



THE BEACON



HAPPY

McIntosh Trail Management Services, Inc.
November, 2009 Volume 1, Issue 2

HOLIDAYS

*All In The Family

by David Busch



Crimes Against The Elderly & Vulnerable by Family Are Not A Civil Matter

Needing to rely more on others is part of growing older, but that also makes us vulnerable to those who would abuse that trust for their own financial gain like caregivers and family. This is why our state legislators must create an Elder & Vulnerable Adult Financial Protection Act, a plan that will crack down on criminals guilty of financially exploiting elders or vulnerable adults for personal gain here in the State of Georgia.

This plan will help prevent those heartbreaking situations where a senior is robbed of their life's savings or abused or neglected so that a family member or another person can inherit

their money faster. Once penniless, the elder becomes a "Ward of the State" and the taxpayers are left to pay the bill for the victim's long-term care needs for the rest of his or her life. Lawmakers must take action to protect our elders and their assets from financial predators by drafting new law and mandating strict enforcement of existing laws against the financial exploitation of elders.

As the baby boomers begin to age, the incidence of financial exploitation of the elderly will increase. Estimates for elder abuse for the 44 million seniors currently living in America using the mean-average elder abuse frequency of six percent indicates that the problem roughly translates into 2,600,000 cases annually.

By 2030, the number of Americans aged 65 and older will be more than 71 million, which will make up roughly 20 percent of the U.S. population. In some states 25 percent of the population will be aged 65 and older.
c o n ' t . o n p a g e 3

INSIDE THIS ISSUE:

Staff Spotlight on Katie Wrights & Taesha Meir Marion	2
Employee Questionnaire Results	4
'Franklin Facts' by Neanda Andrews	5
"Through Adversity Came Creativity" by Dianne Bird- song and Lynda Teague	6
'What's Shakin' In Macon' by Eva Henderson	7
'Cruisin' Do's & Don'ts' by Annette Patat	8
'The Meansville Mailbag' by Lynda Teague	9
Ombudsman Update New OmBuddy Program	10

'The View From Here'
Carol McGuffey
Executive Director

Welcome to the second issue of our Newsletter, we hope you enjoy it.

My family and I had a wonderful vacation this fall. We spent some time in Florida enjoying the weather, but it was good to get back home and to work.

We are fast approaching the Holidays and the end of 2009. I have enjoyed working with each one of you this year and look forward to another good year in 2010.

I wish everyone a heartfelt Happy Thanksgiving and Merry Christmas and here's hoping for a great New Year!

Carol

*Diamonds from Doris

by Doris Carter



THE ABC'S OF FRIENDSHIP

A friend....

- Accepts you as you are
- Believes in you
- Calls you just to say hi
- Doesn't give up on you
- Envisions the whole of you, even the unfinished parts
- Forgives your mistakes

- Gives unconditionally
- Helps you
- Invites you over to... Just "be" with you
- Keeps you close at heart
- Loves you for who you are
- Makes a difference in your life
- Never judges
- Offers support
- Picks you up
- Quiets your fears

- Raises your spirits
- Says nice things about you
- Tells you the truth when you need to hear it
- Understands you
- Values you
- Walks beside you
- X-plains when you won't listen
- Zaps you back to reality

*In The Spotlight With...

By Lynda Teague



Katie Wrights
Care Coordinator
Franklin Office
kwmtmsf@bellsouth.net

Katie has been a CCSP Care Coordinator in the Franklin office for the past 8 years. Staff describe her as being silly, giggly and always laughing—a great way to keep stress levels down and promote a positive working environment. Katie is also described as being very thorough in her work with her clients as well as her co-workers.

Born in Boston, Massachusetts, Katie grew up in Carrollton, Georgia, where she currently resides. Recently engaged to her long-time beau, Katie and her fiancé are in the middle of planning a wedding, which Katie says she quickly found out could be just as stressful as it is exciting. They are, also, fixing up Katie's duplex apartment so he can move in once they're married. Once settled in, Katie says they both want to get a Boston terrier and name him "Mr. Bojangles".

Katie graduated from the University of West Georgia in 2000 and began her career as a Social Worker at the Carroll County DFCS office. Katie says she worked there for one "miserable" year and then joined our staff here at MTMS, where she's been ever since.

In her spare time, Katie likes to quilt and knit. She also enjoys playing bingo and she loves taking naps. Katie says that people always tell her that she's an 80-year-old trapped in a 31-year-old's body.

Katie said that her #1 pet peeve is drivers who don't yield when they are supposed to, which she notes happens to her every day on her way home from work. Her favorite saying is, "We have nothing to fear, but fear itself."

Taasha, who works in our Middle Georgia office in Macon, recently celebrated her five-year anniversary as a CCSP Care Coordinator and boasts that she is currently the youngest Care Coordinator there. Co-workers and friends describe her as being a very mild-mannered person, always avoiding unpleasant circumstances, kind and caring to co-workers and clients alike and an enthusiastic and out-going person.

Taasha graduated with honors from Washington County High School in 1998, received her Bachelor's of Science in Health Science with an emphasis in Community Health from Georgia Southern University in May 2003, and in June of this year, she received her Master's of Science in Public Administration from Troy University. Taasha is originally from Sandersville, Georgia, but for the past five years, has lived in Macon, Georgia, where she moved after graduating from Georgia Southern. Taasha has two children---a daughter, Amaia, who turned two on October 9th, and a son, Brayden.

In her spare time, Taasha enjoys hanging out and socializing with good friends. She especially enjoys going shopping with her favorite and best gal pal and shopping buddy, Adrienne Holloway. Taasha also enjoys spending time with her daughter, Amaia, watching Wow Wow Wubbzy and Dora the Explorer.

Taasha's #1 pet peeve is rude people. She feels that it's rude for someone to walk into a room without acknowledging other persons in the room or fail to interact appropriately in a group. Taasha says that when a person doesn't even take notice of what is going on around them, they are just showing their ignorance.

Taasha tells us: "When I become agitated, frustrated with life's trials, or come in contact with ignorance, I reflect on a scripture that changed me to a better person. Proverbs 23:7a, referring to "changing your mind" about the dealings of life:

When I changed my mind, I understood the difference between good debt and bad debt. You can change your mind before reality changes. When you change your mind, you will better understand what God wants for you. As you change your mind, God offers His grace."



Taasha Meir Marion
Care Coordinator
Macon Office
tmarion@mtms.mgacoxmail.com



Today I am mourning the passing of an old friend by the name of Common Sense. He lived a long life but died from heart failure at the brink of the millennium. No one really knows how old he was, since his birth records were long ago lost in bureaucratic red tape

He selflessly devoted his life to service in schools, hospitals, homes, factories and offices, helping folks get jobs done without fanfare and foolishness.

For decades, petty rules, silly laws and frivolous lawsuits held no power over him. He was credited with cultivating such valued lessons as to know when to come in out of the rain, the early bird gets the worm, and life isn't always fair.

He lived by sound financial policies (don't spend more than you earn) and reliable teaching and parenting strategies (the adult is in charge, not the kid).

A veteran of the Industrial

*Common Sense

Revolution, the Great Depression, and the Technological Revolution, he survived revolutionary and sometimes outrageous cultural and educational trends including feminism, body piercing, whole language and "new" math. But his health declined when he became infected with the "don't ask, don't tell; It's not my job; don't blame me, blame everything else" virus.

In recent decades his waning strength proved no match for the ravages of overbearing federal regulations. He watched in pain as good people became ruled by self-seeking lawyers and enlightened auditors.

His health rapidly deteriorated as schools mindlessly implemented zero tolerance policies. Reports of 6 year old boys charged with sexual harassment for kissing a classmate, a teen suspended for taking a swig of mouthwash after

lunch, and a teacher fired for reprimanding an unruly student.

Finally, he lost his will to live as the Ten Commandments became contraband, churches became businesses, criminals received better treatment than victims, and federal judges stuck their noses in everything from Boy Scouts to professional sports.

As the end neared, he drifted in and out of logic.

He was preceded in death by his parents, Truth and Trust; his wife, Discretion; his daughter, Responsibility; and his Son, Reason.

He is survived by three step-brothers, Me, Myself, and I and two nephews, Whiner and Victim. Few attended his funeral, because so few realized he was gone.

*All In The Family" con't.

by David Busch

Many will fall victim to financial abuse. Seniors, families and citizens need to be aware of what can happen, what will result if it does, and what to do about it.

Very few cases of financial abuse will ever be prosecuted - about 1 in 6, at the present time. Seniors may be afraid to report or too embarrassed to talk to police - to admit that they have been the fool and their trust has been betrayed. Every case that is not reported simply makes it easier for the criminals to take more money from the elderly or the vulnerable. The cost of providing health care for an older American is currently three to five times greater than the cost for someone younger than 65, and

the cost will be 25 percent higher by 2030. Concerned citizens should let their legislators know that they do not want to pay for the cost of the long-term needs of an elder or vulnerable adult that lost their money to financial exploitation.

Some basics of an "Elder & Vulnerable Adult Financial Protection Act" would be:

*Make it mandatory for employees of financial institutions to report suspected elder abuse.

*Prohibit those convicted of elder abuse from inheriting from a victim's estate, and create an Elder Death Review Team to investigate suspicious deaths.

*Define financial exploitation as it relates to the existing Georgia statutes to protect vulnerable adults

*Require financial institutions to implement a waiting period for accountholders to add a new name to their account

*Allow a third party to file a criminal complaint on behalf of a victim of elder abuse.

*Define the rights of those who are incapacitated.

*Require a person who is granted power of attorney on behalf of a senior to sign a contract that details the person's obligations and fiduciary duties to act in the senior's best interest.

About the Author

David Busch is an Adjunct Elder Abuse Instructor for the Federal Law Enforcement Training Center of the Department of Homeland Security; Chairperson for his Area Agency on Aging Senior Advisory Council; and, the GeorgiaCares Coordinator for the Southern Crescent AAA.

*Employee Questionnaire Responses

Here are the results of a recent employee questionnaire submitted by our three offices:

	Yes	No	Misc.														
1. Management is interested in my development as a person.	28	3	2														
2. I am an important part of the care team.	29	2	2														
3. Management is leading us in the right direction.	25	5	2														
4. I know and understand the mission of this organization.	31	2	-														
5. Management listens to me and takes my opinions seriously.	25	5	3														
6. The Executive Director knows my name and my job duties.	29	3	1														
7. I feel like a number. Nobody really cares about me at my job.	5	28	-														
8. I feel comfortable talking to my Manager and asking questions.	28	3	2														
9. I have the appropriate resources to be effective in my job.	21	10	2														
10. I am kept up to date on changes occurring that will affect my job.	26	6	1														
11. When I try to do my work, I run into internal obstacles.	13	19	1														
12. I have a clear understanding of what is expected of me.	29	4	-														
13. I have to follow procedures that prevent me from doing my job well.	8	23	2														
14. At the end of a typical day, I believe that I have made a positive contribution to the quality of life of the residents I serve.	30	1	2														
15. I trust the people I work with.	21	12	-														
16. The people I work with are willing to lend me a hand if I ask them.	25	7	1														
17. I would recommend a close friend to join our staff.	24	6	3														
18. The Executive Director is fair to everyone.	27	5	1														
19. I am happy at work and with the quality of my working life.	27	3	3														
20. How would you rate office moral on a scale of 1 to 5 ?																	
<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;"><u>Negative</u></td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: right;"><u>Positive</u></td> </tr> <tr> <td></td> <td style="text-align: center;">1</td> <td style="text-align: center;">8</td> <td style="text-align: center;">10</td> <td style="text-align: center;">8</td> <td style="text-align: center;">6</td> <td></td> </tr> </table>	<u>Negative</u>	1	2	3	4	5	<u>Positive</u>		1	8	10	8	6				
<u>Negative</u>	1	2	3	4	5	<u>Positive</u>											
	1	8	10	8	6												

Birthdays...

Oct...

Wanda McNeil - 3rd

Nov...

Louise Lentz - 23rd

December...

Sue Manning - 28th

*I am only as strong as the
coffee I drink, the hairspray
I use and the friends I have
Here's To Us...*



*Franklin Facts

by Neanda Andrews



It's fall ya'll and the **Franklin office** is welcoming the season with new and exciting changes and staff updates!

We have a new RN/Supervisor. As of September 1, 2009 **Terannie Brumbelow** became our new RN/Supervisor and we are happy to have her aboard in her new position. I asked her what she is looking forward to most in the position of RN/Supervisor and she told me: "As RN/Supervisor I am most looking forward to learning new challenges and being able to continue working close to home and with the Franklin Staff." Again, congratulations!

Addie Boyd is proud to say that her oldest son, Aidan 5, began kindergarten on August 6. He is doing well in school but despises coloring. Her youngest son, Eli 16 months, is enjoying school at a Baptist Academy and Preschool and likes to color but tries to eat the crayons. Addie and her family moved into their dream home the first week of September. Addie is appreciative that her husband, Stephen, has taken the majority of the stress of building the house and has only asked for her input and her opinions on decorating. They have been blessed to stay at her parent's home rent-free for the past ten months but they are very excited about moving! Addie believes that, even though they won't admit it, her parents are the most excited about the move!

Congratulations goes out to Care Coordinator **Katie Wrights!** Katie became engaged when she & her long time friend, Darren Hunt took a trip to St. Augustine in September. When you see Katie ask her to show you her bling bling! The wedding date has been set for May 15, 2010. Congrats again to the future Mrs. Hunt.

Once again the Scott family traveled to the Fiddler's Convention in Hiawassee, Georgia. This is where the best of the best go to compete for the title of Georgia State Fiddler Champion. Care Coordinator **Wendy Scott's** husband, Derrill, and son, Aaron, have been competing for the past three years in the finger style guitar division. After competing in the elimination round of the competition, Derrill and Aaron both made it into the finals. Later that night, the four finalists competed for the Georgia State Finger Style Champion. Derrill placed fourth and Aaron placed third. The Scott family and the Franklin MTMS extended family are very proud of them both.

Congratulations go out to Employees of the Month: **Carolyn Walker**-October; **Christy Thornhill**-November; and me, **Neanda Andrews**-December.

As for **my news**, my parents, Bobby & Mary Moss, went on their trip to London & Paris in October. They enjoyed themselves and were very appreciative of this travel gift from my siblings and me, and we were happy for them. Also, congratulations to my daughter, Niavanni age 9, and her cheerleading team, The Bulldogs. I am their very proud Coach, and salute them for winning 3rd place at the 2nd Annual SYFC Cheer Competition in Tyrone, Georgia, Sunday, October 25th. This was the team's first time competing at the event against some very competitive teams.



I actually coach two teams, The Bulldogs, Niavanni's team, and The Seahawks.

The teams competed locally in Griffin, on Sunday, November 1st and we made the world proud. The Bulldogs won 1st place and the Seahawks won 2nd place. Go Teams!

***Through Adversity Came Creativity**

by Dianne Birdsong & Lynda Teague

This is the story of what a person can do with encouragement and support when adversity comes their way. A client of our Community Care Services Program, Mrs. Helen Welch has experienced her share of life's ups and downs, but she has not let it get the best of her. From a young age, Mrs. Welch has suffered from Sickle Cell Anemia. Three doctors have told her that now, at the age of 72, she is the oldest living Sickle Cell patient in the entire State of Georgia.



Although suffering from this life-long disease, Mrs. Welch has not stopped doing what she loves the most... painting. Her love of painting came from her mother, Bertha Mae Jenkins, who drew pictures and shared her talent for art with her daughter as a child. When Mrs. Welch was in the sixth grade, she began her artistic journey by using coloring books, which she enjoyed as a good past time and says that using the coloring books helped her tremendously with her painting later in life. Her fifth and sixth grade teachers offered lots of encouragement, urging her to draw pictures of Abraham Lincoln and George Washington; in fact, Mrs. Welch's sixth grade teacher, Sallie Clara, bought her first set of watercolors. Even her principal, Mr. Robinson encouraged her to paint a history scene along the lengths of the blackboard in the school auditorium. Due to her illness, however, her school days were very limited, but the kindness and support she received from her teachers sustains her still today.

As Mrs. Welch grew up, she married and had children, unfortunately her husband passed away at a young age and she had to raise the children on her own. Wanting to share her love of painting with her children, Mrs. Welch offered them encouragement and "extra treats". As it turned out, her encouragement was worthwhile. One of Mrs. Welch's most precious treasures is a painting of her mother that her son, Billy, painted and gave to her as a gift.



Bertha Mae Jenkins



In addition to her painting abilities, Mrs. Welch is an accomplished seamstress, sewing for her entire family. She learned to sew by watching her mother and grandmother. However on the days she is feeling her best, the sewing basket gets put back on the shelf in favor of her first love, painting.

We feel blessed to know Mrs. Welch and have her as a client of Community Care and we appreciate her sharing her story with us.



To see more of Mrs. Welch's work, please visit our website: www.mtmsi.org



*What's Shakin' In Macon

by Eva Henderson



 Middle GA CCSP Office Announcements

Congratulations to Louise Lentz – our Employee of the Year! She says she is not planning anything special for the Holidays, just inviting her family over for Thanksgiving. She enjoys doing crosswords puzzles and reading in her spare time and highly recommends reading “Water for Elephants”. Her birthday is Nov. 23rd and in keeping tradition, she and her children will “walk out” the old year starting @ 11:30pm on 11/22 and “walk in” the new year. They walk 2 miles until 11/23.

Congratulations to our Employees of the Month: **Margaree-Lee Gibson & Wanda McNeil-** August; **Luciana Green & Viva Elbert-** September; **B’Nekia Johnson & Ginger Taylor-** October; **Eva Henderson & Earnestine Reeves-** November; **Chantelle Sams & Taesha Marion-** December.

Wanda McNeil favorite scripture is Psalm 27. She is “making the world beautiful one upgrade at a time” and is encouraging us to “fall in love with YOU” again with Body Magic. For more info visit: www.ardyslife.com/lmsWanda/.

Viva Elbert is still in school, working towards her MPA. She is attending her tenth class and has two classes left. Viva is planning a trip to Las Vegas for Thanksgiving!

Luciana Green’s church choir was among a select few chosen to participate and perform in the “House Sweet” choir competition on 10/2/09 in Atlanta. Luciana has been appointed Leader over her Praise Team; in November she will perform in a play called “The Family Reunion”; and is now in her second year residency in Doctoral Program on Management and Organizational Leadership. Luciana also sells “Shape Wear” on the side. Please contact her if you are interested in taking 2 to 3 dress sizes off. Her webpage is www.ardyslife.com/en/lucianagreen.

Ginger Taylor has a Bachelor of Theology and a Bachelor’s Degree in Organizational Mgmt and an Associate’s in General Education. Aside from keeping busy with work and family, she also has a youth ministry and teaches Bible study classes at Middle GA College in Cochran.

B’Nekia Johnson, “B.J.” has been in the bakery business for 10 years, her company’s name is [J Gourmet Pastries](#). Her Mottos: “When you want the best in home baked desserts, then the sky’s the limit. No order too large or small, providing cakes, cookies and pies for all occasions”. “B.J.” is now accepting orders for the Holidays. Ph#. 478-396-3525 & e-mail address: joggeryv@yahoo.com.

Congratulations to **Annette Patat** for being our new CCSP Lead RN; and, to Annette and husband, Tom, on celebrating their 9th Wedding Anniversary via a cruise to Cozumel, Mexico. This is Annette’s 14th cruise and she is already planning her 10th Anniversary Cruise to Hawaii!!

Let’s all welcome the latest addition to our staff - **Dorothy Wilson**, RN, she started on Oct 1st.

Congratulations to **Taesha Marion** and John Ward who are the proud parents of a beautiful baby boy named Brayden Michael Ward. He was born on 10/13/09 @ 2:42pm and weighed 8lbs 3oz and was 19 ½ inches long. Mother and baby are doing fine!

Adrienne Holloway plans to host a Thanksgiving Family Dinner/Birthday Party for her husband Shawn. Adrienne calls herself a “professional shopper” and wanted to share a great saving tip: when you go grocery shopping, collect the coupons from the “coupon machines” and use when those items go on sale!

Shaneji Ward is looking forward to her 15th Anniversary/Class Reunion and also the Pine Tree Festival which features a parade and rides on the Courthouse Square in Sparta. Her family is planning to gather at her brother’s home in Oklahoma for the Holidays. Shaneji is also planning “the twins” first birthday party, “although they are turning 3” (smile). Shaneji is an avid “exerciser” and attends various exercise classes in Jones Co. She does mainly Step and Body but also takes Boot Camp and Zumba. Shaneji really enjoys Zumba and states it is fun, fun, fun and you can burn 600 to 700 calories per 1hr class!

Rosa Baldwin, a very industrious woman, sells gift baskets on the side so if you would like to order holiday baskets please let her know ASAP.

Shirley Nix lost 75 lbs since last Oct! She attributes her weight loss to a “serious lifestyle change”. Her regimen consists of working out at least 5x week for a minimum of one hour and eating in moderation. She takes Zumba, Cardio and Toning and some weightlifting classes. Shirley believes in the scripture: ‘faith without works is dead’. She also stresses the importance of exercising 4x wk to maintain weight. Shirley is having surgery soon and will be recuperating during the Holidays.

Earnestine Reeves is currently out on leave caring for her husband who recently had knee replacement surgery. He is doing fine.

con’t. on page 8

*What's Shakin' In Macon con't.

by Eva Henderson

Elizabeth Hutchings "Liz" is planning to do a lot of cooking and baking for the Holidays. Her family will have their traditional potluck at her Aunt's church. "Liz's family celebrates the true meaning of the Holiday Season by welcoming anyone "off the street in the neighborhood" to attend.

Darienne Shuler is ecstatic that she can play tennis again, is on two leagues, has won each one of her doubles matches, and one of her teams is in first place and the other is in second place! If you would like to see Darienne in action she will be competing in the John Drew Smith Memorial Tournament on November 15th – 21st, "Rally for the Cure for Breast Cancer" on Oct 24th and "Toys for Tot Tournament on Dec 5th.

Chantelle Sams is a proud mother of two boys, T. J. (age 13) and Jeremy (age 5). She planned a special birthday for T.J. on Halloween, which was a 'scream', and recently, he made the tryouts for his school basketball team! Chantelle's goal for Jeremy is for him to learn 75 sight words.

Doris Carter is making plans for our "Christmas With Friends" (Date and Time TBA). We are asking our providers to donate healthy snacks and personal care items to fill our clients' gift bags and to show our appreciation to our providers for their donations, we invite them over for refreshments.

Last but not least, I have been taking "Road Trips" over the past few months and have started researching my family's history again. I'm not planning any trips during the Holidays, but am planning to do the traditional volunteering and something special to celebrate my 23rd wedding anniversary with Sam, and my daughter, Nia's, 17th birthday.

Oct was Breast Awareness Month - but we should always be aware – so be sure to self-check regularly!!

Recommended Links for work/fun/relaxation:

www.AMRAMP.com

www.georgiaservicesforseniors.org

<http://www.southfest.com/georgia.shtml>

*Cruisin' Do's and Don'ts

by Annette Patat (AKA, the Cruise Queen)

1. Do plan and book as early as possible. Most cruise lines offer discounts for booking early.
2. Do let the cruise line arrange both flights and cruise if you are flying to the port. You can save money sometimes if you book the flight yourself; however, nothing is worse than your flight being delayed and seeing the ship leaving as your plane is landing. If the cruise line books your flight, a representative will be at the airport and you will have transportation to the ship. The ship will wait for you because they know your flight was delayed or they will make arrangements for you.
3. Do take the kids along; unless, you want a few romantic days with your honey. Ships are family friendly and have activities for children and teens and the kids will have a great time too. If you have a couple of children with you, the 3rd and 4th guest in a cabin are cheaper.
4. Do pack light. Of course I don't do this as I tend to over pack. Casual is the name of the game. Except for one or two dressy nights (depending on the length of the cruise), casual is what you need on the ship and in port. You can't wear shorts or bathing suits in the dining room in the evenings, but jeans, sun dresses, slacks, etc. are fine.
5. Don't pack any clothing that is a little snug. You probably will put on a few pounds. Between the dining rooms, buffets and room service, you can eat 24/7. As Mr. Food says, "Umm, it is so good!"
6. Do request a room on the port side of the ship and near the center of the ship if possible. This shouldn't be a problem if you book early. The port side is the left side of the ship and you have prettier views while in and leaving ports. The middle of the ship is usually less "rocky". The ships are big and have stabilizers so that is not usually a problem.
7. Do relax and have FUN! There are shore excursions and activities all the time on the ship, but if you just want to lie by the pool, read and soak up some rays, go for it.

I better go for now. I want to get out my cruise brochure and daydream about Hawaii, 2010. Bye for now. Anchors away and Smooth sailing!

Annette



*The Meansville Mailbag

by Lynda Teague



“Trick or Treat”! I hope everyone had a “spooktacular” Halloween! Plenty of ghosts and goblins and even superheroes were out and about enjoying themselves, while parents and grandparents watched the excitement of it all.

I want to thank each of you for your expressions of sympathy and love expressed to my family and me after the passing of my father. Your thoughtfulness and caring meant so much.

A warm welcome is extended to **Brandi Fulghum**, who joined our staff in June as our new Staff Ombudsman. We hope she’s with us for many years to come.

“Happy Birthday” to **Sue Manning** on December 28. Hope you have many, many more.

MTMS anniversary wishes go out to **Gloria Boyer** for this past August for 4 years of service. (Sorry Gloria for the “oops!” in the last newsletter.)

MTMS anniversary wishes also go out to:

Elaine Hallman on October 6 for 6 years of service.

Sue Manning on December 1 for 9 years of service.

Lynda Teague on November 10 for 6 years of service.

Congratulations for a job well done.

On September 26, **Dianne Birdsong**, **Penny Medhurst**, and **Elaine Hallman** spent the entire day at Victoryland in Shorter, Alabama playing the slots at the Casino. The three of them went to celebrate Penny and Dianne’s September birthdays, and we all heard what a great time they had. Dianne commented that it was a great way to be with the girls for a day and relieve stress at the same time!

Congratulations to **Tracy Mosley** on the very recent birth of her new granddaughter. I’ll have more information for you later. Right now, as I’m writing this column, the proud grandmother is in Kentucky spending time with the new parents and baby girl.

My son, Jordan and his wife, Chassity, also gave birth to my newest granddaughter. Baylee JeanMarie Fowler was born on Sunday, September 6, 2009; she weighed 6 lbs, 4.7 oz. and was 20 inches long. She is so precious and her “Gigi” (that’s me!) is very proud!

Get well wishes to **Lisa Kilcrease’s** son, Josh, who broke his leg playing football.

Get well wishes are also extended to **Margaret Sandefur’s** stepfather who is in rehab in Greenwood, Mississippi.

As we draw nearer to Thanksgiving and the upcoming Christmas holidays, I encourage you to take time to enjoy your family, your friends, and even enjoy time for yourself. As we get busier and busier the closer the holidays come, many times we forget how to relax and enjoy the blessings of life and what it has to offer. I leave you now with these words of thanksgiving from the works of Helen Steiner Rice...

THANK YOU, GOD, FOR EVERYTHING

*Thank You, God, for everything—the big things and the small,
 For every good gift comes from God—the giver of them all—
 And all too often we accept without any thanks or praise
 The gifts God sends as blessings each day in many ways,
 And so at this Thanksgiving time we offer up a prayer
 To thank You, God, for giving us a lot more than our share...
 First, thank You for the little things that often come our way,
 The things we take for granted but don’t mention when we pray,
 The unexpected courtesy, the thoughtful, kindly deed,
 A hand reached out to help us in the time of sudden need...
 Oh, make us more aware, dear God, of little daily graces
 That come to us with sweet surprise from never-dreamed-of places—
 Then, thank You for the miracles we are much too blind to see,
 And give us new awareness of our many gifts from Thee,
 And help us to remember that the key to life and living
 Is to make each prayer a prayer of thanks and every day Thanksgiving.*



*Ombudsman Update

The McIntosh Trail Long-Term Care Ombudsman Program has initiated a new volunteer position, the OmBuddy. The position is designed to create on-going relationships between the community and long-term care residents and facilities. It will promote positive attitudes and increase mutual understanding between the community and long-term care. The volunteers will visit, one-on-one, with a resident, who has agreed to participate, at least one hour per week. The volunteers will be provided with an opportunity for growth through community service and their visit will enhance the quality of the residents' lives while helping to stem the isolation residents sometimes feel. This component of our Ombudsman Volunteer Program will spotlight the fact that long-term care residents are just like everyone else. They just live in a different kind of home. Each month, the Volunteer OmBuddy is required to send in a narrative regarding their visits for that month. The following activity narrative is from our first OmBuddy recruit.

MY FIRST VISITS

By Joy B., Volunteer OmBuddy

Long-Term Care Ombudsman, Penny Medhurst, introduced me to the OmBuddy Program in October and the program seemed to be something I wanted to be involved in. She then told me about a resident at an area nursing home that she would like for me to meet.

I met Penny at the nursing home and she introduced me to Margie. We visited with her for about an hour and I observed Penny as she interacted with her. From the beginning Margie was a delightful and interesting resident and she seemed to enjoy our visit a lot. From that first visitation, I knew I wanted to be Margie's 'OmBuddy'. I learned she had been in the nursing home for 35 years as a result of paralysis from a stroke she had as a child. I could not imagine being in a care facility for a lot of your life, but her corner of the room looked like a gift shop... she had received so many gifts from people who have loved her over the years. We looked at one of her scrapbooks and she gave me two pictures of herself, which I have put on my refrigerator, along with other members of my family. I made a commitment with myself to visit Margie at least weekly... and to call and talk with her, if for some reason, I cannot go. I appreciated Penny's gentle guidance in introducing me to the program. There was no "pressure" or "suggestions" that I become an OmBuddy. She merely told me about the program and showed me the way to it.

On my second visit with Margie, I spent about an hour with her. This time I carried pictures of my family and talked about myself a bit, as she was very interested in my family and me. I learned about the kind of music she likes - country and gospel. She showed me her radio and tape recorder and CD player and we learned more about how to use the CD player. Trying to figure out the player was time-consuming. I called her later in the week and she said that she thought she had remembered "which buttons to push". (She's probably better at that than I am!)

I was unable to make my third visit on my planned day of the week, so I called her instead. She was really interested in what was wrong and wanted to know if I was okay. It seemed by this time Margie and I had "bonded" as friends, because she is so friendly and eager for visits and calls and I am eager to visit with her.

My fourth week, I carried her a tape of country music by Dolly Parton. There was a particular song she had mentioned on the previous visit and I found it on one of my tapes. It was not the version she remembered, but she liked it, and so I gave it to her for her to enjoy. I also gave her a small, heart-shaped vase with two synthetic flowers. The flowers were actually writing pens and she laughed and laughed when she saw that. Margie asked me to bring a picture of myself and I promised I would. (I'll have to get one made since I don't have a current photo.)

I think my visits with Margie have been good for her and for ME! I am 66 years old and I live alone. I think we have made friends very quickly and I am grateful that Penny told me about her OmBuddy Program. I look forward to future visits and phone calls with Margie. If I can't go one week, for whatever reason, I will call and be happy to hear that sweet little voice on the other end of the line, saying, "Joy?", even before I've told her who's calling.

*Newsletter Editors



Meansville Office:
Lynda Teague
Team Leader/Care Coord.
ltmtms@bellsouth.net



Macon Office:
Eva Henderson
Care Coordinator
ehenderson@mtms.mgacoxmail.com



Franklin Office:
Neanda Andrews
Team Leader/Care Coord.
nmmtmsf@bellsouth.net

Bits and Pieces

A Game of "Clink" (Neanda Andrews)

Place the best solution to the clue. Answers come from several words from the list to the right placed in the answer grid. Each answer "clinks" by taking a word from directly above or below it.

Adam West Portrayal	_____
Totally unable to see	_____ as a _____
Like some experiments	_____ - _____
London transport	_____ - _____
1984 Olympic track figure	_____
Comics busybody	_____
Metro area in Texas	_____ - _____
Bloom County guy	_____
One time 49ers QB	_____
Lad	_____

WORTH
DECKER
YOUNG
BLIND
DALLAS
BUS
FORT
STEVE
BAT
MARY
MAN
DOUBLE

*About Us



MTMS Meansville Office
P.O. Box 308
3022 Highway 19
Meansville, Georgia 30256
Phone: 770-567-5948
Fax: 770-567-5953



MTMS Franklin Office
P.O. Box 310
10433 Highway 27
Franklin, Georgia 30217
Phone: 706-675-2985
Fax: 706-854-7431



MTMS Macon Office
2719 Sheraton Drive
Suite C120
Macon, Georgia 31204-1169
Phone: 478-752-3260
Fax: 478-752-1058

Services We Provide:
Long-Term Care Ombudsman Program
Community Care Services Program
Private Care Management

Carol McGuffey, Executive Director
Board of Directors
Tom Lacey, Chairman
Kathy Martin; Mary Cranford
Emmett Herrod; Evelyn Neal



McIntosh Trail Management Services, Inc.

Lighting Pathways To Independence.

We're On The Web
www.mtmsi.org

Pen & Paper Publishing



Editor/Publisher P. Medhurst
Copyright © 2009 All Rights Reserved