

# How to locate an age-friendly doctor



**Jim Miller**  
*Dear Savvy Senior,*  
*My husband and I are relocating to a nearby state to be closer to our daughter and will need to find a new primary care physician when we arrive. We are both in our late 70s and are interested in getting a geriatrician to oversee our health care going forward. Any suggestions for finding someone?*  
**Searching for Care**

**Dear Searching,**  
Choosing a geriatrician as your primary care doctor in your 70s is a good idea, especially if you’re dealing with various age-related health problems. But if you’re in relatively good health you may not need a geriatrician. A good primary care doctor with an age-friendly philosophy may be all you need. Here’s what you should know.

### Who Needs a Geriatrician?

Geriatricians are primary care doctors that have additional specialized training in treating older patients. Those who can benefit the most from seeing a geriatrician are seniors age 75 and older with multiple health and age-related problems such as cardiovascular disease, diabetes, hypertension, incontinence, osteoporosis, cognitive decline, frailty, depression, or trouble with balance and falls.

Geriatricians are also particularly adept at tackling medication problems. Because many seniors take multiple medications at the same

time for various health conditions, and because aging bodies often absorb and metabolize drugs differently than younger adults, unique side effects and drug interactions are not uncommon. A geriatrician will evaluate and monitor your medications to be sure they are not affecting you in a harmful way.

Geriatricians can also help their patients and families determine their long-term care needs, like how long they can remain in their own homes safely without assistance, and what type of services may be necessary when they do need some extra help.



Unfortunately, there’s a shortage of geriatricians in the U.S., so depending on where you are moving, finding one may be difficult.

To help you locate one in your new area, use Medicare’s online find and compare search tool. Just go to [Medicare.gov/care-compare](https://www.medicare.gov/care-compare) and click on “Doctors & Clinicians” and type in your location, then type in “geriatric medicine” in the Name & Keyword box. You can also get this information by calling Medicare

at 800-633-4227. The American Geriatrics Society also has a geriatrician-finder tool on their website at [HealthinAging.org](https://www.healthinaging.org).

If you’re enrolled in a Medicare Advantage plan, contact your plan for a list of network geriatricians in your new area.

Keep in mind, though, that locating a geriatrician doesn’t guarantee you will be accepted as a patient. Many doctors already have a full patient roster and don’t accept any new patients. You’ll need to call the individual doctor’s office to find out.

### Age-Friendly PCPs

If you and your husband are in relatively good health or if you can’t find a geriatrician in your new area, a good primary care physician (PCP) that practices age-friendly care would also be a viable choice.

To search for new PCPs, use the previously listed Medicare tools. Once you locate a few, call their office and ask if they’re accepting new patients and if they practice the 4Ms of age friendly care, which include: What Matters (your goals and priorities); Medication safety and appropriateness; Mentation (cognition and mood); and Mobility (ways to keep you moving).

You can also research new doctors at sites like [Healthgrades.com](https://www.healthgrades.com) and [Vitals.com](https://www.vitals.com).

If you’re finding it hard to get into a new practice, you might even consider looking for a geriatric nurse practitioner or advanced practice registered nurse to serve as your PCP.

*Send your questions or comments to [questions@savvysenior.org](mailto:questions@savvysenior.org), or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.*

# History of the Candy Cane



**LeAnn Judkins**  
**Cannon Courier**

The candy cane, whose origin is in Germany, is a cane-shaped stick candy often associated with Christmas.

The canes are traditionally white with red stripes and flavored with peppermint, but the canes also come in a variety of other flavors and colors.

The earliest documentation of a candy cane is found in the short story, “Tom Luther’s Stockings,” published in Ballou’s Monthly Magazine in 1866. Described as “mammoth” in size, no mention of color or flavor was provided.

In addition, as with other forms of stick candy, the earliest canes were manufactured by hand!

Interestingly, peppermint is a natural animal deterrent. It is believed peppermint candy canes originally were hung on Christmas trees to keep rodents, and other small animals, including cats, from damaging the tree.

In a current reflection and many years ago, a candy maker wanted

to make a candy that would symbolize the true meaning of Christmas – JESUS.

The hard candy was shaped like a “J” to represent that Jesus is the rock of all ages. The candy was made of white, which symbolized the pureness of Jesus. The red represented the blood Jesus shed to save us from our sins.

So, the next time you see a candy cane, take a moment to remember the real meaning of Christmas.

**Note:** There are more than 2 billion candy canes produced yearly in the United States.



# LEGALS & PUBLIC NOTICES

### Cannon County Board of Education Request for Bid

**Description of items/services requested:** The Cannon County Department of Finance, on behalf of Cannon County Schools, is requesting bids for the construction of an outdoor classroom pavilion at Cannon County Elementary/Middle School.

**General Requirements:**  
Construction of a 50x30x12 pavilion, of which 10x30 is enclosed for storage. *Work must be completed on or before April 30, 2026.*

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:00 a.m. January 6, 2026** (local time). Every document must be enclosed in an envelope clearly marked as a bid document. Any response, bid, or proposal received after the above deadline shall be considered late and will not be opened or considered. Bid prices must be valid for at least thirty (30) days. Electronic bids are not accepted.

All documents shall be submitted to the following address:  
Diane Hickman, Director of Finance  
Cannon County Department of Finance  
110 S. Tatum St, Suite 216  
Woodbury, Tennessee 37190

*On Monday, December 30, 2025, there will be a site visit from 10:00-11:00 am. To schedule a visit and for bid specs, please contact Crystal Kennedy at [crystal.kennedy@ccstn.net](mailto:crystal.kennedy@ccstn.net).*

*Cannon County reserves the right to reject any or all bids. We are an equal-opportunity employer. It is the policy of Cannon County, Tennessee, to ensure compliance with Title VI of the Civil Rights Act of 1964; no person shall be excluded from participation in or be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance on the grounds of race, color, sex, or national origin.*

### Cannon County Board of Education Request for Bid

**Description of items/services requested:** The Cannon County Department of Finance, on behalf of Cannon County Schools, is requesting bids for the removal of old concrete and installation of new concrete at Cannon County High School.

**General Requirements:**  
Site 1: Removal of old concrete. Installation of approximately 4,675 square feet of new concrete.  
Site 2: Removal of old concrete. Installation of approximately 3,100 square feet of new concrete.  
*Work must be completed on or before April 30, 2026.*

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:30 a.m. January 6, 2026** (local time). Every document must be enclosed in an envelope clearly marked as a bid document. Any response, bid, or proposal received after the above deadline shall be considered late and will not be opened or considered. Bid prices must be valid for at least thirty (30) days. Electronic bids are not accepted.

All documents shall be submitted to the following address:  
Diane Hickman, Director of Finance  
Cannon County Department of Finance  
110 S. Tatum St, Suite 216  
Woodbury, Tennessee 37190

*On Monday, December 30, 2025, there will be a site visit from 8:30-9:30 am. To schedule a visit and for bid specs, please contact Crystal Kennedy at [crystal.kennedy@ccstn.net](mailto:crystal.kennedy@ccstn.net).*

*Cannon County reserves the right to reject any or all bids. We are an equal-opportunity employer. It is the policy of Cannon County, Tennessee, to ensure compliance with Title VI of the Civil Rights Act of 1964; no person shall be excluded from participation in or be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance on the grounds of race, color, sex, or national origin.*

# Additional Legal Ads on Pages A9 & C11