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Walter Chow revving up for retirement!

by SUSAN LARSON

COVER

Walter Chow and his wife, Bev Lum Chow, stop to rest at Yosemite National Park

Whatever Walter Chow does, whether it's work or play, he does all the way. After working just shy of 42 years with Center for Disease Control and Prevention, Chow retires this month as the longest serving public health advisor at CDC. He'd traveled from coast to coast working in STD Prevention and Tuberculosis Control before spending his last 30 years at headquarters in Atlanta, working in Epidemiology and Infection Control Training and HIV Prevention. He currently serves as the Exemplar on the executive committee of the Watsonian Society, a CDC employee organization for public health advisors, is actively involved in the Assoc of Asian Pacific Islander Employees of CDC and helped start up the Asian-Pacific American Task Force. Through his involvement with the latter two organizations, Chow was able to pursue his passion for travel, working in Asia, China, India, Hawaii and other Pacific Islands.

Chow's travels, however, are not all work and no play. In his retirement he looks forward to possible trips to Kazakhstan where his older son, who works in oil exploration, resides with his wife and two children. And when he's not half-way around the world playing with his grandkids, Chow will still be having an all-out great time with his wife, Bev, back here in the U.S.A.

In 1986 Chow purchased a National Parks Passport Book for a few dollars and got it stamped at every National historic site he visited.

"I didn't get really serious about it until

continued on page 7



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Taking Care

8 Reflections for a New Year of Caregiving. Questions and Suggestions That May Prompt Resolutions

by LISA M. PETSCHÉ

Whether you are new to caregiving or have been at it for a while, you may find yourself feeling overwhelmed and worried about your ability to handle all of the responsibilities involved in looking after a relative with a long-term health condition.



What better time than the start of a new year to reflect on your role and how you might be better able to manage it. Take time to honestly answer the following questions and consider the suggestions included.

1. Do you accept the realities of your relative's health condition?

Some Advice:

- Give yourself permission to experience all emotions that surface. Acceptance opens the door to a variety of feelings.
- Grieve losses, but do not dwell on them.
- Recognize that there will be good days and bad days, and how you feel and what you can give may vary from day to day. Do not be too hard on yourself.

2. Are you opening to learning new things?

Some Advice:

- Educate yourself about your relative's diagnosis, and share the information with family and friends to help them understand.
- Be open to learning practical skills, such as proper transferring and bathing techniques. Mastering these tasks will make caregiving as safe, easy and pleasant as possible for both your relative and you.
- Find out about community services in your area that can help maximize your relative's independence and assist you with necessary tasks. The local office on aging is a good resource.

3. Do you keep communication lines open?

Some Advice:

- Involve your relative (if able) and other family members in decision-making as much as possible. Do not shoulder the responsibility alone.
- Develop a partnership with involved healthcare professionals. Share information about your relative, ask questions, seek advice and offer opinions and suggestions.
- Keep family members informed of changes in your relative's status. Do not act as if things are okay when they are not.

4. Are you prepared for changes and challenges?

Some Advice:

- Find out what to expect during the course of the illness, not only in terms of symptom progression but also caregiving skills, medical equipment and community supports that may be needed.

- ed.
- Talk openly with your relative about his or her wishes, Discuss living arrangements, outside help, surrogate decision-making, medical intervention and end-of-life care, and funeral arrangements. Be careful not to make promises you may not be able to keep.
- Help your relative get his/her affairs in order, including completing paperwork such as advance directives, durable powers of attorney, and a will. Consult with a lawyer who has expertise in elder care issues.

5. Are you open to simplifying your life?

Some Advice:

- Keep a caregiving log so you do not have to rely on memory with it comes to medical history. Include medications tried and their results, acute illnesses, hospitalizations, tests, diagnoses, treatments, and surgeries.
- Keep relevant medical, financial, legal and other documents organized in a binder or filing system for quick and easy access.
- Seek ways to streamline your life. Set priorities and stick to them. And let go of the need for perfection.
- Take things one day at a time. Learn to live in the moment and focus on simpler pleasures.

6. Do you practice self-care?

Some Advice:

- Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

- Find something relaxing you can do to give yourself a break at home, whether it is enjoying a cup of tea, reading something uplifting, writing in a journal, calling a friend or listening to music. Make it a daily habit.
- Schedule regular breaks from caregiving duties. Take a couple of hours, a day or an overnight.

7. Do you have supportive people in your life?

Some Advice:

- Stay connected to friends and outside activities.
- Find at least one person you can talk to openly – someone who will listen and empathize.
- Talk with other caregivers. Join a community support group, or join an Internet group if it is hard to get out or you prefer anonymity.

8. Are you receptive to help?

Some Advice:

- Acknowledge your limitations. Recognize that you cannot and should not do everything alone.
- Accept offers of help. Ask other family members to share the load and be specific about the kind of help you need.
- Research and take advantage of respite services in your community.

Lisa M. Petsché is a social worker and a freelance writer specializing in boomer and senior health matters. She has personal and professional experience with elder care.

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Elegantly Renovated Common Areas

Novels offer classic way to know the world

by SUSAN LARSON

We met at an afternoon tea. An air of integrity about her suggested she literally had it altogether. And she did. Through broken English she told me she was a high school literature teacher in Yugoslavia. I asked what books she taught.

"Only the classics. Good, classic novels," she said. "Those in power don't pay much attention to literature teachers. They care only about history books, which are all lies. Every time someone new is in power, they write new lies. Everyone knows you can't believe history books, but in literature we learn about the human condition. Through good books we learn truths about people."

I thought about the revisionist history books used in our schools. I know some older social studies teachers who supplement the texts with their own lecture notes, but someday they'll all retire. And then all we'll have are politically correct history books. Just like Yugoslavia. But at least in Yugoslavia, they're not throwing away classic literature, too, as they're doing here.

A few weeks later, I had one of those sleepless nights. I got up and browsed book reviews on Amazon. Then for the fun of it, I found some books I'd read and typed in my two cents worth. Then I logged off, went to bed and forgot about it.

About a month later, I got a mysterious e-mail from someone with a foreign sounding name. When I opened it I read, "I've just read your enthusiastic review of Snow Falling on Cedars and I agree with you. As a European reader, I espe-

cially was fascinated by the way the American Northwest was conjured and beautifully depicted. It definitely gives us in Europe a different face of America than the places that dominate the news.

May I ask you for a favor? Could you recommend any other books that convey the spirit of an American region as splendidly as this one did, for a reader in Europe like myself? I am part of a large reading group that is slowly discovering different parts of contemporary America through its fiction, and I would love to introduce my colleagues to other books like this one. In exchange, I can suggest European novels that are equivalent."

Through further correspondence, she went on to say that, in Europe certain politically correct books are hyped by the media, while many good ones are discovered only by word of mouth.

I got to thinking about this. People host foreign exchange students and we have programs like Friendship Force and People to People to help get to know each other through means other than a textbook. All are wonderful ways to bypass the mainstream media, and get to know the real heart of another country. But they all take money. Lots of it. And from what my traveling friends tell me, all those airports and TSA routines wear you out. And sometimes, the drinking water alone can ruin your whole trip!

But there's an easier and more classic way we can get to know the world. We can just curl up at home and read a good novel.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

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Poets' Corner

JUST SAYINGS
 by Leatha James-Jones

Stick and stones might break my bones, but knowledge will blend together.
If someone doesn't understand what you're saying, repeat it over and over again.
Everyday comes with a day after. Every good has a better, every bad had a worse.
You can't be everybody's best friend, but you can have associate friends. Make peace, not war.
No one can be you, be yourself. Fall down, get back up, try again. Study hard, learn with knowledge, and appreciate patience.
Don't worry, be happy. Don't be afraid to stand alone, some

times you might have to stand alone for what you believe or choose to be.

Everyone has a chance to make decisions; make a difference, rather choosing right over the wrong way.
Sometimes you will win, sometimes you will lose. Be able to hold your head up high and be a friendly loser.

TIME TO PRAY
 by Mary N. Carson

When I cry about my journey Because my load seems hard to bear, When I want just to run away From all of my worldly cares, When it seems that I am empty

And my life will no change gears, I steal away for a moment Of intense and sincere prayers.

Lord, I feel your hands of mercy Firmly holding me as I go; I see your lighted countenance Just guiding me to the door Where I can find true happiness And a peace that calms my fears, Where loving arms will enfold me And wipe away my tears.

I enter into your garden See flowers of every hue. I can feel the warmth of Heaven, And I know that it comes from you. I bask in the flow of your presence And feel life's cares slip away. I bow humbly to thank you For granting me time to pray.

The Basics of Christianity

by DANIEL W. GATLYN, USN Ret. Minister/Journalist

I read with chagrin the perpetual commentary of Bill Cummings, and peripheral experts in spiritual enlightenment (sic) and really wonder how we got to this juncture of theological matters! Seems that most have complicated the simple spiritual transformation into a never ending and controversial issue of religious philosophy! Along with such, they pontificate on solid and viable truth – suggesting that the Bible speaks mostly with symbols, types, variables, and situational ethics! Hopefully, all readers will agree that it is time to review the basics! When we are reminded that per-

haps seventy five percent of all humanity were functionally illiterate, surely we realize that "darkened or implied verse" would be totally alien to their understanding. Why do we believe that Jesus and God are One? Because he informed all life that such was the case! (St John 10:30) Why do we believe in the Virgin Birth of Christ? Because we are informed by multiple Verse that such was the case! Why do we believe in the atonement? Because we are specifically told, that "without the shedding of blood, there is no remission for sin!" Why do we believe in a literal Resurrection of Jesus after crucifixion? Historically, the secular world has proved a million times over that He left the tomb... that he was seen of many... that there was no alternate explanation!

The aforementioned Biblical terms are purely academic – and steadfastly remain as Scriptural Absolutes! Which means they are necessary for redemption! Study and learn (if you will); but, never rely on academics for justification! The plan is one of simplicity!

To the issue of morality – we know how to live – the variation in

conduct is simply the result of our searching a path around the basic premise! Those who walk the fence choose to excuse their oblivious journey for any number of reasons... all to no avail... for we would never be good enough to merit eternal life! We do not enter by being good. In fact, the Book tells us "there is none good!" So all the arguments of "being moral" is a waste! We should give morals "our best shot" even though our projected perfection never gives us a heavenly entrance!

We are only justified by accepting as a gift, the price that Jesus paid! Preposterous you say? Absolutely! Would you expect something different from the Creator of the Universe?

The basics of Christianity are clear, concise, and understandable! They are not up for debate! There is no other Script, in any country; under any setting, with any religion; with the wisest of planet earth; that offers, that demands, that explains, that reasons, that rewards all recipients equally such a divine, pleasant, elevating, glorious, and practical path; and, extends to "whosoever will" than that of verifiable Christianity!



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The Georgian Lakeside Assisted Living Community of Roswell, Georgia, welcomed Senior Living and Health professionals to their Holiday Happy Hour and Open House. Mayor Jere Wood offered the official toast.

The Georgian Lakeside team welcomed future residents and senior living professionals to their Holiday and Happy Hour Open House. Seen above from left to right are, Ruth Cantu, Director of First Impressions, Matt Griffin, President of Southeast Division of Griffin Real Estate, Suzanne Foshee, Community Relations Director, Don Clarke, Executive Director, and Pam Paugh, Concierge.

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Philadelphia Winn Chapter Daughters enjoyed 32nd Annual Town & Country Tour of Homes

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

On December 4, 2015, five Philadelphia Winn Chapter Daughters enjoyed the 32nd Annual Town and Country Holiday Tour of Homes in magnificent and historic Madison and Morgan County. Madison was voted the #1 "Small Town in America" by Travel Holiday Magazine. This lovely southern town is a sight to behold all twelve months of the year, but it is especially spectacular during the

Christmas Season!

There were a host of homes, churches, a farm, and a museum available for the daytime tour. There were also three venues in Rutledge, GA, a few miles outside of Madison, which were open for viewing.

Heritage Hall, a grand Greek Revival mansion, stands as a landmark on Main Street and is now the home of the Morgan County Historical Society. The home dates back to the 1830s and belonged to one of Madison's earliest physicians, Dr. Elijah Evans Jones.

Another historical beauty is Broughton Hall, dating back to the 1850s. Over the years the home has

seen many owners, with each family adding their own personal touches. The collection of English art and furnishings is incomparable! The current owners, the McWilliams family, have increased the luxury living space of the home to nearly 8000 square feet. Not to be overlooked are the beautifully landscaped grounds reclaimed from an overgrown jungle that was quite foreboding to the neighborhood, especially the children! Kudos to the McWilliamses and their architects for successfully enhancing this Madison treasure.

The Richter Cottage represents how typical white tradesmen lived before the Civil War. The Cottage is named for its first owner, Charles W. Richter, who, along with his family, settled in Madison in 1830. Very important to The Daughters of the American Revolution is American Indian heritage, along with history, preservation and education. The five Daughters on the tour were intrigued by a 20th century quilt housed at the



Philadelphia Winn Daughters, left to right: Cindy Gaskins, Lee Schermerhorn, Carolyn Holley, Helen Dalton and Gerda Groff

cottage. The quilt displays the Rolling Log symbol conveying "good luck" and used in the early American Indian culture. It had nothing to do with anything other than goodwill until the symbol was hijacked by the Nazis! There is evidence that the Swastika symbol featured in the ancient Mississippian culture of the Mound Builders in North America. The Mound Builders associated great mystical value to the swastika and the sacred rites, myths and symbols of the Mississippians play a role in the beliefs of many Native American tribes.

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

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CHOW
from page 1

1995,” said Chow, who has so far visited 250 of our 407 National Parks. “I discovered that if you plan well, you can get a lot of stamps in one trip. In Washington D.C. you can get about 20.”

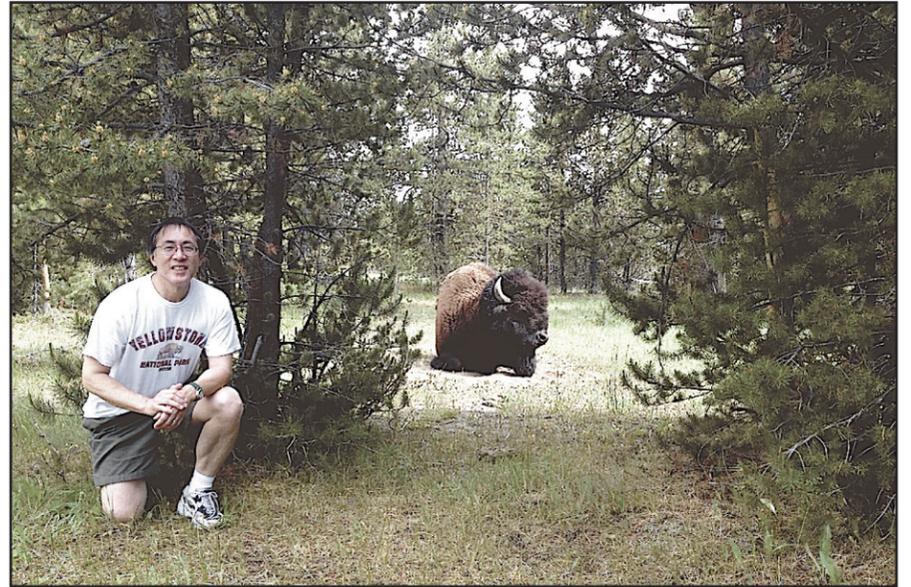
With 2016 being the Centennial Celebration for the U.S. National Parks, what more significant year for Chow to retire and rev up on his

stamp collecting! And since he will now have so much time to travel, if he plans well, maybe he can make a record year collecting the special edition Centennial Stamps at the parks he has yet to visit.

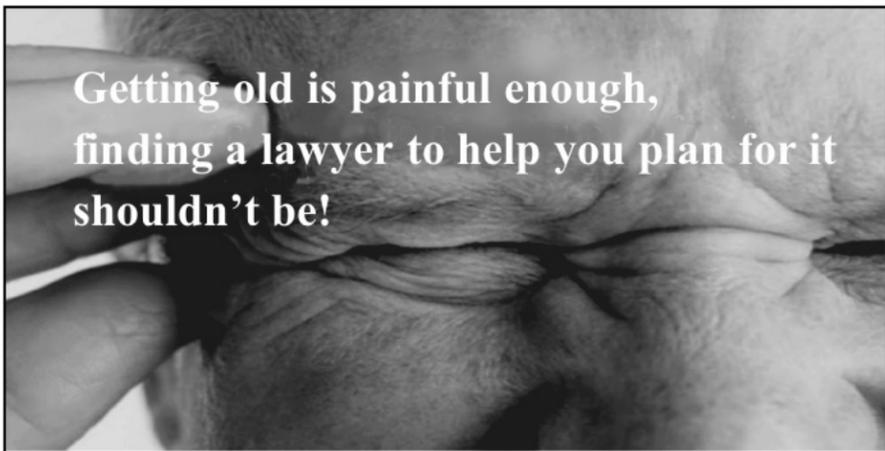
He has also taken on the challenge of hiking to the highest peak in each state, with nine to his credit so far. And he looks forward to running his first marathon, which of course, in the manner in which Chow lives his life, will only be the first in another series of accomplishments.



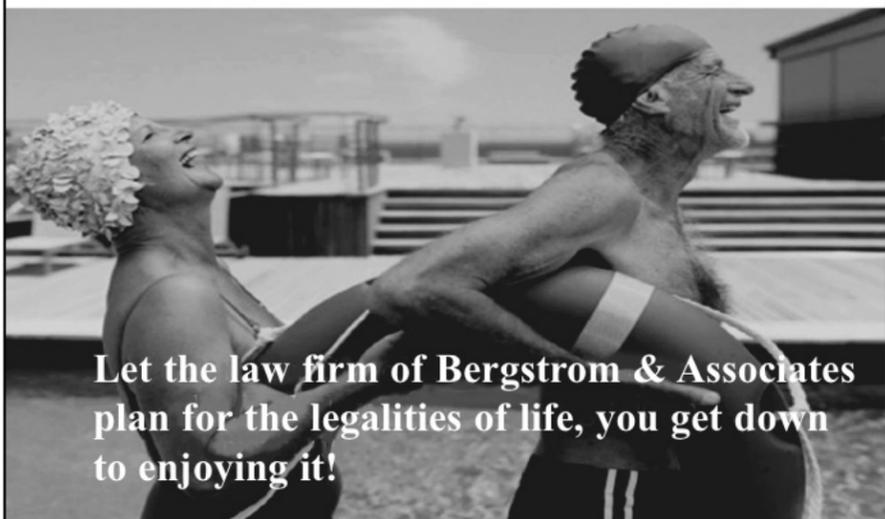
Walter Chow rests on a wall at Yosemite National Park



Walter Chow poses near buffalo at Yellowstone National Park



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Out & About

Philadelphia Winn Chapter of the DAR hosted its 27th Tamassee Christmas Luncheon and Party

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

On Sunday, December 6th, 2015, the Philadelphia Winn Chapter of the Daughters of the American Revolution hosted its 27th Tamassee Christmas Luncheon and Party. There were 28 very excited children from the Tamassee DAR School in South Carolina. The luncheon was held at the Lawrenceville First Baptist Church in Lawrenceville, GA. Approximately 150 guests and members attended.

The Tamassee DAR School was founded in 1919 by the Daughters of the American Revolution to provide an education to children in the rural Appalachian Mountains. The school

survives and thrives to this day; now the school's mission is to support children and families in crisis through residential, educational, and outreach services.

The children from three Tamassee cottages submitted their Christmas "wish lists" to the Chapter. More children were added last week, because the holidays bring an increase in family chaos and need for Tamassee's help. Great care was taken to grant the children's wishes and provide wonderful memories. Judging by the very happy faces, every child received exactly what he or she wanted!

Regent Lydia McGill officiated, and Chaplain Linda Olson gave a brief program on the history of many Christmas traditions. Representing the Georgia State Society DAR was



CEO Amy Twitty, Santa Curtis and Regent Lydia McGill

Northeast District Director Helen Robertson Powell of Gainesville.

Memorial contributions were made by the Chapter and presented to Tamassee CEO Amy Twitty in honor of two Chapter members who died in the past year. A DAR Certificate of Appreciation was presented to Priscilla Hall in memory of her mother, Elaine Tomlinson. Also remembered was the late Eve Miller, a Philadelphia Winn Chapter member and supporter of Tamassee. A DAR Certificate of Appreciation was accepted on behalf of Eve's family by First Vice Regent Kitty Watters.

Special thanks to Regent Lydia McGill and "Santa" Curtis for their continuing generosity. New Junior Member Tina Rainey photographed each child with Santa, and those pictures are being sent to Tamassee as keepsakes for the children. Our

Chapter's heartfelt thanks goes to the wonderful Williams Family for 27 years of dedication to the children of Tamassee DAR School. Mrs. Eloise, Jenna, Candy, Faith, and their families spent hours preparing, shopping and wrapping gifts. At the end of the party, four of the little girls quizzed Curtis McGill if he was possibly Santa because they recognized his watch and shoes. Finally, one little girl said to him, "I know Santa was here because he brought me everything I asked for!" Chaplain Linda Olson donated part of her beloved teddy bear collection, and each child got to choose one to keep and love. Huge thanks to Food Hostess Janice Rinaldo and her sweet daughter, Hostess-in-Training Sarah Rose, for coordinating the luncheon. Janice has served in this capacity for several years.

Appreciation is given for the use of the wonderful facilities at the Lawrenceville First Baptist Church and to Pastor Inman Houston, who offered the blessing. Lastly, thanks to the Daughters of Philadelphia Winn Chapter, whose hearts are filled with glad tidings all year long!

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



Sarah Rose and Janice Rinaldo



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The Next Chapter

Recommendations for the New Year by ANNE B. JONES, PhD

- *Eat the Year*: Steff Deschenes, Running Press, 2014
- *National Geographic Rarely Seen: Photographs of the Extraordinary*: National Geographic, 2015
- *The Boy on the Wooden Box: How the Impossible Became Possible... On Schindler's List*: Leon Leyson, Atheneum Books Reprint, 2015

Happy New Year! With the winter months upon us, few experiences bring more joy than good smells from the kitchen and snuggling in a blanket with a book by the fire. Among the presents I received at Christmas was a jewel of a cookbook based on food holidays. *Eat the Year* by Steff Deschenes is fun because within are wonderful recipes which easily become conversation dishes. Unknown to most, every day of the year is a designated food or drink holiday. Among the unexpected pronouncements, are January titles such as "National Bloody Mary Day" (New Year's Day, of course), "National Chocolate Covered Cherry Day" and "National Cheese Lover's Day." Along with each designation is a related quote, anecdote and information or a recipe.

One appetizing example is "National Banana Lover's Day." The section begins with a quote by Bill Gates, "Intellectual property has the shelf life of a banana." This is followed by a brief banana story and a recipe for Spicy 'Nanawiches. I particularly loved "International No Diet Day." "If nature had intended our skeletons to be visible, it would have put them on the outside of our bodies," says Elmer Rice in the introductory quote. This May 6th entry includes a personal anecdote in which Deschenes talks of her acceptance of her curvy body along with the practice of moderation. Her story is followed by a recipe for The NYC Dream Bagel Sandwich. Among the tasty treats are "R-Rated Almond Cookies" and "Frozen Cocomint Patties." Steff Deschenes is also the author of *The Ice Cream Theory* and has worked in marketing for food and beverage companies.

Described as a gallery of gorgeous photographs, *National Geographic Rarely Seen: Photographs of the Extraordinary* is a visual pleasure and a wonderful coffee-table book. Shot by some of the world's finest photographers, *Rarely Seen* begins with an introduction by award-winning photo-journalist Stephen Alvarez. An

eclectic presentation, pictures include almost extinct species, 50-ton crystals, unusual heirlooms and other "little-seen objects from the far reaches of the globe." The book is 400 pages and highly recommended. Stephen Alvarez is known for his photography related to global issues such as exploration, culture, religion and the aftermath of conflict. Susan Tyler Hitchcock, editor in the books division of the National Geographic Society, is a contributor. She is the author of sixteen books.

The Boy on the Wooden Box is the only memoir written by a "Schindler's List" child. History buffs will recall Oskar Schindler, a Polish factory owner who saved many Jewish lives by putting their names on the "list" of the names of his factory workers after the Nazi invasion of Poland during WWII. Appropriate for ages eleven and up, this memoir can provide a timely discussion point for parents and teachers in approaching issues of prejudice and discrimination, while presenting a firsthand account of conditions during the Holocaust. It is also a testimony to one boy's perseverance in the presence of seemingly insurmountable odds.

You may contact Anne at annebjones@msn.com... (*Tides of Fear*,

Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart).

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If you are interested in hearing more about participating in this study, please contact **Holly Hudson** at **(404) 321-6111 ext. 7099**.

Medicare expands CCM Program in 2016

by M. Martin Parris, MBA
Executive Consultant
M. M. Parris Consulting

The vast majority of doctors participating in the CCM program (84%) report that, the program is having a positive impact on patient care, according to insights from a market research CCM survey, in Healthcare IT News online.

Georgia's Center for Primary Care practices, successfully launched a CCM program to serve their 20,000 Medicare patients.

Beginning January 1st 2016, Medicare expanded the CCM program to eligible patients receiving treatment at Federally Qualified Health Centers (FQHC) and Rural Health Clinics (RHC).

Ask Your Doctor About Participating In A CCM Program?

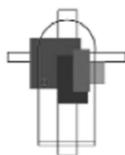
Here is an easy New Year resolution to make and keep. Medicare patients should ask their doctors about the availability of CCM programs, at their practices. If you have additional questions, about Chronic Care Management programs, please contact me by telephone at 404.937.9810 or email at mparris4992@yahoo.com

CCM is One Year Old on January 2016.

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Volunteers Needed
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Hospice Volunteer Opportunities
Seasons Hospice is looking for angels who can make a difference by providing companionship for hospice patients and their families. Volunteer selection begins with an application and an interview in which potential volunteers may express their personal goals, availability, interests and talents. Our volunteers are carefully screened through a criminal background check, motor vehicle report, and personal references. Volunteer training give volunteers an opportunity to learn new skills and become aware of skills they already possess. Volunteering for hospice can enrich your life by enriching the lives of others. If you are ready to make a commitment to caring for others, we would love to hear from you. Please email Janice Danford at jdanford@seasons.org or call 404-250-4950.

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We’ll be starting our 13-week series Tuesday evening, Aug 5 in the Education Building in the Library (Room 313) from 6:30-8:30 pm. at McKendree United Methodist Church, 1570 Lawrenceville Suwanee Rd, Lawrenceville, 770-339-9801. All are welcome and invitation is considered an open door arrangement... meaning you can join us at any time.

For additional information, contact Susan Rowe, Director of Christian Education, at 770-339-9801, ext. 26 or facilitators, Jay & Nancy Rowland, at 678-618-8735 or nancy.m.rowland@gmail.com.

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Submitted by **Amy Erickson, Executive Director, Reach Out and Read Georgia**
Email: amy.erickson@reachoutandread.org

One of the most lovely things to do during the holidays is cuddle up and read your favorite classic book to your children as they are snuggled warm and safe in their beds.

So many of our area's most in-need children and their parents miss out on this special memory. In many homes, reading together is not possible because they don't have access to age-appropriate new books or the knowledge that reading together is one of the best things you can do to prepare your child for better outcomes in school.

We are working to change that.

In 2015, Reach Out and Read Georgia has provided nearly 75,000 children with free age-appropriate books, to help start building their at-home libraries. We also provide all these families with information on reading aloud for optimal brain development and school readiness.

This work is changing lives, and providing children with an important moment: receiving, perhaps, their first-ever brand new book that's entirely theirs.

With your help, we can do even more in 2016.

Please consider making a gift so that we can expand into more in-need communities in Georgia and move toward fulfilling our mission of serving every child in Georgia who is living below the poverty line.

Your contribution will help us continue to provide new books, literacy education and a literacy-rich experience for kids from birth to age five during well-visits to the doctor.

Your gift will make a difference. No donation is too small. Thank you so very much for being our partners in this mission.

We look forward to making 2016 a year of work that's even more powerful and far-reaching.

Christmas Tree for Veterans' Clinic

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

On December 9, Philadelphia Winn Chapter Daughters and HODARs (Husbands of DAR), Peggy and Jim Freeman, Anne and Frank Lockhart, Randi Minor, and Ann Story donated and decorated the Christmas Tree for the VA Clinic, Riverside Drive, Lawrenceville.

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



From left to right: Anne Lockhart, Librarian Randi Minor, Second Vice Regent Ann Story and Past Regent Peggy Freeman.

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