holloway** (5/22).

Let's all welcome the latest addition to our staff – **Ingrid Marshall**. Her first day will be 5/17th; she will be replacing **Shirley Nix** whose last day is 5/15th. **Shirley** - we will miss you and wish you all the best!

Congratulations to **Adrienne Holloway** and **Viva Elbert!** Both graduated from Troy University on June 5th. **Adrienne** obtained a MPA with a concentration in Public Health, Human Resources and Public Mgmt. **Viva** obtained a MPA with a concentration in Healthcare Mgmt. **Viva** is a Pi Alpha Alpha grad yall!

Jeremiah (Adrienne's youngest) was a ring bearer on June 4th!

Congratulations to **Luciana "Luci" Green!** **Luci** just completed her 2nd year residency!

Ginger Taylor has a new grandbaby! Her name is **Skylar Grace Lane**, born April 7th and weighed 5lbs 12 oz.

Wanda McNeil has a new grandbaby also! His name is **Kenny Lavar Rickards, Jr.**, born March 3rd and weighed 5lbs. 11 oz.

Annette Patat has been out sick for awhile, spent her birthday on her couch, and said she is thankful to be back on her feet and working again.

Shaneji Ward is proud to announce **Nyquira**, her oldest daughter, has been promoted to 6th grade!

Rosa Baldwin is looking forward to her vacation in August to the West Coast to visit family.

Darienne Shuler recently received a certificate to referee, umpire and serve as an ITA official!

I've been spending my free time in my garden and can't wait for harvest time. My husband and I recently returned from a cruise to the Bahamas. It was way too hot in Freeport and Nassau, but we still had a great time.

"Upcoming Events in Middle GA"

First Friday is now every Friday in downtown Macon! Art galleries, clubs, restaurants and museums open their doors and bring their goods and entertainment to the streets. It is a wonderful opportunity for you to enjoy Southern art, music and food in beautiful and historic downtown Macon.

The **Warner Robins Annual Independence Day Celebration** will be held on July 2nd at 8 p.m. in Warner Robins at McConnell-Talbert Stadium. The concert is free and will feature music, fireworks and family entertainment. Festivities begin with the National Anthem and a F-15 fighter jet flyover.

Don't forget, July 20th is Primary Elections Day.

Recommended Links for work/fun/relaxation:

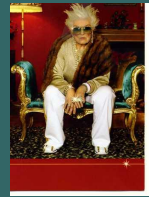
www.medlineplus.gov

www.almanac.com

www.macon.com



* The Meansville Mailbag
by
Margaret Sandefur and Dianne Birdsong



Hello again from the MTMS Meansville office! We have been busy getting as many new clients into the program as possible. And now that school is almost out, and graduation is near, thoughts are beginning to turn to vacation plans.

Happy Birthday goes out in the month of May to **Lynda Teague** who celebrates May 8th and to **Tracy Mosley** who has a special day on the 11th.

We would like to send "Get Well" wishes to **Farrell McGuffey** and **Scott Kilcrease**. We wish them both the best as they recover from recent hospitalizations. Hope you both are feeling much, much better.

Dianne Birdsong's trivia team finished 12th out of 28 teams in the March trivia competition held at Buffalo's in Griffin. **Dianne's** daughter, **Allison Woodruff**, who is employed as an RN in the Emergency Department at Upson Regional Medical Center in Thomaston, was chosen to serve on the medical team for the Atlanta 500 NASCAR race held recently at the Atlanta Motor Speedway. Fortunately, there were no accidents but **Allison** had fun and got to meet all the NASCAR drivers.

Congratulations to **Lynda Teague** on the birth of a new granddaughter. **Lynda's** son **Cole** and wife **Connie** have a new baby girl, **Stacy Luree Fowler**, born on March 8, 2010. Needless to say, **Lynda** loves being a grandmother!

Tracy Mosley has been busy helping to plan a wedding. Her daughter **Allie** was married in March to **Truitt Taylor**. We wish them lots of happiness. **Tracy's** son, **T.J.**, has reported for military duty to Afghanistan. **T.J.** is with the 101st Airborne out of Ft. Campbell, Kentucky.

And as always, I hope you will remember all our military men and women serving all over the world.

Dianne's Delites

Summertime is fast approaching and what better way to enjoy this season than with a bowl of wonderful homemade ice cream. We have come a long way from the old freezers we cranked by hand. Now all we have to do is find a plug-in to enjoy a wonderful frozen treat.

This recipe is so fast and easy. You won't believe the results you find. Your family and friends will be amazed at how good it is. Relax and enjoy!

Fantastic Homemade Chocolate Ice Cream

8 Milky Way bars
2 cups milk
1-1/4 cup sugar
2 large cans evaporated milk
1 Tbsp. vanilla
Milk

Melt candy bars in 2 cups milk. Cool. Mix sugar, evaporated milk, and vanilla. Add to candy mixture. Pour into freezer canister. Fill the canister with milk to the fill line. Mix well and freeze.

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* A Word From Our Staff



Gourmet Pastries

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 the 'Sky's the Limit'

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Lighting Pathways To Independence.

We're On The Web

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