

Senior News

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*Marion
Page...
94 and still
painting!*

Story on page 6

February 2012
Vol. 26, No. 2

Taking Care

Tips for healthier living with heart disease

by LISA M. PETSCHÉ

Hear disease is the leading cause of death for adults in the United States. Coronary artery disease (also known as arteriosclerosis or hardening of the arteries) is the most common type. CAD is caused by accumulation in the coronary arteries of fatty deposits called plaques. This results



Lisa Petsche

in narrowing within the arteries, restricting blood flow to the heart.

Typically CAD progresses over many years and may go undetected until a crisis occurs.

Symptoms can include angina (usually brought on by physical exertion or emotional stress), shortness of breath and, if a coronary artery becomes completely blocked, a heart attack.

A diagnosis of CAD can cause anxiety and fear. If heart disease runs in their family, the diagnosed person may become fatalistic, believing there is no point in trying to manage their disease. Some people cope through denial, carrying on with their usual lifestyle. Others, particularly those who have had a heart attack, may embrace changes in habits that can

help halt or slow disease progression.

Family members, too, respond in various ways. Anxiety and fear are common, and may be manifested in behaviors such as regularly checking if their loved one has taken his medication, scrutinizing and criticizing his eating and other habits, and over protectiveness (due to concern that any stress or physical exertion might cause a heart attack).

Coping Tips

If you have been diagnosed with CAD, here are ways to take charge of your situation:

- Learn as much as possible about your disease and its management, and educate family and friends.
- Focus on controllable risk factors. Commit to making lifestyle changes, keeping in mind it takes 3 – 4 weeks to develop a new habit.
- Find an outlet for expressing your thoughts and feelings – perhaps talking with a friend, keeping a journal or joining a support group.
- Stay connected to people who care. Let them know how you wish to be treated, and keep the lines of communication open.
- Learn to live in the present and enjoy life's simpler pleasures.
- Set aside quiet time each day, to nurture your spirituality and help

keep you grounded.

• See your primary physician if you continually feel sad, angry, overwhelmed or unmotivated. Depression is treatable.

Practical tips for daily living

- Find a cardiologist whom you respect and trust.
- Follow the prescribed management plan, which might include medication, a smoking cessation program, blood pressure monitoring, diet changes, exercise, rest, stress management techniques and regular check-ups. Ask loved ones to support you – and, where applicable, to join you – in making lifestyle changes.
- If you have had a heart attack, join a cardiac rehabilitation program, to locate one talk to your doctor or contact the local office of the American Heart Association.
- Keep an up-to-date medication list in your wallet. Consider crisis options such as medical alert jewelry and, if you live alone, a personal emergency response system for summoning help.
- Set up a record keeping system to

organize your health information. Ready-made products can be found in stores.

- Eliminate as many sources of stress as possible. Set priorities, simplify tasks and learn to settle for less than perfection.
- Keep as active as possible. Just do not overdo it. If you are concerned about particular types of activity, such as sexual activity, mowing the lawn or lifting heavy objects, consult with your doctor.
- Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom every now and then or rent funny movies.
- Do something you enjoy every day, perhaps listening to music, reading or engaging in a hobby (revive a former pastime or try something new).
- Do not hesitate to ask for help when you need it.

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

CPS-3 enrolls 632 from Central Georgia

Special to Senior News

Over 12 hours in two days saw 632 enrollees from central Georgia in the American Cancer Society's Cancer Prevention Study-3. The Medical Center of Central Georgia (MCCG) is thrilled with the turnout and thanks the American Cancer Society and the central Georgia community.

Macon Mayor Robert Reichert, Warner Robins Mayor Chuck Shaheen, Mercer University President Bill Underwood and Macon Fire Chief Marvin Riggins were just some of the community leaders who enrolled.

CPS-3 is a historic study that has the potential to change the face of cancer for future generations. CPS-3 will help researchers better understand the lifestyle, environmental and genetic factors that cause or prevent cancer. To

enroll in the study, individuals between the ages of 30 and 65 who have never been diagnosed with cancer were asked to read and sign an informed consent form; complete a comprehensive survey packet that asked for information on lifestyle, behavioral and other factors related to his or her health; had his or her waist circumference measured; and gave a small blood sample. The American Cancer Society will send periodic follow-up surveys for participants to update information, and annual newsletters with study updates and results. The in-person enrollment process took about an hour to complete.

The study took place at the Cancer Life Center, a service of MCCG.

For more information or to learn how to become involved with CPS-3, visit cancer.org/cps3, email cps3@cancer.org, or call toll-free 1-888-604-5888.

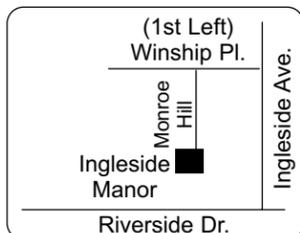
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Let us entertain you

by **CLAIRE HOUSER DODD**

*Roses are red, violets are blue,
sugar is sweet and so are you.*
Unknown English Poet

We heard a story the other night that gave us pause for a thought. When these people have a Christmas celebration or New Year's party or any such large gathering at their home, they barbeque outside, swim and play games. They have found out in the past that during these high volume occasions something unwanted happens to the plumbing... oh yeah!

Consequently, this couple rents a port-a-potty. We thought that was hysterical. Why? Because every time we even consider having a party or pick up the phone to invite somebody over, we suffer the same consequences. The kitchen sink starts bubbling and burping, the washing machine runs over, the dishwasher spills out in the floor and you don't want to hear about the bathrooms. They begin to moan & groan and bubble over. One would think a school of dolphins were entertaining at a marine reunion.

Forget the port-a-potty. By the time my guest arrive, they can't get in the house because the whole yard is dug up and we have a mud wrestling arena to make the Dublin and the Red-Neck Festivities stand up and beg!

Besides our ghosts, we blame the whole fiasco on polishing furniture, washing rugs, mopping, and all the cleaning steps we all go through when preparing for a really nice party.

The answer? Perhaps there is not one other than killing all your beautiful camellias and plants that clog up the drains & pipes and cleaning day by day. Personally, we don't see how that can help as we clean from front to back constantly. And by the time we get through the house, it's time to start all over at the front... AGAIN!!!!!!

But hey, that port-a-potty really strikes a note. Maybe call Scooter & Michelle and have one sitting in your yard just for fun. The very thought of some of our friends and acquaintances driving up to a port-a-potty

heaven is almost too much to hear. Me thinks while some laughed until they cried, the others would just keep on giving. Perhaps we would not have very many attendees, and/or any friends left.

Just imagine a port-a-potty on your lawn on Sunday morning. Especially if you live in front of a church! Oh, well, no more friends! Maybe, even no more relatives. At least nobody would know you for a while.

This reminds me of the time when two of my high school friends, Bob Almon & Kenneth Johnson, lugged a restaurant sign to our front yard one Sunday morning and people came knocking on my mama & daddy's door extremely early in the morning looking for breakfast and the promised home-made biscuits.

Now on to the myriad of events and happenings that will take place in the month of February; goody, goodie, we've got Bobby McDuffie performing February 11th at Mercer University at the McCorkle Music Building beginning at 7:30 PM. Admission is \$25.00 for general admission and FREE with a Mercer ID. Call 478-301-5470 for information. Now this is what we'd call a real Valentine's Day surprise, even though it's a few days ahead!

You do not want to miss the Fort Valley Peach Festival's annual "murder mystery & dinner theater." This year's production is titled "How to Kill a Class Reunion," under the direction of the talented Linda Smith. This popular event will take place on February 10th & 11th (Friday & Saturday), beginning at 7:00 PM at the historic Austin Theater in Fort Valley. A great sit-down meal will be served; the price for this event is \$35.00 per person. It's B.Y.O.B. and setups will be available. You do not want to miss this fun production; a fun time will be had by all in attendance. For more information, please contact Linda Smith at 478-951-4828.

Another great Valentine celebration is the annual Georgia Sports Hall of Fame's, BIG DANCE, featuring the Swinging Medallions and the Grapevine Band at Macon's Centraplex. Be sure to bring your table decorations, food and beverages for a fun-filled night of great music and dancing! The doors open

at 6:00 PM and the music begins at 7:30 PM. Tables for eight are \$200.00; general admission tickets are \$25.00. For more information call 478-752-1585, extension 120 or log onto the following web site; www.gshf.org

Be sure to take the grand's and more, especially the guys, to see those Monster Trucks at the Macon Centraplex on February 18th. The Monster Jam Truck Race is a favorite of the little guys. It's a good way to make points with the grand's.

On February 23rd, C&W recording artist Miranda Lambert will per-

form live at the Macon Coliseum Centraplex at 7:30 PM; call 478-751-9232 for ticket information.

The "official" Blue Brothers Review will be held on February 24th at the Grand Opera House in Macon beginning at 7:30 PM. For details, call 478-301-5470.

We remember Dr. Dodd's, 1st Valentine to us:

*Roses are red
Violets are blue
I love a bicycle
Can you swim?
Happy Valentine's Day*

Controlling garden pests without harmful poisons

Special to *Senior News*

On Thursday February 16, there will be a free workshop to explore alternative methods of controlling garden pests without the use of harmful pesticides. It will be held at The Beall's Hill Community Gardens, next to Centenary Church, 1290 College Street, Macon GA. Starting at 3:30, the first part of the workshop will be a tour through the community garden, and the second part will be led by Plant Pathologist Dr. Elizabeth Little of UGA.

Backyard gardeners and farmers are all planning what they will grow this summer, and increasing yields by decreasing pests is an important part of planning. With proper seed selection, crop rotation and cover crops, the damage from pests and disease can be reduced. A reduction in the pest pressure will result in higher yields and less use of harmful soil amendments. Organized by Digging Roots Educational Farm, Inc., the workshop is free and open to the public. To register e-mail or call diggingrootsfarm@gmail.com, 478-836-4564.



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National Veterans Golden Age Games

Registration for the 26th National Veterans Golden Age Games in St. Louis is now open! Deadline is February 29. The Games will be held May 31 - June 5 offering exciting competition for Veterans age 55 and older who receive care at the VA. NVGAG 2012 is also a qualifying event for the 2013 National Senior Games. See you in St. Louis!

For information visit www.veteransgoldenagegames.va.gov

Senior NEWS

Serving Macon & Central Georgia

Website

www.seniornewsga.com
www.seniornewsgeorgia.com

Publisher

Billy R. Tucker
Email: seniornewsga@cox.net

Editor

Ann Tunali
seniornews@msn.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
Dr. Anne Jones
Jane Winston

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.

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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
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Senior News & Views of Georgia

Coliseum Health System unveils innovative Cardiac Care Mobile App

AirStrip CARDIOLOGY allows physicians to access ECGs on smartphones and tablets

Special to *Senior News*

When it comes to improved cardiac care, there's an app for that at the Coliseum Health System facilities, Coliseum Medical Centers and Coliseum Northside Hospital, which are the FIRST and ONLY healthcare facilities in middle Georgia to acquire and implement an innovative application that allows clinicians to access near real-time electrocardiograph (ECG) data on their iPhone® and iPad®.

Coliseum Health System officials announced today that their cardiologists are now using the secure software solution, called AirStrip CARDIOLOGY™, which enables:

- Quicker, more accurate cardiac care decisions
- Stronger, faster communication with emergency medical technicians conducting ECG in the field
- Shorter average time for heart attack patients to get proper care once in the emergency room
- Faster access to off-site physi-

cians for ECG review

“AirStrip CARDIOLOGY can strengthen patient care at the Coliseum Health System facilities by contributing to shorter hospital stays and more informed decision-making to determine the most appropriate treatment,” said Maria Bartlett, MD, FSCAI, an AirStrip CARDIOLOGY user. “In the past we had to review printouts, PDF files or faxes of ECGs, which is inefficient. With this technology, actionable ECG data is immediately available, and we can respond faster than ever.”

AirStrip CARDIOLOGY uses data from the GE Healthcare MUSE® Cardiology Information System, is cleared by the U.S. Food and Drug Administration, and is compliant with federal patient privacy regulations.

“AirStrip CARDIOLOGY supports our commitment to implementing technology that helps us deliver the most advanced cardiac care possible,” added Ralph Griffin, MD, FACEP, Medical Director of Coliseum’s Emergency Departments. “Our cardiologists can see an ECG in a matter of moments after the ambulance picks up the patient. That helps us assess the patient’s condi-

tion right away, and make the best care decision possible.

“The ECG is one of the most common tools used to assess heart patients - and in cardiac care, every minute counts,” Dr. Griffin added.

Letters

Dear Jane,

I wish you could have heard our 8-year old granddaughter’s call from Memphis... “Grandpa, what you doing on the newspaper?”

For someone who quietly goes about his duties day-to-day, the attention Brev has gotten this month has come as a surprise. Of course, we know that newspaper coverage about the food pantry helps spread the word that resources are available and that donations of time and money have been appreciated.

We thank you for that coverage... but even more, on a personal note, I want you to know that after the tiring extra hours of the holiday season, your kind words have helped re-invigorate Brev and his volunteers.

Thanks so much!
Norma Hunt

Spiritual Notes

Another Year Has Dawned

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

2012 is underway with a vengeance! Presidential primaries are in full swing and all our New Year’s Resolutions have been made and perhaps some broken already. News of conflicts around the world and at home continues to fill the pages of our newspapers as well as

the nightly news. It seems that in years past we could almost make the same observations. However, there appears to be more tension and “hatefulness” in today’s world.

During the holidays I received an email from a friend that was a prayer written in January of 1874 by Frances Ridley Havergal. She was known to have lived the words before she wrote them. Her life was one of constant and complete commitment to God. As I read the prayer

I thought how different our homes, our neighborhoods, and world would be if we all prayed this prayer.

Another Year is Dawning

“Another year is dawning; Dear Father, let it be in working or in waiting, another year with Thee; another year of progress, another year of praise, another year of probing Thy presence all the days.

Another year of mercies, of faithfulness and grace, another year of gladness in shining of Thy face; another year of leaning upon Thy breast; another year of trusting, of quiet, happy rest.

Another year of service, of witness for Thy love, another year of training for holier work above. Another year is dawning; Dear Father, let it be on earth, or else in heaven, another year with Thee.”

In my view, she has “covered all the bases” for a committed life with our Heavenly Father and to serving others.

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

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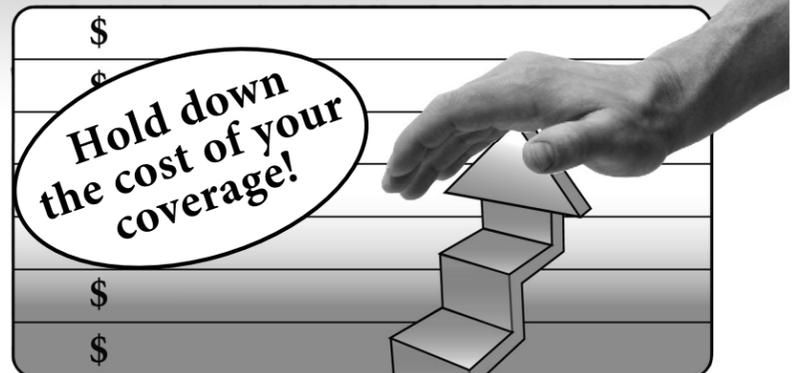
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On the Cover

Marion Page... 94 and still painting!

by JANE WINSTON

ON THE COVER

Marion at work

Marion Page... 94 years young... makes the 50-plus mile round trip every Thursday to the former home economics room of the old Peach County High School in Fort Valley for her art lesson. She is joined by a dedicated group of ladies from the local area for lessons with the very talented Ernie Stofko-Dixon; they call themselves the Jailhouse Alley Art Group (JAAG)... so named because they began their painting lessons in 1967 in a small tenant house near the old jail in Fort Valley. The group has remained the same for a number of years, but the location of the class has changed, often. At one point, they traveled to Ernie's hometown of Juliette for classes, but now Ernie makes the trip to Fort Valley.

Marion's love for painting actually began at a young age when she discovered what fun it

was to draw... not with colored pencils but with a plain old lead pencil. She has come a long way since those days, but she still enjoys sketching. Her sketch, along with other class mates, is included in the yearly calendar which is sold each November at the JAAG annual fund-raising art show at the Fort Valley United Methodist Church. Pen and ink sketches are but a mere piece of Marion's artistic talent. Her water colors and acrylics are outstanding and a favorite purchase of those who attend the art show. She does magic with flowers and scenes. At one time she was commissioned to do portraits, but she has of late limited herself to house commissions. Through the years she has sold many paintings. Her fellow artists say she has probably given away as many as she has sold!

Marion was born September 11, 1917 in Dooling, Georgia and has two grown sons and four grandchildren. She spent about 40 years as a teacher/librarian at schools throughout the area to include Tennille, Millen,



Marion with her 2012 calendar sketch.

Byromville and Crisp County High School. But now she lives in Byromville where she teaches adult Sunday School at the United Methodist Church. She is active in civic organizations and activities and was, one year, The Queen of the Turkey Creek Festival and another year the Grand Marshall of the festival parade. Currently Marion can often be found, at festival time, in the shade of a large tree decorating the faces of eager children.

I met up with Marion in her Thursday morning art class where she and I sat and chatted while other students listened and chimed in. She has no "deep-rooted" secrets for staying healthy. She did share that she eats anything she wants to eat whenever she wants to eat it!!! She does go for long walks on a regular basis,

and has just recently given up bike riding. She is a voracious reader with fiction/mysteries being her favorite genre. She urged all of us in the art class to never think about being old, to never give up, to stay involved in church and community and to keep a positive state of mind.

And so be it!! Thanks Marion, and here's to an active, healthy 2012!



Marion's 2012 and 1985 calendar sketch



Marion's Irises

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“It’s A Gourd Story”

by CLAIRE HOUSER DODD

Anne Touchton and her Looney Bin Artists have done it again. If you don’t believe it, just log on to gagourd-society.com and see for yourself. The Blooming Gourd Magazine is listed under the Georgia Gourd Society and has all the pictures of winners of the Georgia Gourd Society Show at the Perry Ag Center in November. She and her students walked away with almost all the prizes. The names of some of the contests winners are: Cathy Matoy, Trish Mills (People Choice Award), Nina Stribbling, Sharon Wallace, Sandra Ragsdale, Karin Anderson, and Anne. The last two are Master’s this year while the others are novices. These are hard-working Looney Ladies (as they like to be called).

We remember going to a show in Macon a year ago and loving the gourd section, and the names of the gourds such as Gourd Is My Co-Pilot, In Gourd We Trust, and several other really catching gourd titles. Up until that time we were “good gourd almighty ignorant.” The only gourd we’d ever seen was one hanging on a pole at a farm for birds. We’ve since learned these are Martin



Jakes's Birthday Gourd (Eye Gourd with Lizard)

Gourds.

Anne is still at the Looney Bin off US Highway 341 in Roberta. Across from the old Home Store is a road that carries you over and around the bend and on to the Bin, a grain silo that Anne and her husband Wayne long ago turned into a studio.

While talking with Anne Touchton we learned that she bought her gourds in Fort Valley from Jake Turner. We talked about Jake and the quality of his gourds and the fact that she bought all of her gourds from him because he had the best quality, etc. etc. etc. It was quite awhile before the salient point emerged. You see, Jake Turner is a seven-year old adorable little blond-headed boy who started his gourd business two and a half years ago. He is quite the little gentleman, speaks well, and is planning two new enterprises; a goat and chicken endeavor. However, he tells me “I haven’t quiet worked out the math.” How’s that for an entrepreneur attitude? And even at age seven!

Jake is the son of Courtney & Brent Turner, lives on a small farm, and is home-schooled mainly by his mother.

Our thought is if we can send our grand out to learn this kind of thinking? Jake is very clear on how he raises gourds, exactly when they have to be harvested and probably one of the most important points; how they are dried. They sound perfect and Anne says “they are!

That’s why she buys all of her gourds from Jake. He sells her his entire stock now, which his father says helps a lot since you don’t have to be on hand for a half dozen or so buyers coming by to look at the gourds.

The Eye Gourd is painted with glow in the dark paint, has many little green eyes, pupils, peeping out at you. Along with the eyes are black spots that looked like holes, and out of those appear little green gecko toes and a tail or two. You see, no gourd is the same. Anne paints what she sees. “The gourd tells me what it wants to be, ‘she says.’”

Now, you dear reader may see why she is called the “Looney Lady!”

You may see Anne Touchton on the Looney Bin on Flint Cable TV, Local Watch Channel 14, on Tuesday at 10:00 a.m. and Saturdays at 10:00 a.m. or if you have high-speed internet you can watch the Looney Bin at flintcatv@localwatch14.



Cathy Dishman-Matoy, Jake Turner (Gourd Supplier) And Anne Touchton.



The Looney Bin.



Claire Houser-Dodd, Cathy Dishman-Matoy, Jake Turner and Courtney Turner.

First Choice Primary Care is accepting new Medicare patients.

First Choice Medical Care is a community health center located in downtown Macon. We offer family medical care, preventive services, and the diagnosis and treatment of common and chronic diseases.

Dr. Tim Graves, Medical Director, has taken care of families in Macon, Gray and Middle Georgia for almost thirty years. He is graduate of the Medical College of Georgia, and Board Certified in Family Medicine.

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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.

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The Next Chapter

Unbroken is one of the most remarkable books written in recent years!

Book Reviews by ANNE B. JONES, PhD

Unbroken (Laura Hillenbrand, Random House, 2010); *Stress-free Marketing: Practical Advice for the Newly Published Author* (Renea Winchester, Make Your Mark Publishing, Atlanta, Ga. 2011); *What to Say to a Dead Man: Poems at the End of a Marriage and After* (Jane Yolen, Holy Cow Press, Duluth, Minnesota, 2011); *The Drop* (Michael Connelly, Little, Brown & Company, 2011)

Unbroken by Laura Hillenbrand is one the most remarkable books written in recent years. A world apart from Hillenbrand's *Seabiscuit*, the story is all the more fascinating because of how it came to be written. Hillenbrand was researching *Seabiscuit* when she kept coming across sto-

ries about "Louie," a 1930s track star whose World War II saga seemed unbelievable. Unable to get him out of her mind, she decided to contact him and ask about his life.

His amazing journey includes time spent as a youthful roughneck and rabble-rouser, a world-class Olympic runner, a World War II prisoner of war and, finally, an unbroken man with an unparalleled capacity for survival and forgiveness. This inspirational story is intense and riveting. I highly recommend it.

I have received many requests for suggestions from writers attempting to market their books. Far from being an expert, I often turn to others for advice. One of the best books I've seen on the subject is *Stress-free Marketing: Practical Advice for the Newly Published Author* by Renea Winchester. It is informative and written in an easy conversational tone. Reading it is as comfortable as talking with a friend over coffee and the author's ideas are doable and informative. Whether you are an aspiring author or a veteran, you'll find the work both enlightening and enjoyable.

What to Say to a Dead Man: Poems at the End of a Marriage and After is the most

well written poetry book I've ever encountered. Prize-winning author and poet Jane Yolen's sensory details and imagery add power to her expressions of the emotional realities of grief. According to Leslea Newman, Poet Laureate of Northampton, MA, Yolen "offers the reader nothing but the truth: this is what grief looks like, sounds like, smells like, feels like." Grief is difficult to explain in words, yet Yolen has succeeded, reaching out to readers as few writers can. Many will identify with her loss and be grateful she has given voice to that which inevitably touches all of us.

The Drop by Michael Connelly is yet another excellent story in his Harry Bosch series. With retirement approaching, Bosch is driven to close more of the LAPD's case files. As with many good mysteries, this one is complex. Dual multi-layered cases involve city and police politics, flawed good guys and unforgettable characters. Ever true to himself, Bosch fiercely pursues justice on his own terms, bringing *The Drop* to a reader-satisfying conclusion.

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

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HOUSTON LAKE

Poets' Corner

PRECIOUS GIFTS
 by Nina Clauss

Jesus said to me, I am the way,
 Come early morning with Bible I
 pray.
 Early morning when others are
 asleep,
 His book I read, strength and
 courage to reap.

At five A.M. the phone does not ring,
 Concentration unbroken by anything.
 I understand better, nothing to
 disturb,
 My mind is ready to read God's
 word.

God is listening when we pray,
 He answers prayers His own way.
 It's not always what we want to hear,
 We can trust His decision without
 fear.

We know our Father gave His own
 son,
 And by that gift our freedom was
 won.
 Give problems to God and live with
 out sin,
 A home in Heaven our gift to win.

Unite with Jesus, and you will see,
 Brothers and sisters in Christ you'll
 be.

THE VIRTUE OF LOVE
 by Vera King

Should I dare to
 Attempt a love poem
 One with no rhyme
 Or reason for being
 Except for its mystery
 That mystifies the masses
 The ecstasy of escape
 The tenderness of togetherness
 Where two are twined
 For a lifetime of giving
 And shared secrets bring bliss.

THE BEST DAY I EVER HAD
 by Lance H. Noel

The day started off like any other
 The year was 1974
 I went down stairs to get something
 to eat
 To raid the fridge once more

I didn't realize that I was home alone
 As I made my bologna and eggs
 I turned on the TV to watch cartoons
 The rest of my family would be
 getting up soon

The front door opened and my
 mother walked in
 I said, I thought you were here,
 where have you been?
 She told me, she took brothers and
 sister somewhere
 She said, this is my and your day,
 alone to share

She told me to go and get dressed,
 we're going out

I asked where we were going, she
 said, you'll see
 Without hesitation, I did so with
 great speed
 I was excited with anticipation of
 what it could be

We left the house, caught a bus to
 Cheltenham Mall
 Maybe she's buying me new
 sneakers I thought
 We walked to the
 movies, I smiled
 with glee
 We're here to see
 "The Longest
 Yard," just you and
 me

She purchased some
 hotdogs and of
 course popcorn too
 Right then and there, I
 was happy beyond
 belief
 It was just me and my
 mommy at the
 movies
 I stole her for one day
 from my siblings,
 I felt like a thief

After the movie, we
 caught the bus
 home again
 As we walked down
 the street, we
 walked hand and
 hand
 I remember some
 older guys
 checking her out
 I was jealous and
 protective, this is
 my mom, I wanted
 to shout

I grabbed her hand
 tighter,
 We began to skip
 down the street
 together
 It was a child's game,
 we both happily
 sung
 We were glued at the
 hip, we skipped
 as one

"You gotta get home
 on your right
 your left!"
 You gotta get home on
 your left your
 right!"
 We skipped all the
 way home,
 forever glad
 This was absolutely,
**The best day I
 ever had!**

SISTER
 by Frankie Lee

I have a sister. She is
 so great
 And means the world
 to me

She is always there
 In good and bad
 No matter where I'll be

She is the youngest of us two
 But oh so smart and wise
 She is so beautiful too
 My greatest gift since I was born
 Christine, that's who

A sister is a forever friend
 She is always in your heart
 And makes your life so much richer
 And missed when we are apart

I love my sister, she is my heart
 I am so very lucky to
 My greatest gift since I was born
 Christine, that is you

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Macon/Central Georgia CALENDAR

Coliseum Health System

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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
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
- 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.

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., 4 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

- Last 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.

continued on page 11

Dempsey Apartments

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General Business Directory For Seniors

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CALENDAR

from page 10

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.
- 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 Gospels Quartet Outreach Ministry

The Gospels 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

Massee Lane Gardens

For information call 478-967-2358 or www.camellias-ac.com (The American Camellia Society.)

Macon Little Theatre

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

Museum of Arts & Sciences

4182 Forsyth Road, Macon
478-477-3232 or visit website www.masmacon.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

Warner Robins Little Theatre

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

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village, Macon.
478-744-9557; middlegeorgiaart.org. Tues.-Fri., Noon-5 p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group

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

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

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at

DivorceCare.

DivorceCare is a special weekly 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

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@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.

General Business Directory For Seniors

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February is Heart Health Month and **Coliseum Heart Institute** is sponsoring a fun and educational event to help you learn more about taking care of your heart.

The day will include heart screenings, fitness classes, nutritional classes and more. **Attend one event and you are eligible for a drawing to win a one year membership to Mathews Athletic Center or a \$100 gift certificate to The Fresh Market.**

*Pre-registration/pre-qualification is required for heart screenings. Call 478-746-4646. Screenings offered in upstairs room with no elevator access. ABI measures the ratio of the blood pressure in the lower legs to the blood pressure in the arms. Compared to the arm, lower blood pressure in the leg can be an indication of blocked arteries (peripheral vascular disease).

Join us for one or all of the classes!

8:00 am – 12 Noon

Heart Screenings

- Ankle Brachial Index
- Blood Pressure
- Body Mass Index

9:30 am – 10:00 am

Exercise Safety - Exercise injury free with the correct footwear and fitness gear

10:30 am – 11:45 pm

Yoga and Your Health - Participate and learn the benefits of Yoga

12:00 noon – 1:00 pm

The Skinny on Fat, Fiber, and Portion Control - heart healthy presentation

1:00 – 2:00 pm

RIPPED Exercise Class Demonstration (come prepared to participate)

2:00 – 3:00 pm

Organic Food for Your Health - heart healthy presentation by Naomi Davis, Digging Roots Educational Farm, Inc.

3:00 – 4:00 pm

Pilates Exercise Class Demonstration (come prepared to participate)

All events free

Participants at any of the events will be given a free guest pass for the gym that day.



For more information or to register for screenings, call 478-746-4646