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Story on page 6



March 2012
Vol. 26, No. 3

Taking Care

Home to stay: What to look for in a new residence

by LISA M. PETSCHÉ

As we age, chances are good that eventually our home will no longer suit our lifestyle or our needs.

Common reasons for relocating include simplifying home ownership responsibilities, reducing living expenses, maximizing accessibility and safety, and increasing personal security, community access or opportunities for activities and socializing.

There are many options for boomer and senior home ownership, including moving to a comparable-sized home with a different design, downsizing to a smaller house or an apartment-style condominium, and moving to an adult lifestyle community containing detached homes or townhouses.

If you or a loved one are plan-

ning to relocate it is important to take into account not only current needs and preferences but also potential future needs. This can maximize your chance of being able to “age in place.”

The following are some questions to consider when checking our properties.

Building features:

- Does it appear to be in good condition?
- Is the exterior maintenance free?
- Is there an entrance at ground level? Is it sheltered?
- Does the front door have a peephole? Are locks easy to operate?
- Is there a one-floor plan? An open concept layout?
- Are hallways and doorways wide enough to accommodate a mobility device?
- Is there non-slip flooring? Does the carpet have a low pile?
- Are there sturdy handrails on both sides of stairs? Are stairwells wide enough to accommodate a stair lift? Are they well lit? Is

there a light switch within easy reach at the top and bottom?

- Is there an attached garage?
- Is there central air conditioning? A programmable thermostat?
- Is there plenty of natural light? Are windows energy efficient and easy to operate?
- Are door handles easy to operate?
- Are there ample electrical outlets and phone jacks? What about high-speed Internet access?
- Are there smoke detectors and carbon monoxide detectors?
- Do kitchen countertops have rounded corners? Is there counter space next to appliances and cupboards?
- In the bathroom, are there grab bars in the tub? A walk-in shower? Built-in shower seat? Single-lever faucets?
- Is there a spare bedroom and, ideally, a second bathroom, should live-in help be needed?
- If walls are shared with neighbors, what kind of soundproofing exists?

Apartment considerations:

- Is the building fully air conditioned?
- Are common areas spacious, clean and bright? Are furnishings and décor attractive and modern?
- Can elevators easily accommodate a wheelchair or scooter? Are the buttons easy to access?
- Does every unit have a balcony or terrace?
- Are there in-suite laundry facilities? If not, is the laundry room easy to access?

Grounds:

- Is the lot level?
- If there is an entrance ramp, does it have a gentle incline?
- Is there sheltered parking?

Ample space for visitors' vehicles?

- Does the neighborhood have sidewalks?
- At a house: Are the grounds low maintenance? Are paved areas in good repair? Are there sturdy railings and handrails on porches and decks? Are there motion sensor lights?
- At a condo: Are hardscaped areas and green spaces well maintained? Do they include benches? Are there shaded areas? Is there plenty of lighting?

Location:

- Is it central to local relatives and friends?
- Is there easy access to major roads and highways?
- Is it central to frequently accessed amenities, such as a grocery store, drug store, bank, medical clinic and place of worship? What about proximity to a shopping mall, library, park, walking/biking paths, recreation center, restaurants and cultural attractions?

Amenities (where applicable):

- What kind of security measures are in place?
- Is there a party room for special events and a community room for group meetings?
- Are there fitness facilities? Recreation and leisure opportunities?
- What amenities are included in the monthly condo or homeowners' association fee, and would you use them enough to justify the cost?

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



Lisa Petsche

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Let us entertain you

by **CLAIRE HOUSER DODD**

Too bad that all the people who know how to run the country are busy driving taxi cabs and cutting hair!

George Burns

How about that last cold snap? We were happy to see it as we hadn't really gotten our winter clothes out. We did this time; sweaters, vests, furs, gloves, socks, scarves and boots, 'cause you see we are boot fanatics, so we always have some boots... howdy! Like red cowboy types.

While visiting friends, Joyce & Gary Pelphrey in Atlanta (they are real gadabouts), we got our fill of the weather while riding around the city.

Pat Cecile just reminded us of the annual Irish Night at St Peter Claver which will be held on March 2nd at 8:00 p.m. A real big celebration that Dr. Dodd never missed! Harry O'Donoghue is the headliner. He has that Emerald Isle Show on the Georgia Public Radio Shows that are broadcast on Saturday nights and is a great entertainer. Also performing are Ennis, Carol Brown and the Sweet Adeline's. You should try it out. It's as close as you can get to Ireland without having to board a jet and fly across the big pond!

We had two lovely day time parties in one week's time, both really outstanding to say the least.

The first one was at the John Wesley Villas. A welcoming party for all the newcomers. We were invited by Becky Beckham Futral and could not have had more fun. Amy Paul, owner and operator, Claudia Wells, Executive Director, and Hattie Jones, Social Director, were the catalyst for keeping the party up and going. It was so good to see Betty Futral as she had fallen and is visiting the Villas for therapy. We hope to see her back at home in Fort

Valley soon, but we were so glad to find her in such a fun place. It happened to be our birthday, so we enjoyed the shrimp, chicken salad, cheese straws, brownies, and a variety of other goodies on the buffet table which was gorgeous. We especially enjoyed the flower center piece which had long tall sprigs leaping out of the top. AND, we won the door prize. It was a huge basket filled with all sorts of goodies and we accepted it as a delightful birthday present. All made by Hattie Jones.

Actually, it was a great big day as we'd already been taken out to lunch at Marco's. Thank goodness for birthdays, once a year to make us feel special!

The next super surprise was the Wesleyan Valentine's Day tea at the Burden Parlor, Oliver Swann Porter Building, where Cathy Snow really out did herself. And, folks, that's hard to do as she is a genius for detail, and believe you me nothing was left to chance. It was hearts, flowers and individual red-net goody bags on every China plate, strawberry slices in the water, coffee, cream, sugar and a three-tiered silver serving piece in the center of every table with red & silver pieces of chocolate candy sprinkled around. The delicious strawberries were dipped in white and dark chocolate. The individual finger sandwiches were of chicken salad, cheese, and cucumbers. Just awesome, and Ellen Futral Hanson sang; "When I Married Mr. Snow," and "I Loved You," with Michael McGhee on the piano. Both are outstanding professors at Wesleyan. Several people added notes of interest to the program and yours truly was asked to tell about a cousin who lived next door, Annie Flourney Ayers and her graduation certificate.

Ed Wasson who just moved to Fort Valley from Texas has purchased the house and is renovating the house with plans to bring

it back to its historical grandeur from days gone by. Ed found the old graduation certificate in the attic. We were out of town and have not seen it yet, but were told it is from the middle 1800's. Wesleyan has a Class Reunion coming up on April 20th & 21st displaying the historical costumes and artifacts at that time.

Several really good happenings on the entertainment engine will be puffing through the area for March: "The Little Engine That Could," strikes us as the perfect venue for our grands and great-grands at the Grand Opera House on March 6th at 9:30 AM & 11:30 AM. Admission is \$7.00, for ticket information call; 478-301-5470 we're betting little Matthew just might sit still for that one.

Also at the Grand is the Russian National Ballet Theater and Romeo & Juliet, March 4th at 3:00 PM. Tickets are \$32.00. On March 20th & 21st, "Fiddler On the Roof," will take center stage at 7:30 PM, tickets are \$40.00-\$48.00. And on March 23rd & 24th, "Girls Night, the Musical," will take place at 3:30 PM and

7:30 PM. Tickets are \$32.00-\$38.00.

Another St Patrick's Day event will take place on Saturday, March 17th at the Villa-Capriccio Bed & Breakfast in Fort Valley, Georgia. This event is being sponsored by the Fort Valley Lions Club. There will be heavy hors d'oeuvres, a cash bar, and great dance music by "Mick," the great Irish DJ!

An accommodation package will be available at the Villa-Capriccio for anyone wanting to stay overnight, please call Emily for details at 478-955-4138.

The proceeds from this event will be used to purchase eye glasses and pay for eye exams for needy children and adults in the area. You do not want to miss this fun-filled evening, be sure to wear your green!

For ticket information for this event, please call: Debbie, 478-213-8818; Helen, 478-718-5411; Susan, 478-808-3793.

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E. Joseph Cossman



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Website

www.seniornewsga.com
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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

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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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The Key to Making Wise Decisions Practical Lessons for Understanding the Word of God

by DR. CHARLES F. STANLEY
From LPN100704



Dr. Charles Stanley

How do you make significant decisions? Some people simply give in to the desire of the moment while others carefully consider the pros and cons to make the choice that seems most beneficial. But both of these approaches can be based merely on a person's preference. The best way to make decisions is to rely on the principles found in God's Word.

There are two fundamental foundations for making decisions. The first is principle – a fixed or predetermined mode of conduct. For a Christian, it is a moral rule based on the Word of God. That is why we should live by convictions that are grounded in Scripture. For example, the Ten Commandments tell us not to steal, lie, cheat, murder, commit adultery, or worship false gods. Issues such as these should be non-negotiable for believers.

The second source is preference. These are moral choices based on likes and dislikes – whatever seems best in the moment. A person who operates on

this basis asks, "What is going to make me feel good, please me, honor me, or benefit me?" He or she is like someone speeding down a dark highway with no center line. Without clear boundaries, that person is in great danger.

Sometimes people fail to align their lives with the Word of God because they fear rejection. They think that if they go against the crowd, others won't like them. Greed can also lead people astray. They are willing to be dishonest or unkind to make more money or get the promotion they seek. Others compromise. They rationalize sin, which is a quick route to bondage to it. These people fail to consider the long-term effects their choices will have for both themselves and others.

Instead of following our own whims, we should make choices based on indisputable biblical beliefs. Here are a few examples:

Jesus is the Son of God and the Savior of the world. He is more than a good man, a prophet, or a healer; Jesus is the only way to God (John 14:6). This principle should be at the basis of every decision.

The Bible is the inspired Word of God and, as such, is infallible and inerrant (2 Tim. 3:16). We can't discount certain passages because they are hard to accept. All of Scripture is important and relevant to our lives.

Our bodies are temples of the

Holy Spirit (1 Cor. 6:19). Believers should not abuse their bodies with destructive things such as drugs, alcohol, or immorality. Instead, we ought to treat them as tools for glorifying God.

Money is not a god. Accumulating wealth is not our highest priority (see Hebrews 13:5). Everything we have belongs to God, and we should be good stewards of it.

The proper place for sexual relations is marriage (1 Thess. 4:3-7). Any deviation from this principle will only lead us away from God's will and create a stronghold for sin in our lives.

Principle or preference – which of these best describes how you make moral decisions? My prayer is that you will choose to live your life based on the unchanging truths found in God's Word. His guidelines will save you from many kinds of heartache. Will you still experience difficulty? Yes. But obeying Him always results in internal peace and joy, regardless of your external circumstances. Surrender your preferences to God, and let Him show you how to live by His holy, unchanging principles.

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Spiritual Notes

Life's Last Best Turn!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Recently two good friends fell as they were going upstairs in their homes. One had a stroke and the other lost his balance and was unable to grab hold of the handrail. Both passed away within two weeks of each other as a result of the falls.

On hearing of their deaths, family and friends were stunned. The reality of death was brought home in a moment's notice. These two retired men were veterans, had long careers in business, and were active citizens in the community. In addition, they were very involved in the life of their respective churches.

Their two Memorial Services were filled with expressions of love by family and friends. A reoccurring

theme was their faithfulness to family and the Church, as well as the encouragement they gave to young people and support to senior adults. Even though, in retirement, their lives were different, there was a common thread that emerged as they were eulogized.

Henry Van Dyke wrote: "I shall grow old, but never lose life's zest, because the road's last turn will be the best." This was the philosophy of life of these dear friends. They lived life to the fullest and had prepared for "life's last turn."

The "Last Turn" was expressed by the Apostle Paul in 2 Timothy 4:7-8: "I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous judge, will award me on that day – and not only me but also to all who have longed for his appearing."

Hopefully, we will live life to its fullest with the anticipation of "life's last best turn."

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

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Blue Star Mothers of America, Inc., Heart of Georgia Chapter (GA2)

Special to *Senior News*

Veterans hold a special place in the hearts of members of Blue Star Mothers of America, Inc., Heart of Georgia Chapter (GA2). Many of the members' husbands are Veterans who have served our country and who are also now Associates Members of the local chapter.

In 2011 Chapter Mothers traveled to Augusta, Georgia for the special purpose of thanking the Veterans were for their service.

On November 11, 2011, the local

Chapter participated in the Veterans Day service in Warner Robins. Members met and thanked Veterans who have fought in various wars back to WWII.

The Heart of Georgia Chapter (GA2) meet at 7:30 p.m. on the first Monday each month in the Community Room of Coldwell Bankers SSK Realtors located at 470 South Houston Lake Road in Warner Robins. For information, you may contact the local chapter President, P.J. Johnson, at 478-284-6905. The National organization of Blue Star Mothers of America, Inc.'s website is www.bluestarmothers.org.



Giving out cookies and lemonade in Augusta, Georgia are (Left to right): Veterans; white shirt - Bobby McCoy, Jr., Associate; white shirt - Jody Winkelman; bottom right - Susan Tucker, Chaplain.



Blue Star Mothers (left to right): Susan Tucker, Chaplain; Carmelita Donnelly, Secretary; Robbin Stretch, Financial Secretary; and P.J. Johnson, President.



Left to right: Steve Albritton, Danny Johnson, Johnny Tucker, Charlie Short

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On the Cover

Cancer Serenity Garden in Warner Robins dedicated in February ceremony

by JANE WINSTON

ON THE COVER

The garden landscape and dedication ceremony participants.

On a blustery, cold day in February, hundreds of folks huddled together for the dedication of the Cancer Serenity Garden located adjacent to the post office on Russell Parkway in Warner Robins. As white billowy clouds whipped through the crisp blue sky and cold winds blew across the newly landscaped garden, Tracy Smith, a breast cancer survivor, guided those in attendance through the ceremony. The postmaster of the Russell Parkway post office, William Asbury, was key to donation of the land. He shared how honored he was that Judy Mason, the “mover and shaker” of the entire project, approached him wishing to place the garden on their land. And with ease, he saw that it happened!

Mary Purdue, a breast cancer

survivor herself, shared how cancer touches all families in one way or another over time, and how this very serenity garden will become, for many, a place of healing! Following her address, a number of cancer survivors took the microphone and briefly shared their individual stories, and a gift of thanks was presented to Judy Mason. Jack Steed, a member of the Warner Robins beautification committee, closed the dedication with a prayer.

The idea of a cancer awareness garden has been around for several years and Judy Mason, of Color Me Pink, felt that such a garden would be of benefit to all families and friends of persons in this community who have been affected by cancer. The construction of the garden as a place for contemplation and reflection was made possible through the hard work of a very supportive community.

The attractive benches provide visitors a place to sit while seeking solace, serenity, peace, quiet and strength. Georgia Cherokee Rose



Judy Mason (left) and Pat Delaney

bricks form a walk way through the garden which has been landscaped in the shape of the ribbon which has come to be synonymous with breast cancer. A holder is in place for brochures providing guests with information on the garden. A white monument with “Cancer Serenity Garden by Color Me Pink” engraved on it, sits in the center of the garden and eventually a water feature will be added.

Bricks, the money from which will be used to maintain the garden, may be purchased in honor of or in memory of a loved one. They cost \$50.00 and arrangements for the purchase may be made by contacting Mason at 478-953-1377 or 478-953-2526. Currently there are 174 engraved bricks which honor or memorialize special persons... not just cancer victims.

The garden will need to be maintained in the coming years, and the money for the maintenance will come through the sale of bricks and

through donations. For more information, contact Mason.

Senior News would like to congratulate Judy Mason for her idea, following through with it and making the Cancer Serenity Garden of middle Georgia a reality!



Mary Purdue



Postmaster William Asbury



Jack Steed

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Coliseum Health System appoints Charles Briscoe as Chief Executive Officer

Special to Senior News

Coliseum Health System, an affiliate of HCA, announces the appointment of Charles Briscoe, FACHE, to the position of Chief Executive Officer, effective April 1, 2012. Briscoe began his healthcare career as an Associate Administrator at Coliseum Medical Center over 14 years ago. Since that time, Charles has served HCA in multiple roles with the most recent as Chief Executive Officer of HCA's Lake City Medical Center in Lake City, Florida. His prior experience also includes serving as the Chief Operating Officer of Grand Strand Regional Medical Center in Myrtle Beach, South Carolina and Doctors Hospital in Columbus, Georgia.

"Returning to Macon to serve as CEO of Coliseum Health System represents an outstanding personal and professional opportunity for me and my family," said Briscoe. "I look forward to joining the Coliseum Health System team, working collab-

oratively with the medical staff to meet the needs of our patients, and becoming actively involved in the community."

Briscoe received his Bachelor of Science Degree from the University of Georgia and a Master of Business Administration as well as a Master of Health Administration from Georgia State University. He, his wife, and their two children look forward to their move to Macon.

"We are fortunate to bring Charles back to Macon. His past experience in the area and knowledge of the healthcare community will be tremendous assets to Coliseum Health System," said



Charles Briscoe

Michael P. Joyce, FACHE, President, HCA North Florida Division. "This is an important time for Coliseum, and Charles will be instrumental in leading the organization to continued future success."

Owned by Hospital Corporation of America (HCA), Coliseum Health System is comprised of Coliseum Medical Centers, Coliseum Northside

Hospital, and Coliseum Center for Behavioral Health. Coliseum Health System has over 1350 employees and over 400 active physicians on the medical staff. The two medical/surgical campuses have a total of 361 beds, plus 60 beds in the

Coliseum Center for Behavioral Health. The hospitals feature an expansive range of state-of-the-art services designed to meet the comprehensive medical needs of central Georgia. Both facilities include a 24-hour emergency room, inpatient and outpatient surgery options, rehabilitation programs, and diagnostic services. In addition, Coliseum Health System's breadth of care options includes specialty facilities such as the Coliseum Heart Institute, an advanced cardiac center offering all services from non-invasive cardiology to open heart surgery, Coliseum Orthopaedic & Spine Institute, Coliseum Cancer Institute, Coliseum Diabetes Management Center, Coliseum Advance Wound Healing Center, and the Family Ties Birthing Center, which includes a level III neonatal nursery. The Coliseum Center for Behavioral Health provides treatment to adults with psychiatric and addiction issues. The services provided include inpatient and outpatient programs, as well as, a specialty program for senior adults.

Growing number of seniors pay tax on Social Security Benefits

Special to Senior News

The tax on Social Security benefits can take seniors unawares, especially those who continue to work, warns The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. "Senior taxpayers will need to determine what portion of their Social Security benefits may be taxable, even though younger workers received a 2% Social Security payroll tax cut during 2011," says Larry Hyland, Chairman of TSCL.

"The tax on Social Security benefits is even more punitive than other taxes, because Uncle Sam makes Social Security beneficiaries figure income differently than younger workers," Hyland says. "The number of seniors and disabled who pay the tax is growing, because the income levels that subject a portion of Social Security benefits to taxation are not adjusted for inflation," he explains. "More Social Security recipients are paying the tax as incomes slowly rise," he notes.

The amount a married couple can earn, and still avoid paying tax on Social Security benefits, is less than \$32,000, or \$25,000 if your filing status is single. To determine if any portion of your Social Security benefits is taxable, senior taxpayers must calculate "provisional income." That's determined by adding one-half of Social Security benefits to all other income, including pensions, any tax-exempt interest, as well as exclusions from income such as savings bond interest.

Up to 50% of Social Security benefits are taxable if provisional income is \$25,000 - \$34,000 for single filers or \$32,000 to \$44,000 for joint filers. When provisional income exceeds \$34,000 (single) or \$44,000 (joint), up to 85% of Social Security benefits are taxable.

When the the tax on Social Security

was first signed into law in 1983, \$25,000 - \$32,000 was considered relatively high income, and at the time only 10% of Social Security beneficiaries were affected. But with no adjustment for inflation, what was once considered high income in 1983, is middle income today. The Social Security Administration estimates that about one-third of all retirees in recent years pay taxes on their Social Security benefits and the number who will pay the tax will rise to 42% by 2020. "If the income levels were adjusted for inflation, the provisional income base would be about \$56,461 for single filers and \$72,270 for couples filing jointly today," Hyland says.

TSCL supports modification or

repeal of the tax on Social Security benefits. "At the very least, the income tiers should be raised and then adjusted for inflation," Hyland says. Seniors wanting to learn more about the taxability of Social Security benefits should see IRS Publication 915, Social Security and Equivalent Railroad Retirement Benefits.

For more information about Social Security and Medicare benefits, keeping costs low while living in retirement, get a free copy of The Social Security & Medicare Advisor. Send a self-addressed stamped envelope and \$1 for shipping and handling to: The Senior Citizens League, 1001 N. Fairfax St., Suite 101, Alexandria, VA 22314.

With over 1 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

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BBB advice for avoiding Automobile Repair Scams

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

When your vehicle needs repairs, you don't need a crash course in auto mechanics, but you should know how to find a reliable shop and mechanic. The Better Business Bureau recommends following a few key pointers to ensure that your automobile gets fixed without a glitch.

While many auto repair shops are legitimate, there are always those unscrupulous few that end up sucking thousands of unnecessary repair dollars from consumers. In 2011, BBBs received more than 14,500 complaints against auto repair services and fielded more than 1.5 million inquiries from consumers looking to find a reliable business in the industry. Many of the complaints received by the BBB fell under billing, service, and refund and exchange issues.

Whenever you take your car to the shop, never try to diagnose the problem yourself. Describe the symptoms and ensure that the work cannot begin until you have a written estimate and given your authorization.

BBB recommends considering the following advice when taking your car in for auto repair services:

- Check your warranty. If you have a problem with your vehicle while it is still under warranty, follow the manufacturer's instructions, which may require that repairs be made at an authorized dealership.

- Ask around. If you are looking for a qualified, independent shop, ask friends for recommendations, or request a list of BBB Accredited Businesses that do the type of auto repair you need. Be sure to check with the BBB about the shop's reliability at www.bbb.org. Look for shops that display certification. For major work, such as brakes, transmission or engine repair, you will need to find a shop employing a specialist. I recommend finding a reliable repair shop long before you have a problem, that way you are not rushed to make a decision.

- Ask all the questions that you need. Don't be embarrassed to request explanations. Don't rush the technician into making an

on-the-spot diagnosis of the problem. Ask to be called and apprised of the problem, course of action, and cost of work before any work begins.

- Before authorizing repairs, get a written estimate for parts and labor. Tell the shop to get your permission before making additional repairs. Ensure you receive notification by having the service manager write a request on the bottom of the repair order. Give phone numbers where you can be reached and, before you leave, be sure to understand all shop policies regarding labor rates, guarantees, and acceptable methods of

payment.

- Get everything in writing. When you pick up your vehicle, get an explanation of all work completed and get all guarantees in writing. Ask that any major new parts that have been installed be pointed out to you. Your repair bill should be itemized so, if a problem occurs later, you can prove the item is covered by the guarantee.

For more consumer tips you can trust, visit www.bbb.org/news. To sign up to receive our Scam Alerts, visit BBB Scam Source at www.bbb.org/scam.

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

Georgia Centennial Farm application deadline is May 1st

Special to *Senior News*

Farms hold a central role in the heritage of our state, having formed the economic, cultural and family foundation for generations of Georgians. Some farms have been continuously operating for over 100 years and deserve recognition for their historical importance.

The Georgia Centennial Farm Program was created to draw attention to historic farms and to encourage their preservation. Since 1993, the program has recognized 401 farms around the state. Nominees must be a working farm with a minimum of 10 acres of the original purchase actively involved in agricultural production or must generate at least \$1,000 in annual income. In addition, farms must have been continuously farmed by members of the

same family for at least 100 years. Qualifying Georgia Centennial Farms are honored each October at an awards ceremony at the Georgia National Fairgrounds and Agricenter in Perry.

The Georgia Centennial Farm Program is administered by the Historic Preservation Division of the Georgia Department of Natural Resources; Georgia Farm Bureau Federation; Georgia Department of Agriculture; Georgia Forestry Commission; Georgia EMC and the Georgia National Fair and Agricenter.

For more information, contact Steven Moffson, Georgia Centennial Farm Committee Chair, at 404-651-5906 or at steven.moffson@dnr.state.ga.us. The postmark deadline for applications is May 1 of each year. Applications are available online at www.georgiashpo.org/historic/centennial_farms.

ennial_farms.

The Historic Preservation Division (HPD) of the Georgia Department of Natural Resources serves as Georgia's state historic preservation office. Their mission is to promote the preservation and use of historic places for a better Georgia. HPD's programs include archaeology protection and education, environmental review, grants, historic resource surveys, tax incentives, the National Register of Historic Places, community planning and technical assistance.

The mission of the Department of Natural Resources is to sustain, enhance, protect and conserve Georgia's natural, historic and cultural resources for present and future generations, while recognizing the importance of promoting the development of commerce and industry that utilize sound environmental practices.



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Poets' Corner

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

THE WAYS OF MEN

by Ida Mary Elizabeth Hankins
(1957)

We speak of love often and many are deceived.

How can we misuse the world of love, and never receive the real meaning?

We say we love our wife, and the husband we hold dear,

The stars, the sun, and God that is always near.

What do we know about this beautiful and lovely thing?

We as human cannot define the happiness it could bring!

Would you call this love of the higher esteemed?

No, this is love that only constituted a dream.

We fool ourselves with this reciprocal love,

Not knowing in every instance it's ourselves we are thinking of.

When things go wrong, as they sometimes do,

We feel misused and the ego is marred.

When the pleasure has departed and we cannot feel joy,

Do we remain faithful and loyal?

Man for centuries has sung of this kind of love;

Missing the beat that comes from above.

Lift yourselves from this dream and unfurl the things that are hidden within your heart;

There you will find the kind of love that will never part.

This is the love we do not understand,

Unless we walk together hand and hand with God.

MY PRAYER

by Margaret Hewitt

*I prayed for you this morning
As the day broke fresh and new;
I asked the Lord to guide you,
In all you say and do.*

*You come to mind so often
As I travel down life's road.
I ask the Lord to bless you,
Help you with your heavy load.*

*Then as dark descends and closes
The hours in the day,*

*I kneel again and thank Him
For His loving care today.
You're very special to me,
Even more to God above;
May He ever watch and keep you
In His gracious hand of love.*

THANK YOU

by Frankie Lee

You admire the many paintings that hang in the museum halls

You admire the many that were taken and put up at the malls

You express your thanks to the artist of them all

And even buy some to put up on your wall

You thank the doctor that made your family well

And thank the person who helped you when you fell

You thank the friend for a kind card in the mail

And even your car when it didn't fail

Think of all the thanks you give each day

To people everywhere For all the things you have and do in this life today

And then you find you missed some one that has

Always been close to you

And a thank you that you failed to say

The one that gave you eyes to see the wonders of this world

The one that gave you talents to express the given view

The one that brought the many people when needed

Straight to you

It's not the people that made all of this for it's always been here

We just never took the time to really see

We just never really walked outside in the sun or rain

Alone to thank God because it was He

The flowers, trees and birds that fly

Up high in the glorious sunny sky

*The clouds that rumble quickly by
And even hearing our loved ones sigh*

*It is all from God above us all
Not man, but God, who caught our fall*

Not man who painted the painting

*great
But God and our given faith*

*Let's give Him thanks for it was He
Who created all of this in us
Thank you God, for all that we buy
Can never compare to thee.
The gifts that started out from you
were always given free*

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Macon/Central Georgia CALENDAR

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National Colorectal Cancer Awareness Month Educational and Screening Events Offered By Coliseum Cancer Institute

Events are free, but require reservations. For complete details and to register call 478-746-4646.

- Colon Cancer Education and Free Screening Kit: Fridays, March 2, 16 & 30, 2-4 p.m.
- Colon Cancer Conference: Thurs., March 8, 7 p.m.
- Colon Cancer and Diabetes: Wed., March 14, Noon-1 p.m.
- Colon Cancer and Genetics: Thurs., March 22, Noon-1 p.m.
- Colon Cancer's Effect on the African-American Community: Tues., March 27, Noon-1 p.m.

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

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

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 continued on page 11

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General Business Directory For Seniors

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CALENDAR

from page 10

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. Joyce Hutcherson, Program Director, 478-293-1066.
- Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Helen Daly, President, 478-956-0214. 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 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 Gospelaire Quartet Outreach Ministry

The Gospelaire Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

For additional information call 478-929-3816.

Houston County Council Of The Blind

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

Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in

Cochran.

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.

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.

MGRACA Meeting
The MGRACA (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: chieftribe@cox.net.

8th Annual Peaches to the Beaches Yard Sale
March 9 & 10, 8 a.m.-6 p.m. "Shop 'til you drop" during Georgia's Longest Yard Sale along Hwy. 341 from Barnesville to the Beaches! Look for the official Peaches to the Beaches signage. For event details visit www.peachestothebeaches.com.

Vegetable Gardening 101
Mon., March 12, 6:30-8:30 p.m., Houston County Extension Office, 801 Main St., Perry. Cost: \$10. You must pre-register and pre-pay before 5 p.m. on March 7. For complete details and registration form, email: mg@uga.edu or visit www.caes.uga.edu/extension/houston.

4th Annual Charity Golf Tournament
April 28th, Landing's Golf Club, Warner Robins. Hosted by Sacred Heart Catholic School's Home and School Association. \$65 per player. Contact Kathy Louth at 478-971-4262 or email klouth@windstream.net.

General Business Directory For Seniors

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

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Dr. Edwin M. Cooper, Jr... a friendly, down-to-earth man!

by CLAIRE HOUSER DODD

We had the most wonderful surprise at the Study Club! Buddy Cooper, a Fort Valley native and Columbus pastor, came to speak to us.

As his name indicates, Buddy, (Dr. Edwin M Cooper, Jr.) is a friendly, down-to-earth man who decided to give his life to the Lord and serve mankind at a very early age. His parents, Ruth & Bud Cooper (deceased), were behind him all the way, being good Christian folks themselves.

You all around Macon probably remember Preacher Cooper at the East Macon Methodist Church across the river by Bibb Mills. It was a landmark, and still is, thanks to Buddy and his congregation. That old church was remodeled, redecorated, rejuvenated, during the four years Buddy was the Pastor at the church. This is not an easy task and he gives loads of credit to Denmark Groover who "persuaded" a frightened audience into acquiescence. You see, Delmar Warren was the architect and designer; and, the colors he was mentioning – reds and purples and the like – were unheard of to say the least. Naturally, Delmar

knew how he was blending and working the magic, but a sweet-voiced preacher and an excited decorator didn't quite get the message across. It took a bombastic lawyer of Denmark's magnitude to get up and grow! They were all great friends and the church was their bond. It is a tribute to them as it stands today.

Another of the great churches Buddy served was the Christ United Methodist Church on Russell Parkway. He was there for five years and the church grew from 510 members to over 1,100 members. This is a miracle in itself. What with 70% of our people not attending church today and 80% of them saying they're waiting for someone to invite them... we need some more Dr. Coopers.

Influenced by the death of his friend, John Clay Flanders, Jr., age 59, Buddy was moved to dig deeper into his belief about life and death.



Dr. Edwin M Cooper, Jr.

Hence the birth of his book, "The End of Things... Life's Final Acts." It is a reassuring book that takes our well-known Bible stories and new day to day happenings and blends them into a deep understanding of God's miracles and our life's involvement.

The stories he relates are astounding. One of Sir Ernest Shackleton, an early explorer of the Antarctica, on how he left some of the men on Elephant Island, was delayed in England, but finally returned to find them packed and ready. They lifted their eyes from their circumstances and looked into the hills whence their salvation came. Sir Robert Scott died waiting to be rescued as no one came because no one went for help! "Who is coming for you?" "Who knows where you are?" "Our heavenly Father knows and comes for us. In life and in death we are victorious."

This book will ease the pain we have all expected at the loss of a loved one. Know that God works everything for good and let that knowledge make the journey of about 12 inches from the head to the heart. "Believing this quenches our thirst, calmness, our fears and gives us piece of mind." "Believe it; all things work for the good of those who love the Lord. Always has. Always will... Amen," Dr. Cooper shares.

Buddy reminds us that when God created the world, he looked over it all and called it "good." Who are we to contradict Him?

Dr. Buddy Cooper is now at the St Paul United Methodist Church on Cherokee in Columbus where he has been for the last fourteen years. If you are in the vicinity, go to hear him. Your faith will be renewed. But, you'd better hurry... Dr. Cooper will leave in June to become the Columbus District Supervisor for 80 churches. This position used to be called the Traveling Elder.

If you think you might be interested in his book; "The End of Things... Life's Final Acts," here is the email address: spumcspas@knology.net. The books are \$10.00 each; and, a very worth-while investment, I must say!



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