

# Senior News

Serving **MACON** & CENTRAL GEORGIA

Information For Ages  
**50 PLUS!**

*We wish you a  
**Merry Christmas**  
and a  
**Happy New Year!***

December 2011  
Vol. 25, No. 12

## Taking Care

# Handling family tension during the holidays

by LISA M. PETSCHÉ

**T**he holiday season is a hectic time for many people, due to the preparations and festivities that typically take place. Staying sane, not to mention enjoying this time of year, is even more of a challenge for those who do not get along well with their extended family.



Lisa Petsche

Every family has dysfunction, of course, because no member is perfect. But some families are prone to more interpersonal tension than others, due to diverse personalities, circumstances, values and lifestyles among members.

Read on for some tips on how to cope with the almost inevitable stress inherent when relatives get together for the holidays.

### Preparation

- Make it a point to practice self-care at this time of the year. Eat healthy foods, make time for exercise and get adequate sleep.
- Allow plenty of time to get ready for a family event, so you are relaxed and feel your best.
- Conjure up compassion for rela-

tives who emanate negativity, bearing in mind that they are unhappy individuals. Try to feel pity rather than anger towards them.

- Set realistic expectations about family members' behavior. The narcissist, non-stop talker or chronic complainer is not going to change. Plan to steer clear of them if possible, otherwise limit the amount of time you spend with them.

- Give yourself a pep talk. Reassure yourself that you are up to the challenge of gracefully handling a few hours with anyone. If necessary, pretend you have a role in a play and of course must stay in character.

- If you are particularly anxious about a gathering, invite a friend along for support.

- Aim to cut your visit short as a last resort. Plan something to look forward to afterwards, for example, visiting your favorite café or watching a holiday movie.

### During a gathering: dos and don'ts

- Avoid consuming alcohol, otherwise limit yourself to one or two drinks. Disinhibition can cause you to say things you may regret.

- Practice good listening skills: pay attention, do not interrupt and ask open-ended questions. Be conscious of your non-verbal language, keeping your posture open (avoid crossing

your arms), making eye contact and nodding periodically. This will help you to come across positively.

- Show courtesy towards everyone. When you cannot manage any more politeness towards a particular individual, find a reason to excuse yourself and move on.

- Give people the benefit of the doubt when you wonder if they are being sarcastic or condescending. Use humor to defuse tension.

- Count to ten and refuse to take the bait when someone tries to one-up you or goad you into an argument. Instead, adopt a "stupid and cheerful demeanor" signature advice from syndicated radio host and licensed clinical psychologist Dr. Joy Browne.

- Stay away from contentious topics and change the subject if others raise them.

- Do not participate in gossip or put-downs of others, or bring up unpleasant events.

- Engage relatives positively by reminiscing about pleasant times or inquiring about something meaningful

to them, such as their children or grandchildren, work, a hobby or a recent vacation.

- Breathe deeply if you find yourself getting stressed. If that does not help, head to the washroom or step outside, to compose yourself.

### Parting Thoughts

- If you keep in mind that you cannot change anyone's behavior except your own, and that it is always within your power to be civil and, yes, even kind to a certain degree, you will make it through family events, perhaps even better than you anticipated.

- If things do not go well in spite of your best efforts to be congenial, plan a vacation over the holidays next year, so you can have a guilt-free break from family functions – and other sources of seasonal stress – and thoroughly enjoy yourself.

\*\*\*\*\*

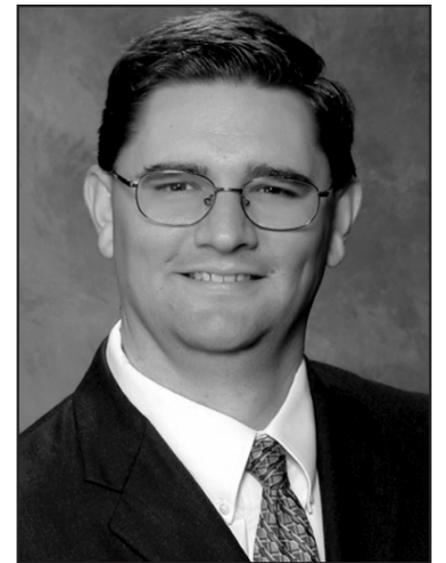
*Lisa M. Petsche is a social worker and a freelance writer specializing in inter-generational issues.*

## Coliseum Health System announces new Chief Financial Officer

Special to Senior News

B.S. in Accounting from Utah State University.

**C**oliseum Health System is pleased to announce the appointment of Curtis A. Herrin as Chief Financial Officer for Coliseum Health System, effective November 1, 2011. Curtis comes to Coliseum Health System from Health Management Associates, where he served as CFO of Yakima Regional Medical & Cardiac Center/Toppenish Community Hospital since 2008. Prior to this, he was CFO of Twin Rivers Regional Medical Center in Kennett, MO. Curtis' previous affiliations with HCA, Triad and most recently, Health Management Associates, will be a tremendous asset to Coliseum Health System. Curtis received his



Curtis A. Herrin

## Beautiful, Affordable Senior Housing!



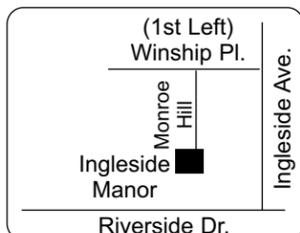
- Spacious One Bedroom Apartment
- Fully Equipped Kitchen, Carpet, Bay Windows
- Communal Multi-Purpose, Computer and Exercise Rooms
- Great Location – Close to Shopping, Public Transportation and Medical Facilities



Call Today for a Tour

**478-722-9492**

TDD: 800-545-1833, ext. 359



## Ingleside Manor

A Retirement Housing Foundation Community

478 Monroe Hill • Macon, Georgia 31204-2592



You must be 62 years of age or older. Gross income must not exceed \$18,900 for one person and \$21,600 for two people.



## FLINT RIVER MEMORY CARE

Do you have a loved one or friend who has Alzheimer's Disease? Do you know someone who is hurting their own health as a caregiver for someone with dementia? We can help. We will be a resource for you by making suggestions, giving you contact info, or just by listening. You are not alone!

Flint River Memory Care Community

250 WATER TOWER COURT  
MACON, GA 31220 - 478-471-9433

# Let us entertain you

by **CLAIRE HOUSER DODD**

*Instead of giving politicians the key to the city, it might be better to change the locks.*

Doug Larson

**W**hen we say we have “baby arm,” most of our friends reply that they do too, and know immediately that we have been playing with The Baby! But not Sharon. She understood completely but countered with, “oh yes, I have baby hip!” It seems she carried children and grand’s on her left hip leaving her right hand free to feed, fix, etc. She says her skirts still hang uneven due to her “baby hip.” Other people look at us as though we have lost it for the last time.

At any rate we love our little Matt-Matt and we will just have to cope. There’s no way we won’t pick him up again. There’s no ignoring a sweet little two-year old sayin’ “Mama,” and that we need a hug.

We missed the wonderful Middle Georgia Camellia Society reception at Mayor’s & Mrs. Larry Collins beautiful historical home in Byron. Everybody said it was exceptional, and we’re definitely sorry to have missed it as it is one of our favorite historical homes and Charlotte Collins has done a spectacular job of restoring it with exciting antiques and precious heirlooms.

Unfortunately, we missed this event because I was invited to go to a VIP party at the newly opened Texas Road House on Riverside Drive in Macon. I never refuse an invitation from granddaughter, Denver. We had a lovely time, but I hated to miss the camellia party in Byron.

Good friend, Sandee Davis won a prize the next day at the Byron Camellia Show. She showed a Miss Charleston Bloom... a divine burgundy bloom. This was Sandee’s first entrance in a show and she won

runner-up in the novice division. Wow! We’re going to enter next time. We meant to enter this time but the show slipped up on us!

Have you tried to reach A.T. &T. by phone lately? We have... to no avail! Does this strike a strange note? Yes, we can talk to the machine for hours (and we have), but to no real person to solve our problem. Guess we’ll just cut it off, but can’t when we can’t even connect with a live human voice. Am I right? Don’t pay your bill and they will cut you off. Thank you, Mr. Nobody! Remember the childhood nursery rhyme? Who did it? Mr. Nobody!

It is time for a Wesleyan afternoon. So listen up all graduates of Wesleyan, young and old. Sunday, December 4th, President Ruth A Knox and the Wesleyan Alumni Association invites you and a guest to a special 175th Anniversary celebration. The president’s Reception will be held from 5:15 PM to 7:00 PM in the Candler Alumnae Center, also known as Oval Hall. However, before that, Wesleyan will present her annual Christmas Concert on Sunday, December 4th, from 4:00 PM to 5:15 PM at the Porter Fine Arts Building Auditorium. Call 478-757-5172.

Fort Valley will have its annual Lions Club Christmas parade on Saturday, December 3rd beginning at 5:00 PM. Mr. & Mrs. S. Claus will be making an appearance to meet with all the good little boys and girls. All groups interested in joining the parade, please call Helen at (478) 825-5613 from 8:00 AM to 5:00 PM or Gary at (478) 825-7633 from 9:00 AM to 6:00 PM. Let’s help make this the biggest and best Christmas parade ever!

On December 10th, “Silver Bells-It’s Christmas in the Valley,” tour of churches will be held from 11:00 AM-5:00 PM. You will be able to tour several historic churches in the Historic District of Fort Valley. Stroll along Main Street and West

Church Street and downtown to enjoy the beautiful decorations and lights. Several of the churches will present programs or refreshments. A map will be provided to guide your way. Tickets will be sold in advance at 201 Oakland Heights, in the Troutman House at \$8.00 or \$10.00 the day of the tour. Don’t miss this opportunity to see Fort Valley’s beautiful churches during the Holiday season. The stained glass windows in late afternoon at the Methodist Church are awe inspiring... just one among the many thrills and sights to see.

Ice skating is available again at the Macon Coliseum at 11:00 AM-1:30 PM, 5:00PM-8:30PM, 200 Coliseum Drive from December 9th – 11th, and 16th – 24th. For more information call 478-751-9232. We suggest that you take the grand’s and watch and have fun. You won’t break everything that way!

To start Christmas off just right, you may want to go to First Baptist Church on West Morse Street in Forsyth beginning at 6:30 PM, December 4th to hear the Middle Georgia Concert Band, Christmas Concert. You can also hear them on December 11th at the Tabernacle Baptist Church on Zebulon Road in Macon.

The Middle Georgia Concert band will deliver a fanfare on Adeste Fideles to a jazzy rendition of God Rest Ye Merry Gentleman. Its FREE! Call 478-390-4248 for more information.

We hope to see you at the “Nutcracker,” at the Grand Opera House, 651 Mulberry Street in Macon. We will be there with grand Matt-Matt in tow. We’ll probably choose an afternoon performance at 2:30PM on December 10th-11th as opposed to the 7:30PM. Tickets are \$15.00-\$25.00, and \$10.00 for students. Call 478-301-5470 for ticket information or pick them up at 400 Popular Street.

Buddy Greene, an ever popular songwriter/singer will entertain us at the Vineville Methodist Church in Macon at 4:00PM on December 11th. This event is presented by the Music and the Arts, please call 478-745-3311 for more information.

Hope to see you at some of these Holiday events and here’s wishing a very Merry Christmas to you, your family and friends.

*The trouble with jogging is that by the time you realize you’re not in shape for it, it’s too far to walk home.*

Franklin P. Jones



**Home Health Care.**

**It’s at the heart of what we do.**

- Skilled & Psychiatric Nursing
- Home Health Aides
- Medical Social Workers
- Physical, Occupational & Speech Therapy
- Disease Management Programs

**AMEDISYS AGENCY LOCATION:**

6040-B Lakeside Common • Macon, GA 31210

(478) 476-0181 or (800) 675-1073





**GEORGIA DERMATOLOGY &  
SKIN CANCER CENTER**

*Quality Care Since 1969*

**www.GaDerm.com**

**Mohs Surgery**

**Mole Removal**

**Rashes**

**Skin Cancer Surgery**

**Psoriasis**

**Acne**

**Skin Exams**

**Warts**

**Phototherapy**



**Warner Robins**

212 Hospital Dr.

**922 - 9281**

**Macon**

1157 Forsyth St.

**750-SKIN**

**(7546)**

# Senior NEWS

Serving Macon & Central Georgia

**Website**

www.seniornewsga.com  
www.seniornewsgeorgia.com

**Publisher**

**Billy R. Tucker**  
Email: seniornewsga@cox.net

**Editor/Columnist**

**Faye Jones**  
Email: byronfaye1@aol.com

**Advertising Account Executives**

**David VonAlmen**  
Phone: 478-213-5986  
Email: VAMktPub@aol.com

**Jan Tassitano**  
Phone: 770-993-2943  
Email: jantas@bellsouth.net

**Columnists**

Claire Houser-Dodd  
Dr. Bill Baggett  
Christine Coleman  
Lisa Petsche  
\*\*\*\*\*

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 12,000; Macon/Central Georgia, 8,000; South Georgia, 5,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logos, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.  
\*\*\*\*\*

**CORPORATE OFFICE**

Billy R. Tucker, President/Publisher  
Phone: 478-929-3636; 800-752-5037  
FAX: 478-929-4258

www.seniornewsga.com  
E-mail: seniornewsga@cox.net  
Copyright 1987  
Senior News & Views of Georgia

## “Service for Service”

by JACK STEED

**K**athryn Carver, Director, CEO and Founder, Service for Service, Inc., recently presented a program concerning this new organization to the Rotary Club of Centerville. Service for Service was established to serve the needs of those who have served our country as members of the U.S. Armed Services. The organization is currently in its foundation stage but its vision is to build a state of the art hospital and its goal is to provide medical, dental and psychiatric options to military veterans who have exhausted these services from other agencies. Those with Service for Service believe that veterans, men and women, should not have to go without needed services due to cost. Service for Service will model its hospital after the St. Jude’s Hospital except that it will provide service to military veterans only.

Shortly after a luncheon last



Shown with Ms. Carver, left to right, are veterans Billy Tucker, Bob Griggers, Ken Asbury, Jack Steed and Rick Franklin.

year in honor of WWII Veterans, Service for Service was conceived. Since its inception on October 22, 2010, the organization has experienced significant growth and statewide recognition. During this time, it has succeeded in planning, organizing and hosting multiple events. These include bringing “The Moving Wall” to Middle Georgia, hosting a 5K Run for wounded and dis-

abled veterans, hosting the “Wounded Warrior Deer and Duck Hunt,” and other similar events.

Going forward, Service for Service will be possible only through generous support of dedicated sponsors and volunteers. When Ms. Carver concluded her presentation, she asked to be photographed with and in honor of the club’s veterans.

### *Spiritual Notes*

## A Gift of Thanks-Living!

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

**A**s most senior adults were growing up, Christmas was a time of family gatherings and gift giving, as well as numerous church services. Many of us lived in small towns near our extended family. In our schools and churches we celebrated Jesus’ birth in music and drama. I remember in grade school when I portrayed a shepherd dressed in my bathrobe as a

part of a Nativity Scene. There are so many warm memories of those years. However, some of the most lingering memories were when we took food and gifts to less fortunate families. The recipients were thankful and expressed their gratitude over and over.

We have just celebrated Thanksgiving and now we are in the Holy Season of the birth of our Lord Jesus Christ. This gift of God is a time for thanksgiving and celebration. The experiences I have had in sharing with the less fortunate leads me to the conclusion that thanksgiving is a major part of Thanks-Living. Thanksgiving

is something we experience emotionally and Thanks-Living is the way we act in our daily lives to show gratitude and love to God and one another. Our actions speak louder than words. Someone has said, “I’d rather see a sermon than hear one any day.” Proverbs 11:25 states: “A generous man will prosper; he who refreshes others will himself be refreshed.” A good blueprint for Thanks-Living was voiced by Jesus when he said in Matthew 5:16, “Let your light so shine before men, that they see your good deeds and praise your father in heaven.”

During this season I trust we will take an inventory of how we are living our lives. Are we using our God given talents to serve others? Recently my minister preached a sermon entitled “A Heart to Give.” His final thought was as follows: “Generous giving of one’s time and talents, things, and tithes is never about having much or having little. However, it is always about the condition of the heart. It never looks for a reason to give; it only looks for an opportunity.” Opportunities are all around us.

Give a gift of Thanks-Living this season and every day. Jesus came to show us how to love and live. Let us celebrate by following His example.  
\*\*\*\*\*

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

**Senior News Newspapers**  
**NOW AVAILABLE ONLINE!!!**  
Check us out at our new website...  
**www.seniornewsga.com**  
and  
**www.seniornewsgeorgia.com**  
To view recent editions of *Senior News* click on **ARCHIVES**  
For advertising information click on **CONTACT US** or call us at 770-698-0031!

# Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

\*\*\*\*\*

## GETTING READY FOR CHRISTMAS

by Ann Gilmore

The bell has rung and we are off again  
 The holiday race will now begin  
 We dash here, there, and everywhere  
 Hoping it won't be a nightmare  
 From down the attic come the cartons and bags  
 Filled with holiday decorations, paper and tags  
 Green wreaths, pine cone baskets, and stars  
 Swags for the doors and cookie jars  
 We unwrap the ornaments with special care  
 The elves, snowmen, and angels with golden hair  
 The paper ornaments made long ago  
 Some with pictures and some with snow  
 Taking time to place each in the tree  
 It's the best tree yet, we agree  
 We put a little Christmas here and there  
 On the door and up the stairs  
 Snowflakes hanging from the chandelier  
 And on the shelf Santa's and his reindeer  
 I place the nativity on a straw bed  
 And light the star above Jesus head  
 Each and every space that we can find  
 Has Christmas embellishment of all kinds  
 We finished it in one night  
 Now its time to turn of the lights

In the morning as I awake  
 I realize I have made a mistake  
 There are lots of things we have to get  
 The shopping hasn't started yet  
 To the stores we hurry along  
 While listening to Christmas songs  
 We look in this shop and then that  
 Getting sweaters and knit hats  
 I check and recheck the list  
 Want to make sure no one is missed  
 After searching all around town  
 We are finally finished and things can settle down  
 I gather all the gifts in one room  
 The shirts, ties, books, and perfume  
 They all need to be wrapped up  
 Every special gift like grandma's teacup  
 With bows to match and sealed tight  
 So much to do and so little nights  
 Once they are done they're placed under the tree  
 Something for everyone even me

Now I'm done with time to spare  
 Maybe I can get somebody to cut my hair  
 But at last I still have something to do  
 Bake the cakes and coconut chews  
 Roll out the butter cookies and decorate each one  
 With colored sprinkles and then they're done  
 Some to keep and others to give away  
 Pack in containers with a red sleigh  
 I recheck my list, I must make sure  
 There are no more Christmas chores  
 But there is one thing more  
 I have to go to the grocery store  
 Get the turkey, potatoes, and peas  
 The pumpkin pies, and the herbal tea  
 I got all the food and have no fear  
 I even bought the Christmas cheer  
 I look at the calendar and it's Christmas Eve  
 I got it done, it was not a breeze  
 And after all this you won't believe your ears  
 I look forward to Christmas every year

\*\*\*\*\*

## LOVE UNLIMITED DOWNSIZED

by Vera King

When I walk into my limited space  
 I feel the love of a lifetime  
 Gathered together in one bouquet

Each possession gives me  
 Memories of days gone by  
 Of people I've prayed with  
 In peacetime, in wartime  
 Shared sorrows and pleasures

The dearly departed along with  
 My fourth generation arrivals  
 All bunched closely together  
 In the confines of my limited space.

\*\*\*\*\*

## NEW YEAR 2012

by Frederic Holland, Sr.

When the clock turns midnight and you hear the bell ring;  
 You should have your house in order  
 cause we don't know what the new year will bring.

Some say the world will end, based on predictions from the past;  
 Some say He will make His return at last.

We hear rumors of wars, and the economy is real bad;  
 Obama may lose his job and that's so sad.

They say that the oceans will rise because of global warming;  
 The weather is changing... is that a warning?

There are threats of bombings and a

terrorist attack;  
 Will people ever get their job back?

Seems to be more crime every day;  
 Even some preachers have gone astray.

Sorry this rhyme is full of gloom;  
 And I hope the world is not headed for doom.

But tomorrow is not promised.

So I wrote this New Year's rhyme to say;  
 Get your life in order cause we might be near judgement day.

\*\*\*\*\*

## DARE

by Brenda G. Partridge-Brown

Dare!

Dare to be different, dare to dream  
 Dare to conceive a powerful goal,  
 one you can feel down in your soul,

Dare to walk by faith and not by sight

Dare to be different like morning is to night!

Dare to thank God in advance for

your future, and all it's going to be  
 Dare to dream big, believing in things the natural eyes can't see  
 Dare to walk by faith and not by sight  
 Dare to be different like morning is to night!

Dare!

\*\*\*\*\*

## ANOTHER ANGEL

by Ms. Frankie Lee

It's not easy to say goody bye  
 To someone that we love  
 Unless we know that they are not alone  
 And with someone above

As they close their gentle eyes  
 We pray and pray and pray  
 If only we could see the hand  
 Of the angel that takes them away

As they reach up so high and  
 Touch the angel's hand  
 And the huge smile on their face  
 As they slowly rise above

To go to heaven safe and sound  
 And feeling oh so fine  
 Could make it all so easier  
 For us to say good bye

# NEW LOCATION!



- HOSPITAL EQUIPMENT
- OXYGEN
- CPAP & BIPAP
- ACHC ACCREDITED



- |                              |                      |
|------------------------------|----------------------|
| <b>Respiratory Equipment</b> | <b>Sleep Therapy</b> |
| • Oxygen                     | • Ventilators        |
| • Nebulizer                  | • CPAP & BIPAP       |
| • Suction Equipment          | • Masks              |
| • Oximetry                   | • Supplies           |

- |                         |                    |
|-------------------------|--------------------|
| <b>Bedroom Aids</b>     | <b>Wheelchairs</b> |
| • Commode Chairs        | • Rehab            |
| • Grab Bars             | • Power            |
| • Shower Chairs         | • Manual           |
| • Elevated Toilet Seats | • Transport Chairs |
| • Tub Transfer Benches  |                    |

- |                         |                     |
|-------------------------|---------------------|
| <b>Enteral Feedings</b> | <b>Walking Aids</b> |
|                         | • Canes             |
| <b>Lift Chairs</b>      | • Walkers           |
|                         | • Crutches          |
| <b>Hospital Beds</b>    | • Rollators         |



4010 Northside Drive, Unit A • Macon, GA 31210  
**478-741-1211**



# Senior Citizen wins 5th Place in NBHA World Championship

by CLAIRE HOUSER DODD

**J**udy Robinson of Butler, General Manager of Peach Publishing Company, captured 5th place in the Senior Division of the World Barrel Racing Contest held in Perry, GA at the Georgia National Fairgrounds and Agriculture Center.

The National Barrel Horse Association, headquartered in Augusta, GA, is the largest barrel racing association in the World. In 1992, the NBHA revolutionized the barrel racing industry by pioneering the divisional format which allowed riders of all skill level a chance to win money and prizes in barrel racing competition. It was quiet a coup for this event to be held here in Middle Georgia; and, to have a Middle Georgia lady place 5th in the first division is miraculous, a fantasy come true for Judy, a thrill, and a point of pride for all Georgians.

The NBHA has over 23,000 members of all ages from the United States with affiliates in twelve countries: Australia, Brazil, Canada, China, France, Hungary, Italy, Mexico, Panama, Spain, Switzerland, and the Netherlands. The ultimate goal of all these individuals here and abroad is to qualify for the distinct honor of having their

great achievements recognized on a world-class level.

Judy is not a Johnny-come-lately in the field of horseback riding. She has always loved the sport and, as a child, she and her three sisters performed in rodeos all over the United States with her dad who was a Champion Bull Rider and Steer Wrestler on the rodeo circuit. Judy and her sisters performed trick riding in the rodeos which included jumping off the side of a horse at a fast pace, then hit the ground with enough force to propel one's self back onto the horse's back. Running wide open while standing on a horse's back was a thrill Judy never forgot and wishes she could still do. Judy remarked that "barrel racing was what I really wanted to participate in while growing up."

Her dad told her. "Barrel racing doesn't pay and was a gamble at best."

Can you imagine the excitement growing up with a father like that? Judy worshipped him and will always remember the lessons he taught her on and off the back of a horse. He was a winner, a go-getter, a hero to emulate; and, Judy has certainly followed his lead.

Life has not always thrown its best circumstances at Judy and her husband, Ricky, but they are both



Judy and "Fancy"

survivors; knowing that with faith in the Lord, hope, prayer and determination, they can persist, strive and WIN!

The horse who led Mrs. Robinson to this great win was aptly named Red Speed Jet, a quarter horse ready to give her all to please her Mistress. She has given her wonderful quarter horse a nickname... "Fancy."

The timing element in the races is phenomenal with a tenth of a second making a difference in the placement of the participants. In fact the fastest person in the Open Class (all ages) only beat the fastest Senior Class winner by 4/10 of a second. In short, the seniors are not slack. They're in the running with the very fastest and best riders.

Having entered many races and trained many horses, Judy has qualified several times to run on a worldwide level throughout her career. In 2004, Judy captured a championship with the Horseman Quarter Horse Association. She has also taught barrel racing at Fort Valley State University and had four of her students running at the state level, with two qualifying to run in the NBHA World Show.

Judy is happy to win these highly acclaimed events and says: "I give all the honor and glory to God for without His favor I can't do anything. This lesson I learned the hard way as I use to try and make things happen but I found that if I keep His word in my heart it gives me faith to believe I can do anything."

## Lose Your Bifocals... Intentionally!

The ReSTOR procedure may provide you with a full range of vision, minimizing your dependence on glasses, including reading glasses or bifocals. The results of the ReSTOR procedure are amazing:

**99%** of patients can see well enough to drive a car without glasses or contacts

**97%** of patients can read the newspaper without reading glasses or bifocals

**80%** of patients NEVER wear glasses for any activities



Call the Eye Center today to learn more about the ReSTOR procedure and to see if you may be a candidate!

(478) 743-7061 • 1-800-743-7022

www.myeyecenter.com



Sid Moore, MD  
John Ervin, MD

Spencer Maddox, MD  
John Page, MD

1429 Oglethorpe Street • Macon, GA 31201



2011 Barrell Racing Competition. Photo by Monroe Photos.

# Japanese Foreign Minister's Commendation awarded to Georgian Carolyn Crayton

Submitted by  
**STACY CAMPBELL**  
Director of Sales and Marketing  
Macon Cherry Blossom Festival

**F**rom 12:00 noon to 2:00 pm on October 27, 2011, a ceremony was held to present Ms. Carolyn Crayton with the Japanese Foreign Minister's Commendation at the official residence of Consul General Takuji Hanatani. The award, given to eight individuals and three groups from the United States this year, is presented to those who have made great contributions in the promotion of friendship between Japan and other countries. As the founder and Executive Director Emeritus of the Macon Cherry Blossom Festival, Ms. Crayton has been an instrumental individual in promoting Japan-U.S. relations in Georgia and the southeastern U.S.

For 30 years, the Cherry Blossom Festival has been an integral part of Macon's event calendar. Originally a project Ms. Crayton undertook as part of her activities on the "Keep Macon-Bibb Beautiful Commission," the planting of Yoshino cherry trees around the city of Macon continues to this day, and the Cherry Blossom Festival has grown to encompass a 10-day schedule

filled with hundreds of events. In recent years the number of cherry trees has exploded to 300,000, and the festival averages more than 300,000 attendees over its two-week period.

In attendance were 42 guests of honor, friends, and family who have worked with Ms. Crayton over the years to make the Macon Cherry Blossom Festival the success that it is today. Notable guests included Georgia Dept. of Community Affairs Commissioner Mike Beaty, Robert Reichert, Mayor of Macon, GA; Major General Robert McMahon, Base Commander of Robins Air Force Base, GA; and Ms. Karen Lambert, President and CEO of the Macon Cherry Blossom Festival.

About the Consulate General of Japan

The Consulate General of Japan in Atlanta is an over-

seas establishment of the Government of Japan. The main function of the office is to protect Japanese nationals and economic interests, provide consular services and cultural exchange. There

are 16 Japanese diplomatic missions in the United States. The jurisdiction of the office in Atlanta is Alabama, Georgia, North Carolina, South Carolina, and Virginia.



**HOSPICE STANDS *Ready***

[WWW.HCOGA.COM](http://WWW.HCOGA.COM)

***Hospice Care Options stands ready***

as a team of professionals trained to provide support to loved ones and family members during this difficult time. We can help take on some of the daily responsibilities for your loved ones; caring for them in their home, your home or in a skilled nursing facility. Hospice Care Options will take some of the burden off family members and others who may need extra time to cope with the situation. We stand ready. Call Hospice Care Options today.

**Hospice Care Options™**

**Macon**  
486 New Street  
**478.743.3033**  
**800.563.8680**

**Warner Robins**  
136 Hospital Drive  
**478.922.0515**  
**877.922.0515**

GA Lic # 011-100-H

GA Lic # 076-0351-H

Services provided regardless of the ability to pay

# Georgia eye doctor helps legally blind to see again

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

Atlanta, Georgia –

**E**ver 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.

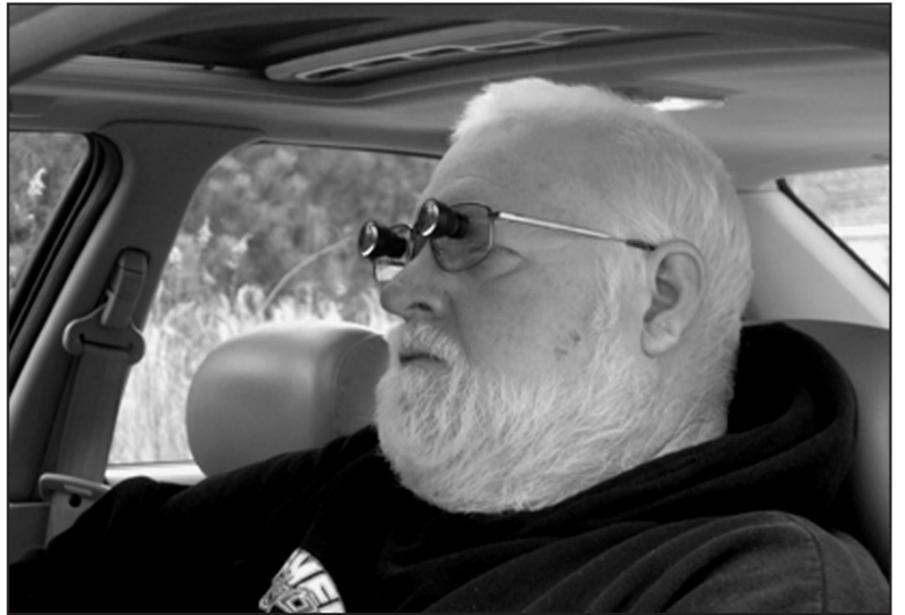
"Telescopic glasses can

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](http://www.IALVS.com).

\*\*\*\*\*

– Paid Advertisement –



## *The Next Chapter*

### Suggested books for your Christmas shopping list

Book Reviews by  
ANNE B. JONES, PhD

**C**hristmas Book Suggestions: *Back to the Garden: The Goal of the Journey* (Jackie K. Cooper, Mercer University Press, 2011); *Stinky Kids and the Runaway Scissors* (Written by Britt Menzies and illustrated by Greg Hardin and John Trent; Stinkykids, LLC, Atlanta, available Barnes and Noble Ongoing Series); *Jekyll Island: The Nearest Faraway Place* (Jekyll Island Authority, Jekyll Island, Ga, available Amazon, etc. 2011); *A Yellow Watermelon* (Ted M. Dunagan, NewSouth Books, Montgomery, Ala. 2008); *Bogmeadow's Wish* (Terry Kay, Mercer University Press, 2011)

*Back to the Garden: The Goal of the Journey* is the latest in Jackie K. Cooper's series of companionable "southern gentleman" memoirs, collections of personal stories. Reading Jackie K. Cooper is almost as good as sitting beside him, with a cool tall glass of sweet tea. Drawing upon personal experiences, Cooper leads readers down a heart-warming conversational path in which they can recognize thoughts and feelings from their own lives. My favorite story in *Back to the Garden* is "A Good Winter." I instantly identified with cold days, turning up the heat, hibernating inside and reading. In person, Cooper is a gentle and personable man, entertaining as well as knowledgeable. These characteristics come through in his "voice." When you finish a Jackie K. Cooper book, you feel like you've been with a friend.

*The StinkyKids Series*, by Atlanta Author Britt Menzies, pres-

ents an entertaining and educational way to teach children (ten and under) decision-making and moral values as they strive to be "leaders of good." Beginning with *Stinky Kids and the Runaway Scissors*, the collection brings a diversity of topics to bear on children's everyday life. Enhancing each volume is a "Parent and Teacher Corner," written by Dr. Kelli B. Ritter, PhD (founder and president of Effective Parenting, LLC in Atlanta) filled with suggestions related to engaging young readers in related conversations. The series donates a percentage of its profits to Books, Bears, and Bonnets, Inc., a charity that delivers gift boxes to children and adults fighting life-threatening illnesses. ([www.stinkykids.com](http://www.stinkykids.com)); *The Heavenly Heart* (Jackie Lee Miles, avail Amazon 2011)

*Jekyll Island: The Nearest Faraway Place* is a beautifully rendered coffee table book filled with pictures, articles and poems by visitors and locals who have been awed by the island's beauty. Having spent my teenage years in this magnificent place, I can attest to the memories this wonderful work evokes. Those who have not yet experienced this Georgia treasure will feel compelled to visit after viewing its pages. A percentage of the sales goes to the Jekyll Island Foundation, an organization devoted to the preservation, conservation and appreciation of Jekyll Island, Ga. Note: My experiences living on Jekyll and St. Simons islands led to the writing of my recently released and highly reviewed suspense thriller, *Tides of Fear*, which is set on the Georgia coast.

*A Yellow Watermelon* by Ted Dunagan is a young adult tale, particularly suitable for children in

middle school. Largely autobiographical, the story takes place in the 1940s and revolves around the friendship between a black boy and a white boy in the mid-century segregated south.

The work provides an exploration of poverty and cultural differences through an interesting story as it also presents the opportunity for shared adult-child discussion. *A Yellow Watermelon* won the Georgia Author of the Year Award for Dunagan.

Terry Kay always comes through. His books are beloved, not only by Georgians but by readers all over the world. His latest release, *Bogmeadow's Wish* is the story of a young man's journey as he carries his Irish grandfather's ashes home. This is a must for anyone who loves Ireland or plans to travel there. As with all of Kay's books, *Bogmeadow's Wish* is rich in description and character development. Inspired by his 1995 trip to Ireland, this work differs from Kay's others in its ethereal exploration of Irish settings and folklore. In many ways, his characters seem as magical as his story.

Many of you are now reading books electronically. Southern author Jackie Lee Miles has just released *The Heavenly Heart* on Kindle. This uplifting story tells how one girl's death makes a positive impact on many people, including her father. *The Heavenly Heart* gives insight into how our choices make a difference in others through our lives and through death. The download is only ninety-nine cents!

\*\*\*\*\*

You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](http://annebjones.com).

# Blue Star Mothers of America... mothers helping mothers!

Submitted by Susan Tucker

**F**or the last two years a local group of mothers in Middle Georgia have taken on the huge task of providing comfort and support to each other, to family members, and to other mothers in the community. This group is known as the Heart of Georgia Chapter (GA2) of the Blue Star Mothers of America, Inc. which was chartered in 2009 with nine members. The organization has grown rapidly and now has a membership of about twenty members and associate members. All mothers of the organization have something in common – each has a son or daughter serving honorably (or discharged veteran) in one of the branches of the Armed Services.

Each mother not only fulfills the task of supporting her family, but also that of

supporting other mothers in the community. Standing in the line at the Post Office can result in a conversation about a Care Package that is being mailed and sharing of encouraging words. Smiles between two mothers who have never met before can bring tears as each one understands what circumstances and emotions they both share. Sharing the good news (a new promotion) or the bad news (a new deployment) with every other Mom gives much needed support. Noticing a service member in uniform can prompt a “thank you for serving” compliment with a smile. Miles away this service member’s mother so earnestly desires to say these words, but can not. So it's very important that another mother is able to do so.

Local Chapter projects include shopping for and putting together care packages for our troops; getting “thank you”

cards and Christmas cards signed by the local community to be include with the care packages; sending birthday cards to our own sons or daughter; welcoming home fallen heroes: attending and participating in their funeral services; offering support to the families of fallen heroes; holding fundraisers for the purpose of purchasing items for care packages; visiting the VA hospitals and helping out with local patriotic community activities and events as requested; and, providing support and guidance to local chapter members.

At a Veteran’s Day service or while visiting a Veterans hospital, these mothers can be seen helping by giving a “child decorated” bag of goodies; listening to personal war stories; or, just giving a handshake with an expression of “thank you.”

The Blue Star Mothers proudly dis-

played their service banner in the windows of their homes. Each blue star displayed on the banner represents one child who is serving our country. Sometimes mothers meet by a graveside as a “Gold Star Flag” is given to a grieving mother. Tears flow freely along with hugs and comforting words. The blue star within a red-bordered white flag for this occasion is replaced with a gold star signifying the fallen hero's sacrifice of life for our freedom.

The Heart of Georgia chapter meets the 1st Monday night of each month at 7:30 p.m. in the Community Room of Coldwell Banker SSK Realtors located at 470 South Houston Lake Road in Warner Robins. The local chapter president is P.J. Johnson who can be contacted at 478-284-6905. The national organization of Blue Star Mothers of America, Inc. can be reach at [www.bluestarmothers.org](http://www.bluestarmothers.org).

## Macon/Central Georgia CALENDAR

### CALENDAR NEWS GUIDELINES

“CALENDAR NEWS” is provided FREE of charge to “true” not for profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your editorial materials by the 15th of the month prior to the preferred month of publication. Please mail your requests to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

\*\*\*\*\*

### Coliseum Health System “Medicare Made Easy”

For complete information call Consult-A-Nurse at 478-746-4646.

### “Advance Directives for Final Healthcare”

For complete information call Consult-A-Nurse at 478-746-4646.

### 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  
continued on page 10

## Dempsey Apartments Affordable Living In Historic Downtown Macon

- Spacious Studio & One Bedroom Apartments Homes
- 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
- Access Control
- Cameras
- Library, computer center & laundry center on-site
- On-site Resident Service Coordinators
- On-site Management
- 24-hour Maintenance
- Recreational/Educational Programs
- Within walking distance of the Post Office, hospitals, theaters, restaurants & shopping

523 Cherry Street  
Macon, GA 31201  
(478) 741-4471  
TTY: Relay 711  
[www.thedempsey.com](http://www.thedempsey.com)



Funding is provided by the U.S. Department of Housing & Urban Development (HUD Section 8 Program). Annual income must not exceed income limits set by HUD.



Professionally Managed by  
Barkan Management Company, Inc.  
[www.barkanco.com](http://www.barkanco.com)



## Social & Golf Memberships Available



478-218-5253

[www.houstonlake.com](http://www.houstonlake.com)

HOUSTON  
LAKE

## CALENDAR

from page 9

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.

### Warner Robins SeniorCare

Call 478-923-9771 for programs provided.

### 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.

### 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., Alzheimer's Association, 886 Mulberry St., Macon, 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,

478-746-7050

#### Houston County

- 2nd Thurs., 10 a.m., Antebellum Grove

Assisted Living, 1010 Kathryn Ryals Rd.,

Warner Robins, 478-953-0706

- 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669

- 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532

#### Bleckley County

- 2nd Thurs., 6:30 p.m., Bleckley Memorial Hospital Conference Room, 142 Peacock St., Cochran, 478-308-0188

#### Lamar County

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

#### 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, 478-275-4460

- 1st Thurs., 2 p.m., Carl Vinson VA Medical

Center, 1826 Veterans Blvd., Dublin, 12-A

Family Room, 478-272-1210, ext. 2328

#### Monroe County

- 1st Thurs., 6 p.m., Monroe County Hospital

Dining Hall Downstairs, 88 Martin Luther

King, Jr., Dr., Forsyth, 478-747-8754

#### Putnam County

- 3rd Wed., 10 a.m., First Baptist Church,

115 N. Madison Ave., Eatonton, 706-485-

3331

#### Upson County

- Last Thurs., 7 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, 1-866-453-5550

\*\*\*\*\*

### 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 of 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;

continued on page 11

# General Business Directory For Seniors

**SouthernCare, Inc.**  
provides hospice services to loved ones residing in private homes, group homes, assisted living facilities, and skilled nursing facilities.

 **SouthernCare**  
Where caring is a way of life.

3312 Northside Drive  
Building D, Suite 150  
Macon, Georgia 31210  
478.476.4627 phone  
478.476.4628 fax  
macon@southerncareinc.com  
www.southerncarehospice.com

**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

**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

**Live well in Warner Robins!**

The finest comforts of life, with the support you want.

 **Summer's Landing**  
of Warner Robins

600 S. Kimberly Road  
Warner Robins, GA 31088  
(478) 328-3800  
SummersLandingWR.com

• Memory Care  
• Assisted Living  
• Supportive Independent

Please call today to schedule your complimentary lunch & tour!

**BREAKTHROUGH IN HEALTH**  
ASEA – Redox Signaling Molecules  
The Key To Living Younger Longer!

**ASEA**  
www.TeamAsea.com/Staywell  
404-668-2420

 **KENNEDY DRUGS**  
FREE DELIVERY CITY WIDE

**10% SENIOR DISCOUNTS**  
Discount on Prescriptions

Watkins Products  
524 Popular St. • 743-4700 • Macon, Ga.

**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

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

 **goodwill**

CALL: Mid GA: 478.957.9741  
OR CSRA: 706.790.5350

To find a location near you, visit  
**www.goodwillworks.org**

Home Inspection Service

Planning to Buy or Sell?  
Need a Home Inspection?  
Call:

**David R. Von Almen**  
Home Inspector  
(478) 213-5986  
VAMktPub@aol.com



**\$1.00 OFF ADMISSION WITH THIS AD!**  
1 coupon per person. Expires 12-12-11  
2nd Weekend of Every Month!

**Atlanta, Georgia**  
Fri. & Sat. 9-6 • Sun. 10-4  
3 miles east of Atlanta Airport,  
I-285 at Exit 55  
3630 & 3850 Jonesboro Rd.  
**Scott Antique Markets**  
Call: 740-569-2800  
www.scottantiquemarket.com

 **ANTIQUE & COLLECTIBLES**

America's Favorite Treasure Hunt!

**Atlanta Expo Centers** December 9, 10 & 11  
ATLANTA, GEORGIA 2012: January 13, 14 & 15

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

Clean out acid and toxins on the cellular level and have a healthier, vibrant body at any age!

**Dr. Hiromi Shinya says:**

1. Drink the right water
2. Eat 85% vegetables/fruits
3. Exercise
4. Stay happy

To learn about the right water go to  
**www.ILoveGoodWater.info**  
**404-668-2420**

## CALENDAR from page 10

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

\*\*\*\*\*

### Theatre Macon

438 Cherry Street, Macon  
478-746-9485

• *Irving Berlin's White Christmas* (Musical)  
by Irving Berlin: Dec. 2-10

\*\*\*\*\*

### 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 seminar 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 or 478-788-2262  
"Almost Home" will be in concert at 6 p.m. on Sun., Dec. 4.

\*\*\*\*\*

### 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.

\*\*\*\*\*

### 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 meaningful, 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.

### 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](http://www.middlegafama.org) for complete details.

\*\*\*\*\*

### 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](mailto:bswinney@mg-rc.org) for details.

\*\*\*\*\*

### Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Monday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: [chiefstrib@cox.net](mailto:chiefstrib@cox.net).

\*\*\*\*\*

### St. Luke's Episcopal Church

1000 State University Drive, Fort Valley,  
478-334-4983

The public is invited to share the beauty of the season at the church's Open House during the Fort Valley Tour of Churches, Sat., Dec. 10, 11 a.m.-3 p.m. A special holiday concert will be offered by organist Chelle Brennen from 12 to 2 p.m. Enjoy hot drinks and baked goods during the tour. Please call for additional details and church events.

\*\*\*\*\*

# General Business Directory For Seniors

## Vineville Christian Towers

An Apartment Home for Senior Citizens

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

2394 Vineville Avenue • Macon, GA 31204

**478-743-4661**

## Macon and Middle Georgia

**477-5501**



To us, it's personal.

The world's trusted source for non-medical companionship and homecare for the seniors.

- Companionship & Personal Care
- 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.



## MAKE MONEY DAILY!

Struggling to make ends meet every month? Join me in this Home Base Business. You'll need to be computer savvy, love to talk on a phone, and have a desire to be successful!

Call Ann at **404-668-2420**

## 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.

## COLISEUM PARK PROFESSIONAL PHARMACY

380 Hospital Drive Macon, GA 31217

Across from the Emergency Room

**BOB MOODY RPH.**

Pharmacist, owner

Start Getting Better Now!!!

Phone: 478-745-5431 Fax: 478-765-4359

**FREE PRESCRIPTION DELIVERY**

## The Medicine Shoppe

**Barry M. Bilbro, R.Ph.**

Compounding Pharmacist

Your Bio-Identical Hormone Specialist

1550 Watson Blvd. • Warner Robins

[www.medsshoppe.com](http://www.medsshoppe.com)

**478-922-2067**

Warner Robins' Oldest Independent Pharmacy



## PROVIDING THE MOST COMPREHENSIVE HEART CARE. FOR YOU. FOR THEM.

When you are in need of cardiac care, you want the best of the best. Coliseum Heart Institute has a dedicated staff of physicians, nurses and technologists to ensure that patients receive the most comprehensive cardiac care possible.

*Coliseum Heart Institute. Total care for the heart.*

**478-746-4646**

[heart.coliseumhealthsystem.com](http://heart.coliseumhealthsystem.com)

**COLISEUM** **Heart**  
INSTITUTE

*Sometimes, emergencies won't wait. For average ER wait times, visit [coliseumhealthsystem.com](http://coliseumhealthsystem.com) or text "ER" to 23000.*