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Gordon Lowe's birthplace and many other historic homes, some of which also offer tours.

At the end of our tour, the trolley dropped us off at Savannah's City Market. Filled with shops and restaurants, City Market is a great place to stroll around, but we were most interested in finding a restaurant with a breezy terrace. We discovered the perfect place when we spotted Belford's, which had a large, shady terrace and a mouth-watering menu. We settled in for a relaxing lunch. Once our food arrived, we realized we could not have possibly made a better choice of a place to eat. We had already spotted a very interesting-looking store across the way called Savannah's Candy Kitchen. It was offering free praline samples. So we had the perfect Southern dessert – pecan pralines!

Our next stop was River Street, which is lined with shops and restaurants converted from the old cotton warehouses that once provided a livelihood for Savannah residents. The old facades of most of the buildings remain, creating a beautiful, charming area in which to shop and eat. Wear comfortable walking shoes for River Street because many of the side streets are made of ballast stones. Transported in cargo ships as ballast, the stones were discarded upon landing so the ships could fill up with valuable cargo. The enterprising colonists took the stones and built roads and buildings out of them.

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## A Visit to Savannah

Georgia's largest city retains a small-town feel

by Jan Ross, Staff Writer

Festooned with Spanish moss, Savannah, the largest city in Georgia's Chatham County, feels like a small, sleepy Southern town. The hospitality of its residents reinforces this feeling.

On a recent family vacation there, we decided the best way to see the entire city was to take a tour. And since Savannah is perched on the banks of the Savannah River, we wanted one that would include the city and a river-boat ride. We booked our tour with Oglethorpe Tours.

The river boat had a large viewing area on the top deck and a nice air-

conditioned area on the main deck. You could take your pick and stay put or you could wander back and forth between the two. The cruise itself was not terribly exciting because the Savannah River is a working river with lots of industry along the banks and tankers making their way out to sea. But it was pleasant and relaxing with the captain narrating what we were seeing and telling a little of the history of Savannah.

When the cruise was over, we decided to visit The Pirate House for dinner. My 5-year-old grandson really enjoyed the whole pirate theme of the place. Provided with his own personal pirate hat, he marveled at the old entrance

to a tunnel that ran from the restaurant down to the river. When the restaurant was first established in the early 1700s as an inn for sailors, many unfortunate grog-drinkers found themselves knocked out, dragged through the tunnel and shanghaied into service on one of the many sailing ships in the harbor.

We also took a trolley tour. There are more than 100 neighborhoods in Savannah. The downtown area includes the Landmark Historic District and the Victorian District. The Historic District has 22 squares, which are basically lovely little parks surrounded by gorgeous homes. We drove by the First African Baptist Church, Juliette

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- 1 tsp. dried basil
- 2 tsp. dried parsley
- 1 tsp. dried rosemary leaves
- 1/2 tsp. dried mint
- 2 dried bay leaves
- 2 dashes Worcestershire sauce
- Garlic salt
- Coarse ground black pepper
- 1/2 cup beef bouillon

Sprinkle the roast with garlic salt and pepper to taste. Take a large oven-safe browning bag, drop in about 1 T flour and shake to coat. Slip in the roast and the vegetables and sprinkle on the herbs. Add the Worcestershire sauce and pour in the bouillon. Seal the bag and place in a baking pan. Puncture the top of the bag three or four times with a fork to allow steam to escape. Roast in a 350-degree oven for about three hours or until vegetables are tender. Place the roast on a platter and surround with the vegetables. Put the liquid from the roast in a gravy bowl.

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sues with the loved one<sup>1</sup>.

Caregivers should accept help and support and never feel they need to do everything on their own. Support can come from their family, friends and church. Joining a local support group is beneficial. These provide meaningful connections to others in similar circumstances.

Resources are available to provide respite for caregivers. Private-duty staff can offer sitter services. Some long-term care facilities have short-term-stay options so caregivers can take vacations or just have time for themselves<sup>2</sup>.

Caregivers also need to be aware of financial and legal issues that may arise. A Durable Power of Attorney, wills and other legal documents should be professionally prepared and instituted, especially before dementia patients exhibit a decline in competency. Counseling may also be needed for coping with changes in family dynamics.

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*Jennifer Hamrick King is a gerontologist and vice-president of community affairs for Nurses Registry and Home Health.*

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spare you much grief and confusion. It might prove beneficial if you learn about local retirement communities, assisted living facilities and nursing homes long before you need them.

Do you have friends who are caregivers? The details of their caregiving dynamics do not matter. All caregiving has much in common. Call your friends and ask questions that are important to you. You will learn from their experiences. If you are a member of a church, synagogue or other group, call on these resources, too. You may find members you don't even know who do caregiving work.

In the Yellow Pages, look under "Home Health Services" to find companies that furnish in-home caregivers. This will be expensive, but it may be necessary until you can get yourself organized.

Here are two final words of caution. First, do plan ahead. If you have aging parents with health concerns, caregiving is very likely in your future. Second, know that caregiving is draining, physically and emotionally. In planning care for your loved one, include respite time for yourself as the caregiver. Find a way to have your care receiver looked after regularly so you can drop the load for a few hours. Spend that respite time doing whatever refreshes you, whether it's going to a ball game or taking a walk in the park. Don't burn out, leaving no one to care for your loved one.

**REUNION** continued from Page 15  
feel stressed about attending a reunion. Feelings of sadness are normal. "We are getting ready for the 60th reunion of the class of '51, and a lot of people have passed away," said Johnson. "You miss seeing them. It makes you feel bad that they are no longer with you."

However, it's important to focus on the positive, such as the successes of your classmates. "Lafayette has two former governors, and Dave Brewer, the Masters champion of 1967, graduated in my class," Johnson said.

Catching up with the things going on in your friends' lives makes attending a reunion worthwhile. "You are missing out if you do not go; that is all I can say," Johnson said.

**FINANCIAL** continued from Page 21

### 7. How do I pick the right financial services company?

Based on your specific needs, your financial professional should present product solutions from companies that they highly regard and with which they have had positive experience. Just as you will want to align yourself with a strong, reputable financial professional, you will want to do the same with regard to financial services companies. In many cases, products will be used to address financial needs and objectives that last for decades, if not a lifetime. To help ensure that your financial product providers will be there when you (or loved ones) need them, work with strong, stable companies that have received high marks from independent ratings agencies such as A.M. Best, Standard & Poor's, Moody's and Fitch.

### 8. What if I already have a plan?

Even the best financial strategies should be revisited and updated regularly, generally at least once a year. Common life events such as marriage, having children, changing jobs, or even moving, can affect your existing approach. So, too, can just having another birthday – particularly if it means you have reached a financial milestone, such as the year you can begin collecting Social Security, receiving Medicare benefits, or taking distributions from your retirement accounts. An experienced financial professional should regularly review your strategy with you, to help ensure that it remains aligned with your objectives and appropriate for your circumstances.

### 9. What is the downside of putting this off?

Developing a financial strategy is a critically important activity that should not be rushed; however, there is a fine line between not rushing the process and not focusing on it at all. By putting this off, we expose ourselves and our families to unnecessary risks and lost opportunities – be it by not safeguarding our lifestyle from unexpected events, by not insuring our livelihood and legacy while in a position of health and strength, or by not capitalizing on even one extra day to build and protect our retirement nest egg. By actively

focusing on this process, you can help protect your interests and shape your future.

### 10. What am I waiting for?

You should now know what to consider as you develop your financial strategy and how to secure the best resources to turn that strategy into a reality. Perhaps most importantly, you should now understand how to avoid common pitfalls that lead some to take what may be the greatest risk of all – the risk of doing nothing. Take the next step by doing additional research on your own or seeking guidance from an experienced financial professional.

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**CHIRO.** continued from Page 27

causes the pinched nerve and the pain that radiates to the leg.

Injury prevention is another phase of what chiropractors do. "We identify postural deficiencies, weakness in certain muscles and absences in symmetry through a procedure and a functional movement screening," Pugh said.

Patients can participate in preventing injury, too.

"Start thinking about your posture," Pugh said. "Think about how you sit in your favorite chair, how you drive, how you sit at your work station and how you sleep at night. Be mindful of your diet. Drink lots of water, be on a good vitamin and get exercise regularly."

Be cautious when exercising. "If you decide to run three miles against traffic, you are leaning to your left side the whole time," Pugh said. "It is eventually going to create an imbalance in your musculature."

A chiropractor can identify asymmetries and imbalances in your body and help you achieve balance. Don't wait until something hurts. Take the time to call a local chiropractor for a consultation. Your body will thank you.

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We had seen beautiful Savannah from the land and the river, shopped a lot and eaten some delicious food. It had been a great day in this lovely Southern city.