



Baptist Retirement
COMMUNITIES OF GEORGIA, INC.

NEWSLETTER

AUGUST 2017

From the President

DEHYDRATION: A REAL PROBLEM FOR SENIORS



Extreme heat bodes danger for those of us who are outside a good bit or who neglect our body's need for proper hydration. Heat exhaustion and dehydration very frequently make news in periods of extended hot weather. Often it is the very young or the elderly who suffer most from these conditions. Now is a good time for us to review the dangers of heat exhaustion and dehydration.

Sixty percent (60%) of our body weight is water. Our cell composition is ninety percent (90%) water. We must maintain this balance in order for our bodies to function properly. Dehydration happens when the body does not have enough water/fluids to function at an optimal level. Lack of adequate intake or extraordinary output of fluids will put the body out of balance and in a state of dehydration. Dehydration is classified in three states:

- *Mild* - Loss of 3-5% body weight
- *Moderate* - Loss of 6-10% body weight
- *Severe* - Loss of more than 10% body weight

The severe state of dehydration is life threatening and must be addressed quickly. **Infants, children, and the elderly are most at risk for severe dehydration.**



Extreme high temperatures or prolonged exposure to high temperatures cause excessive sweating and increased body temperatures which consume body fluids. If these are not replaced adequately, dehydration happens. Signs and symptoms of dehydration are:

- Sunken eyes
- Dry or sticky mucous membranes in the mouth
- Decreased urine output
- Lack of elasticity of skin
- Deep & rapid breathing
- Low blood pressure
- Rapid heart rate
- Delayed capillary filling
- Lethargy
- Coma

Treatment is simple if done at first signs of symptoms - **replace fluid loss by DRINKING WATER.** If delayed action occurs, intravenous fluids are required to correct the fluid imbalance. Untreated severe dehydration may result in seizures, permanent brain damage, or death.

Our three communities are blessed to have beautiful, air-conditioned buildings and cool, shaded areas to enjoy the outdoors. Hiwassee Park and Clairmont Crest even have pools for refreshing relaxation. Enjoy it all, and keep drinking water! We want you to stay "balanced" and live fully despite the heat. *Water* you waiting for?

Blessings,
Peggy Beckett
President & CEO
BRCGA

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Resident Spotlight

CEDRIC & MARINA GIFFORD:

THE JOY OF SERVICE

Clairmont Crest



Cedric & Marina Gifford

Cedric and Marina Gifford came to Clairmont Crest in August 2014 from Acworth, Georgia, where they lived for 10 years. They will celebrate 60 years of marriage in June 2018, and have enjoyed active lives while raising three children. Both residents are service-oriented and enjoy the community spirit of Clairmont Crest.

Marina was active with their children's schools and in service organizations while Cedric served in the United States Marine Corps. After their children started school, Cedric fulfilled a premarital promise, and Marina returned to college and earned both a Bachelor of Science degree and a Master of Education degree. In 1975, after federal intervention, she helped integrate the Kansas City school district where she taught for nine years.

Retired in 1972, Cedric earned a Master of Science degree and pursued a second career as a rehabilitation counselor at a correctional institution in Kansas City, Missouri. Their final career was operating an assisted living facility they bought in Springfield, Missouri. In 1987, they retired in rural Ozark, Arkansas, where they built "a home with a view" on top of a ridgeline.



Marina on a mission trip to India in 2016

Even in retirement, the Giffords remained active in church and community affairs. They delivered [Meals on Wheels](#) throughout the county as well as maintaining a three-mile strip of Scenic Highway 87. During these years, they traveled throughout the United States in their RV and rode bicycles for pleasure and in competition. They took two bicycle trips through Elderhostel (since renamed [Road Scholar](#)), an educational adventures company for seniors, and rode throughout East Anglia, England, and along the Danube River from Munich, Germany, to Vienna, Austria. Competitively, they rode in the [Arkansas Senior Olympics](#),

where in 1990, Marina set speed records in the 20- and 50-kilometer races. During this time, they also served as interim missionaries at the [Rosebud Indian Reservation](#) in South Dakota.

After many very active years, the couple moved to Clairmont Crest in Decatur. Cedric has slowed down a little as he approaches the age of 90, but Marina enjoys the many Crest activities. An enthusiastic member of our Garden Club, Marina has started the "Adopt-A-Pot" program in which residents select a pot on our grounds to plant flowers for their own enjoyment or as memorials to loved ones. She was instrumental in the planning and creation of raised vegetable garden beds in the courtyard. These four 4 x 8 ft. beds were built last



Cedric tending the raised garden beds at Clairmont Crest

year as a service project for an Eagle Scout candidate through the **Boy Scouts of America**. The harvest has begun and Clairmont Crest residents are already enjoying this year's tomato crop.

Marina is a true "woman on mission" as she supports many local and international ministries. She and Cedric have been on several international mission trips. If the Giffords hear of a need, near or far, they enlist friends and neighbors to help. It is a joy to have such service- and mission-minded residents at Clairmont Crest!

[!\[\]\(c507f772dba2b921f86777f01218e570_img.jpg\) Visit Clairmont Crest on Facebook!](#)

Community Spotlight

Therapy Through Puppy Love

Palmetto Park

Bestselling novelist Dean Koontz, who frequently includes dogs in his books, said, "Petting, scratching, and cuddling a dog could be as soothing to the mind and heart as deep meditation and almost as good for the soul as prayer." It looks like many residents at Palmetto Park agree! Yola, a therapy dog, spreads joy and love throughout Palmetto Park when she visits.



[!\[\]\(5361750c22c4e047a52f4eac1ec2d4cc_img.jpg\) Visit Palmetto Park on Facebook!](#)

Community Snapshots

HIAWASSEE PARK

Ladies' Tea



The lovely women of Hiawassee Park donned their finest hats for the Ladies' Tea in May!

[f Visit Hiawassee Park on Facebook!](#)

HANDS OF CHANGE WAYS YOU CAN GIVE

We are a community of life and faith that values each individual and their unique worth and contribution they bring us. We laugh, play, pray, sing, dance, and break bread together. We teach one another from the wellspring of our vast and varied life journeys, as we continue to learn and grow. We share our stories, and we make new memories. We cultivate our minds, strengthen our bodies, and care for our souls. We are not just staff; we are family. We are not just neighbors; we are friends and partners through this extraordinary part of our journey together.



As we seek to reach more areas with our services, our need for individual, corporate, and church donations or endowments grows. You may make one-time donations or distribute gifts over a period of time. You may send your contributions directly to us, give through PayPal, give through an established foundation, or give through your church. Some churches and Sunday School classes have placed us in their budgets. **All such gifts are tax deductible and we provide the necessary documentation for tax credits.**

We are seeking partners who will help us to develop new communities, improve present communities and provide for financial rent assistance for senior adults in need. We continue to provide homes for retired ministers, missionaries, and other convention retirees, some of whom require help from our endowment funds.

Perhaps you have a birthday, anniversary, or special occasion present to give to someone special. Consider giving in honor or memory of that someone. It is never too late to begin giving.

To obtain information on setting up an endowment or trust fund or placing us in your will, visit the [Georgia Baptist Foundation](#)'s website.

If you would like to make a secure donation through PayPal, please click on the PayPal button below.



Donations can always be mailed directly to our communities:

Clairmont Crest

Attn: Cathy Humphrey
1861 Clairmont Road
Decatur, GA 30033
(404) 325-9077

Hiawassee Park

Attn: Shannon Watson
89 Hiawassee Park Drive
Hiawassee, GA 30546
(762) 500-2021

Palmetto Park

Attn: Sharalene Roper
519 Perkins Road
Palmetto, GA 30268
(770) 463-2460

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