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***2010 Perry Business
Woman of the Year!***

story on page 8

May 2011
Vol. 25, No. 5

BBB warns of phishing email received

by **KELVIN COLLINS**
President/CEO, BBB of Central Georgia & the CSRA, Inc.

Just days after millions of customers' email addresses were stolen in one of the largest data breaches in U.S. history, the Better Business Bureau is seeing one of the first Epsilon data breach phishing scams.

Phishing, a popular emailing scam, is a term coined by computer hackers who use email to fish the Internet hoping to hook you into giving them your logins, passwords and/or credit card information. If you are a customer of one of the companies that had email data stolen, the BBB is warning you to be on the lookout for phishing emails.

Typical phishing scammers pose as reputable companies to fraudulently obtain your personal information. In this case, the BBB is now seeing emails being sent from a fake 'Chase Bank,' one of the companies whose data was compromised. Following suit, the email warns

that 'your account' will be deactivated or deleted if you do not update your profile immediately. The email instructs you to update your account by clicking on the link provided.

"These hackers are looking for you to respond with vital information that can ultimately lead to identity theft," said Kelvin Collins, President/CEO of the BBB of Central Georgia & the CSRA. "Consumers need to know the red flags in order to keep their identity protected."

BBB advises consumers that there could be other phishing emails shooting through cyberspace and to do the following if they suspect they have fallen victim to a phishing scam.

Never reply to the email. If the message includes a link within it, never click it. Many scammers use this as way to spread a viral attack on your computer.

Do not give personal or financial information to anyone who contacts you via email. Even if they claim they are from your bank, the IRS or a law enforcement agency, these busi-

nesses will not contact you via email; they will send you a letter.

Spread the word. Discuss phishing scams with all the members of your family who have email addresses. Young people are very computer savvy, but may not be scam savvy, and older adults are specifically targeted by scammers because they are often very trusting.

Transmitted information should be encrypted. When sending personal information like addresses, credit card numbers and Social Security numbers over the Internet, make sure the website is fully encrypted and the network is secure. Look for https (the "s" stands for secure) at the beginning of the URL address to confirm its security.

Know the red flags. Watch out for grammatical mistakes in emails. Poor grammar or misspelled words are red flags that the email is probably a scam. Most importantly, never wire money based on instructions in one of these suspicious emails. Scammers prey on those who

think they need to wire money to have a situation resolved.

Protect your computer. Keep your anti-virus software up-to-date and run it regularly.

Contact the Federal Trade Commission. The FTC works to legally prevent fraudulent business practices in the marketplace. File a complaint with the FTC by calling 1-877-HELP.

For more information about phishing scams, visit www.bbb.org.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

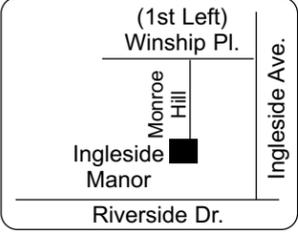
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Let us entertain you

by **CLAIRE HOUSER DODD**

He that would have fruit must climb the tree.

Thomas Fuller

The wedding of the century has come and gone. Prince William married his Kate. Too bad Shakespeare is not here to write about it. Also Bill would have done it proud in only 5 acts. We hated to miss it but Corky Holliday went on without us. The planned trip was exciting with many events we would have enjoyed such as, meeting Dome Judi Dench and Hugh Bonneville at the Garrick Club luncheon with members of the stage, a private cocktail party with Majestic Magazine editor, a black-tie party with Lord Mayor and Dean of Wakefield. A private tour of Parliament, lunch with Baroness Flint, and the tour of Kensington Palace with breakfast in the Orangery. Plus all that and others, we would have a seat in the bleachers across from the church, all the comings and goings, AND, the actual wedding on the big screen set up just for us.

“Why, oh why did you not go?”, you ask. We forgot to mention the free trip over! Altogether, we didn’t want to fly, don’t believe we can sit or be confined for that long and still walk when we got there. Our main reason

was how in the world could we manage grandmother’s steamer trunk up and down the streets of London to change for all those spectacular events. Our hats would be mashed flat, and heaven forbid our frew-frew and ostrich feather would be killed. Really, the itinerary looked as though we’d be changing 5 to 6 times a day... and, no pants, all dresses and skirts which is ok, we have plenty of both but just didn’t want to deal. Daughter Emily says we’re nuts and will regret it forever. We say, “Oh, yes, as soon as Corky and the rest return with all the wonderful England gossip, the terrorists didn’t strike and the plane stayed in the air, we’ll be sorry.” At printing time, they had not returned. So... more to come!

More to our liking is the Wilmington Island Plantation. Sandee Davis, Devon Davis, Austin Hooks and yours truly just returned from a fabulous trip down to the island. It was lovely this time of year with the lush green carpet and loads of colorful flowers. The country club and golf course was lovely, and the food magnificent. Lobster to die for, our favorite by far. However, a close second was a filet that only needed a fork and a mouth to enjoy.

We also ate at a restaurant we’d been looking for for years. One we haven’t been to since we went with mother and daddy. Tubby’s, where we had lunch up in a birds nest. In actuality, the third floor of a walk up deck.

Delightful among the trees. It’s on Thunderbolt Island and was hidden by condos and other buildings that were not there when we were little, hence, out of sight from the street and hidden from memory. It was a thrill to find it and relive the past.

Fort Valley’s renovated Austin Theatre is a rich jewel, and is gearing up for more entertainment. We just enjoyed Casino Calamity, a murder mystery produced and directed by Lynda Smith with some great character actors such as Carla Gowen, J.T. Ricketson who played casino manager and his brother. Me thinks with the brother – JT just revealed his hippy days. It was a scream. The buffet dinner and the REAL gambling equipment were fantastic. Lots of people won prizes. We did not as we were too busy talking to lots of people from the Valley and surrounding towns that we don’t get to see very often. Really a fun evening.

Senior Studio Art Major’s exhibition at Wesleyan will continue through May 14, The East Galley at the Fine Arts Building. Always a good show! And it’s FREE!

Mondays can be a downer. Why not try out “Pairs & Squares” Square dance from 6:30 - 8:30 every Monday except holidays. It is held at 815 North Macon Park Drive. The caller is Lee Dixon, and classes are available if you don’t think you can fake it till you make it! 474-5882 or 757-2912 for more info.

After attending Fired Works (pottery) at Central City Park in Macon, we decided to go to as many art exhibits as possible. One coming up on Friday, May 20 from 5 - 8 pm and Saturday the 21st from 9am to 4 pm at the Recycling Center in Roberta. It is entitled, “This Little Quilt of Mine, I’m going to let it Shine.” The title was enough to get us hooked! Free. Call (478) 836-3097 for more info.

Most everybody likes Bon Jovi, so heads up for May 14th at Philips Arena. One Philips Drive Atlanta. Call (404) 878-3000 for price particulars.

Josh Turner will be at Wild Adventures Park, 3766 Old Clyattville Rd. Valdosta on May 21. (229) 219-7080 for more info.

Buy early to win seven pre-affle bonus drawings in May or June! The Air Force Museum of Aviation Foundation & raffle along with a taste of local cuisine on July 16 will have more prizes than fleas on a cat’s back, including, a new vehicle, \$30,000 cash, \$3,000 cash, \$1,000 cash, 6 - \$250 gifts, and an Apple iPad. Ticket only \$100. Call (478) 923-6600.

Important, don’t forget the Alzheimer’s program features Vince Gill and honors Beverly Olson at Macon City Auditorium, Thursday May 5th at 7:30pm. For tickets call (478) 746-7056.

By learning you will teach, by teaching you will learn.
Old Latin Proverb

5th Annual David Pierce Memorial Crimestoppers Luncheon to be held May 18th

by **JACK STEED**

The Rotary Club of Centerville will host its 5th Annual David Pierce Memorial Crimestoppers Luncheon to benefit the middle Georgia Crimestoppers program on Wednesday, May 18, at the Museum of Aviation’s Century of Flight Hangar. This year’s luncheon speaker will be former Georgia governor Sonny Perdue.

Crimestoppers is a first-rate program where citizens partner with law enforcement to help make our communities safe. Law enforcement cannot be everywhere, and especially at all times, and this program helps citizens to become involved without having to be concerned with repercussions. This program is so successful that criminals fear having their names and photos placed on the Crimestoppers website and in the newspapers. Many times they turn themselves in after receiving information that they are going to be publicized.

A proactive Crimestoppers program, “Student Crimestoppers,” allows students to phone in tips of crimes committed or being planned. The results have been fantastic in our school systems.

No government funds are available for the Crimestoppers program.

This is why luncheon sponsors are needed. Houston and Peach County receive 40 percent of the reward money paid out by Crimestoppers. If you would like to be a sponsor of this year’s luncheon, please contact Mark Waters at 478-956-6784.

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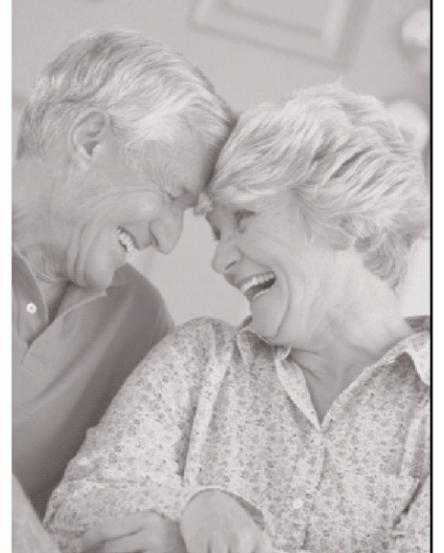
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Senior News & Views of Georgia

Times Not Forgotten

Medicine cabinets... then and now

by CHRISTINE COLEMAN

Today, our medicine cabinets are filled with all sorts of medications. That's not the way it was years ago. When I was growing up in the 1930s, my folks as well as those living around us, used home remedies for cuts and bruises as well as for strains and sprains. We didn't use doctors often.

Kerosene was kept on hand at all times. It was used in our lamps and lanterns. When one of us stepped on a board with a nail turned upwards or stepped on rusty barbed wire, our folks quickly "anointed" the injury with kerosene. It worked wonders. Of course, if it had been necessary we would have been carried to the doctor for a Tetanus shot, which we called a lockjaw shot.

We didn't go to the dentist often either. We pulled our loose teeth or Papa would pull them for us. If we didn't want him to pull a tooth, we had to try to do it first. He would give us ample time to get

it done, but if we kept complaining he'd call us to him and get it done. (With 9 children, he had plenty of practice). If complications arose, we'd be carried to town to the dentist.

Poultices were used for sprains and strains. Mama would use clay, water and vinegar to make a paste. She'd put the paste in a white cotton cloth and apply it to the area where it was needed. Some of our neighbors used mustard and water, but my folks stayed with the vinegar method.

We were always getting skinned knees and elbows. That's when Watkins salve came in handy. Every family has to have a tin of Watkins salve for injuries. There were other remedies. Uncooked fatback was used on hurtful risens. Old timers said this would make the risen come to a "head." It could then be removed with a sterilized needle.

There was a tonic called 3 sixes. When children became puny and had a loss of appetite, 666 tonic was given. In a short while, appetites returned. I don't want to

leave out calomel and castor oil. Older folks felt this was needed for an occasional "cleansing." No one suffered too much from its use.

There was liniment for sore muscles. It worked regardless of its smell. My folks relied on Rosebud salve, Vaseline and Vicks Vap-O-Rub. Rosebud was good for skins and scrapes, as was Vaseline. Vicks was used for sore throats and croup. Castor oil, which had been heated, was good for earache. Quinine was used to relieve chills and fevers.

Later, Iodine and Mercurochrome were added to our medicine cabinet. We were healthy during those years. We drank plenty of milk and we had green vegetables to eat. We got plenty of exercise at work as well as at play.

Today its great to have access to lots of modern medicines, but I'm still thankful for those great old home remedies.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.

Spiritual Notes

The Ultimate Hope

by **Dr. Bill Baggett**
Minister to Seniors
Dunwoody Baptist Church

Spring is in the air. We are experiencing the effulgence of the season with new life sprouting from the trees and flowers. At this time of the year Christians around the world also pause to celebrate the resurrection of our Lord. His death is significant because it gives hope that this life is not the end. New life, like springtime, is awaiting those who believe.

Some years ago my brother, a college professor and editor, wrote a

paper entitled The "Ultimate Hope." Following are excerpts from his paper.

"The question of Job, 'if a man die shall he live again?' (Job 14:14) is an ongoing question. It was answered by the resurrection of Jesus which gives us hope beyond the grave. This is the ultimate hope. The apostle Paul expressed the results when this ultimate hope is absent: 'If in this life only we have hope in Christ, we are of all men most miserable' (1Cor. 15:9). In other words, without this hope we have reason for despair. Look at the ultimate hope, therefore, in contrast to the gloomy history of human

experience."

Hope of another day, like nothing else, can keep us going in the dark and mysterious experiences of life. We are like the man who was seasick as he made his first trip across the ocean on a ship. A friend said, "Don't worry, friend; nobody has ever died from seasickness." The sick man replied, "Don't tell me that. The hope of dying is the only thing that's keeping me alive."

Thus, the ultimate hope of the resurrection shines like a beam of light in contrast to the dark shadows that often engulf us. But consider also the ultimate hope compared to other forms of hope.

The ultimate hope of life beyond death is a certainty according to God's Word. It is something we can count on. According to Paul Powell, "Through the resurrection of Jesus, death has been translated from an ending to a beginning, from a period to a comma, from a conclusion to an introduction, and from a final destination into a rest stop."

These words have given me a sense of hope. As you look at all the new and beautiful growth, say a prayer of thanksgiving for God's gift of spring as well as His promise of eternal life, the ultimate gift.

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

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Poets' Corner

BRIGHT LIGHT COMETH
by Earl C. Hightower, Sr.

*Behold the bright light cometh –
From dawn to early morn!
Trouble has always followed me –
Since the day I was born!*

*I wish to have a humble life;
And know the joy of my wife.
The spoils of my children and
The triumph of a new birth!*

*An all the Godliness of love;
Sent from the heavens above!
To feel the grandeur of ecstasy –
That is my fondest fantasy!*

*To know life is worthwhile;
To stand against the foes of destiny,
And build a bridge to the stars,
I'll lay my body down with battle
scars!
And death claims my soul;
This epitaph everyone knows!*

PEACE
by Henry N. Goldman

*Peace is a soft snow falling,
A tiny baby crawling,
A mother's voice calling...
May your heart be filled.
A shiny lake gleaming,
A full moon beaming,
A waterfall streaming...
Only our God can will.*

*Peace is a sunset glowing,
A quiet brook flowing,
A cool wind blowing...
All from Him above.
A small child kneeling,
A church bell pealing,
A miraculous healing...
For every soul He loves.*

*Peace is a warm embracing,
A mother's love gracing,
A strong hand bracing...
Only love can bestow.
A day's task finished,
A rain to replenish,
A landscape unblemished...
Upon all will outflow.*

DEAR JOHN
by William C. "Bill" Larmore

*"Dear John," the letter started out,
It is so hard to write
To tell you what has come about
Since you shipped out that night.*

*I know you'll have enough to do
On post in far Iraq,
Without the strain of staying true
Those months you won't be back.*

*I'll ne'er forget the bliss we knew
When we were kids in school
And how when I was feeling blue
You'd joke and make things cool.*

*And then when we at last grew up
We still walked hand in hand
But I began to taste a cup*

You could not understand.

*I loved the arms of other men,
The heady fire of wine,
The passion of a darkened room,
The mock of love divine.*

*Love's gusto you would take from
me
And give me in its place,
A swarm of snotters where I'd be
Just a worn and worried face.*

*As husbands go, you'd lead them all;
To me you'd stay true blue,
But good men drive me up the wall
And so, Dear John, do you!*

*There'll be no wedding next July
Though you furlough home to stay.
Poor boy, I'm telling you goodbye!
There's nothing you can say!*

*Of course I'll keep our engagement
ring
For memories sweet though sad.
The furniture we've bought will
bring
Much comfort to my pad.*

*I pray your anguish will not bring
You yearnings for death's wrack!
Goodbye, Dear John! Ah! One more
thing;
Please send my picture back!*

*That letter first made John feel bad;
A lump rose in his throat,
But then he came up fighting mad
And here is what he wrote:*

*"Dear what's-your-name, I must
confess
I'm at a loss to know
Just how you found out my address
or why you wrote me so.*

*Of pictures, here's a whole box full;
My recall's not the best.
Please, from the many, YOUR pic*

*pull,
And SEND BACK ALL THE REST!"*

TINY ROSEBUD
by Nina L. Clauss

*It's only a tiny rosebud, a flower of
God's design,
I cannot unfold the petals, with these
clumsy hands of mine.
The secret of unfolding flowers is
not known to such as I,
The flowers God opens so sweetly,
in my hands would fade and die.
If I cannot unfold a rosebud, this
flower of God's design,
Then how could I think I have
wisdom, to unfold this life of
mine.
So, I'll trust in Him for His leading,
each moment of every day,
I'll look to Him for guidance, each
step of this pilgrim way.
The pathway that lies before me, My
Heavenly Father knows,
I'll trust Him to unfold my moments,
just as He unfolds the rose.*

*MY FAITH, MY STRENGTH, MY
LOVE, I OWE HIM*

CHOOSE
by Jack Gilman

*Oh! The heartbreak that we weave,
While clutched in lovers arms we
leave.
Our love and lust and fan-ta-sy,
Exposed for all the world to see.*

*Dear God! Our egos leave us blind,
To loving hearts we once did bind.
While rushing toward Heaven's
space,
Begging for return of grace.*

*But we are paid in equal script,
For righteous deeds or "Evil Trips."
The love we give "Returns in Kind,"
With happy hearts or broken minds.*

*Oh! The burdens we create,
When we open "Doors of Hate."
Built on twisted words un-true,
Splitting wide the love of two!*

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First for Women

by CLAIRE HOUSER DODD

Congratulations to Wesleyan College, first women's college in the world, 175th anniversary. Wanna know why Wesleyan has endured this long? We'll give you a timely example. They have hired people like Mary Ann Howard and Cathy Snow to micro-manage their affairs.

We called one afternoon, got Mary Ann, told her we were doing an article on Wesleyan for *Senior News* and needed a little information ASAP. It appeared in our mailbox before I got up the next morning. How efficient can one be? Thanks Mary Ann. In the past we've asked Cathy Snow (also a Wesleyan graduate) for info and received the same efficacy. She is Alumni Director. Wesleyan was also a first in that field, starting the first alumni association meeting of a degree granting college in July 1860 (1st reunion).

Yes, we too graduated from Wesleyan. Planned to go first two years and had been accepted to The

University of North Carolina to finish. Obviously Wesleyan was too good to leave. With our New York professionals (Sampson and Simonson) at the helm, the acting department at Wesleyan couldn't be beat!

We were introduced to the many facets of Wesleyan as a senior in high school, invited to the first Governor Honors Program prototype; classes, Olympic style swimming program ending with an aquatic water show, equestrian events and the like. We had already won a scholarship there but my grandmother Houser wanted to be sure we had the very best school and she took me up the east coast to many of the female Ivy League spring plays, plus several on Broadway. Certainly we had excellent training at Fort Valley High School and had seen many plays at the Conservatory; we were not surprised to see that nobody stood up to the Wesleyan perfectionism and professionalism.

Naturally it helped that we were 5th generation Wesleyan with one



Wesleyan Candler

great grandmother, Anna Houser Persons, being there at the time Sherman was coming through, but was talked out of burning Macon. Nevertheless, she could see his dust flying, was petrified, sent for her transportation back to Fort Valley and swore never to leave home again. We believe we had her same room on the 4th floor with the servant quarters attached. It was huge with large open windows to see the panorama view of Macon and environs.

Wesleyan was chartered as the Georgia Female College in 1836, founded through the efforts of a group of Macon citizens and the Georgia Conference of the Methodist Episcopal Church. However, by an act of the state legislation changed the name to Wesleyan Female College, and in 1917 the "Female" was eliminated. In 1993 Wesleyan was designated a historic landmark by the church.

Early in its existence Wesleyan became the birthplace of the first two Greek societies for women. The Adelphean Society (now Alpha Delta Pi.) in 1851, and the Philomathean

Society in 1852 (now Phi Mu).

In 1928 the Liberal Arts College was moved from the original College Street site to the new Rivoli suburban campus leaving the historic Conservatory building to house the School of Fine Arts. It was located on one of the highest points in Macon. The U.S. Post Office sits there now.

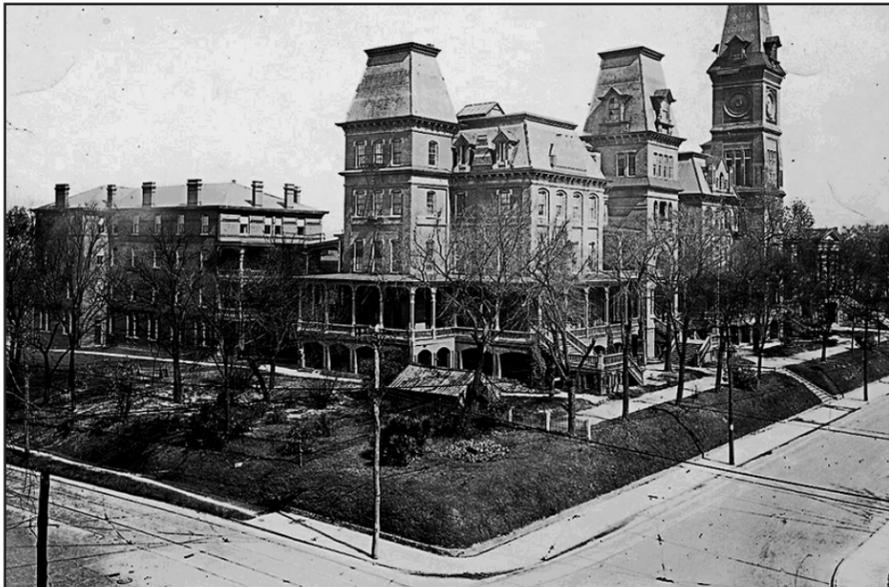
Wesleyan was the first college in the world to grant degrees to women and is still progressive in many areas. It is proud of its second lady president, Ruth Knox, of course a graduate of same.

A quote from Mary Anne, "Wesleyan was the first college in the world chartered to grant degrees to women. Today it is regarded as one of the nation's finest liberal arts colleges and is consistently recognized for academic excellence. The school offers undergraduate degrees in 32 majors and 29 minors plus the option to self-design and interdisciplinary major, as well as pre-professional programs in seminary, medicine, pharmacy, veterinary medicine, allied health sciences, dental, and law. Master of Arts degrees in education and an accelerated Executive Master of Business Administration program enroll both men and women."

"Wesleyan College was recently ranked the nation's #9 'Best Value' private college for 2011 by The Princeton Review, one of America's most widely known education services and test preparation companies. The Princeton Review teamed with *USA TODAY*, the nation's most widely read print newspaper, to present its list. 'The Princeton Review Best Value Colleges for 2011.'"

We've always heard Wesleyan is the sister school of Harvard, and heard it from the Cambridge area when we were up there taking a course in TV direction.

Congratulations to Wesleyan and all who helped to make it what it is today – presidents, secretaries, directors, teachers and most of all, those wonderful students who were smart enough to choose the "Oldest and Best!" We're happy to be a Wesleyanne.



Conservatory

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At the Coliseum Advanced Wound Care Center, now located at Coliseum Northside Hospital, our group of specialists are dedicated to solving a specific problem - the healing of your wound. We've been in business since 1997 and have a 90% success rate of healing difficult wounds. Our staff is a unique team of experienced doctors, nurses and therapists whose combined knowledge creates a multidisciplinary approach to wound management.

We are devoted to caring for people with wounds that have resisted traditional means of healing.

Together with you and your doctor, we offer promise for wounds that are difficult to heal.

NEW PHONE:
478-405-7996

NEW ADDRESS:
Coliseum Northside Hospital
400 Charter Blvd.
MOB 2, Suite 3302
Macon, GA 31210

COLISEUM
ADVANCED WOUND CARE CENTER
coliseumhealthsystem.com

Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

Atlanta, Georgia –

Ever looked through a pair of field glasses or binoculars? Things look bigger and closer and much easier to see. Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

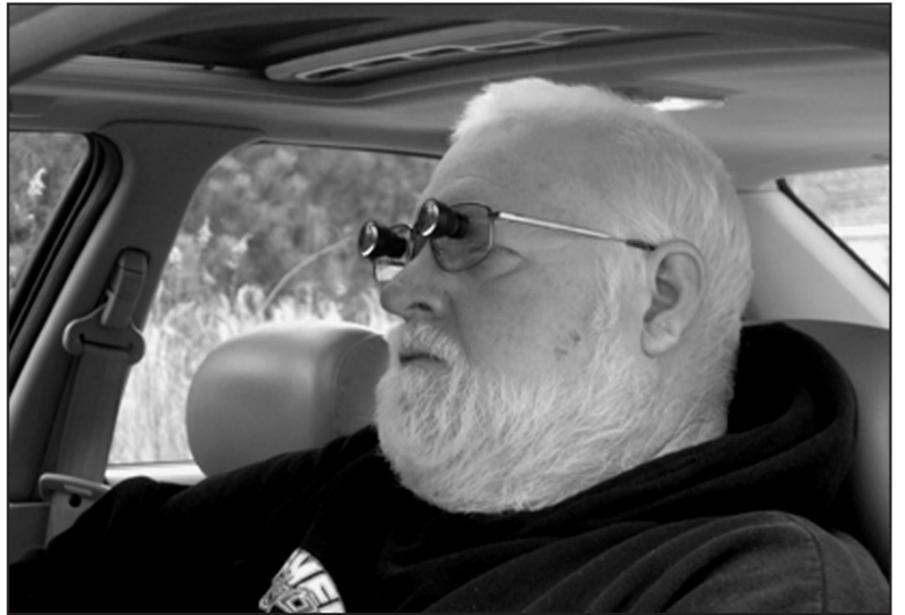
"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"Telescopic glasses can

cost over \$2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

– Paid Advertisement –



On the Cover

Perry Area Chamber of Commerce to select Perry Business Woman of the Year

Special to *Senior News*

ON THE COVER
2010 Perry Business Woman of the Year, Mrs. Bonnie Blackmon, Robins Federal Credit Union, with Special Events Committee Chairman, Dr. Stacey Carter, Perry Chiropractic Health Center

The Perry Area Chamber of Commerce is in the process of receiving nominations and making a selection for the 2011 Perry Business Woman of the Year award. The 2010 selection as

Business Woman of the Year was Mrs. Bonnie Blackmon, Robins Federal Credit Union.

The Perry Business Woman of the Year award is designed to recognize, celebrate, and showcase the achievements of women in the Perry area. Criteria to be considered in the nomination and selection process includes:

- Demonstrates leadership through active participation in Perry Area based business and/or educational program that has been in operation for a minimum of three years.
- Shows professional accom-

plishment, obstacles overcome, innovations or discoveries made.

- Is involved in charitable or community service in Perry.
- Additional consideration will be given for active membership and involvement in the Perry Area Chamber of Commerce.

The Chamber's 2011 nominations process ends May 25 and the winner will be announced at the 2011 Professional Women's Day Luncheon. The Perry Area Chamber of Commerce is located at 101 General Courtney Hodges Blvd., Suite B, Perry, GA 31069.

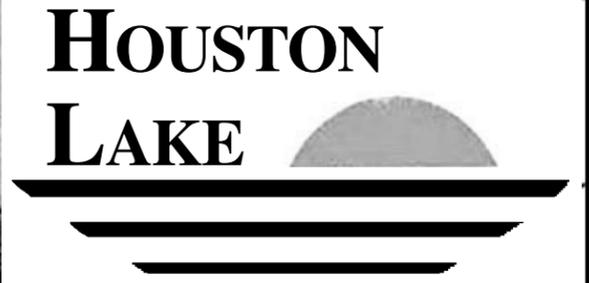
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The Next Chapter

The Artist's Way... amazing and life-changing!

Book Reviews by
ANNE B. JONES, PhD

The Artist's Way (Julia Cameron, G. P. Putnam's Sons, original printing 1992, available on tape, CD and in new editions. Other related books include *The Artist's Way Every Day: A Year of Creative Living*; *The Artist's Way Morning Pages Journal*; *The Artist's Way Workbook*; *Inspirations: Meditations from The Artist's Way*; and *The Artist's Way at Work: Riding the Dragon*. Many of these are available on tape or CD.)

Amazing and life-changing!

Those are just a few of the adjectives I use to describe *The Artist's Way* by Julia Cameron. Of the thousands of books I've read over the years, *The Artist's Way* has had the most positive and profound influence on my life. The book was recently a topic of conversation when I was asked to present a program related to it and a local gallery decided to offer the book as a course. In preparing my program, I realized what a tremendous effect this single work has had not only on me, but on so many people I've known.

The book was originally developed as a way to release creativity. Among its first success stories were

those of writers and artists. It was not long before those who didn't consider themselves members of these categories picked up on the fact that the book is not limited to those with labels. Rather, it addresses how its readers can unlock their creative potential, whatever their interests and whoever they are.

Advocating a spiritual component, Cameron presents a 12 week program in which two of the most important activities include a weekly "artist's date," during which one takes time for oneself, and "morning pages." Over a short period of time, in implementing the daily regimen of writing three stream-of-conscious-

ness longhand pages, one can begin to recognize triggers of emotional stress, patterns in oneself and others, manipulation and motivation, and begin to release long-held unrecognized repressions.

Personally, reading this book and using its tools gave me more control over my life, helped free me from times of situational depression and helped me sleep. I acquired a better sense of personal identity. *The Artist's Way* is a book to be read and revisited again and again.

You may contact Anne at annebjones@msn.com; annebjones.com.

Macon/Central Georgia CALENDAR

Coliseum Health System

Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m.,

Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.

- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

For information call 478-757-6092

- **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
- **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
- **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
- **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
- **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
- **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
- **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia – Partners In Health Classes

Golden Opportunities

The Wellness Center
3797 Northside Drive, Macon 478-757-7817

Heartworks

389 First St. (Inside the MHC)
478-633-9090

Central Georgia Rehabilitation Hospital
3351 Northside Drive

478-201-6500

Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

SeniorCare

A service of Houston Healthcare promoting wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

Perry SeniorCare

Call 478-923-9771 for complete details.

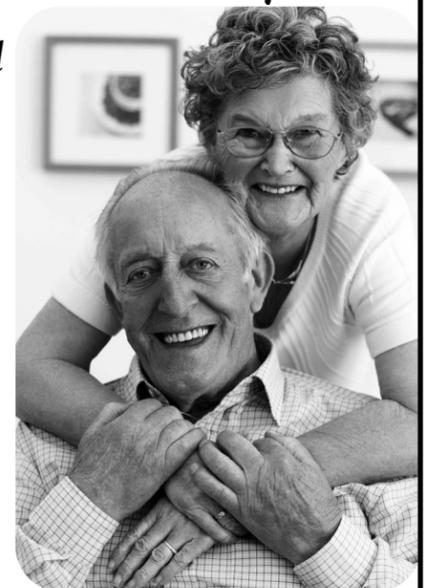
- Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
- Mon., 1-2 p.m., Line Dancing, Rozar Park
- Fri., 9:30-11:30 a.m., Line Dancing, Houston Springs
- 2nd Fri. of month, optional lunch (\$5) and a guest speaker is provided after exercise.

continued on page 10

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Senior Day Program • Overnight Program • Short-term Stays

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www.BlairHouseSeniorLiving.com

CALENDAR

from page 9

Warner Robins SeniorCare Water Aerobics
Call 478-923-9771 for complete details.
• Tues. & Thurs., 10 a.m., Cottages on Lakeview. Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified instructor from June-Sept.

Centerville SeniorCare
Call 478-923-9771 for complete details.
• Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.
• Once a Month. A mini-check will be provided focusing on recommended annual checks for senior adults.

TOPS Club, Inc.
Weight loss support group. Call 478-923-9771 for complete details.
• Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups
Call 478-746-7050 for details.

Bibb County
• 2nd Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., 1st Floor Meeting Space, 478-746-7050
• 2nd Wed., 10 a.m., Carlyle Place, 5300 Zebulon Road, Macon, Stafford Suites Activity Room, 478-405-4500
• 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon, 478-471-9433

Houston County
• 2nd Tues., 6 p.m., Summerhill Senior Community, 500 Stanley Street, Perry, 478-987-3251
• 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
• 4th Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Warner Robins, 478-923-2532

Baldwin County
• 4th Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Milledgeville, Agape Room, 478-453-1374

Laurens County
• 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888
• 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-279-0235

Lamar County
• 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516

Putnam County
• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331

Upson County
• Last Fri., 3 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607

Telephone Support Group
• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 478-746-7050

Free Legal Services Available to Seniors
The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.
Call the Macon Office at 478-751-6261 for an appointment.

Meals on Wheels of Macon and Bibb County
Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals on Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.
If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

Macon-Bibb County Parks & Recreation Department Senior Center
1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478-751-9238; Daily activities 9:00-2:00
• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry at 478-751-2790 for an appointment.
• Senior Citizen Choir: Mondays at 10:00, Macon-Bibb Senior Center, 1283 Adams St. Call Brenda for information at 478-751-2790
• Bowling: Fridays at Gold Cup Bowling Center, 10:30 to 12:30, \$2.50 per game, \$3.50 shoe rental
• Exercise: Monday, Wednesday & Thursday Evenings, 6:00 to 7:00 pm, Senior Center, 1283 Adams St. \$40.00 per month Instructor: Juanita "Poppi" James

• Needle Craft: Our fiber craft room is open daily for quilting, crocheting, knitting and sewing.

Warner Robins Recreation Department, Senior Citizens Services Wellston Center
• AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.
• NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.
• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-293-1066.
• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-293-1066.
• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Renea McFeeters, Manager, at 478-923-0229.
• AARP Mature Driving Classes: For more information call 478-293-1066.
Senior Activity Center
For information call 478-293-1066.

The Gospelaire Quartet Outreach Ministry
The Gospelaire Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.
For additional information call 478-929-3816.

Houston County Council Of The Blind
The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

Georgia Leathercrafters Guild
The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of

leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

Health Education
The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses, community-based organizations, and faith-based organizations upon request.
For additional information call 478-749-0113.

The Macon Arts Alliance's Arts Art Gallery
451 Martin Luther King, Jr. Blvd. 478-743-6940

Masse Lane Gardens
For information call 478-967-2358 or www.camellias-acsc.com (The American Camellia Society.)

Macon Little Theatre
4220 Forsyth Road, Macon
Reservations: 478-471-PLAY

Museum of Arts & Sciences
4182 Forsyth Road, Macon
478-477-3232 or visit website www.mas-macon.com.

continued on page 11

Change Your Water... ...Change Your Life!

Learn the **SECRET** to a healthier, more vibrant body at any age! Learn what Dr. Hiromi Shinya, Oncologist and Developer of the Colonoscopy, shares with his patients! Ask Dr. Dave Carpenter, one of the foremost authorities on the **Right Kind of Water to Drink**, questions that can help you learn the secret to a healthier body! Go to www.iLoveGoodWater.net. Or let me hear from you by sending your name and address to: I LOVE GOOD WATER, 5579 Chamblee Dunwoody Rd., Suite 403, Atlanta, GA 30338.

General Business Directory For Seniors

Baltic Park Apartments



- 1-2 BR units
- For people 55 and over
- Gated Community
- Affordable Rents
- Great Amenities!
- Spacious Floor Plans

860 Hightower Road, Macon
478-788-3514

Goodwill NEEDS YOU!



YOUR DONATIONS
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

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Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.



CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350

To find a location near you, visit
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Atlanta Expo Centers
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CALENDAR from page 10

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• *Twentieth Century*: May 20-28

Warner Robins Little Theatre

South Pleasant Hill Drive
478-929-4579; www.wrlt.org

Douglass Theatre

355 Martin Luther King, Jr. Boulevard,
478-742-2000

Georgia Music Hall of Fame

200 Martin Luther King Jr. Blvd., Macon;
888-GA-ROCKS

www.georgiamusic.org

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village,
Macon. 478-744-9557;

middlegeorgiaart.org. Tues.-Fri., Noon-5
p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.

For additional information call the church office at 478-742-6485.

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly semi-

nar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon
478-397-6568. "Becky Hataway" will be in concert at 6:00 p.m. on Sun., May 1.

NAMI Central Georgia National Alliance on Mental Illness

Barabra Long, Executive Director
478-328-0508
(Call for details on events)
• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.

• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

FAMA Meetings

FAMA (Families Against Methamphetamine Abuse) meets the 3rd Tues. of each month, 6 p.m., Centerville Lions Club. Call 478-953-6955 or visit www.middlegafama.org for complete details.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a mean-

ingful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

60th Annual "National Day of Prayer"

You're invited to join First Baptist Church of Warner Robins for participation in the 60th Annual "National Day of Prayer" on Thursday, May 5th, beginning at 11:45 a.m. Rev. Max Patterson will speak at the

event. Lunch will be served... free of charge. Please call the church office at 478-922-8152 for reservations by May 3. The church is located at 1135 Watson Blvd. in Warner Robins. *Come pray with us!*

"A Salute To The Good Times" To Be Presented By Lizella United Methodist Church

May 13, 14 & 15. A musical presentation of the memories of the 50s & 60s. Show will feature live music and many talented singers from the middle Georgia area. Good, clean, wholesome family entertainment as a fundraiser for the church's ministries.

MGRAACA Meeting

The MGRAACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information.

Dempsey Apartments

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- Designed for adults 62 years of age & over and those with disabilities
- All utilities except telephone & cable included in monthly rent
- Apartments include wall-to-wall carpeting, stoves & refrigerators
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www.barkanco.com




General Business Directory For Seniors

Vineville Christian Towers

An Apartment Home for Senior Citizens

- All utilities included in rent
- Library/Exercise Room
- Stove, refrigerator and drapes provided
- Activities/Grocery Shopping Day Trips
- Laundry Room
- Beauty Shop
- Emergency Cords/Paalsystem Necklaces
- Cable or antennae
- Located in a park-like setting

2394 Vineville Avenue • Macon, GA 31204
478-743-4661

Macon and Middle Georgia

477-5501



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- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

St. Paul Apartments & Village

62 & Older and Disabled Persons Welcome
1330 Forsyth Street • Macon, GA 31201
Call 478-745-0829

Rent Includes All Utilities • Beauty Shop
Library • Optional Lunch 5 Days/Week
Bus for Groceries & Doctor Appointments
Range of Planned Activities
Washer/Dryer On Each Floor
Subsidized and market units.




Advocacy Resource Center

(Turning Developmental Disabilities into Possibilities since 1953)
4664 Sheraton Drive (turns off Arkwright Road) • Macon
www.arc-macon.org 478-803-1456

Garage Sale

1st Friday of Every Month 9:00 a.m. - 1:00 p.m.
Huge Selection – Very Low Prices
Great Clothes • Furniture • Toys • Books • Kitchen
Decorative • Miscellaneous

Flint River Memory Care

250 Water Tower Court, Macon
478-471-9433

Flint River Memory Care is a licensed memory care community – specializing in care for loved ones with Alzheimer's disease. Flint River provides a safe, secure environment and has activities tailored to the needs of those living with this disease. Flint River's daily goal is to have each resident function independently at their own level of ability while providing care and assistance where needed. The specialized Alzheimer's training of their staff helps them achieve this goal.

They encourage you to come in and meet their staff and see how their memory care programs enrich lives of their residents and give their loved ones peace of mind.

If you are caring for a loved one suffering from Alzheimer's disease, please call Flint River Memory Care at (478) 471-9433 for more information or to schedule a tour of this memory care community. You will get to meet caring professionals that have your loved ones best interests at heart.

BUSINESS CARD SECTION

For Advertising Information Call
David VonAlmen at 478-213-5986
Cindy Arnold at 478-972-2821
Jan Tassitano at 770-993-2943



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