Senior News

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December 2015 Vol. 29, No. 12

Taking Care

Holiday Hints for Alzheimer's Caregivers!

by LISA M. PETSCHE

any people are filled with joyful anticipation and festive good cheer right now. But some are appre-



Lisa Petsche

ings of loneliness as Christmas approaches. Or perhaps they feel empty inside. This type of reaction is commonly referred

hensive and may

also experience

heightened feel-

to as the holiday blues. Older adults are particularly susceptible because they are more likely to experience losses, such as a spouse or other companion, a longtime home, financial security, health and physical functioning and the independence associated with it. As a result, they are not able to celebrate the holiday the way they always

Feelings of grief may include sadness, frustration, anger, anxiety and guilt – emotions that sap energy and create stress. Fortunately, there are many things that relatives can do to help seniors in this situation experience enjoyment during this holiday

If you have a family member who is widowed or living with illness or disability, read on for some ways to lift their spirits and lighten their load.

Addressing Stress

- Bake extra holiday treats to share with your relative.
- Offer to help decorate, wrap gifts, address greeting cards and take them to the post office or perform other holiday-related tasks.
- Take your relative out to the mall for gift shopping and lunch. Arrange accessible transportation if neces-
- Let them know when you are heading out to the grocery store or on other errands, and ask what you can drop off or pick up to make things easier.
- If they do not drive, offer transportation so they can get to a hair appointment, do banking or attend a holiday event.

Giving Gifts

- Resist the urge to go overboard with gifting, so your relative does not feel the need to reciprocate. If the tow of you are part of a large extended family, suggest a new tradition of drawing names, giving family presents instead of individual gifts or buying only for the children.
- Ask, rather than guess, what kind of gifts your relative would prefer. Practical presents, such as grocery store or pharmacy gift cards, toiletries, clothing, home safety equip-

ment and adaptive aids, may be most appreciated.

- Consider, too, gifts of time and talent. Create a book or IOUs for home-cooked meals, baked goods, household chores or repairs, yard work, chauffeuring, running errands or teaching a skill such as comput-
- If your relative does not need anything, give a charitable gift in their name. Knowing someone in need is being helped may give them some satisfaction.

Planning Ahead

- Be prepared to modify or forego traditions that are not practical for your relative, such as a late-night gathering or an event at their home. It may be time to start a new ritual; brainstorm ideas with other family
- Be sensitive to your relative's healthcare needs when considering the time period for a family event. Before deciding on a venue, determine their environmental needs. addressing accessibility and safety issues.
- When you extend an invitation, do so with the understanding that your relative may back out if they do not feel up to the occasion. Encourage them to take things on day at a time and to ensure plenty of time for self-care.

Staying Connected

The following are some ideas for spending quality time together and creating lasting memories:

- Invite your relative over for a baking or tree decorating party or to watch a favorite holiday movie.
- Invite them to your children's or grandchildren's school Christmas pageant or holiday recital and provide transportation.
- Take them out to a concert or theater production. Or go on a holiday light tour, followed by dessert at a restaurant.
- Invite them to share recipes for special dishes or sweets. Offer to coordinate a cooking or baking demonstration. Even if they are not physically able to participate, they can still provide instruction and supervision to family members.
- If applicable, ask your relative to join your family in attending a worship service. Invite them to sleep over so they can be part of the Christmas morning excitement in your household.
- Encourage them to reminisce about holidays from their youth, including family customs, special people and places, memorable gifts and touching or humorous moments.

Lisa M. Petsche is a social worker with many years of experience in grief counseling.



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Areas

Color me confused!

by SUSAN LARSON

Am I the only one baffled by all this recent fuss about a certain coffeehouse chain not appropriately decorating their cups for Christmas?

And to think how I've been decorating for Christmas almost my entire adult life! Well, let me tell you!

Back in the early 70's I visited my cousin Skip in Columbus, Ohio where he was a florist. Skip was contracted to decorate several banks and office building in the downtown area. He took me on a grand tour to show off his artistry. While I was overwhelmed by the beauty, I was surprised to see that not one office space bore the traditional red and green (which aren't liturgical Christmas colors anyway, but that's another column.) I was especially taken by one color scheme of purple and turquoise bows enhanced with golden balls.

When I asked him about it, he said nothing was written on a stone tablet that Christians had to decorate with red and green. And if you're going to decorate, do it in a style that is pleasing to the eye and comforting to the psyche. In his eye, purple and turquoise blended with the aqua walls better than red and green would have and therefore would subliminally be more soothing to the customer's soul.

A few years later, after I married, Skip came to visit. He took in every detail of my terra cotta walls and aqua accents. That Christmas, and for at least ten years after, he sent me a set of ornaments to match my décor. Some are secular designs like the flocked peaches (because I live in Georgia) and some religious like the paper mache balls with hand-painted angels. But not one of them is red or green.

It never occurred to me, until now, that anyone looking at my Christmas tree would consider it offensive to Christianity or think that I was not a Christian.

However, maybe it will settle everyone's nerves to know that I do serve my wassail in pedestal mugs with holly berries around the rim. But only because the color blends in so well with the beverage. *******
Susan Larson is a writer

from Lilburn. E-mail her at susanlarson79@gmail.com.

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Poets' Corner

NOT ONLY AT CHRISTMAS by Allie Morris

Why not give and show love, all year long? Not only at Christmas.

Why not love your family, all year long? Not only at Christmas.

Why not share and care, all year long? Not only at Christmas.

Why not check in on your neighbors, all year long? Not only at Christmas.

Why not give an encouraging word to other, all year long? *Not only at Christmas.*

Why not put a smile on your face, all year long? Not only at Christmas.

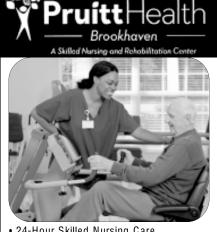
Why not forgive others, all year long? Not only at Christmas.

Why not pray for others, all year long? Not only at Christmas.

Why not go to church, all year long? Not only at Christmas.

Wouldn't your life be better, all year long? Not only at Christmas.

OK, let's start, on your mark, get set, go, all year long! Not only at Christmas...



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CLOSET POET by Kelly Baldwin

Are you a closet poet? Does anybody know it? Do your poems ever see the light of day? Do people know you have something to say?

Words can be so powerful, But only if they're heard! So you've got to get them out there,

You've got to spread the word.

Words can do so many thing, Maybe change a point of view. So let the whole world know, The words inside of you.

WAITING

by Dr. Beatryce T. Newton

Why is the sun red at sunrise? What makes it turn yellow as it begins to cover the skies? It turns red again at sunset.

Why do birds sing only at springtime? I know. During winter they migrate to warmer climates. They hide from winter weather. Most importantly, it is their mating season.

Cars, lights, coming into the city, early in the morining. They blend with city lights. In the evening, they go back to their homes in the suburbs. I watch them at night, in my bed – coming, moving with their lights shining. They are like ants working, toiling all day long, finding food, taking it home to the queen, building mounds for their homes.

City lights, cars moving in a *procession – around the curve* of the highways, coming, going,

Where am I? Watching! Thinking! Wondering! Enjoying! Relaxing! Waiting!

AARP Foundation Tax-Aide seeks Georgia volunteers for 2016 season

Special to Senior News

ARP Foundation Tax-Aide, the nation's largest free, volunteerrun tax preparation and assistance service, is now seeking volunteers across Georgia to help taxpayers who are seeking assistance preparing and filing their 2015 tax returns.

If you have ever prepared a tax return, even your own, and if you can volunteer during the day, during the week, you might be able to help taxpayers prepare their returns.

Qualified AARP Foundation Tax-Aide volunteers receive free tax training and are reimbursed on a limited basis for qualified programrelated expenses. They help taxpayers at sites around the state, learning

new skills while giving back to countless communities. While some tax preparation and computer experience are needed to prepare tax returns, other positions are available which do not require this experience.

"Last year, nationally, our 35,000 volunteers assisted 2.6 million people in preparing and filing their tax returns," said Georgia Recruitment Specialist Helen Lowenthal. "We could not do it without our volunteers, who make an indelible mark on the communities they help."

For more information on how you can join the AARP Foundation Tax-Aide team, visit our Web site at www.aarp.org/taxvolunteer. AARP Foundation Tax-Aide is offered in conjunction with the IRS.

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Veterans Day celebrated in Lawrenceville

Submitted by Lee Schermerhorn Chairman, Philadelphia Winn Chapter, Publicity and Media.

rmistice Day, later changed to Veterans Day, was first commemorated in 1918 in France. The 97th anniversary was celebrated locally at the Fallen Heroes Memorial at the Gwinnett Justice and Administration Center in Lawrenceville.

The ceremony was called to order by Glenn P. Stephens, County Administrator, Gwinnett County Government. Remarks were given by Charlotte J. Nash, Chairman, Gwinnett County Board of Commissioners; Jace Brooks, District 1 Commissioner; and Lynette Howard, District 2 Commissioner. Representative Robert Woodall was also on hand.

The keynote speaker was Dr. Stanley C. ÅgStasÅh Preczewski, President, Georgia Gwinnett College and retired U.S. Army Colonel. Dr. PreczewskiÅfs speech was taken to heart by the more than 200 in attendance. He called for an "Action Day" and not just a ceremony to be celebrated once a year. With more than 20 million active duty military and veterans in the United States today, he gave us some practical challenges:

- Care packages really work and are appreciated!
- How about offering your first class airplane seat to a soldier sitting in the back?
- Pay for a meal at a restaurant for a veteran or soldier.
 - PRAY!
- Visit a veterans' hospital on a day other than Veterans Day.
- Visit a veteran in his/her home.
- If you're an employer, give veterans an edge in hiring practices.
- Ask Congress to fully fund veterans' issues.

Dr. Preczewski ended his list of challenges with this quote: "The road is less traveled in the extra mile."

The ceremony was ended by the Laying of the Wreath, Three Rifle Volleys and Taps.

The Philadelphia Winn Chapter National Society Daughters of the American Revolution, were honored to host a reception after the ceremony for veterans and their families. Eighteen Daughters along with some HODARs, husbands of DAR members, were present. DAR Service for Veterans Co-chair Lori Crook planned this event, with the assistance of Second Vice Regent Ann Story, Chair for Celebrate America!

For more information regarding

the Philadelphia Winn Chapter of the NSDAR, please visit our website

at:philadelphiawinn.georgiastatedar.



Philadelphia Winn Chapter NSDAR honored to serve our Vets!



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Out & About

Christmas in Cumming!

by MARY FRANCES

Christmas came early to
Forsyth County this year. The 12th
Annual Christmas Arts and Crafts

Sled

Festival at Lanier Tech hosted hundred of visitors Saturday and Sunday November 14th and 15th. Over 90 vendors featuring handcrafted items including stained glass, scarves, purses, fused glass, jewelry, pottery,

candles, soaps, wood craft, honey, photography, holiday ornaments, food, quits and fiber arts at reasonable rates. Sponsored by the Sawnee Art Association this year's special feature was the Elves Corner where children could purchase gifts for family and friends for

\$5 or less.

Santa visited the Festival and was available for family photographs. Attendees were greeted outside the door by a red sleigh piled high with wrapped gifts. Young visitors climbed into the driver's seat, grabbed the steering wheel and took it for an imaginary spin. Two colorful, giant inflatables were available for romping.

"We had great fun organizing the festival this year." said Kris Straukas. "And from the attendance and the smiles on the children's faces, it was an unqualified success." For further information about the Sawnee Art Association and the Christmas Festival contact the SAA website or call Kris Straukas at 770 331-4408.



Christmas Tree



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PIERCE

from page 1

period furniture he has made. At the schoolhouse, children can ring the bell, write on slates and see that teachers really did once have a paddle

Livestock barns feature old wagons once pulled by horses or mules, and a smokehouse is made of logs from trees on Pierce's property. The 12-foot wheel at grist mill is so perfectly balanced that only a trickle of

water is needed to begin spinning.

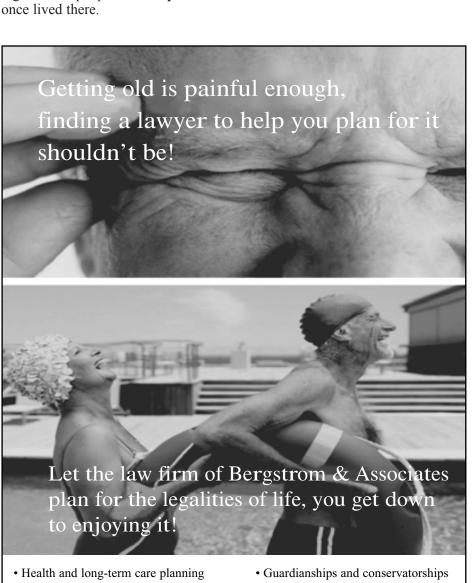
The display in the general store includes a large cheese-cutter, a bologna slicer, a tobacco cutter and an array of vintage tins, bottles and cans, bringing back memories for the senior crowd.

The covered bridge, syrup press, and liquor still create a feeling of life in the village, as does – in its own way – the cemetery on the hillside, giving visitors the feeling that real people once lived there

Pierce will host his annual Christmas Open House at Stepback with live music at the church on Saturday, December 12 from 11 a.m. - 4 p.m. at 176 A Dennis Station Rd, Eatonton, GA. Admission is FREE, but donations are accepted to help provide Christmas gifts to needy children. For more information call 706-473-1379, visit www.stepbackgeorgia.com or find Stepback on Facebook to spend an afternoon stepping back, sipping free hot chocolate and living for a moment in Christmas past.



Pierce's granddaughter, Tobie Denham and her friend Jake Williams provide live music for the Step Back evnet.



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Allen Howard Society, N.S.C.A.R., presents program on its projects

Submitted by Lee Schermerhorn Chairman, Philadelphia Winn Chapter, Publicity and Media

n Sunday, October 18, the Allen Howard Society N.S.C.A.R presented a program on its state and national projects to the Philadelphia Winn Chapter NSDAR in Lawrenceville.

The Children of the American Revolution is the oldest and largest patriotic youth organization in the United States. C.A.R. offers membership to those under the age of 22 who can document their lineal descent from a person who rendered material aid to the cause of American Independence as a soldier, sailor, civil officer, or recognized patriot in one of the several Colonies or States, or the United States.

The N.S.C.A.R. National Theme is "Road to Independence." The National Project is "The First Oval Office," General George Washington's marquis tent. The tent will be a permanent exhibit at the new Museum of the American Revolution in Philadelphia, PA.

The Georgia State Society



Levi Woodard, Treasurer of the Allen Howard Society C.A.R.

Children of the American Revolution (G.S.S.C.A.R) project and theme, Rock the Fort, is to benefit the new Fort Hawkins Visitor Center in Macon, Georgia. The C.A.R. hopes to raise \$8,000 to erect a stone sign in front of the center.

Rachel Schmalz, Senior President of the Allen Howard Society, gave a brief introduction. Levi Woodard, Treasurer of the Allen Howard Society, presented the State Project "Rock the Fort" for G.S.S.C.A.R. State President Abby Garnett. Emily Tindall, Senior Chaplain for the Allen Howard Society and a Philadelphia Winn Daughter, presented the National Project "First Oval Office" for NSDAR President Erin Jackson. Rachel then wrapped up the session with a presentation on what their chapter has done so far this year and what they are planning for the next couple of months.

The attendees from the Allen Howard Society were as follows:

Rachel Schmalz, Senior President; Levi Woodard, Treasurer; Gordon Woodard, Senior Treasurer; Noah Tindall, Chaplain; Emily Tindall, Senior Chaplain; Jackson Davis, Member; Tucker Davis, Member; Sam Jaeger, Prospective Member; and, Candace Shook, Prospective Member.

Join C.A.R.!

C.A.R. has something for everyone: little kids, big kids, and adults too...

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Left to right: Emily Tindall, Senior Chaplain; Judy Dyer, Recording Secretary; Levi Woodard, Treasurer; Rachel Schmalz, Senior President; Kitty Watters, First Vice Regent; and, Lydia McGill, Regent.

etiquette, and much more

- Trains good citizens by participation on the local, state, regional, and national levels
- Builds a resume of activities and responsibilities

The C.A.R. (Children of the American Revolution) trains good citizens, develops leaders and promotes love of the United States of America and its heritage among young people.

If you are interested in one of your children

or grandchildren becoming a part of the Allen Howard Society, email Emily Tindall at: Philadelphiawinn. georgiastatedar.org.

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The Next Chapter

Christmas Gift Recommendation List

by ANNE B. JONES, PhD

- *Rogue Lawyer*; John Grisham, Doubleday, 2015
- The Pioneer Woman Cooks: Dinnertime: Comfort Classics, Freezer Food, 16-Minute Meals, and Other Delicious Ways to Solve Supper!; Ree Drummond, William Morrow Cookbooks, 2015
- The Mayo Clinic Handbook for Happiness: A Four-Step Plan for Resilient Living; Amit Sood, M.D., Da Capo Lifelong Books, 2015
- The Mayo Clinic Guide to Stress-Free Living; Amit Sood, M.D. Da Capo Lifelong Books, 2015)

Popular author John
Grisham's legal thriller Rogue
Lawyer is a prime pick for this
Christmas season. Picture a "legal
eagle" Robin Hood, uplifting the
downtrodden, the persecuted and the,
perhaps, falsely accused. Firmly
believing the ends justify the means,
Sebastian Rudd is an eccentric street
lawyer. The road to justice is sometimes paved with potholes and Rudd
pursues it with relentless vigor
through unusual questionable
avenues.

According to Benjamin Percy in The New York Times Book Review, "Sebastian Rudd is a kind of social justice warrior and Grisham uses him to take jabs at the legal system... all with a blunt, rude, gravelly poetic wise guy voice that makes Rudd come across as a kind of 21st-century Philip Marlowe."

The Pioneer Woman Cooks: Dinnertime: Comfort Classics, Freezer Food, 16-Minute Meals, and Other Delicious Ways to Solve Supper! The title alone could convince me to buy this. It sounds like a miracle cookbook and it well may be. Bestselling author and food network personality Ree Drummond, affectionately known as "The Pioneer Woman," presents over a hundred quick and easy recipes for busy families. Included are comfort classics; 16 minute meals, makeahead freezer foods with accompanying recipes; soups; salad entrees; desserts; and "breakfast for dinner." Among the appetizing array are instructions for Cashew Chicken; Buffalo Chicken Salad; Shrimp Scampi; Pan-Fried Pork Chops and Beef Stroganoff, and there are stepby-step photos.

The Mayo Clinic Handbook for Happiness and The Mayo Clinic Guide to Stress-Free Living make great separate gifts or companion volumes when given together. Author Amit Sood, M.D. is Director of Research and Practice in the Mayo Clinic Complementary and Integrative Medicine Program and

Associate Professor, Chair of the Mayo Mind-Body Initiative. Appealing to readers young and old, these books have sage advice from one of the most esteemed healthy lifestyle advocates in our country. The Mayo Clinic Handbook for Happiness draws on neuroscience, psychology, philosophy and spirituality in helping readers form a ten week plan for conquering worry and finding satisfaction in life. This work is easy to read, inspirational and contains guidelines and exercises.

According to popular medical geru Dr. Andrew Weil, Dr. Sood's The Mayo Clinic Guide to Stress-Free Living can change your life. The book addresses such issues as sleeplessness, attention problems and anxiety, and presents strategies for overcoming them. The most important characteristic of this book is it is research-based. Its purpose is to help readers "understand the brain's two modes and how an imbalance between them produces unwanted stress." Among the skills readers will learn are how to develop a deeper and longer attention span; practice acceptance; how to live a more meaningful life; and enjoy more nurturing relationships. Also included is Dr. Sood's "seven-point program for increasing energy." Self-help books range from almost useless to profound. Those rooted in a firm psychological/scientific basis are espe-

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Scam artists even target the bereaved

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

Lt is a sad fact of life that scam artists frequently prey on the vulnerable. Unfortunately, some of those victims can include people who have recently lost loved ones. The Better Business Bureau cautions those with elderly parents to bear this in mind if their mother or father passes away.

It might make sense to gently counsel the surviving parent to be alert to the following ploys, which have been reported to BBBs:

• Contracts for services allegedly signed before the spouse's death. Less-than-ethical people offering driveway paving, tree-trimming or other home-related services sometimes visit the surviving spouse in the weeks after the funeral. When the spouse claims they know nothing about having hired the company, the sales rep produces a contract, allegedly signed by the husband before his death. The signature is typically scribbled or blurred and the service is highly priced. The company states that they won't require the widow to take the service, but insists that she pay the agreed-upon fee. They remind her how "forgetful" her spouse used to be and that is why he never informed her about the contracted work.

- Specially-engraved trinkets. After the funeral, the surviving spouse receives in the mail a fountain pen, Bible or other trinket engraved with the name of the recently deceased. Included with the invoice is a note from the business, with a message saying, "I thought you'd want this to remember him by." Sometimes the trinket is engraved with the name of the surviving spouse, and the note from the company mentions that her husband had ordered the gift especially for her.
- Delinquent life insurance premium ploy. An insurance "agent" phones the surviving spouse, with an employee allegedly from the funeral home also on the line. The widower is advised that his wife's life insurance premium was delinquent and that he must pay \$3,000 so that the insurance funds can be released to

the funeral home. He is asked for his credit card number to make a partial payment on the premium and to wire the remaining amount to the insurance company. Turns out that both the insurance company "representative" and the funeral home employee are bogus.

• Scam artists probably obtain the names and general information of their victims from obituaries published online or in local newspapers. Seniors are advised to check with the BBB whenever they are contacted by an unknown individual or business demanding payment for an unfamiliar product or service. After the loss of a loved one, never make rush decisions without first ensuring that you are dealing with a trustworthy company. Also be sure to discuss these issues with other family members and be very cautious of anyone who tries to persuade you

For more consumer tips that you can trust,

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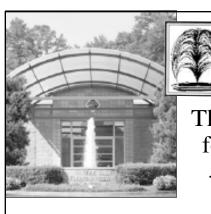
visit bbb.org. *****

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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~ NOTICES ~

Meals On Wheels Atlanta: Giving Back to Veterans

Submitted by KAREN COHEN

eterans Day was designed to honor those who have sacrificed themselves for our country. However many believe our veterans should be honored for more than a day. You might be surprised to learn that Meals On Wheels Atlanta helps veterans with meal deliveries and home repairs to keep them living independently.

Last year, the organization repaired the homes of 47 veteran seniors – but the waiting list is growing. Currently, there are 46 more veterans on the waiting list. The first veteran on that list has been waiting since October of 2014

Through a partnership with The Home Depot, Meals On Wheels Atlanta conducts home repairs like replacing roofs, installing gutters, repairing siding, minor electrical and plumbing repairs, adding grab bars to showers and fixing HVAC problems, as well as landscape clean up.

Meals On Wheels Atlanta helps veterans like Mr. R, who through The Home Depot partnership replaced the roof, installed new gutters and repaired the siding on the home of this 75-year-old Atlanta veteran who is confined to a wheelchair. An additional volunteer team provided yard main-

In September, Meals On Wheels assisted one of its veteran clients Mr. M. The client is 81 years old and has very low income and used a wheelchair and walker to assist with mobility. In addition to installing a working smoke alarm, kitchen faucet, bath faucet, ceiling fans, lights and ADA toilet, Meals on Wheels was able to construct a small ramp at the home's front entrance.

The client has to make regular trips to the doctor and he has been unable to get in and out of his home. By constructing a relatively simple ramp he is now able to come and go from his home using either his wheelchair or walker and has more freedom and ability to stay in his home.

Additional **Senior Services & Events Information Available at** www.seniornewsga.com







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Meadow Garden Home and Museum

Special to Senior News

eorge Walton was a signer of the Declaration of Independence from Georgia. Meadow Garden was his home in Augusta, Georgia.

The home is nestled in the midst of the medical and technological center in Augusta, open for touring from Tuesday through Saturday, 10:00 AM-4:00 PM, with the last tour beginning at 3:15 PM. For more information, visit their website at www.historicmeadowgarden.org.

- John McBrayer, Director of Meadow Garden, Augusta, GA
- Ginger Nicholson, Regent; College Hill Chapter NSDAR, Augusta, GA

Meadow Garden represents the participation of a lot of Georgia Daughters of the American Revolution. The house was saved from being a rental house in 1891 by the Augusta Chapter. The care and maintenance of Meadow Garden is a project of the Georgia State Society DAR and is owned and operated by them

John McBrayer has been the director at Meadow Garden for nearly a year. The home is a National Historic Landmark and Museum in Augusta, Georgia. He says the house is in good shape but the windows are in need of repair. The project of Regent Bea Fisher, Georgia State DAR, is to put in an underground irrigation system.

In the past 10 months, over two thousand guests have visited Meadow Garden from across the country and around the world!

This well-preserved 1790s structure is well known in historic preservation circles and is the oldest house museum in Georgia.

John is a gentleman farmer at his family's farm (for four generations) when he's not serving as Director of Meadow Garden and working on his Master's Degree at the University of Georgia.

Ginger Nicholson is presently Regent at College Hill Chapter NSDAR in Augusta, GA. She is a former Meadow Garden Chairman, and holds a degree in art education. Most importantly, Ginger has a heart for Meadow Garden! Her educational background came in handy when she refurbished the exquisite busts of the three signers of the Declaration of Independence that reside in the front parlor of the home. The busts are of George Walton, Button Gwinnett and Lyman Hall. Meadow Garden was the farm home of George Walton.

Three chapters participated in

general clean up of the grounds and inside the house. Chapters serving were: Philadelphia Winn, Lawrenceville; Sunbury Chapter, Winder; College Hill Chapter, Augusta.

Attendees from Philadelphia Winn Chapter NSDAR: Regent Lydia McGill, First Vice Regent Kitty Watters, Second Vice Regent Ann Story, Chaplain Linda Olson, Lee Schermerhorn, Carolyn Holley, Gerda Groff, and Cindy Gaskins.

For more information regarding the Philadelphia Winn Chapter of the NSDAR, please visit our website at:philadelphiawinn.georgiastatedar. org.



Front Row: Chaplain Linda Olson; First Vice Regent Kitty Watters; Cindy Gaskins. Second Row: Second Vice Regent Ann Story; Lee Schermerhorn; Cindy Gaskins. Back Row: Carolyn Holley; Regent Lydia McGill

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