

Senior News

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*American Camellia
Society schedules
winter meeting!*

Taking Care

Simple improvements can make home safer... some tips to avoid a potentially serious spill

by LISA M. PETSCHE

Falls are the primary cause of injury and hospitalization for older adults, and half of those injured do not regain their former level of independence. Even more sobering, falls are the seventh leading cause of death in people aged 65-plus.

The majority of falls by seniors take place at home while they are carrying out everyday activities. Most often they occur in the bathroom, bedroom or a stairwell.

Health and age-related changes that contribute to falls include arthritis, decreased sensation in the feet (known as peripheral neuropathy), loss of strength, visual impairment, balance problems and the use of certain medications.

The other major cause of falls is hazardous conditions in the home environment. Fortunately, there are numerous ways to reduce these hazards for yourself or a loved one. Many of them involve little or no cost.

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You must be 62 years of age or older. Gross income must not exceed \$18,650 for one person and \$21,300 for two people.

In the kitchen

- Keep regularly used pots, dishes, staple foods and other supplies within easy reach. Ensure the heaviest items are stored in the lower cupboards.
- If you must reach high places, get a step stool that has a high handrail and rubber tips. Never use a chair.

In the bedroom

- Situate a lamp within easy reach of your bed. Also keep a flashlight on hand in case there is a power failure (don't forget to regularly replace the batteries).
- Keep a phone at your bedside. If your bedroom does not have a phone jack, get a cordless phone and keep the receiver with you at night. (Don't forget to place it back on the base in the morning, so it can recharge during the day.)
- Ensure there is a clear path from your bed to the bathroom.

In the bathroom

- Have grab bars installed by the toilet and in the bathtub or shower area. Ensure they are placed in the proper location and well anchored to the wall.
- Use a rubber mat (the kind with

suction cups) in the tub or shower, and a non-skid bath mat on the floor.

- Get a bathtub seat or shower chair.
- Obtain a raised toilet seat if you have trouble getting on and off the toilet.
- Get a hand-held showerhead so you can shower sitting down.

In stairwells

- Steps should be in good repair and have a non-skid surface.
- Have solid handrails installed on both sides of stairways – ideally these should project past the top and bottom steps.
- Keep steps free of clutter.
- Ensure stairwells are well lit. (If necessary, get battery-powered dome lights that easily attach to the wall.)

General tips

- Wear slippers or shoes that fit snugly, offer good support and have a non-skid sole (avoid a sticky sole like crepe, though).
- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they are one of the most common causes of falls.
- Keep walkways clear of electrical and telephone cords.
- Avoid clutter in rooms and hallways.
- Post emergency numbers by the telephone for easy access. If vision is a problem, get a phone with a large, lighted keypad.
- Sign on with a personal emergency response service, whereby you

wear a lightweight, waterproof pendant or bracelet that has a button to press if you run into a crisis and need help. (Studies have found that getting help quickly after a fall reduces the risk of hospitalization and death.)

- Use night-lights in the bedroom, hallway and bathroom. Get the kind that have a built-in sensor that automatically turns the light on in dim conditions. Also consider getting one or more plug-in, rechargeable flashlights that automatically come on when the power goes out.
- Spend some time browsing in medical supply stores or perusing their catalogs to discover the many items available – for example, reachers and electric-lift armchairs – that can increase household safety and make everyday activities easier.

- Consider a cane or walker if balance is an ongoing problem. Make sure you are fitted with the appropriate type of aid and receive instruction on proper usage.
- Arrange for a home assessment by an occupational therapist if you would like more information about identifying potential safety hazards and successfully addressing them. The therapist may point out areas of risk and make recommendations that would not have occurred to you or your family.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior issues.

First DDM home nears completion

Information Submitted by
Hulda Cook, DDM President

The Heart of Georgia Developmental Disabilities Ministries is happy to report that it's first home, located on Hatcher Road in Warner Robins, is almost finished. Hundreds of people have become a part of the DDM ministry as volunteers and contributors. An open house "celebration" date is yet to be scheduled.

A few inside items still need to be purchased for the new home. A "needs list" of items you may sponsor to purchase for inside the home is available via email from Judy Youmans at jeyl@cox.net. The landscaping for the new home is also almost finished, but sponsors are also needed to purchase trees, flowers and shrubbery. Please call Hulda Cook at 478-953-2992 for a list of items needed for completing the landscape.

The DDM currently meets the 2nd and 4th Monday of each month at 6:30 p.m. at the DDM located at 238 Hatcher Road (off Leverett Road). You are invited to attend.

New DDM brochures are also available; and, if you would like for someone to speak to your group to share information concerning this ministry, please call Judy Youmans at 478-396-1773 or Hulda Cook at 478-953-2992.

The Heart of Georgia DDM is a 501C3 corporation. Contributions are tax-deductible and can be made in care of Heart of Georgia DDM and mailed to 615 Corder Road, Warner Robins, Ga. 31088. Visit DDM's website at www.heartofgeorgiaiddm.org.

Upcoming Fundraising Events

- Macon Civic Club 50th "SOLID GOLD" Musical Event: Thursday, February 3, 2011, 7:30 p.m., Grand Opera House, Macon. DDM will receive proceeds from this event. Tickets are \$20.00 for reserved seats. Call Hulda Cook at 478-953-2992 for ticket information.
- Third Annual Bowl-A-Thon: March 26, 2011 at the Gold Cup Bowling Alley; 12:30 -3 p.m. Lane sponsors and bowling teams are needed! Email David Johnson at djohnson@arinc.com to help or for more information!

Let us entertain you

by CLAIRE HOUSER DODD

Be careful of your thoughts; they may become words at any moment.

Ira Gassen

How about all that cold weather, plus snow and ice! Number one, we love it. Number two, we're not about to say anything about us being cold after all our loud and elongated exasperations over the heat of the summer of 2010. Let us mention the beauty. Our backyard and patio were lovely in their blanket of white with nothing showing through the glistening coverage.

We thought to interview someone on their take of the happenings. And who do you think sat right in front of us strapped in his high chair? Yep! Grand Matthew, age 2. The perfect victim. "So," we say, "Matthew, what did you think of all that snow and ice yesterday?" With knowing look and head bobbing up and down, he said, "Cold!" Out of the mouths of babes. Short, sweet, accurate and to the point!

You may remember last year during our snow time Becky Reddick came over to take a picture of our house and fell going down the front steps after an aborted attempt to get us to the door. Where were we? All cozy in the theatre room watching a movie. What is one SUPPOSED to be doing on a cold snowy day? Anyway, after much medicine, bed rest and many trips to the doctor Becky was up and running again. So... we called to tell her it was "picture taking time again!" We KNOW you won't believe it, but she declined the offer. She's really a good sport, came over a few days later to a party and served punch for us looking prettier than ever.

We talk a lot about the musical and theatrical talent so rich in Middle Georgia but let us not overlook the art. The Middle Georgia Art Association had a show, "Wishing for Spring," on Ingleside last month. The prize winners were: First – Phyllis Miller, "Star Gazer Lily;" Second – Carol Williams, "Grand Opening;" Third – Betty Lou Groover, "Spring Garland." This show is open until February 11th at 2330 Ingleside Ave in Macon – and it's free to the public!

The Macon Symphony Orchestra presents "For Pipe and Glory" at 7:30p.m. on February 5th at Porter Auditorium, Wesleyan College, with guest soloist Robert McCormick (grandson of Charlie and Mary Jean Yates). He is now music director and organist at St. Paul's Parish in Washington, D.C. Before that he was at The Church of St. Mary the Virgin in New York City. This is certainly one concert not to miss as Robert is one of the most outstanding up-and-coming organists in the country and

John McLaughlin Williams is one of the three conductors vying for the opportunity to direct the Macon Symphony Orchestra.

By the way, did you get to see Carmen Deedy at Wesleyan in January? She is a Cuban refugee who came to Georgia in 1964, writes lovely children's books and read for them and their parents on a Wednesday and then spoke Thursday in the auditorium as a Carnes Lecture Feature. You'll probably remember the title of her 2008 book, "Martina the Beautiful Cockroach." You'll probably remember the title whether you read it or not. She earned many prestigious awards, including "Best Children's Book of the Year." Her latest, "14 Cows for America," is based on a gift from a Maasai village in Kenya to Americans after 9/11. It has also been highly acclaimed. It was a fascinating program.

Oh you won't want to miss Celtic Women: "Songs from the Heart," their six piece band and the Aontas Choir on February 12th at the City Auditorium. We've only seen them on television but found them fabulous. If you miss the Macon performance, you may catch them on February 21st at the Johnny Mercer Theatre in Savannah 800-351-7469, or back up this way at The Fabulous Fox on February 23rd and 24th, 600 Peachtree Street NE, Atlanta, 770-916-2800.

The Atlanta Blues Festival is one we never missed while living up there. It is a fun festival at the Atlanta Civic Center, 395 Piedmont Ave., on February 11th at 8pm, 404-523-6275. Lots of times the players spill over into Piedmont Park on Saturday. That is really a hoot.

We know a lot of you follow

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John Mellencamp and will be glad to hear that he'll be playing The Fox on February 27th at 6:30pm. Call 404-881-2100 for tickets.

Some people just love a road trip. How about one to Dahlonega (them thar hills) and taking in a Wine and Chocolate Celebration from February 5-20 at the Three Sisters Vineyards and Winery, 439 Vineyard Way, Dahlonega; 706-865-9463. While you're up there you may as well go by the Smith House and get your fill of fried chicken and all those other good groceries. Eat some extra fried okra for us if you don't mind. Thanks.

February is the time for the American Camellia Society's Annual Winter Meeting. We're so glad to have it here in Fort Valley at Massee Lane, this year. Get off I-75 at Byron and head west on Hwy 49 to Fort Valley and right on through for approximately 5 miles until you see the Massee Lane sign, turn left and after an eye blink take a right into the gardens.

February is Camellia month at Massee Lane. First Saturday is open and free to the public, second Saturday, 10am-12pm a painting class by Shirley Rainwater for \$35/person. Everything is furnished – even the canvas – for you to take home your own rendition of a real

Camellia. Fourth Saturday: the Middle Georgia Camellia Society presents their flower show where 600 or more blooms will be on display in the gallery – free to the public.

The American Camellia Society convention is also held on that same weekend.

The first Saturday in March Massee Lane will present its huge fashion show and luncheon. Come at 11am, shop, show at 11:30 am and lunch at 12:15 pm. Nowells shop in Thomaston, GA will present the fashion show replete with jewelry, hats, suits, beach attire and so forth. Show and luncheon are \$25.

Dr. Larry Rivers and Fort Valley State University are proud to announce that Martin Luther King III, the eldest son and oldest living child of civil rights leaders Martin Luther King, Jr. and Coretta Scott King will be the keynote speaker for the University's 24th Annual Black History Month Scholarship Luncheon. This year's goal is to raise at least \$200,000 for scholarships. For more information, contact the FVSU Foundation Office at 478-825-6474.

The only good is knowledge, and the only evil ignorance.

Diogenes Laertius

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Isn't it wonderful? What? You ask? We have another whole year to trash our New Year's resolutions. Of course, I have the edge; I didn't make any so now I don't have to feel guilty all the time.

I can't believe another year has passed and all of us are on the threshold of getting old. I had a birthday in January and I shall not admit to another one. The big 80 brought on the blues but also a bunch of laughs during my birthday dinner. It is a mind blower to sit back and remember all of those "good 'ole days" when we didn't have in-door bathrooms which was not a whole lot of fun, but then again we didn't have electric lights and one could hardly carry a lighted kerosene lamp to and fro to the out-house. Yes sireeeee, those were the good old days. Looking back with best friend Helen (Sister), is as close to being happy as two old ladies can get. We have enough memories to fill several books, some of which would surely have been written by our dear mates, my Handsome Husband Doyle and Sister's husband Harold. Just last night she and I were laughing our heads off on the phone as we remembered some of the things we have done and things we still plan to do.

Even though she grunts from time

to time with arthritis and I am wheel chair bound, there is still a world of things we want to do. In the meantime we get good laughs about things we swore we would never do again – but have done them anyway. One case in particular is animals. "No indeed," we said after we lost our husbands. We're never going to have an animal around either house. We want nothing else to feed and take care of. Those wise words being said – she now has the funniest dog on the planet and I live with four huge cats and one tiny kitty. How it all happened is a long, long story. Her dog came from a foster home in Atlanta; my cats belong to my daughter Susan.

A few days ago, Sister made herself a nice bologna sandwich with a glass of tea. She settled down in her chair so she could eat and watch TV. She reached over to get her glass from a side table and inadvertently held the hand that held the sandwich too close to the floor. Dog was quick to seize the opportunity to get a free lunch. He grabbed her sandwich and ran like the wind all over her newly decorated house with mustard running up his nose and all over his face. Sister said they ran all over the house before she could pin him down but he had already had a goodly portion of the sandwich.

The second sandwich she made was held with great care but Dog was

right there sitting back on his haunches waiting for another bite. If one thing fails – try another.

I spend a lot of time reclining on my bed since I cannot walk. I have a lot of company – feline company, that is. They know not to jump on my legs but once in a while one of them will jump over me just testing the water. I keep my back-scratcher handy for those moments. I wouldn't hit one for anything but they don't know that. They come and go in my bed like it belongs to them.

My favorite cat is "Fat Boy." He waddles in at about 20 pounds, is black and white with a half and half face. Fat Boy came from the streets in Eatonton and was once wild. Now he just likes to eat and be petted at his convenience. He snores in his sleep and finds his best place at the bottom of the bed underneath the covers, cuddled up to my feet. His fat is so soft and warm. I wonder if he thinks the same about me.

You know, even if it is just with a kitty, we can turn little every day happenings into sweet memories. Let's all try a little harder to turn the lemons life gives us into lemonade. It's like walking on sunshine.

©1/27/11

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

Spiritual Notes

Be Happy!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

As we begin 2011 instead of making New Year's resolutions in which you may or may not be successful, I recommend you resolve to be happier. It is one we can all strive to keep! Happiness is contagious and our world needs more of it. I would like to share an article I particularly enjoyed that was posted by Dr. Mercola on March 27 on msnbc.com.

Things That Can Make You Happier

1. Be Grateful – People who we asked to write letters of gratitude to people who had helped them in some way reported a lasting increase in happiness – over weeks and even months – after implementing the habit. Even when people wrote letters but never delivered them to the addresses, they reported feeling better afterwards.

2. Be Optimistic – People were asked to visualize an ideal future and describe the image in a journal entry. After doing this for a few weeks, these people too reported increased feelings of well-being.

3. Count Your Blessings – People who practice writing down three good things that have happened to them every week show significant boosts in happiness. The act of focusing on the positive helps people remember reasons to be glad.

4. Use Your Strengths – Another study asked people to identify their

greatest strengths, and then to try to use these strengths in new ways. This habit, too, seems to heighten happiness.

5. Commit Acts Of Kindness – It turns out helping others also helps ourselves. People who donate time or money to charity, or who altruistically assist people in need, report improvements in their own happiness.

Happiness makes us healthier Physically, Mentally, and Spiritually. In the book of 1 Peter, Chapter 4, verses 8-11, the Apostle reminds us, "Above all, love each other deeply, because

love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each one should use whatever gift he/she has received to serve others, faithfully administering God's grace in its various forms."

Trust that God will grace your life in a special way this year as you resolve to be happy.

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

International Shrine Burn Prevention Week

Submitted by
**George Thompson, Chairman,
Burn Prevention For Children
Week, Al Sihah Shrine Center**

On February 5, 2011, 10:00 a.m. - 2:00 p.m., Al Sihah Shrine Center, 222 Mecca Drive, Macon, Georgia in conjunction with the Macon Fire Department will provide an event at the Al Sihah Shrine Park commemorating International Burn Prevention For Children Week, February 6-12, 2011. This event will feature emergency equipment and personnel from the Macon/Bibb and surrounding county fire departments. Also featured will be "Smokey the Bear" from the U.S. Forrest Service, DNR and their children games, Georgia State Fire Commissioner's walk-through trailer emphasizing burn prevention for trailer

and other agency exhibits.

Al Sihah Shrine Clowns, Classic Cars, Hillbilly Cars, small car "Scat Cats", Legion of Honor veterans, and other Units. Presentations and handouts will be provided on burn prevention for children as well as the benefits provided for the treatment of children at Shriner's Hospitals at no costs to families, parents or guardians. A free lunch will be provided.

The recent house fire in Hawkinsville that caused severe burns to two of our Central Georgia children has really emphasized a need for this educational program. These two children are currently receiving the very best burn treatment provided anywhere in the World at our Shriner's Cincinnati Burn Hospital.

Other events will be conducted during the week providing educational material to Central Georgia families.

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.

Prayer For Guidance

by Margaret Hewitt

*Lord, as I grow older and a different path must take;
Give me strength and wisdom in decisions I must make.
Keep me joyful, caring, serving, helpful to my fellowman;
Help me seek Your will and guidance and to do the best I can.
Always loving, looking upward daily as I run the race;
Then one day I'll join my loved ones, see my Savior, face to face.*

The Computer Is Now My Friend

by Fred Holland, Sr.

I use to be intimidated by computers and the associated technology; But with the urging of my children, I have changed my ideology.

*Taking a few classes... and trial and error;
Has eliminated my once perceived terror.*

*The complexity is not at all like I first predicted;
And now I'm on the verge of being addicted.*

*My computer is my link to the world since my pension and advanced age limit my travel;
I've found that many a question the computer can unravel.*

*I Google this and Yahoo that;
I can even do an Online Chat.*

*I keep in contact with family and friends who are far away;
And wow, There are so many games*

*you can play!
You have to be careful, 'cause the computer can consume your day,*

*I do my banking and shop online;
The computer can save you so much time.*

Now my children are urging me to join Facebook, My Space and other social networks that are popular.

*But I told them that's going a little too doggone far;
I'm not ready yet to raise the bar.*

A Prayer For Your Life

by Mrs. Renee Kozlicki

*I pray the eyes of your heart be enlightened,
So that you may know the hope of His call.
I pray His incredible love be so real That you're willing to give Him your all.*

*I pray the surpassing greatness of His power
Toward the believer you come to know.
I pray the wisdom He constantly provides
Is with you wherever you go.*

*I pray the Lord of Peace, Himself, Continually grant to you peace;
So whatever circumstance you find yourself in,
The completeness of His peace does not cease.*

*I pray your spirit and soul and body Be preserved complete without blame;
That many acts be accomplished by you
To the glory of His name.*

*I pray when this earthly life is over,
And you stand before the Son,
He'll gently gather you in His arms,
Delighted with all you have done.*

Love Has No Eyes

by Esther Thomas

*Love has no eyes,
Love is often disguised.
Love feels no pain,
Love should never be in vain.*

*What's love to you?
Caring for many or caring for a few?
Search your heart and you will know,
Love is never for show.*

*Love is a bright as the morning sun,
Love started long before you were borne.
Love turns your frowns into smiles,
Love makes your living worthwhile.*

*Love is never tied in a knot,
Love keeps on ticking just like a clock.
Love is the twinkle in a star,
Love is like the light of a June bug in a jar.*

*Love takes you through this life's journey on earth,
Love restores you for your rebirth.
Love teaches kindness and truth.
Love laminates the spirit of Jesus Christ in you.*

Love creates peace in the time of war,

*Love reaches near, wide and far.
Love never sleeps,
Love is always visible and deep.*

Love has no eyes!

Light My Life

by Vera King

*Friendships after fifty-five
It's true they keep you more alive*

*By then you've had your ups and downs
Usually you've "made the rounds"*

*Your expectations have diminished
You feel you're heading for the finish*

*Not true I tell you for a fact
You find the things your life has lacked*

*The pleasure of a shared content
An unexpected compliment*

*Or maybe some forgotten aim
You can pursue and now reclaim*

*So readjust your status quo
There's so much more to get to know*

*Family's fine I must admit
But friendships keep the candle lit.*

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On the Cover

American Camellia Society to hold winter meeting at Massee Lane Gardens

by CLAIRE HOUSER DODD

Celeste Richard of Massee Lane Gardens is proud to announce the annual winter meeting of the American Camellia Society of which she is Executive Director. This Convention is taking place at their home base in Fort Valley.

Approximately 5 miles south of Fort Valley on Highway 49 you will see the Massee Lane Gardens sign, turn left and within the blink of an eye you turn right into the gardens.

Those registered for the American Camellia Society Convention will be royally entertained the last weekend of February, beginning February 24th. People from all over America, England, France, Hawaii, and who knows where else, will be coming to the meetings and shows, some of which will be free and open to the public.

Starting at 8:00 a.m. the 24th, members will register at the Ramada Plaza Lobby in Macon and may join an optional \$25.00 tour at 9 a.m. They will tour the County Line Nursery in Byron, then on to the Johnny Walker Farm Tour in Fort Valley. Lunch will be provided at Massee Lane Gardens and afterward, a tour of Clare Dodd's Seedling Garden next to her beautiful old homestead in Marshallville. Next on the agenda is a trip to the Museum of Aviation on Highway 247 at Russell Parkway in Warner Robins, Georgia. From 5-8pm enjoy the Welcome Reception Dinner and Awards Banquet and get dropped off at Ramada Plaza around 8:30 p.m.

Friday the 25th, from 8-10 a.m., we will be at the State Director's Meeting and the Strategic Planning Meeting. From 10 until Noon, The Endowment Steering Committee Meeting and from Noon – 1:30 p.m. the American Camellia Society Trust



Abendroth Japanese Garden

will meet and hopefully serve lunch. At 2:00 p.m. the ASC Board of Directors will meet and then the Membership Committee will convene at 5 p.m.

Also on Friday, at 5:30 p.m., the President, Matt Hunter, from Wilmington, NC will host a reception at the home of Robert Hardin at 927 Nottingham Drive in Macon. Driving directions will be available. The home used to belong to Dr. W.G. Lee who was quite the camellia enthusiast and planted his yard with many varieties.

By the way, those spouses not interested in going to meetings may join Maryel Battin at 11:00 a.m. for a one-hour walking tour of town starting at New Town, 479 Cherry Street in Macon. Donations of \$5.00 requested.

Early Saturday, the 26th from 7-10:30 a.m., the Camellia Show Bloom Entry will begin at Massee Lane Gardens with judging from 10:30 a.m.-1:00 p.m., after which the gallery is open to the public. Over

600 blooms will be on display! It is an unbelievable presentation of beauty.

Simultaneously from 11a.m.-2 p.m., Vince Dooley will sign his book, "Vince Dooley's Garden. The Horticultural Journey of a Football Coach." with artwork by the renowned Macon Artist Steve Penley.

Lunch will be served at the Gardens from 1 p.m.-2 p.m., after which the Educational Session in the Auditorium will be presented by Dr. Ruter: Camellia Oil, Miles Beach: GGAPA.

Jennifer Trehane from the city of Wimborne, in Dorset Province in the UK, will be signing her book, "Camellias The Gardener's Encyclopedia," another beautiful book with outstanding artwork. The signing will be going on most of the day and a great crowd is expected to attend.

From 6:30 p.m. until... will be the American Camellia Society Reception and Banquet Dinner at the Ramada Plaza. Awards will be presented and the keynote speaker will be Carl Wheeler of Wheeler's Nursery in Macon.

Closing the ACS Annual Winter Convention, Massee Lane Gardens will have their beautiful Camellia Show open to the public 1-4:30 p.m. on Sunday the 27th.

What a lovely weekend, and one you may enjoy. Massee Lane Gardens is a gorgeous wonderland of flowers, gardens, plus the Abendroth Japanese Garden, and the outstanding and world famous Boehm Collection in the Annabelle Lundy Fetterman Building Museum and the Stevens-Taylor Gallery. This has often been called our best kept secret, but now that the word is out, just follow our directions, come and enjoy!

Call 1-877-422-6355 or 478-967-2358 or Fax 478-967-2083 for more information and to make reservations. Remember Camellia Days extend from September through March.



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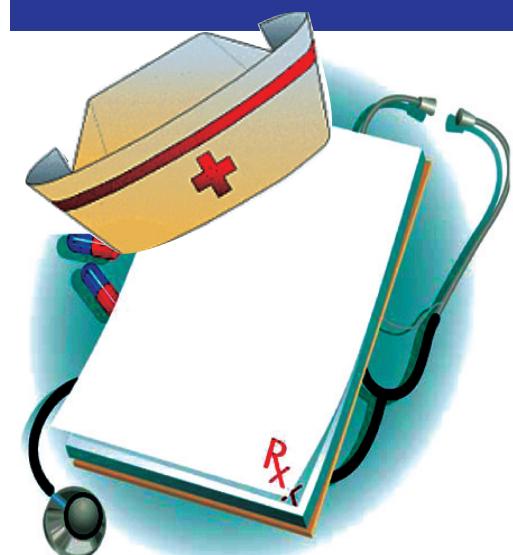
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Flint Energies joins Robins Federal Credit Union to offer Energy Efficiency Loans at 4.99% rate

Special to Senior News

Flnt Energies has joined with Robins Federal Credit Union to offer a 4.99% APR interest rate on energy efficiency loans to their joint members. The reduced rate loan can be used to pay for floor/wall/attic insulation, heating and cooling equipment that is Energy Star® qualified, Energy Star® windows and doors, envelope sealing, duct sealing, duct insulation, the new GE GeoSpring heat pump water heaters and other Energy Star® Appliances like dishwashers, clothes washers and refrigerators.

The loan is available to residential homeowners who qualify.

"Flint Energies and Robins Federal Credit Union have partnered to offer you a fast and economical way to finance energy efficient home improvements," said Lorie Hamby, the program manager. "Flint confirms the Smart Select choices to be made in the home and Robins Federal makes and services the loan."

"Members of Flint can start their energy efficiency loan by calling Flint at 478-218-5536 to schedule

their free home energy audit," said Hamby. "The member will then select the home improvements and get a contractor quote for the upgrades."

Next, the member will complete a simple Robins Federal loan application and submit it to Robins Federal. "The Flint member does not have to be a current member of Robins Federal," said Hamby. "They will be happy to begin your Robins Federal membership with the application." Robins Federal expects to process the loan applications within 48 hours of receipt.

"Once the loan is approved and the home improvements have been completed, Flint Energies will inspect the work," added Hamby." The member will sign the loan documents at a Robins Federal office and the check will be made payable to the member and the contractor."

Generally, the loan terms will be for a 4.99% APR interest loan between \$1000 and \$7500 made for five years or less. Members should speak to a Robins Federal member service representative for all available term options and see the loan disclosure for complete loan terms.

"Terms and conditions apply and

all loans are subject to credit approval and membership eligibility by Robins Federal Credit Union," Hamby said.

"The interest rate buy-down program is made available through the

Energy Efficiency and Conservation Block Grant Program and Georgia Environmental Finance Authority in conjunction with the American Recovery and reinvestment Act of 2009," said Hamby.

Letters

Like a conductor on a train

We should be like a conductor on a train. Whenever an accident occurs the conductor gets off the train to investigate what happened. He/she collects *all* the necessary evidence to report to his/her immediate supervisor. After gathering the evidence and taking a few *precious* minutes to recompose, the conductor gets aboard the train again.

Whenever we are confronted with various obstacles in life (financial stress, serious illness, death of a loved one, unemployment, etc.) we, too, must collect/take the evidence (earthly

problems) to our boss... the Creator. After coming to sensible/logical conclusions concerning our *hurt* emotions, and often *malice thoughts* against those who have *sinned* against us, we must dust ourselves off, and become productive, again. No matter how rough or severe the storm, whether it be a tornado, earthquake, or hurricane, hang on! Life goes on! For we are just like a conductor on a train; none of us have reached our *final* destination.

Ms. Eddie M. Brooks Perry

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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.

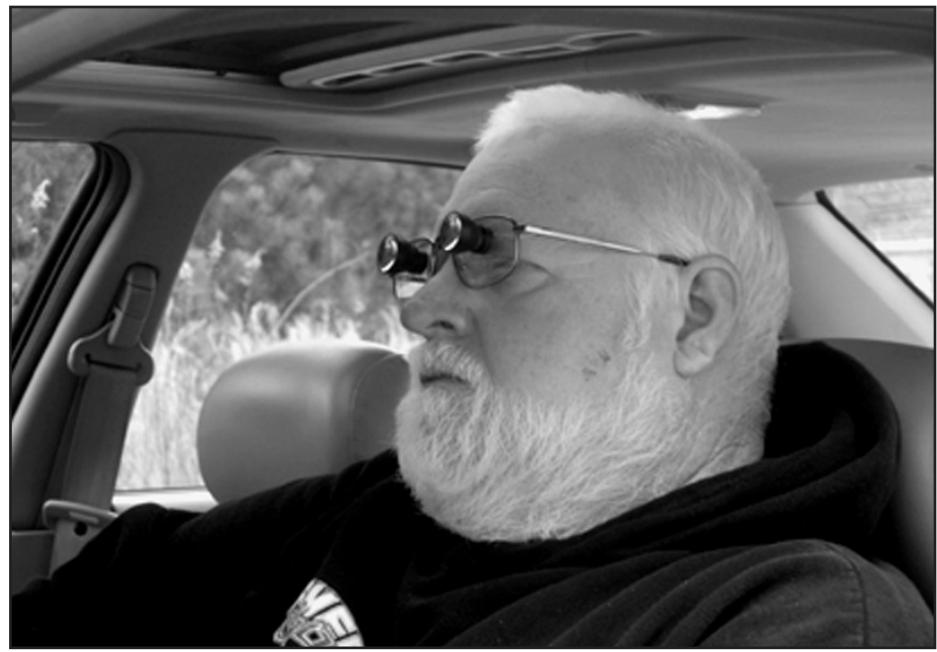
"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks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



AARP offers free tax help for seniors

Special to Senior News

During this tax season, over 700 IRS-certified volunteers will be assisting Georgians in preparing their 2010 tax returns through AARP's Tax-Aide program. The service is offered at many libraries and senior centers around the state.

Tax-Aide is the nation's largest free, volunteer-run tax counseling and preparation service. Assistance is provided to limited and moderate income taxpayers with special attention to those age 60 and older. It is not necessary to be a member of AARP to take advantage of this

service

Tax-Aide's volunteer counselors are trained to address situations that apply to seniors, such as taxable and non-taxable pensions, Social Security income, estimated tax payments, and many other issues which can be confusing and difficult. This program reduces errors that often come about as taxpayers attempt to deal with perplexing tax matters. Taxpayers who have more complex returns will be advised to seek paid tax assistance.

Completed returns are electronically filed for the taxpayer at no cost. E-filing assures much quicker processing and greatly

speeds up refunds.

Community volunteers give many hours each year performing this valuable service. Most of the men and women return year after year, ensuring an experienced core of certified volunteers. Last year, Tax-Aide volunteers assisted more than 60,000 Georgians with their tax returns and 2.6 million nationwide.

Taxpayers can find out if they qualify for this service by visiting one of the sites. To locate the nearest Tax-Aide site, taxpayers can call the toll-free number, 1-888-AARP-NOW (1-888-227-7669) or visit the website www.aarp.org/taxaide.

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C'mon, let's eat

by FAYE JONES

We may be a hair late with our salutation, but Happy New Year! We hope all is well with all you dear readers.

If my guess is correct, I'll betcha we have a lot of good cooks who don't want to see a kitchen for the next six months. Cooking is not easy on an everyday basis; it is a double whammy during the holidays. And we're not through yet. We have Valentine's Day, Easter and July 4th. We are so lucky.

If you need a little help, read on and let's have fun putting smiles on the faces of our family members.

Read on.

BEEFSTEAK TOMATO AND BERMUDA ONION SALAD

4 large beefsteak tomatoes (or other large tomatoes)
2 medium Bermuda onions
1 head butter lettuce (may substitute mixed baby greens)
Mustard basil vinaigrette dressing (recipe follows)

Slice tomatoes into 1/2-inch slices. Peel and slice onions into about 1/4-inch slices. Separate let-

tuce leaves and wash thoroughly. Pat dry on paper towels. Place 2 lettuce leaves on a salad plate and top lettuce with alternating slices of tomato and onion. Evenly distribute the tomato and onion among four salads. Serve with Mustard Basil Vinaigrette Dressing.

MUSTARD BASIL VINAIGRETTE DRESSING

2 Tbsp Dijon mustard
1/2 lemon, juiced
2 Tbsp red wine vinegar
1 whole egg
2 Tbsp fresh basil, finely chopped
1 cup olive oil

In a small mixing bowl, combine all ingredients except oil and mix well. Slowly add oil in a steady stream while mixing to incorporate. Spoon over salad.

BAKED GROUper WITH HERB BUTTER AND PARMESAN GRITS

4 6-ounce grouper fillets
8 ounces herb butter (recipe follows)
Salt and pepper to taste

Prepare herb butter. Preheat oven to 325 degrees. Grease a baking sheet with about 1-ounce herb butter.

Wash grouper fillets in cold water and pat dry with paper towels. Place fillets on prepared baking sheet. Lightly season each fillet with salt and pepper, then evenly brush top with about 1 ounce herbed butter. Bake 20-25 minutes or until flesh is firm to the touch. Remove from oven. To serve, place a serving of grits in the center of a plate. Top grits with 1 fillet, then top fillet with about 1-ounce of herb butter. Garnish with parsley and a wedge of fresh lemon.

PARMESAN GRITS

2/3 white grits
1 1/2 cups water (or more)
Salt to taste
1/2 cup Parmesan cheese

Boil grits in salted water until smooth, lower heat and cook about 25 minutes. Add Parmesan cheese just before serving. Sprinkle fish fillet with a bit of the cheese.

DEEP DISH APPLE PIE

4 large apples
3/4 cup sugar
1/4 tsp cinnamon
1 1/2 Tbsp cornstarch
Pinch salt
1 Tbsp butter, softened

Pastry for a 9-inch, 2 crust pie

Preheat oven to 350 degrees. Core and peel apples. Cut each apple into 16 slices. Finely chop apple peels in a food processor with a steel blade. Arrange sliced apples in a buttered 2-quart baking dish. Combine sugar, cinnamon, cornstarch, salt, and apple peelings. Sprinkle with apples. Dot with butter and cover baking dish. Bake for 20 minutes until apples are tender but not soft. Remove baking dish from oven and turn heat up to 425 degrees. Spoon apples into bottom crust of a 9-inch pie shell. Roll out to crust and cover apples, crimping edges and cutting two small vent holes in top of pie to allow steam to escape. Return pie to oven and bake another 15-20 minutes or until crust is brown. Serve hot or cold, with or without ice cream or whipped cream.

Enjoy!
©1/25/11

EDITORS NOTE: If you have a favorite recipe, please share with us!

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

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Experience: Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-

continued on page 10



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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

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.

CALENDAR

from page 9

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.
- Wed. only, PVO Bingo immediately following exercise.
- 2nd Fri. of month, optional healthy lunch (\$5) and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise.

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.

- Perry Hospital Chapter: Wednesdays, 5-6 p.m., Perry Hospital Medical Library.
- Houston Health Pavilion Chapter: 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 Wilkinston.

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; 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.

- Valentine Dance: Get dressed up and put on your dancing shoes. Valentine Dance at Bloomfield Park, Monday, February 14, 2011, 6:00-8:30 pm.

- 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, 478-929-6960.

- Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-929-6960.

- MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by

continued on page 11

General Business Directory For Seniors

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

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OR CSRA: 706.790.5350

To find a location near you, visit

www.goodwillworks.org



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CALENDAR

from page 10

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 478-929-6960.

Senior Activity Center

For information call 478-929-6960.

The Gospelaires Quartet Outreach Ministry

The Gospelaires 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.

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

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

Theatre Macon
438 Cherry Street, Macon
478-746-9485
• Steel Magnolias by Robert Harling:
Feb. 18-26

Warner Robins Little Theatre
South Pleasant Hill Drive
478-929-4579; www.wrlt.org

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.

NAMI Central Georgia National Alliance on Mental Illness

Barbra 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 sui-

cide. 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.

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@mgrc.org for details.

Georgia Women of Achievement 20th Anniversary Annual Induction Ceremony

Thurs., March 10, 10:30 a.m. Registration, Wesleyan College, Macon. Induction Ceremony, 11 a.m.; Luncheon, 12 noon, Anderson Dining Room, Wesleyan College. Tickets Available at \$30. Keynote speaker: Former First Lady Rosalynn Carter. 2011 Inductees:

- May duBignon Stiles Howard, Savannah; 1894-1983
- Lillian Gordy Carter, Plains; 1898-1983
- Mary Francis Hill Coley, Albany; 1900-1966

For additional information, table reservations, or sponsorships call 770-633-4202 or email shelli.gwa@comcast.net or visit www.georgiawomen.org.

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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.

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Heart disease is the nation's number one killer. There are certain risk factors that can increase your chance of getting heart disease - some that can be modified, treated and controlled. The Coliseum Heart Institute wants you to know your risk factors and listen to your heart.

Comprehensive screening includes:

- Stroke risk assessment
- Fasting lipid profile (cholesterol, triglycerides, and blood sugar screening)
- Consultations with cardiac nurses
- Hip to waist ratio evaluation
- Pulmonary screening
- Blood pressure screening

Space is limited, so call **(478) 746-4646** today to schedule an appointment. The lipid profile requires a 8-hour fasting period. Come to the main building at Coliseum Medical Centers.

If you are having immediate problems, Coliseum has two convenient ER's with the shortest wait times in Macon. Visit us online or text 'ER' to 23000 to find out average wait times.

**COLISEUM Heart
INSTITUTE**