



"Reaching From The Heart"

ISSUE: WINTER 2021



# MATTERS OF THE Heart

Georgia's Family Caregiving Magazine

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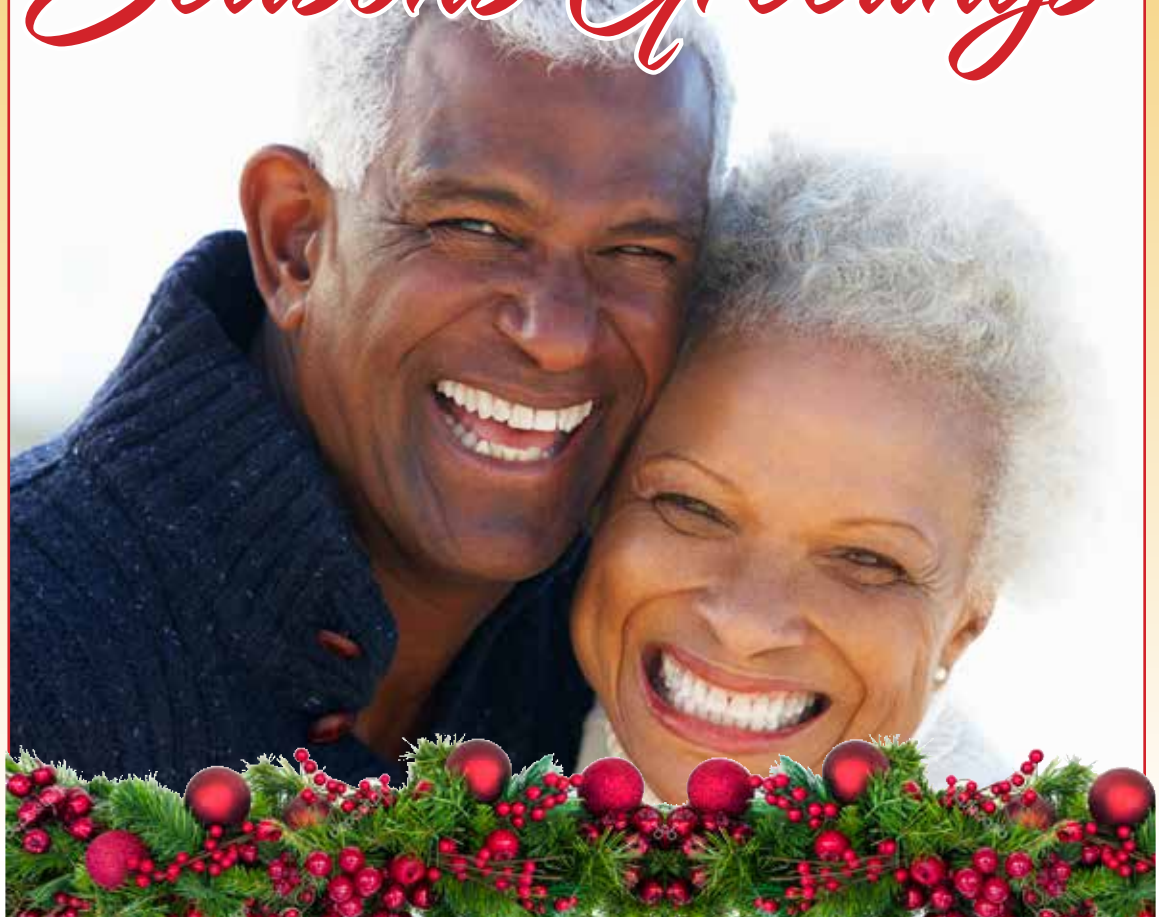
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# MATTERS OF THE Heart

Georgia's Family Caregiving Magazine

## Founder, CEO & Editor



**Shirley Morman**

This is a Welcome that I have been excited to write for almost two years, because it is a Special Welcome to You and the formal launch of the National Caregivers Network (NCN Georgia).

What I love about this business is that it will become a part of our growing population, culture and our economy. Online shopping is the new lifestyle, a lifestyle most befitting as an everyday convenience for our aging community and the family members who care for them.

Together, and with the "endorsement" of businesses, Churches, organizations, legacy members of the community, and community leaders, we commit to opening new doors of convenience to an increasing population of residents: the Aging, Elderly, Disabled, Veteran, Chronically Ill and End-Of-Life Loved One. Every day, we all see the aging process in our communities and around the world every day, and we want to help. NCN helps to fix that; together, we turn sudden lifestyle change into effective action, embracing the heart of our community.

In 2017, Shirley Morman experienced the meaning of Caregiving through Caregiving to her husband of 41 years. This experience is the impetus to the inception of the National Caregivers Network.

Shirley Morman is a native of Georgia. She has resided in Houston County, Georgia for more than a decade. She retired from the University of Maryland (1974-2007). Shirley Morman is an award winning director by the University of Maryland, College Park, federal, state, local and county governments, for her academic and social research, upon partnership with community, organizations, business and industry.

*Shirley Ann Hopkins Morman, Founder & CEO*  
*Clarity, Expertise, Openness*



## Contributing Writers



**Dr. Sonja Shavers**



**Joyce Hutcherson**



**Dr. Donna Bellamy**



**Dr. Myldred P. Hill**



**Dorothy Crumbly**



**Dahl A. Moss**



**Stevaugh Bush**



is published quarterly. For advertising information contact  
**info@ncngeorgia.com.**

### Address:

1114 GA Highway 96 • Suite C-1, #177 • Kathleen, GA 31047

**Telephone:** 478-401-4800

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# Understanding Long-Term Care (And How To Pay For It)

By: Stevaughn Bush, Esq.

**W**hen “long-term care” comes to mind, most people think of nursing homes. But long-term care includes much more than that. Long-term care is any care that helps seniors live independently and safely when they are no longer able to perform everyday activities on their own. Some seniors need help going to and from the grocery store, and some need help cleaning around the house or taking medicine. Others may need help bathing and dressing—and of course, there are some who need intense long-term care to recover from ailments like a stroke. More than half of seniors will need some form of long-term care services such as assisted living, adult day care, and transportation during their lifetime, but they can be very costly.

## The Cost of Long-Term Health Care

The cost of long-term care has been rising to an extent that makes it difficult for many seniors and their families to afford. According to studies conducted by the National Institute on Retirement Security, the average 65-year old will incur about \$138,000 in future lifetime expenses for severe long-term care needs. Around 15% of seniors will incur more than \$250,000 in lifetime expenses. These costs are enough to put a strain on the resources of many families. What is worse is that Medicare, the health insurance program that most seniors rely on, does not pay for comprehensive long-term health care services. Sadly, the burden of meeting the long-term care needs of seniors falls on family caregivers who lack the training and resources.

## Different Types of Assistance Paying For Long-Term Care

There are three ways that people generally pay for long-term care: (1) private or self-financing, (2) long-term care insurance, and (3) Medicaid assistance. Since it is difficult to foot long-term care costs alone, many opt for coverage either through long-term care insurance or assistance through Medicaid. Caregivers and their families need to be aware, however, of the limitations of each option. A standard long-term care insurance policy, for example, covers the costs of care for about six years in the form of a monthly benefit that could range from \$6,000 to \$11,000 a month. Still, studies show that 48% of seniors may never need any significant long-term care.



So one of the cons of getting long-term care insurance is that you may pay premiums for years and end up never needing the policy (keep in mind that there are “hybrid” policies that cover long-term care costs, but becomes life insurance paid to heirs if it is not used).

On the other hand, assistance through Medicaid offers much more comprehensive long-term care coverage as the program will pay for the entire cost of your long-term care needs if you qualify. But the Medicaid program has very strict financial requirements. In order to qualify for Medicaid, seniors must be resource and income poor. This means that seniors who have substantial assets must find ways to deplete their assets according to Medicaid guidelines or otherwise find a lawyer who can help them with Medicaid planning.

## Weigh Your Long-Term Care Options Carefully

Whether you self-finance, purchase long-term care insurance, or are looking to qualify for long-term care through Medicaid, you and your family need to have a plan. Having a plan will alleviate the hardship on your family's resources and will be a tremendous help for your caregivers.

Be sure to consult a professional to begin planning your next steps.

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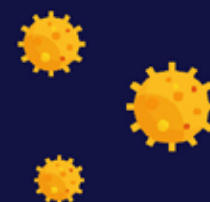
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# COVID-19

## CORONAVIRUS



PROTECT YOURSELF AND HELP PREVENT THE SPREAD

### WHAT IS CORONAVIRUS COVID-19?

A respiratory illness that can spread from person-to-person; first detected in Wuhan, China, but has now spread to most countries in the world

### WHAT ARE SEVERE COMPLICATIONS?

Some patients have pneumonia, multi-organ failure and in some cases death

### SYMPTOMS

Symptoms appear 2-14 days after exposure

- Fever (above 100.4°F or 38°C)
- Cough
- Shortness of breath

### IS THERE A VACCINE?

No, so far there is no vaccine

### WHO IS AT HIGHER RISK?

- Older adults (age 60 and older)
- People with medical conditions:
  - Heart disease
  - Lung disease
  - Diabetes
- People who have been in close contact with a person infected with COVID-19
- People who have recently been in an area with increased risk of exposure

### IF YOU SUSPECT INFECTION

- Contact a doctor or healthcare provider immediately
- Stay at home and isolate yourself from others to prevent further infection



### WEAR FACE COVERINGS WHEN OUT IN PUBLIC



### WASH YOUR HANDS

- Wash your hands with soap and warm water for at least 20 seconds
- Use alcohol-based hand sanitizer if soap and water aren't available



### AVOID TOUCHING YOUR FACE

- Avoid touching eyes, nose or mouth with unwashed hands



### COVER COUGHS AND SNEEZES

- Cover your cough with a tissue or use the inside of your elbow
- Throw used tissues in the trash
- Immediately wash your hands



### KEEP YOUR DISTANCE

- Avoid close contact with people who are sick (6 feet or 2 meters)



### STAY HOME IF YOU ARE SICK

- If possible, avoid going to work, school, public areas and using public transportation if you are sick



### CLEAN SURFACES DAILY

- Clean and disinfect counters, tabletops, toilets, phones, keyboards and bedside tables

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# 3 Reasons Why You Should Get An Estate Plan As Soon As You Can Before It's Too Late

By: Stevaughn Bush, Esq.

Estate planning is the process of organizing your money and property for your loved ones to inherit, as well listing instructions for how your loved ones should manage your finances and health just in case you have a medical emergency. Just about everyone needs to have a comprehensive estate plan. You probably don't have to think hard to recall a story about a family member who got sick and didn't have anyone to take care of him or her (or didn't make any information available about how to take care of him or her).

Locating important documents and making the proper arrangements on your behalf, for instance, can become confusing, time and money-consuming tasks that few will want to deal with if you don't make it easy for them to do so. Furthermore, the COVID-19 pandemic underscores the reality that anything can happen to anyone at anytime. While there are many reasons why comprehensive estate planning is essential for you and your family, here are 3 of the most important ones.

## Reason #1: An Estate Plan Can Help You Avoid Feuding That Can Tear Your Family Apart

Estate planning is all about planning for the future. Choosing someone to be in charge if you have a health emergency and cannot decide on medical or financial decisions for yourself will help your family avoid fights. For example, if you are a parent who does not have estate planning devices such as a Power of Attorney, your children will be forced to make decisions for themselves on your behalf. This can cause conflict between your children if they are unable to agree on a decision, which could lead to litigation depending on how serious your medical emergency is.

Instead of banding together as a family unit to take care of you, a lot of money and time will be lost deciding whose opinion should win the day. The damage to your family could be irreparable. Estate planning prevents all of this by allowing you to leave clear-cut instructions for everyone.



## Reason #2: An Estate Plan Can Help Your Family Manage Their Inheritance Until They Are Ready To Manage It For Themselves

When you have a comprehensive estate plan, you get to control who gets what, when they get it, and how they get it. By leaving instructions on how best to distribute your assets, you can protect your loved ones from creditors, greedy spouses, and outside influences. Moreover, if you know that your loved one is bad with money or property, you can prevent him or her from making bad decisions by listing certain terms and conditions to abide by to receive your assets.

## Reason #3: Estate Planning Can Protect Your Assets From Costly Legal Battles And Taxes (In Life & In Death)

One key aspect of estate planning is asset protection. Estate planning tools such as wills and trusts accomplish this by allowing you to shelter your assets from legal battles and taxes. For example, one kind of court battle that will most surely reduce your assets if you don't have an estate plan is called "probate." Probate is a lengthy legal process that allows a court to divide all your assets without respecting your wishes. Worst of all, probates are public court proceedings, so anyone who is curious about what you have will be able to see. Furthermore, if you do not have an estate plan, huge chunks of your assets could be taken due to unnecessary taxes. As a result, the inheritance that you wish to give will be reduced and your loved ones will receive less.

## If You Fail To Prepare, You Prepare To Fail

A comprehensive estate plan is one of the most thoughtful gifts you can give your loved ones and family members because it makes it easier for them to handle your affairs during emergencies. The best part is that the estate planning process is not as difficult as you may think. Be sure to consult a professional to begin planning as soon as possible.

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## The 3 Most Crucial Steps In Estate Planning



By: Stevaughn Bush, Esq.

### **Step 1—We Have To Make An Inventory Of All Your Assets**

The first step is to make sure that you have an accurate, written list of everything that you own—tangible assets, as well as intangible assets. Your tangible assets include all of your real estate (homes & land), vehicles, and all of your other personal possessions (of whatever value). Your intangible assets include all of your bank accounts/certificates, stocks and bonds, health savings accounts, insurance policies, retirement accounts, and business interests. During this step of the process, it's important to make sure that you account for all of your possessions so that we can do a value estimate for each item. You also want to be sure that you include any gifts that you expect to inherit.

### **Step 2—We Have To Make Sure That Your Loved Ones Understand Their Roles In Your Estate Plan**

The second step is to explain your power of attorney documents to your sons and to make sure your trustee understands her responsibilities. Being a power of attorney is not an easy process because it can involve many complicated health and financial decisions.

Likewise, your trustee needs to be informed of what her obligations are under the law and how she is to carry them out. This is also an opportunity to explain how taxes and creditors may affect any of your gifts. It is important that your sons know what to expect and where to find help if you ever have a medical emergency. We want to make sure that your wishes are understood when it comes to certain property that you have and where they can draw money from to pay for certain expenses.

### **Step 3—Assign, Notarize, And Secure All Relevant Documents**

In addition to conducting a thorough review of all of the designations and gifts in your estate plan, we will make sure that everything is assigned and notarized properly (many Estate Plans are ruined because of minor oversights).

Lastly, after you revise everything and make copies of all relevant documents, please be sure to secure them in a trusted location where your family may be able to access them.

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## You Can't Pour From An Empty Cup

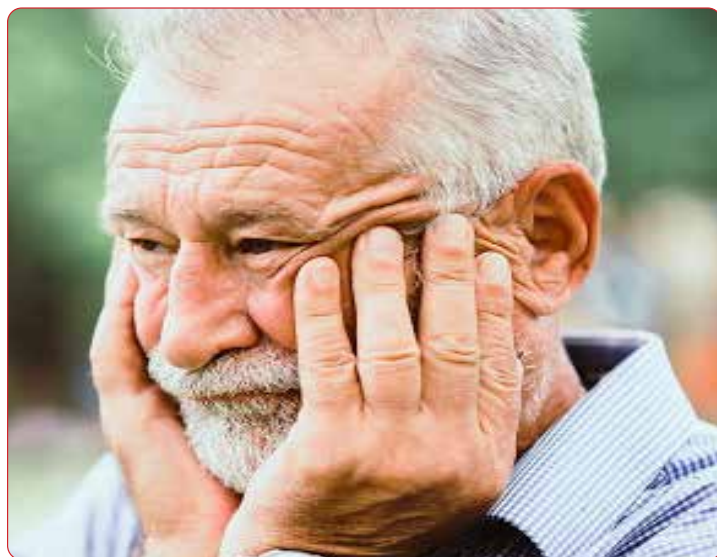
By: Joyce Hutcherson

We all live in a stress filled world, but when you become the caregiver for someone there is an added level of stress that is beyond the norm.

Here are some helpful ways to handle stress that were learned (sometimes the hard way) through my own journey as a caregiver.

- **Think about what you are thinking about! We all have a mental conversation going most of the time. Negative self-talk increases stress. Positive self-talk can calm us down and help us cope.**
- **Take several deep breaths until you feel a release of tension. As you are deep breathing, go to your "happy place" and visualize a positive event that took place there. It's a mini mental vacation!**
- **Call a friend. Having someone safe to vent or laugh with can make the difference in our ability to cope.**
- **Don't stuff your feelings! Keep a journal of your feelings. The brain is wired to release endorphins when we put pen to paper. If writing is difficult then draw your feelings, or color or write a song or poetry. Some people prefer to garden.**

- **The physical act of digging in the dirt or pulling weeds or planting something is medicinal.**
- **Laugh! Watch "I Love Lucy" reruns, YouTube Jerry Clower or Red Skelton shows. A good "belly laugh" also releases endorphins that lift our spirit.**
- **Be grateful! Caregiving is all consuming. Look around and notice things you can be grateful for. If we choose to look for the good, we will find it!**
- **As much as possible, get rest! If your loved one is napping, do the same. Dishes and laundry can wait. Rest rejuvenates and can change our outlook.**
- **Take a break from caregiving and do something just for you. Ask for help from a family member, a church friend or a neighbor.**
- **Exercise is a proven stress buster. A walk to the mailbox or around the block gets those muscles working and endorphins flowing!**
- **Take a break to pet your dog or cat. Pet therapy is another avenue to reduce stress.**
- **Music is another avenue to help reduce stress. Playing soft, instrumental music in your home is relaxing. There are CD's available that have ocean waves lapping the shore or nature sounds like rain in the background of the music.**
- **Having a relationship with the Lord can carry you through the hardest days. He sees you, and He will carry you during these trying days.**



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# FAMILY CAREGIVER RESOURCES

The National Caregivers Network LLC, is pleased to present **SOCIAL DISTANCING TIPS** for Family Caregivers and their family members.



## SOCIAL DISTANCING

### What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.

Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

## AVOID

- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theater outings
- Traveling
- Athletic events
- Crowded retail stores

- Malls
- Workouts in gyms
- Church Services
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems



## KEEP YOUR DISTANCE

- Visit a local restaurant to get take out
- Visit grocery store

- Pick up medications
- Play tennis in a park

Keep at least 6' - 8' between yourself and others



## SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard

- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal

- Family game night
- Go for a drive
- Stream a favorite show

- Call or email a friend or elderly neighbor to check in
- Group video chats



## REMEMBER TO CONSTANTLY WASH YOUR HANDS

Learn More About The National Caregivers Network and Caregiving At:

[www.nationalcaregiversnetwork.com](http://www.nationalcaregiversnetwork.com) • 478-401-4800



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## BECOME A PAID FAMILY CAREGIVER FOR A FAMILY MEMBER AT HOME!



### A NEW MEDICAID PROGRAM OFFERS FINANCIAL AND SUPPORT SERVICES TO GEORGIA FAMILIES THAT DELIVER CARE AT HOME FOR A SENIOR OR DISABLED PERSON.

- The family caregiver and family member must be 18 or older.
- The person you care for is Georgia Medicaid-eligible.
- You live in the home with the person as the primary caregiver.
- Are related biologically as a daughter, grandson, etc., or are related thru marriage as a daughter-in-law, son-in-law, etc.

### BENEFITS OF BEING A FAMILY CAREGIVER:



- Receive Weekly Compensation
- Receive Health Coaching and Guidance from our HomeNurse, Inc. RN Nursing Staff

**HomeNurse.net**  
Caring For Loved Ones Since 1983

**Call 770-765-1111**  
or email:  
**sfc@homenurse.net**



U.S. Department of Veterans Affairs

Get help from Veterans Crisis Line



#### SUPPORT FOR CAREGIVERS

As a family caregiver you play an important role in caring for the Veteran at home and in the community.



#### Announcement

##### Expansion Phase 1 is Here!

Eligibility for the Program of Comprehensive Assistance for Family Caregivers (PCAFC) has expanded.

Review the fact sheets to learn more about the expansion.

- Caregivers PCAFC - Application Process Fact Sheet (PDF)
- Caregivers PCAFC - Expansion Fact Sheet (PDF)
- Caregivers PCAFC - Eligibility Criteria Fact Sheet (PDF)
- Caregivers PCAFC - Legacy Participant Fact Sheet (PDF)
- Caregivers PCAFC - Monthly Stipend Fact Sheet (PDF)

There are several steps in the application process that determine if you qualify.

#### CAREGIVER LINKS



**Caregiver Support**  
855-260-3274

FIND YOUR CAREGIVER SUPPORT COORDINATOR



CARING FOR A VETERAN?  
Program of Comprehensive Assistance for Family Caregivers



Learn More: <https://www.caregiver.va.gov/>

## For Your Information Announcement:

The following announcement is authorized by the Georgia Department of Veteran Services, Director, South Region. Occasionally, ncngeorgia.com will share Veteran Administration (VA) Caregiver related information on social media about resources and benefits offered to Caregivers; when this happens, interested persons should contact the Georgia Department of Veteran Services, South Region, VECTR Center, located at 1001 South Armed Forces Boulevard, Warner Robins, Georgia 31088. Telephone: 833-448-3287.

VA Offices in the South Region include: Albany, Americus, Bainbridge, Brunswick, Columbus, Cordele, Douglas, Dublin, Glenville, Hinesville, Lyons, Macon, Moultrie, Savannah, St. Mary's, Statesboro, Swainsboro, Thomasville, Tifton, Valdosta, Warner Robins, and Waycross.

The announcement is authorized by the Georgia Department of Veteran Services, Director, South Region.

**Thank you kindly for Friending and Following ncngeorgia.com.**

Caringly Yours,

*Shirley Ann Hopkins Morman*, **Founder & CEO**  
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Ephesians 3:20-21

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#### LONGTERM GOAL:

Over the next two years, The National Caregivers Network will explore a higher education and business and industry sponsorship to forge a cooperative agreement/ business alliance designed to engage college students and healthcare majors, between the ages of 20-30 years old, in an internship-experiential learning opportunity through the National Caregivers Network.

College students majoring in healthcare, public service, entrepreneurship, business, marketing, franchise business development-franchise marketing, communications, computer science, and journalism are of interest.

The internship will be part-time, operating during higher education calendar breaks throughout the year. Each internship will be home based and position descriptions will be written by the student but centered around core functions and values identified by ncngeorgia.com.

The first year will involve marketing, journalism and computer operations. Four students of diverse and socio-economic background will be selected the first year. This initiative will be funded by business and individuals and administered through higher education financial accounting systems or a CPA.

Overall, our focus is on relationship acquisition and community engagement among family caregivers and their family members and identifying resources, products and services to enhance the lifestyle of this increasingly growing population in Houston County and Middle Georgia.

Caringly,

*Shirley Ann Hopkins Morman*

Founder & CEO

*Clarity, Expertise, Openness*

## Ncngeorgia.com Houston County and Middle Georgia



### COLLEGE STUDENT INTERNSHIP (PART-TIME)

- No Experience Needed
- Semester, Summer Opportunities, Community & Home Based Network Marketing
- Public Relations Experience for Middle Georgia College Students
- Schedule/Hours: Flexible

Opportunities  
Available  
Fall 2022

Learn More About  
The National Caregivers Network and Caregiving At:

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# Listen To The Lambs

By: Myldred P. Hill, Ed. D.

***"He Shall Feed His Flock like a shepherd: he shall gather the lambs with his arm, and carry them in his bosom, and shall gently lead those that are with young."*** **Isaiah 40:11**

When asked to contribute to the National Caregivers Network as a Writer, my mind immediately focused on two (2) songs the Concert Choirs that I was privileged to be a part of, sang. The melodies linger on as well as the ability to embrace a framework for sharing a story depicting Relationship and Caregiving. The term Pastoral likewise sprang forward. The definition relating to the spiritual care or guidance of people who are members of a religious group, which often is defined as a family or fellowship.

This story has my mother being the subject or central character. My mother, who birthed me, lovingly cared for me, and assured that I was cared for in her absence, because of work or other instances. As life and longevity would have it, our roles reversed. We both waxed on in years, and I became the nurturer and protector, and participating provider, along with my two remaining siblings.

Mama had done such a wonderful job of co-parenting alongside my father, I just had to get it right. She deserved the very best because she had given it her best. She was smart, and witty, and had a sharp tongue.. she was feisty and courageous! I learned that if I was going to try to perfect this in the same manner I approached everything else- strive for perfection, and land on excellence; I was going to have to pause and **LISTEN!** Listen to her words, thoughts, actions, and silence. Mama was very expressive, and had eyes that were set deep in her facial cavity or anatomy. She had Native American features. Those eyes I learned to listen to! She had a way of twisting and turning that head, too. She could familiarly open her mouth like a bird and allow me to place food in her mouth as comfortably as allowing me to guide her fork. Interestingly, she could handle her eating utensils even at age 107; yet, articulate to me that she listened to my heart which was so pleased to share a special kind of intimacy as I'm sure she portrayed as she nursed and nurtured me.

I listened to her conveying love as I sat by her bedside and sang the songs I knew she favored in Church, and I sang a song one day: "You are so beautiful to Me" and Mama sang it back to me "You Are so beautiful to Me" ..... Same key, correct tune. Over the course of time- she was residing in a Rehabilitation Facility from 2013 to 2019. We spent continued quality time together and I would visit at least two times a week and take her whatever I knew she had a taste for- from food to clothing. I listened closely enough to understand that she loved to be fashionable, just make sure the garment was long enough to meet her "Mother of the Church" standard.



**Mrs. Willie Mae Purnell**  
**1911- 2019**

Mama remained in her house until age 102. The interruption came when she fell and broke her femur. We knew she did not want to leave her home permanently. I truly understood; therefore, Prayerfully, I just had to find a way to not cause her too much emotional pain..... She deserved better, and I listened! I listened to every indication I could rail into my RadorRange.

I listened to her sense of Pride. She sacrificed to remain a home owner and maintain a property she did not have to be ashamed of. We worked together to keep it up while she was living in it; and I knew she would not want it boarded up and become an eye sore in her absence. I listened to her heart and together with my siblings, we made renovation happen. Mama was never broke during the years and she was able to take care of her business, and was proud of her financial independence and stability; therefore, while she was confined I Listened, and assured her she was in good shape financially, and even in her purse near her bedside, she had some money in it.

I listened, while I sat by her bedside that she could still see herself in her earlier years as a pretty woman. Each time I saw her, I told her how beautiful she was, and we kept her looking presentable; so she could feel as good as possible when her Pastor, other Elders, Mothers of the Church and members came by to visit her. I also listened to her practiced responsibility for engaging in civic affairs; therefore, during the celebration of her 107th Birthday, I personally made sure she could Vote for Stacy Abrams, an African American Candidate, in the Primary Election and again in the Run-Off.

Finally, I listened toward the end, and for several weeks, I ceased from just giving her a kiss on the forehead as I entered and ended our visit. I began to cradle her in my arms and hold her close to me, and rocked her as best that I could; and she let me know that I had listened to her silent cries as I held her in my arms.

I remembered the songs and I wanted to sing them well for Mama. "Listen to the Lambs ..... " And carry the young ones in His bosom"

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## Happy Healthy Holidays In Changing Times



By: Dr. Sonja Shavers, Personal Wellness Strategist

**T**he holidays are upon us! Can we be happy and healthy with all that is going on in the world? We are all impacted by the events of this year, 2020, that began with the heartbreaking news of Kobe Bryant in January. We still had no idea that by March, we would begin a battle that would overflow hospitals, overextend medical staff and cause massive loss of life.

We now find ourselves in the middle of the holiday season that does not end until after the 2021 New Year rolls in. The holidays are depicted as a joyous experience filled with the love of family and friends. Yet, these same holidays have historically included a significant amount of stress and anxiety for many. Still, even before these painful times, we were dealing with a community of people who were already unhealthy as illustrated by the following.

- **One in four Americans would die due to heart disease (CDC 2015).**
- **One in two women and one in three men would develop cancer (Medical News Today 2015).**
- **One in three Americans would have diabetes by 2050 (CDC 2010).**



All of these conditions, further complicate the grim reality of life today. The Black and Brown communities have been impacted significantly more than dominant society in part, because of the high rate of pre-existing conditions mentioned above. The worst part of this struggle may be that we are robbed of our normal coping mechanisms, including the inability to gather in large family events. Nor can we gather in the one institution that we have traditionally found peace and comfort; the church. The need to social distance means also that we cannot visit family while hospitalized or even bury loved ones in the same fashion that used to offer comfort and closure.

Yet, we must remain resilient and find ways to cope and enjoy the holidays despite the struggles. Sometimes, coping with a new reality requires making new decisions! The following strategies are recommended to cope and maybe even thrive during the holidays because ultimately individuals have to make a choice every day either towards health or illness.

- 1. Be realistic! The traditions of holidays past are not our current reality. Stay connected virtually to friends and family. Keep a grateful journal.**
- 2. Acknowledge feelings of low mood and anxiety and share with a friend/family member.**
- 3. Move the body (fifteen minute minimum)...walk, meditate or stretch.**

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## Medication Management From The Desk Of Dr. Donna

By: Dr. Donna Bellamy

As I sat down to think about what angle should I proceed to write for the Family Caregiving Magazine, I immediately realized that I wanted to communicate ways that a pharmacist is able to assist a caregiver to save time and simplify their love one's healthcare. This data on caregivers may be surprising to some. From 2015 data from AARP, 82% of persons were taking care of one person, 15% of persons were taking care of two persons (this would be this writer), and 3% of persons were taking care of three or more persons. This data has changed in 2020 to 76% of persons caring for one person, 19% of persons caring for two persons and 5% of persons are caring for three or more persons.

The number of caregivers taking care of more than one person has increased from 18% to 24%. What is more alarming from caregiving data obtained from a 1999 study from Stanford University is that 63% of caregivers die earlier than non-caregivers and 40% of caregivers of Alzheimer's patients die earlier than the patient. This is due to the increasing age of the caregiver and the physical, mental and financial stress that it exerts on the caregiver.

In this magazine, the writer, who is a caregiver and pharmacist, suggests ways that caregivers can simplify their daily activities to care for their love one with the assistance of a retail pharmacist. In the next magazine, the focus will be on connecting with a pharmacy consultant who may or may not be available in your local pharmacy daily but may partner with your local pharmacy for services.

**Get to know your retail pharmacist.** Did you know your pharmacy for most people is within a 5-mile radius of a person's home? This is much less than to your physician's office. You probably visit your pharmacist more than you do your physician. Your pharmacist is your liaison to helping you maintain you and your love one's wellness between office visits to your doctor. Many think that pharmacists only dispense medications ordered by physicians and recommend and provide over the counter medications. That is far from the truth. Below are other healthcare services provided by your local retail pharmacists to save you time and frustration. Pharmacists also:

**Administer your vaccinations for flu, pneumonia, Tdap, shingles and now the coronavirus.** States' regulations vary on the various vaccines that they may give and the age range for the vaccine. Pharmacists are trained to give vaccinations.

**Provide the durable medical equipment and items to care for your love one.** These are products such as canes, diabetes shoes, blood pressure machine, pulse oximeter, thermometer, glucose machines and test strips, bed pads, beverage thickeners, body protectants, laundry detergent to name a few. This can decrease your trips to other stores to obtain these items. Ask your pharmacist if they can help with your shopping needs.



**Check your blood pressure.** Remember it is especially important for the caregiver to self-care.

**Administer tests for the flu, strept throat and coronavirus.** Not all pharmacies provide this service.

**Contact your physician for a refill on your medication(s) and resolve all clinical problems with your physician.** When your medication runs out and you do not have any refills, contact your local pharmacist, even on the weekends, for a solution to prevent missing a dose.

**Package your medications Blister Packaging.** Blister Packaging is a safer and easier way for patients to take their medication. This will help organize patients' medications and help patients remember when to take their medication. Medication Blister Packaging can also help to prevent medication interactions, when some medications should not be taken at the same time.

**Deliver your medications to your home.** By ordering your medications and products ahead of time, your pharmacist can have them ready when you need them.

Realizing that studies have shown that caregivers spend 13 days/month doing shopping, food preparation, housekeeping, laundry, transportation and giving meds, allow your retail pharmacist to simplify some of these tasks for you and your love one. By getting to know your retail pharmacists, you will be surprised how much time, money, and frustration they can save you.

For additional questions or assistance with your caregiving needs, you may contact Dr. Donna by texting and calling or emailing her at 478-508-6340 or [info@medsruspharmacyconsulting.com](mailto:info@medsruspharmacyconsulting.com). You can follow Dr. Donna on Facebook by going to MedsRUs Pharmacy Consulting, LLC for information on healthcare data and medication management. For healthcare professionals, Dr. Donna can assist in your business development needs.

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**3%**

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earn a college degree

and

**1 in 4**

won't graduate from high  
school or get a GED.

**60%**

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age out or  
are legally  
emancipated  
have been  
convicted of a  
crime.

**7 in 10**

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out will  
become  
pregnant  
before age 21.



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kids who age  
out will  
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reached 18 in foster  
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## Interfaith Dialogue... Let's Talk About It...



By: Elder Dahl A. Moss, MDiv

**D**eception is possibly one of the oldest techniques that has been used by the weak to protect themselves from the strong. While there is strength in numbers, the numbers may possibly lead to a subtle form of deception. The point of this article is not to categorize individuals as weak or strong, but it is to offer an invitation to look at the power of deception and how easily one can be deceived.

In Central Georgia, there are more Baptist congregations than any other group of believers. Personally, I am a product of the Pentecostal, Baptist, Methodist, and Presbyterian churches. This is truly a topic to be discussed at another time. According to Bestplaces.net, nearly 26% of the churches in Warner Robins/Macon, Ga. are Baptist, nearly 12% are Methodist, 5% are Catholic, 3% are Pentecostal while less than 1% are Presbyterian, Episcopal, or Lutheran. These numbers may not be 100% accurate, but they do provide an image that suggests the greater church going experience in our community is likely to be Baptist. While it may be nice to know there are many congregations that share similar beliefs and have Christ-centered values, all congregations do not share the exact same doctrinal values.

What happens when we meet people who have other faith traditions such as Islam, Hinduism, and Ifa to name a few? Do we quickly dismiss them or disengage? Do we seek to understand them as individuals? Do we falsely accept them because of their contributions to our community?

Or, do we make them so uncomfortable that they never want to be in our presence again? While no one wants to be guilty of mistreating others or misrepresenting God's love towards other members of humanity, these are some good questions to ask ourselves.

Because God created the whole of humanity (Gen. 2:7), there is a special responsibility for those who ascribe to Christocentric beliefs to love their neighbor as they love themselves (Mark 12:31). Yes, this refers to the neighbor who has a different belief system or has different cultural values from your own. If you are one who quickly suggests how much you love everyone the same; you may be deceived. To remove this deception, believers must strive to be Godward without infusing their personal beliefs with what God says about the matter of loving one's neighbor as themselves.

Finally, I challenge you to ask God to show us where and how we may fall short of demonstrating God's love to those who may not be a part of the major Christian movement. Your life may be the only demonstration or first encounter that someone from another faith tradition ever has with a Christian in their lifetime. As Christ followers, our purpose is greater than worship services, denominations, number of attendees, and other categories that often come up when we talk about church. As we encounter those from other traditions and cultures, may we accept the challenge to embrace others as God's creation rather than find ways to highlight minor differences. Do not be deceived!

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## Clean Up For The New Year

By: Dorothy Crumbly

If you believe in old wives tales, you won't clean up, sweep, or wash clothes on New Year's day. The message in the tale is that you will throw all of your friends away if you do these things on the first day of the year. On the other hand, we Southerners eat collard greens and black eyed peas to symbolize good luck and prosperity. When we do have good luck and prosperity, we forget to give the credit to the greens and peas. Hopefully, we give the credit for the blessings to God. After thinking about these tales for years, it appears that we can dispel with the old wives tale, and do something that will last longer than a two week diet. Moreover, it may help our physical and mental health; let's clean up.

With the advent of the television shows on hoarders, we all feel good about our own junk. First, let's distinguish among a hoarder, a pack rat, and a keeper of junk. The Harvard Health Publishing School, an online publication for the Harvard Medical School published articles as early as November 2011, and 2014 on hoarding. The New England Journal of Medicine also wrote about the same subject in 2014. Other distinguished and refereed journals have also published in the above subject. Therefore, the medical profession has taken notice.

The publications above describe a hoarder as someone who has an emotional attachment to items regardless of their value. Hoarders have strong urges to save almost anything and are distressed when discarding them. They have difficulty making decisions about where to store items for future use. Their accumulation of possessions such as newspapers, mail, clothing, cans of old food in the living areas make it unsafe to cook or sleep. Hoarders don't allow visitors and will often go in debt buying things they don't need.

On the other hand, professional organizers who are paid to assist hoarders have difficulty drawing the line between a hoarder and a pack rat. Sierra Black, a freelance writer, wrote an interesting twist in the article "The High Cost of Clutter." At the office, the pack rat may not get the high bonus due to the papers, binders, coffee cups, and old food wrappers left in the drawers causing a smell in the office. At home, the pack rat can't find gym shoes, a good black dress, a clean white shirt or other appropriate garments and goes out and buy another which adds to the cost of being unorganized. Pack rats also pay the cost of breaking or destroying items such as eyeglasses, cell phones, left on the floor.



The disorganization in late fees from banks, credit card costs, penalties, and even traffic tickets add to the cost of being a pack rat or unorganized.

This writer has coined another category for adults who keep unnecessary junk. "Junk keepers" are usually about 50 or older and keep their adult children's toys, books, encyclopedias, trophies, comic books, kindergarten papers, athletic equipment and other items stored in their homes. These items hold dust, dust mites, mold, and insects making our homes smell, and in some cases, making us sick. A typical response, "These things hold sentimental value for me and my children." Most of the time, the adult children will not take their "stuff" to their homes, causing the parents to store out of date material in their garages and park their expensive cars in the driveway. Junk keepers have bags and boxes of junk for their church, sorority and fraternities and other groups. Junk keepers have draperies that have been up for 30 years. Junk Keepers have collections full of dust such as salt shakers, miniature bells, figurines that may or may not be valuable.

Finally, know that keeping "stuff" is not good for mental or physical health. From all of the research on hoarders and pack rats, medical doctors and psychologist support hoarders need for professional help and family support. As for junk keepers, leaving the mammoth job for our children and others to throw away our junk after our demise is selfish. For 30 years writer kept trophies, comic books and other junk for our adult sons who refused to take it. For those in the junk keepers' category, let's sing the clean-up song that the preschoolers sing. A clean junk free home, helps us to fight depression, gives us energy and makes us happy when we walk into our clean special place.

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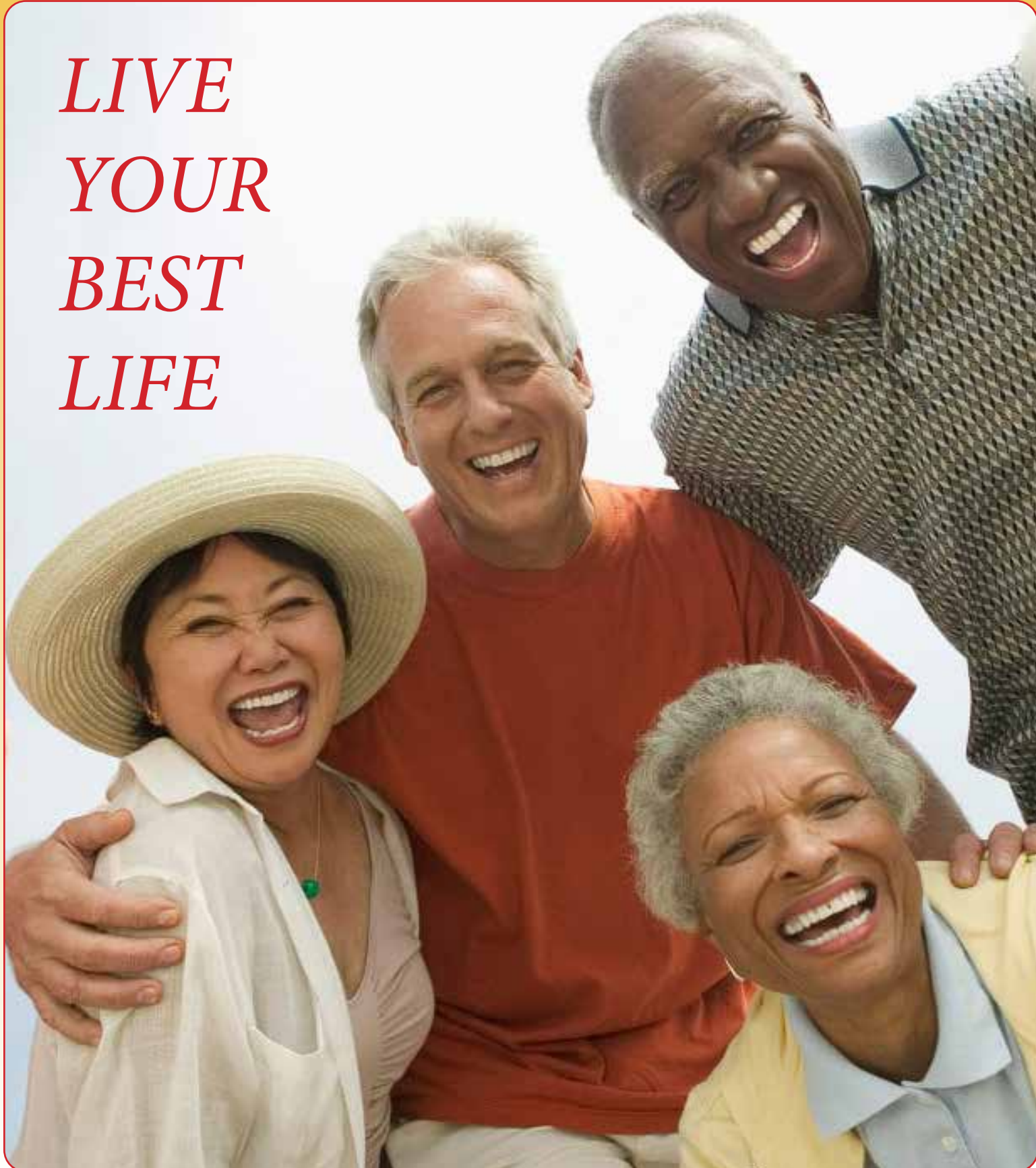
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# GRIEF QUOTES

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## Family Matters

*Residing in Washington, D.C., playing the role of a caregiver, I remember taking care of my father's daily needs from the period of 2010-2013. Living in New York during that time, my knowledge of being a caregiver was easy because of the love I had for my father. Locating resources to assist me with the services I desperately needed was difficult. In the time of a crises, the most important things a person can use are available resources and where to find them; therefore, I so humbly support the National Caregivers Network, [ncngeorgia.com](http://ncngeorgia.com). They offer tons of informative information as well as connect you to valuable resources which are readily available. This allows you, the caregiver, to do more of the role of sharing and caring for your love one.*

**- Margaretta Morman**

*No one ever told me that grief felt so like fear.*

**- C.S. Lewis**

*Give sorrow words. The grief that does not speak whispers the o'erfraught heart and bids it break.*

**- William Shakespeare, MacBeth**

*Grief is a tidal wave that overtakes you, smashes down upon you with unimaginable force, sweeps you into its darkness, where you tumble and crash against unidentifiable surfaces, only to be thrown out on an unknown beach, bruised, reshaped...Grief will make a new person out of you, if it doesn't kill you in the making.*

**-Stephanie Ericsson**

*Bereavement is the deepest initiation into the mysteries of human life, an initiation more searching and profound than even happy love.*

**- Dean Inge**

*If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive into the moment. Each is present in your body. You are the continuation of each of these people.*

**- Thich Nhat Hanh**

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