

Senior News

Serving **MACON** & CENTRAL GEORGIA
Information For Ages **50 PLUS!**



Mary Morton enjoys recruiting families to host foreign students!

Story on page 2

August 2012
Vol. 26, No. 8

On the Cover

Mary Morton enjoys recruiting families to host foreign students

by CLAIRE HOUSER-DODD

ON THE COVER

Mary Morton, right, with Lara and Sherman.

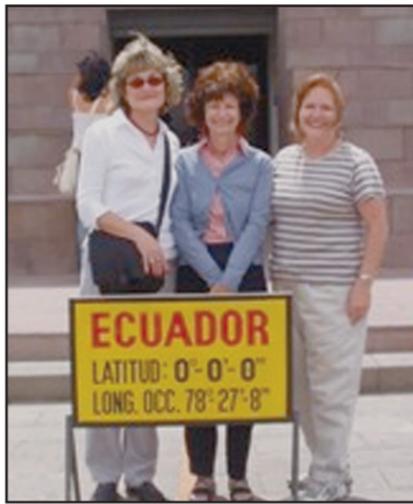
Mrs. Mary Morton of Byron has been with Academic Year United States of America, now called simply Ayusa, since 2006. She is an official staff member recruiting families to host foreign students for the academic year.

However, Mary has been affiliated with Ayusa much longer as she and her husband, Sherman, and their four children – Leah, Sam, Aaron and Caleb – have been hosting for eleven years, and have had five foreign students living with them for a year each. “That first experience was so positive, we just keep on doing it,” she says, and now she’ll help other people have the same adventure of a lifetime. She says, “Each of my children had their own exchange student, but the last one was mine, Lara, a great student from Germany.” She has enjoyed all five, but that last one was a perfect match for her. “She is truly the daughter of my heart.”

Mrs. Morton represents middle

and south Georgia: Bibb, Peach, Houston, Crisp, Lowndes, Chatham, and Muskogee Counties to name a few. So far Houston and Peach Counties have hosted the most, and Peach County High School and Northside High School have educated the majority of the foreign students with Northside having 72 students. They have recently received a plaque for their efforts and appreciation from Ayusa. Congrats to these two schools for their participation.

In order for the staffs to learn more about the countries and consequently be more helpful in placing the students in a perfect environment, Ayusa sends them to visit some of the countries. Many have been to China, Brazil, the Netherlands, Germany, Korea and Ecuador which was her first trip and is still her favorite. She says the country is beautiful and the Ecuadorians really know how to treat a guest. She added, “While



Mary Morton on the equator with manager Pat Balli, left.

standing on the Equator for a picture, I had to wear a coat!” They produce fruits and vegetables all year, and have no bugs because of the altitude in Quito, the capital, which was her very favorite city. She wants people to know it is not hot like they think just because it is on the Equator.

Sandee Davis, also of Byron, has hosted

a very fine young man from Curitiba, Brazil. He was a senior and opted to spend that year here in the US. Sandee and her son, Devon, took him around everywhere and he met everybody. Bruno Hubner was the perfect example of the young gentleman next door; everybody loved him and even got to meet his parents when they visited a Macon Symphony part while here. Needless to say, Bruno chose to come back to the states to college. He chose the University of North Carolina at

Greensboro, NC. Probably to visit his host family more easily.

This 30 year program is so extraordinary, and helpful to world affairs, everybody should be interested in it. If you are one of those, you may get in touch with Ayusa by calling the staff person here in Byron, Mrs. Mary Morton at 478-320-2976.

Who would make a great host family you ask? Believe it or not host families come in all different shapes and sizes, such as father and mother, two and a half children, single, single parent with child, empty nester; maybe even grandparents whose grands have gone off to college and / or married and moved away, and they are lonely.

We hear it is nice to have two at the time even, so if you’re busy they will help each other! And exactly what are your responsibilities? Board and food. Period. They will need their own bed, but could room with one of your children!

Rest assured, these foreign students come well prepared to stay the academic year. They have their own spending money, insurance card, ATM, and phone cards. All you need to supply, as we stated, a bed (private or semi-private room), food, and a shot of good old American culture.

Go ahead, make the call.

Beautiful, Affordable Senior Housing!



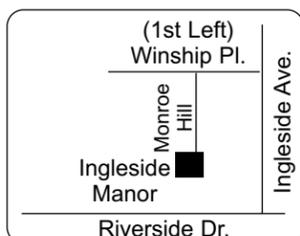
- Spacious One Bedroom Apartment
- Fully Equipped Kitchen, Carpet, Bay Windows
- Communal Multi-Purpose, Computer and Exercise Rooms
- Great Location – Close to Shopping, Public Transportation and Medical Facilities



Call Today for a Tour

478-722-9492

TDD: 800-545-1833, ext. 359



Ingleside Manor

A Retirement Housing Foundation Community

478 Monroe Hill • Macon, Georgia 31204-2592



You must be 62 years of age or older. Gross income must not exceed \$19,150.00 for one person and \$21,900.00 for two people.



Life

...after
vision
loss.



Living with Macular Degeneration, or another vision-limiting condition?

EVEN if you've been told nothing more can be done, you owe it to yourself to seek a second opinion.

Find out if special telescopic / low vision glasses can help you see better than you ever thought possible.

Experience better vision with low vision technology!

Call today for a FREE phone consultation with Dr. Brian Saunders.

Toll Free: 877-948-7784

770-948-7784

www.IALVS.com

Let us entertain you

by **CLAIRE HOUSER DODD**

When angry, count to 4; when very angry, swear.

Mark Twain

Our best bet for entertainment at this writing is a long, cool drink of ice water in a cool pool in the shade of a huge oak tree. Other than that, hid in the room with the AC blaring and a big fan aimed at your face. Oh, yes, you should put on a good movie that is set in the wintertime with deep snow on the ground and lots more falling. How's all that to chill your bones?

This is a good time to go to the movies. The house was cold and so are the drinks. The hot buttered popcorn is not! We saw "Dark Shadows" with Johnny Depp whom we adore, but really missed the original Barnabus, Jonathan Fried, who passed away shortly before the movie opened. A lot of people around Fort Valley and surrounding areas will remember Jonathan Fried coming down and presenting a Shakespearean workshop at FVSU along with John Hruby and yours truly. He was a very fine man as well as an accomplished actor and teacher. He will always be the "real" Barnabus.

However, go to the movie, you'll like the sometimes hilarious way Johnny Depp interprets Barnabus. Just don't expect to see a replay of the television version of "Dark Shadows."

And the good movie is the "Best Exotic Marigold Hotel," filmed in India with beautiful scenery and colors and a perfectly romantic hotel full of English retirees seeking a fine but cheap existence in a far away land. Dame Judy Dench and Maggie Smith are especially noteworthy, and you'll enjoy the plots around the different couples. Plus, you'll be cool to boot!

We were down at Wilmington Island near Savannah – that grand old hotel that used to belong to gangsters and mob people. It is still romantic and mysterious, but you will not meet any Mafia types. We

were there during tropical storm "Debbie" and thoroughly enjoyed the breezes. The heat introduced itself immediately thereafter.

We were very disappointed that Oprah opted out purchasing the penthouse of three magnificent floors when she heard that the helicopter pad was poured right after Jimmy Hoffa disappeared! We hear there are also bodies in the basement. True or false? Who knows? One must not let a little gossip spoil one's vacation!

While on a trip to Southern Pines, North Carolina with a cousin, Havalyn and her husband Wayne Andrews, we were discerning our eyesight, or lack thereof, and she said her daddy always told her that "everything you write with your pencil, your nose erased." Guess near-sightedness does that to you! Our friends love to talk to us because they know we can't see any wrinkles.

This reminds us of a friend's grandchild fussing about the changes at her house, the garage, the kitchen, and her wrinkles! His parents suggested he call back and apologize. He said, "Grandma, the garage and the kitchen are ok, and I don't mind your wrinkles, but I'm upset about you getting so flecking old." We thing he is only five or six years old, but does he have to be so darn observant? What a hoot! All guilty parties shall remain nameless. Aside: She really has no wrinkles.

We've always been a little confused about the war of 1812, so will try to get to Fort Hawkins on August 15th to see. (Hours are 10 am to 4 pm on Saturdays and 12 pm to 4 pm on Sundays). Col. Hawkins Tribute Trip and War of 1812 Remembrances. FREE. 1207 Emery Hwy, Macon, GA. Call (478) 752-8257 for more information.

Another interest is dinosaurs, through September at the Museum of Arts and Sciences, 4482 Forsyth Rd., Macon, GA. These extinct animals will be on exhibit and you can learn about them and the Mark Smith Planetarium will present "Dinosaur Prophecy" about how they interacted with the environment and possible reasons for extinction. FREE with

museum admission. \$4-\$8 so please call (478) 477-3232 for more information.

We love Native Americans and are trying to get back to the Ocmulgee National Monument at 1207 Emery Highway one cool Saturday morning at 11 am for a guided Earth Lodge tour. There's also one at 3 pm. We figure the 11 am tour will be the best one to take as the Lodge will not have heated up by then. It's FREE. The number to call is (478) 752-8257.

The Macon Film Guild presents "Bernie" August 12th at the Douglas Theatre in downtown Macon. It is located at 355 MLK Boulevard. There are two screenings: one at 2 pm and another at 5 pm. Both shows cost \$5.00. You may call (478) 742-2000 or visit www.Maconfilmguild.org for more information.

Classic: A book which people praise and don't read.

Mark Twain

TUB-TO-SHOWER CONVERSIONS

- Perfect for those with limited mobility
- No tub rail to climb over
- Available with a wide range of safety features
- A fraction of the cost of conventional remodeling



LIFETIME BATH FITTER WARRANTY

(See stores for details)

WWW.BATHFITTER.COM

PRESENT THIS COUPON AND SAVE UP TO

\$250*

OR

24

MONTHS NO INTEREST FINANCING

BATH FITTER®

1-877-865-6055

1901 Montreal Rd., Unit 117
Tucker, GA 30084

*On a tub-to-shower conversion. Or \$125 off a tub, wall and fixtures. Offer valid for 30 days. See store for details. One coupon per customer. Coupon must be presented at time of estimate only. May not be combined with other offers or applied to previous purchases. Valid only at this location. ©2012 BATH FITTER® all rights reserved.



GEORGIA DERMATOLOGY & SKIN CANCER CENTER

Quality Care Since 1969

www.GaDerm.com

Mohs Surgery	Skin Cancer Surgery	Skin Exams
Mole Removal	Psoriasis	Warts
Rashes	Acne	Phototherapy



Warner Robins
212 Hospital Dr.
922 - 9281

Macon
1157 Forsyth St.
750-SKIN
(7546)

FLINT RIVER MEMORY CARE

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

Flint River Memory Care Community

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

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.

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

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

CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037
FAX: 478-929-4258
www.seniornewsga.com
E-mail: seniornewsga@cox.net
Copyright 1987
Senior News & Views of Georgia

MCCG's Butler elected as Chair of Georgia's Medical Board

Special to Senior News

The Georgia Composite Medical Board recently elected William J. Butler, M.D., an employed physician at The Medical Center of Central Georgia (MCCG), as Chairperson of Georgia's Medical Board for the July 2012-June 2013 term.

Dr. Butler has served on the board since April 2007, when he was appointed by Gov. Sonny Perdue. Prior to his election as Chairperson of the Board, he served as Vice-Chairperson. The Georgia Composite Medical Board is the state agency that licenses physicians and other medical personnel, investigates complaints and disciplines licensees who violate The Medical Practice Act and other laws governing professional behavior.

"I am honored that the governor entrusted me with a position on the Georgia Composite Medical Board and that my peers have elected me to the position of Chairman for the upcoming year. I will do my best to justify the confidence they have expressed in me," said Dr. Butler.

Dr. Butler is a professor and Chairman in the Obstetrics and Gynecology Department at the Mercer University School of Medicine and serves as Director of the Central Georgia Fertility Institute. Prior to his move to Macon in 1999, Dr. Butler served as Director of the Division of Reproductive Endocrinology at The Medical University of South Carolina School of Medicine.

Dr. Butler has been licensed to practice in Georgia since 1982. He is board certified in obstetrics, gynecology, reproductive endocrinology, fertility and genetics.



William J. Butler, M.D.

Spiritual Notes

There is plenty of work for love to do

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Recently I read the story of two mature ladies who worked in the

same office and were having a discussion regarding the work habits of a fellow employee. One of the workers observed that the employee in question was lazy and worked very little. In response her fellow employee suggested that he was young and

needed encouragement and support. As a follow up statement she said, "There is plenty of work here for love to do." Her response was urging her friend to be patient and work at loving this young man. In other words, she was suggesting you have a lot of "love work" to do.

The world we live in today, with all the negative attitudes that one encounters and perhaps harbors, we have forgotten what Jesus said when asked in Matthew 22:36-39:

"Teacher, which is the great commandment in the Law? Jesus said, you shall love the Lord your God with all your heart, with all your soul, and with your entire mind. This is the first and great commandment. And the second is like it; you shall love your neighbor as yourself."

Regrettably, so many of us are like the negative worker, we find it easy to censure and/or blame those around us, friend or foe, for any number of faults. In contrast, if we follow the commands of Jesus there are no exceptions to the prescribed actions we are to take toward our neighbors. I believe Jesus included all those we encounter each day as neighbors.

I love the old hymn, "Love Lifted Me." One of the verses states: "But the Master heard my despairing cry; from the waters He lifted me; now safe am I. Love lifted me! Love lifted me! When nothing else could help, Love lifted me!"

Yes, "There is plenty of work for love to do." Love does lift us to act beyond our human capacities. Love is God's benevolence and mercy toward man. May we all practice the feeling of benevolence, kindness, and brotherhood toward others.

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

You want to experience all that life has to offer, but if you're not seeing as clearly as you used to, cataracts could be getting in your way.

Today, you have a wide range of options when it comes to cataract surgery. Whether you want to wear reading glasses, bifocals, or no glasses after your surgery, the physicians at the Eye Center of Central Georgia have the tools to help you see your very best.

With options like multifocal lenses to correct both distance and near vision, or toric lenses to correct astigmatism, your doctor can help you find the best option for your eyes and your lifestyle

Set up an appointment today, and start seeing your best!



**1429 Oglethorpe Street, Macon, GA 31201
(478) 743-7061 www.myeyecenter.com**

Poets' Corner

YOUR FOLKS MY FOLKS OLD FOLKS

by Mary P. Barrett

As I sit here with you in
mind, thoughts come to me soft and
kind,
Remembering when I held you as a
tiny babe soft and sweet
No one in the world came close as
your two tiny feet,
The ones that could one day walk
anywhere he surely pleased
And would always be the apple of
Grandmas eyes indeed,
When you fell and skinned your knee
I was there to comfort you
Tear stained cheeks full of pain I
managed to make your world
unblue,
You made me feel so proud for I
raised you as my own little boy
You never had to want for things
others wanted especially toys,
As the years have turned my hair a
lighter shade of white
My memories and thoughts of happy
times come to light,
For now you are grown and have a
little one on the way
You're hoping for a boy can't tell
quite yet oh the day,
When you get to hold your child the
first time new life
Then so proudly you say my son and
smile at your wife,
Days are past Grandma's not needed
like before
Lives are way to hectic too

that's what rest homes are for,
Seems at times I feel so alone and in
deep despair
Wondering to myself really now does
anyone care?
I was there from the beginning when
I was proud to boast
Can you toss me away like this when
I need you the most?
I was young now I have given you
my life and grown old
Now you want to treat me
meaningless and so very cold,
I was your Folks you are My Folks
Now Old Folks now I see
I pray this not be last I see of My
folks through eternity...

SUMMER TIME IN THE ATLANTA

by Frederic Holland, Sr.

It's over 90 degrees in the Atlanta
and everybody's hot;
From your head down to your feet
you're sweating a lot!
To cool off, you run the AC all day;
When the Georgia Power bill comes,
a lot of cash you must pay.
Step outside the door and the heat
hits you like a hot oven blast;
In this kind of heat you better not run
or walk too fast.
The "big red" sun in the Atlanta ain't
no joke;

Don't take it lightly cause you might
have a stroke.

Young guys cruising in their vintage
"pimped up" cars full of pride;
Truth be told, the wheels and the
sound system cost more than the
ride.

Young girls wearing just enough to
cover;
Long weaves flowing, rocking a tat
too of their current lover.

We take the kids to White Water Park
and Six Flags to keep them cool
and busy;
Most of the rides make me dizzy.

Don't leave small children or pets in
a parked car with the windows up,
no matter how long you think it
might take;
Cause there is a chance that your
loved ones could bake.

I remember as a child, the heat didn't
bother me, I played in it all day;
Now looking at the kids play...
makes me say no way!

Yea, living in Atlanta you have to
deal with some summer time heat;
But I love the Atlanta, cause the year
around weather is hard to beat!

So don't do too much in the heat and
drink plenty of water;
And we will all get through the

summer without too much bother.

MY BEAUTIFUL

by Barbara Johnson

Your red is like a bowl of Cherries
Your blue is like the deep blue sea
Your white like the peaks of the
ocean
Your stars like the diamonds of the
night sky
You wave to the wind like a soaring
eagle
Yet you're quiet like a calming sea
Men and women have fought and
died for you
And we love you all the more
We will always honor and salute you
My beautiful flag of "The United
States of America"

DIVORCE
by Ann Morris Butler
Divorce makes fathers
Into uncles
And uncles into fathers
And children into half-orphans
Seeking scraps of love
Wherever they go
Looking for phantom fathers
To fill the holes in their souls



Simply log on to mccg.org and click on the InQuicker Button to find the next available treatment time at one of our three convenient QuickMed locations or The Emergency Center, downtown. Then, wait in the comfort of your own home instead of in the waiting room, and upon arrival, you will be seen by a healthcare professional within 15 minutes of your selected treatment time.

It's just that quick and easy with InQuicker at The Medical Center!

Care for minor illness and injury...with less wait!

The Medical Center
of Central Georgia
mccg.org



"I would recommend InQuicker because it's convenient and the professionals are top notch!"

David Becker
Satisfied InQuicker User

Mackinac Island, Michigan

by JANE WINSTON

The only state highway in the country with no automobiles is on an Island in Michigan, and that Island would be Mackinac (and that rhymes with saw not sack) Island. M-185 runs the approximate eight mile perimeter of the Island, yet automobiles have not been allowed since the early 1900's when residents complained after a car scared their horses and caused carriage accidents. These complaints prompted the ban. Other than a handful of emergency and utility vehicles as well as others by special, limited-time permit, no cars or trucks are allowed on M-185 or the Island. It was the only state highway on which there had never been an accident until the summer of 2005 when the Island fire truck dinged the door of the

Island ambulance as they responded to an emergency call at the dock.

This magical Island sits in Lake Huron between the lower and upper peninsulas of Michigan, and the only access to the Island is a 15-20 minute ferry ride. The Mackinac Bridge, a suspension bridge spanning the Straits of Mackinac, connects the non-contiguous upper and lower peninsulas of Michigan. It opened in 1957 and is the third longest suspension bridge in the Western Hemisphere. The bridge carries Interstate 75 across the straits and connects the village of Mackinaw City on the south end of the bridge with the city of St. Ignace on the north end.

There are two light houses, one functional and one historic, standing guard over the narrow passage between Mackinac and Round Islands. The Round Island Lighthouse was completed in 1895

and was in use for 52 years. In 1947 a new automatic beacon was placed off the south shore of Mackinac Island and the Round Island light house abandoned. The US Forest Service now supervises the structure. This historic light house serves as a sentinel for the past, reminding visitors of the often precarious sailing and rich history of the Straits of Mackinac.

There are only 600 year-round residents. However, more than one million tourists visit the Island each year and marvel over the wide variety of beautiful flowers in every nook and cranny, ride bicycles, take walks, eat world-famous fudge and some of the best ice cream in the world. They watch the more than 500 horses haul people, supplies, trash, building supplies and much more. Amidst the public transportation, they see privately owned horses and carriages. What most come to see; however, is the stately Grand Hotel visible from the ferries transporting tourists to and fro.

Grand Hotel was built 125 years ago in only 93 days. The 660 foot long porch is purported to be the world's largest. On this porch there are 2,500 geraniums, (the Island signature flower) in 260 planting boxes with seven tons of potting soil.



Grand Hotel



Round Island Lighthouse

More than 5,200 geraniums can be seen in all the hotel's flower beds combined. And in the fall, one ton of bulbs are planted, including 25,000 tulips and 15,000 daffodils. Five US Presidents have visited the hotel: Clinton, Bush, Ford, Kennedy and Truman as well as Thomas Edison and Mark Twain. Two movies, *Somewhere in Time* with Christopher Reeves as well as *This Time for Keeps* with Esther Williams were filmed there.

Should you readers of *Senior News* wish to know about this magical Island, check out Brenda Horton's (of Lake Blackshear, GA) blog at <http://bree1972.wordpress.com>.

Jane Winston is a freelance writer who spent this summer on Mackinac Island.

ApplianceSmart®

www.ApplianceSmart.com

SMART Summer Savings!

Cool Savings on Hot Appliances

from Name Brands You Can Trust!



\$1,299.98

Front Load Washer & Electric Dryer PAIR

WFW9470WL / WED9750WL - 27" Pair. 3.9 cubic foot capacity washer. 12 Wash Cycles, 4 Temperature Settings. 7.5 cubic foot capacity dryer. 13 Cycles, AccelerCare Drying System. Closeout, limited to supply on hand.



\$1,099.98

Front Load Washer & Electric Dryer PAIR

WCVH6800JWW / DCVH680EJWW Final pair price, after instant savings. Closeout, limited to supply on hand.



\$599.98

Washer and Dryer PAIR

NTW5100XQ / NED5100TQ - White only. 3.1 cubic foot washer. 16 cycles, 3 water levels. Extra large capacity dryer. Closeout, limited to supply on hand.



\$399.98

Dishwasher w/Stainless Steel Interior

Your Choice: Black or White

MDB7749AWB / MDB7749AWW Closeout, limited to supply on hand.



\$899.98

Side-by-Side Stainless Steel Refrigerator

WSF26D4EXS - 26 cubic foot capacity. Temperature management enabled by 6th Sense Technology. Closeout, limited to supply on hand.



\$799.98

Side-by-Side Refrigerator

MSD2553WEW - Fresh-lock crispers. Catcher glass shelves. Closeout, limited to supply on hand.



\$479.98

Smooth Top Electric Range

Your Choice: Black or White

WFE361LVB/Q - Self-cleaning. Eco-friendly cooktop. Closeout, limited to supply on hand.



\$449.98

Smooth Top Electric Range

FGEF3031KW Self-cleaning. Closeout, limited to supply on hand.



\$149.98

Over-the-Range Microwave

Your Choice: Black or White

JVM1840DRBB / JVM1840DRWW Closeout, limited to supply on hand.

FREE RECYCLING & HAUL-AWAY

No Purchase Necessary



Call your local Georgia ApplianceSmart store for free curbside collection of major appliances. In-home collection available for a fee. No purchase necessary, some restrictions apply. Free in-home haul-away and recycling on appliance purchases. See store for details.



Scan for store locations and hours

CONYERS • CUMMING • LITHIA SPRINGS

MARIETTA • NORCROSS • SMYRNA

Like US ON FACEBOOK

Follow US ON TWITTER



©2012 ApplianceSmart, Inc.

Ask your doctor or pharmacist about the benefits of switching to FlexPen® today.

NovoLog® Mix 70/30 FlexPen®
 70% insulin aspart protamine suspension and
 30% insulin aspart injection, (rDNA origin)

Discover additional benefits
 for the **same cost** as
 vial and syringe.*

Compared with other premix
 insulins like Novolin® 70/30,
 NovoLog® Mix 70/30 FlexPen® offers:



Better mealtime coverage



A lower risk of very
 low blood sugar



More flexible dosing†:
 15 minutes before **or**
 after starting your meal

...and if you participate in Medicare
 Part D Extra Help (LIS):



Switch today and pay no
 more than \$3.30 or \$6.50
 just like Novolin® 70/30*

**FlexPen®. Insulin
 delivery my way.**

Individual results may vary.

Indications and Usage

NovoLog® Mix 70/30 (70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin]) is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Important Safety Information

Do not take NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or if you are allergic to any of the ingredients in NovoLog® Mix 70/30. If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia).

NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject it up to 15 minutes before you eat a meal. If you have type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.

Check your blood sugar levels regularly. Ask your health care provider what your blood sugars should be and when you should check your blood sugar levels. Do not make any changes to your dose or type of insulin unless your health care provider tells you to. Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog® Mix 70/30.

NovoLog® Mix 70/30 is a prescription medication. If you need assistance with prescription drug costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Talk to your doctor about the importance of diet and exercise in your treatment plan.

*Intended as a guide. Lower acquisition costs alone do not necessarily reflect a cost advantage in the outcome of the condition treated because there are other variables that affect relative costs. Formulary status is subject to change.

Before using NovoLog® Mix 70/30, tell your health care provider about all medicines you take and all of your medical conditions, including if you have kidney or liver problems or if you are pregnant or breastfeeding. It is not known if NovoLog® Mix 70/30 will harm your unborn baby or pass into breast milk. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Do not inject NovoLog® Mix 70/30 with any other insulin products or use in an insulin pump.

Do not share needles, insulin pens or syringes with others.

The most common side effects of NovoLog® Mix 70/30 include skin thickening or pits at the injection site (lipodystrophy), weight gain, swelling of your hands and feet, and vision changes. Serious adverse events may include low blood sugar (hypoglycemia), low potassium in your blood (hypokalemia), local allergic reactions at the injection site (like redness, swelling, and itching), and whole body reactions. Get medical help right away if you have any of these symptoms of an allergic reaction: a rash over the whole body, have trouble breathing, fast heart rate, sweating, or if you feel faint. Ask your health care provider or pharmacist for more information.

Please see Brief Summary of Prescribing Information on adjacent page.

†For patients with type 2 diabetes.

*Partial LIS beneficiaries are required to pay up to 15% of drug costs up to the out-of-pocket threshold of \$6,657.50. After this threshold, LIS beneficiaries have co-pays of \$2.60 for generic drugs and \$6.50 for brand name drugs. Note that human insulin is not a generic drug.

FlexPen®, Novolin®, and NovoLog® are registered trademarks of Novo Nordisk A/S. © 2012 Novo Nordisk Printed in the U.S.A. 0412-00009002-1 May 2012



NovoLog® Mix 70/30

70% insulin aspart protamine suspension and 30% insulin aspart injection, (rDNA origin)

Patient Information

NovoLog® Mix 70/30

(Nō-vō-log-MIX-SEV-en-tee-THIR-tee)

(70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin])

This is a BRIEF SUMMARY of important information about NOVOLOG® MIX 70/30. This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

What is NovoLog® Mix 70/30?

NovoLog® Mix 70/30 is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Who should not use NovoLog® Mix 70/30?

Do not take NovoLog® Mix 70/30 if:

- Your blood sugar is too low (hypoglycemia)
- You are allergic to any of the ingredients in NovoLog® Mix 70/30. See the end of this leaflet for a complete list of ingredients in NovoLog® Mix 70/30. Check with your healthcare provider if you are not sure.

What should I tell my healthcare provider before taking NovoLog® Mix 70/30?

Before you use NovoLog® Mix 70/30, tell your healthcare provider if you:

- have kidney or liver problems
- **have any other medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog® Mix 70/30.
- **are pregnant or plan to become pregnant.** It is not known if NovoLog® Mix 70/30 will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant. You and your healthcare provider should decide about the best way to manage your diabetes while you are pregnant.
- **are breastfeeding or plan to breastfeed.** It is not known if NovoLog® Mix 70/30 passes into your breast milk. You and your healthcare provider should decide if you will take NovoLog® Mix 70/30 while you breastfeed.

Tell your healthcare provider about all medicines you take, including prescriptions and non-prescription medicines, vitamins and herbal supplements.

NovoLog® Mix 70/30 may affect the way other medicines work, and other medicines may affect how NovoLog® Mix 70/30 works. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers and pharmacist when you get a new medicine.

How should I take NovoLog® Mix 70/30?

- Take NovoLog® Mix 70/30 exactly as your healthcare provider tells you to take it.
- Your healthcare provider will tell you how much NovoLog® Mix 70/30 to take and when to take it.
- Do not make any changes to your dose or type of insulin unless your healthcare provider tells you to.
- **NovoLog® Mix 70/30 starts acting fast. If you have Type 1 diabetes, inject it up to 15 minutes before you eat a meal.** Do not inject NovoLog® Mix 70/30 if you are not planning to eat within 15 minutes.
- **If you have Type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.**
- **Do Not mix** NovoLog® Mix 70/30 with other insulin products.
- **Do Not** use NovoLog® Mix 70/30 in an insulin pump.

- **Inject NovoLog® Mix 70/30 under the skin (subcutaneously) of your stomach area, upper arms, buttocks or upper legs.** NovoLog® Mix 70/30 may affect your blood sugar levels faster if you inject it under the skin of your stomach area. Never inject NovoLog® Mix 70/30 into a vein or into a muscle.
- **Change (rotate) injection sites** within the area you choose with each dose. **Do not** inject into the exact same spot for each injection.
- **Read the instructions for use that come with your NovoLog® Mix 70/30.** Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog® Mix 70/30 before you start using it.
- NovoLog® Mix 70/30 comes in:
 - 10 mL vials for use with a syringe
 - 3 mL NovoLog® Mix 70/30 FlexPen®
- **If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (loss of consciousness).
- **If you forget to take your dose of NovoLog® Mix 70/30, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like passing out (loss of consciousness), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
 - increased thirst
 - frequent urination
 - loss of appetite
 - high amounts of sugar and ketones in your urine
 - nausea, vomiting (throwing up) or stomach pain
- Do not share needles, insulin pens or syringes with others.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

- illness
- stress
- change in physical activity or exercise
- change in diet
- other medicines you take

See the end of this patient information for instructions about preparing and giving your injection.

What should I consider while using NovoLog® Mix 70/30?

- **Alcohol.** Drinking alcohol may affect your blood sugar when you take NovoLog® Mix 70/30.
- **Driving and operating machinery.** You may have trouble paying attention or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright for you to drive if you often have:
 - low blood sugar
 - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog® Mix 70/30?

NovoLog® Mix 70/30 may cause serious side effects, including:

- **Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
 - sweating
 - trouble concentrating or confusion
 - headache
 - shakiness
 - fast heart beat
 - anxiety, irritability or mood changes
 - dizziness or lightheadedness
 - blurred vision
 - hunger
 - slurred speech
 - tingling of lips and tongue

Very low blood sugar can cause you to pass out (loss of consciousness), seizures, and death. Talk to your healthcare provider about how to tell if you have low blood sugar and what to do if this happens while taking NovoLog® Mix 70/30. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar.

Talk to your healthcare provider if low blood sugar is a problem for you. Your dose of NovoLog® Mix 70/30 may need to be changed.

- **Low potassium in your blood (hypokalemia)**
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you have any of these symptoms of an allergic reaction:**
 - a rash over your whole body
 - have trouble breathing
 - a fast heartbeat
 - sweating
 - feel faint

The most common side effects of NovoLog® Mix 70/30 include:

- **Skin thickening or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Weight gain**
- **Swelling of your hands and feet**
- **Vision changes**

These are not all of the possible side effects from NovoLog® Mix 70/30. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What are the ingredients in NovoLog® Mix 70/30?

- **Active Ingredients in NovoLog® Mix 70/30:** 70% insulin aspart protamine suspension and 30% insulin aspart injection (rDNA origin).
- **Inactive Ingredients in NovoLog® Mix 70/30:** glycerol, phenol, metacresol, zinc, disodium hydrogen phosphate dihydrate, sodium chloride, protamine sulfate, water for injection, hydrochloric acid or sodium hydroxide.

All NovoLog® Mix 70/30 vials and NovoLog® Mix 70/30 FlexPen® are latex free.

Helpful information for people with diabetes is published by the American Diabetes Association, 1701 N Beauregard Street, Alexandria, VA 22311 and is available at www.diabetes.org.

More detailed information is available upon request.

Available by prescription only.

For information about NovoLog® Mix 70/30 contact:
Novo Nordisk Inc.
100 College Road West
Princeton, New Jersey 08540
1-800-727-6500
www.novonordisk-us.com

Date of Issue: September 20, 2011

Version: 8

Novo Nordisk®, NovoLog®, and FlexPen® are registered trademarks of Novo Nordisk A/S.

NovoLog® Mix 70/30 is covered by US Patent Nos. 5,547,930; 5,618,913; 5,834,422; 5,840,680; 5,866,538 and other patents pending.

FlexPen® is covered by US Patent Nos. 6,582,404; 6,004,297; 6,235,004 and other patents pending.

Manufactured by:
Novo Nordisk A/S
DK-2880 Bagsvaerd, Denmark

© 2002-2011 Novo Nordisk
1011-00005201-1 October 2011



Macon/Central Georgia CALENDAR

Coliseum Health System

“Medicare Made Easy:” Aug. 13, 10-11:30 a.m. and “Advance Directives for Final Healthcare:” Aug. 13, 12-1 p.m. 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

• **Stroke Support Group:** Tues., Aug. 14, 4 p.m., 478-201-6500

• **Spinal Cord Injury Support Group:** Tues., Aug. 7, 4 p.m., 478-201-6500

• **Brain Injury Support Group:** Tues., Aug. 21, 4 p.m., 478-201-6500

• **Parkinson’s Disease Support Group:** Thurs., Aug. 16, 2:30-3:30 p.m., 478-743-7092, ext. 254

• **Parkinson’s Disease Caregivers Support Group:** Thurs., Aug. 16, 1:30-2:30 p.m., 478-743-7092, ext. 254

• **Lupus Support Group:** Sat., Aug. 11, 12:30-2 p.m., 478-238-6862

• **Alzheimer’s Support Group:** Tues., Aug. 14, 3:30 p.m., 478-405-4542

• **Community Seminar for Arthritis, Knee & Hip Pain:** Fri., Aug. 10, 1:30 p.m., 478-633-1865

• **Cancer Life Center Information and Reservations:** 478-633-8537; www.cancerlifecenter.org

• **Mammo Marathon Day:** Mon., Aug. 13, 7 a.m.-6 p.m., www.cgbreastcare-center.org.

• **The Pink Alliance:** Thurs., Aug. 16, 12-1 p.m., 478-633-8537

• **The Pink Alliance HoPe Chapter:** Wed., Aug. 15, 12-1 p.m., Houston & Peach Counties, 478-719-8528

• **Prostate Cancer 101:** Mon., Aug. 13, 12 p.m., 478-633-8537

• **Man-to-Man Support Group:** Tues., Aug. 7, 7 p.m., 478-633-6349

• **Chemotherapy Orientation Classes:** Mon. Aug. 13 & Aug. 27, 10-11:30 a.m., 478-633-8537

• **Cancer WellFit:** 12-week oncology recovery program, 478-757-7847

• **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

Centerville SeniorCare

Perry SeniorCare

TOPS Club, Inc.

Call 478-923-9771 for programs provided and additional information.

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

continued on page 10

HOSPICE STANDS Ready

WWW.HCOGA.COM

Hospice Care Options stands ready

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

Hospice Care Options™

Macon
486 New Street
478.743.3033
800.563.8680

GA Lic # 011-100-H

Warner Robins
136 Hospital Drive
478.922.0515
877.922.0515

GA Lic # 076-0351-H

Services provided regardless of the ability to pay

CALENDAR

from page 9

Houston County

- 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
- 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669

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

Bleckley County

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

Lamar County

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

Laurens County

- 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888
- 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-275-4460
- 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 1826 Veterans Blvd., Dublin, 12-A Family Room, 478-272-1210, ext. 2328

Monroe County

- 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754

Putnam County

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

Upson County

- Last Thurs., 7 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607

Telephone Support Group

- 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 1-866-453-5550

Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

Call the Macon Office at 478-751-6261 for an appointment.

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially

need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

Macon-Bibb County Parks & Recreation Department Senior Center

1283 Adams Street Macon, Georgia 31201; 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. Jeanine Frey, President, 478-922-5489.

- 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.

- Melanie Lewis, Program Director, 478-293-1066.

- Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Helen Daly, President, 478-956-0214. Melanie Lewis, 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 Stacy Colbert, Site 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 at Geico on Weaver Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315, Tom Maldonado.

Central Georgia Genealogical Society

Meets 2nd Mon. each month, 7 p.m., Flint Electric Building, 900 Highway 96, Warner Robins. For additional information call 478-987-1830 or visit www.cggs.org.

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

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

Douglass Theatre

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

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.

continued on page 11

Dempsey Apartments

Affordable Living In Historic Downtown Macon

- Spacious Studio & One Bedroom Apartments Homes
- Designed for adults 62 years of age & over and those with disabilities
- All utilities except telephone & cable included in monthly rent
- Apartments include wall-to-wall carpeting, stoves & refrigerators
- Access Control
- Cameras
- Library, computer center & laundry center on-site
- On-site Resident Service Coordinators
- On-site Management
- 24-hour Maintenance
- Recreational/Educational Programs
- Within walking distance of the Post Office, hospitals, theaters, restaurants & shopping

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



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

Professionally Managed by
Barkan Management Company, Inc.
www.barkanco.com




General Business Directory For Seniors

Live well in Warner Robins!

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



Summer's Landing
of Warner Robins

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

Please call today to schedule your complimentary lunch & tour!



Baptist Village Retirement Communities

"Making Life Better for Senior Adults and Their Families"

Plantation Villas

Independent Living – Gated Community

Plantation Suites

Personal Care

Retirement living for 62 years plus population

Call today for a tour

6000 Plantation Way, Macon, Georgia
Phone: 478-405-6325
Email: DHancock@baptistvillage.com

BUSINESS CARD SECTION

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



KENNEDY DRUGS

FREE DELIVERY CITY WIDE

10% SENIOR DISCOUNTS

Discount on Prescriptions

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

Macon and Middle Georgia

477-5501



To us, it's personal.

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

- Companionship & Personal Care
- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

CALENDAR from page 10

Bloomfield United Methodist Church
5511 Bloomfield Rd., Macon
478-397-6568 or 478-788-2262

**NAMI Central Georgia
National Alliance on Mental Illness**
Barabra Long, Executive Director
478-328-0508

(Call for details on events)
• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.
• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

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.

MGRAACA Meeting

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

Convention & Visitor's Bureau.

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.

Fall Vegetable Gardening

Thurs., Aug. 23, 6:30-8:30 p.m., Extension Office Multipurpose Room, top floor of old

courthouse in Perry. Cost: \$10. To register email mg@uga.edu or visit www.caes.uga.edu/extension/houston/news.html.

2012 Garden Academy

Tues. and Thurs. evenings, 6:30-8:30 p.m., Sept. 6-Oct. 23, Extension Office Multipurpose Room, top floor of old courthouse in Perry. Fee for all sessions, \$120. Presented by the Houston County Extension Office and Houston County Master Gardeners. Limited, so register early by call 478-987-2028 or email mg@uga.edu.

**Social & Golf
Memberships Available**

478-218-5253

www.houstonlake.com

**HOUSTON
LAKE**

General Business Directory For Seniors

Vineville Christian Towers
An Apartment Home for Senior Citizens

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

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

A-Z Van Service
"When Other Modes Of Transportation Won't Work ... We Will!"
Door-To-Door Service | * No Meters * | Any City In Georgia

7 Days A Week
5:00 A.M. - 9:00 P.M.
Please Call
478.397.5149
For Pricing, Quotes And Availability
www.A-ZVanService.com
-Veteran-Owned Business

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

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

Home Inspection Service

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

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

Goodwill NEEDS YOU!

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

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

**CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350**

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

\$1.00 OFF ADMISSION WITH THIS AD!
ONE coupon per person. Expires 8-13-12
2nd Weekend of Every Month!

Atlanta, Georgia
Fri. & Sat. 9-6 • Sun. 10-4
3 miles east of Atlanta Airport,
I-285 at Exit 55
3650 & 3650 Jonestown Rd.
SCOTT ANTIQUE MARKETS
Call: 740-569-2800
www.ScottAntiqueMarket.com

Atlanta Expo Centers August 10, 11 & 12
ATLANTA, GEORGIA September 7, 8 & 9

COLISEUM PARK
PROFESSIONAL PHARMACY

380 Hospital Drive Macon, GA 31217

Across from the Emergency Room
BOB MOODY RPH.
Pharmacist, owner
Start Getting Better Now!!!
Phone: 478-745-5431 Fax: 478-765-4359
FREE PRESCRIPTION DELIVERY

The Medicine Shoppe

Barry M. Bilbro, R.Ph.
Compounding Pharmacist
Your Bio-Identical Hormone Specialist
1550 Watson Blvd. • Warner Robins
www.medshoppe.com
478-922-2067
Warner Robins' Oldest Independent Pharmacy

IS THAT A MURMUR OR IS IT SOMETHING MORE SEVERE?

Screening Can Identify Serious Heart Valve Problems

Wednesdays, 8:30am-12pm: Coliseum Medical Centers
August 29 Valve Center, 1st Floor, Main
September 19 Building
October 24 350 Hospital Drive

When blood rushes through the heart and vessels, it makes noise. Although all hearts make sounds, not all heart sounds are normal. These unusual sounds are called heart murmurs. A quick screening by the specialists at the Valve Center at Coliseum Heart Institute can determine whether or not your murmur is cause for concern.



The screening will begin with the Duke Activity Status Index (DASI) form, which is a questionnaire that measures a person's functional capacity.

If you experience chest pain, dial 9-1-1 and have an ambulance take you to the nearest ER.



The
Valve
CENTER
at
COLISEUM Heart
INSTITUTE

To register for the screening, call 478-746-4646.