

Senior News

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***“Traveling
on the Cheap!”***

Story on page 6

May 2012
Vol. 26, No. 5

Taking Care

Steps can be taken to prevent depression

by LISA M. PETSCHÉ

Family members and friends provide practical assistance and enhance the quality of life for chronically ill seniors who might otherwise require residential long-term care. Typically, these caregivers are spouses or adult children, many older adults themselves.

The help they provide range from chauffeuring, shopping, running errands and paying bills to property maintenance, housekeeping, preparing meals, managing medication and assisting with personal care and mobility.

Other typical caregiver responsibilities include coordinating care and advocating for the ill person's needs. If the care receiver is cognitively impaired, they may also provide supervision to ensure safety. In addition, caregivers provide companionship and emotional support.

Although it has its rewards, the

caregiving role can be physically, psychologically, emotionally and financially demanding. It is particularly challenging when it continues over a long period of time, and when the care receiver has complex needs, a demanding personality or mental impairment.

While a certain degree of stress is inevitable, when left unchecked it can lead to the caregiver becoming physically, mentally and emotionally run down. Depression may result.

According to the Family Caregiver Alliance, "a conservative estimate reports that 20 percent of family caregivers suffer from depression, twice the rate of the general population." ("Caregiver Depression: A Silent Health Crisis"). The rate is even higher for those caring for someone with Alzheimer's disease or some other type of dementia.

If you are a caregiver, consider the following strategies for keeping stress manageable and reducing your risk of depression.

- Accept the reality of your relative's illness so you can appropriately plan for the future.
- Learn as much as possible

about the illness and its management, and educate family and friends to help them understand.

- Keep positive. Focus on what your relative can rather than can't do and on your strengths and successes as a caregiver.
- Do things that bring inner peace, such as meditating, praying, reading, writing in a journal or listening to music.
- Create a relaxation room or corner in your home – a tranquil spot you can retreat to in order to rejuvenate.
- Develop a calming ritual to help you unwind at the end of the day.
- Make a conscious effort to look after your health: eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.
- Stay connected to people whose company you enjoy.
- Simplify your life. Set priorities and do not waste time or energy on unimportant things. If finances permit, hire a housecleaning service or a personal support worker or companion for your relative, to free up some of your time and energy.
- Be flexible about plans and expectations. Take things one day at a time.

• Give yourself permission to feel all of the emotions that surface, including resentment and frustration, which are normal. Remind yourself that you are doing your best and are only human.

• Do not keep problems to yourself – seek support from a relative, friend, clergy member of counselor. Join a caregiver support group in your community or on the Internet.

• Accept offers of help. Ask other family members to share the load and be specific about what you need.

• Get information about community support services and take full advantage of them. Information can be obtained from your local office on aging.

Depression: An Overview

• Contrary to popular belief, depression does not stem from per-

sonal weakness and the depressed individual cannot - buck up – or – snap out of it. Clinical or major depression is a medical illness involving a chemical imbalance in the brain.

- There is considerable variation among individuals in terms of the constellation and severity of emotional, mental and physical symptoms that are exhibited. The most common symptoms are as follow:
 - a change in appetite, which may result in weight loss or gain;
 - a change in sleep patterns – needing more sleep or experiencing insomnia;
 - feeling tired or lacking energy;
 - noticeable slowing of movements, speech or thinking;
 - unexpected physical aches and pains, or exacerbation of chronic health issues;
 - difficulty concentrating, remembering things and making decisions;
 - feeling restless, anxious, irritable or angry;
 - feeling sad, and perhaps also crying easily, without any particular reason;
 - lacking interest in activities that normally bring enjoyment.
 - withdrawal from social contact;
 - preoccupation with death or recurring thoughts of suicide.

If any of the above symptoms persist for more than a few weeks and interfere with your ability to carry out activities of daily living, make an appointment to see your primary physician. In case of suicidal thoughts, help should be sought immediately, through community crisis resources.

Depending on the severity of symptoms, treatment may involve counseling, antidepressant medication or a combination of the two. The sooner help is obtained for depression the easier it is to treat it.

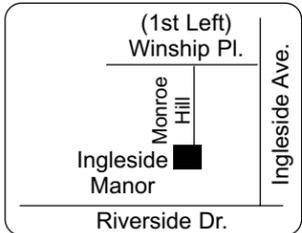
Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior issues. She has personal and professional experience with elder care.

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Let us entertain you

by CLAIRE HOUSER DODD

Hope is the ability to hear the melody of the future. Faith is the courage to dance to it today.

Rubem A. Alves

Here's hoping most of you survived the IRS this year and are back to normal. Have you ever thought the IRS sounds like a revolution in Ireland? Don't ponder that one too deeply it may fester into a full-fledged one.

We were in Atlanta for a few days having an eye procedure, and staying with friends Joyce & Gary Pelphrey which was a pleasure since they run a 365 day-a-year Bed & Breakfast for three dogs. Rambo, Chase and Dash are treated as royalty, and we believe we got almost as good a treatment. Just kidding, it couldn't have been better. If only we hadn't been a bit infirm. However, you couldn't tell it immediately after surgery – we went out to lunch at a great salad bar and on to chop at Chico's. To be perfectly honest, we weren't feeling just great when we got there and vision was going fast. We mainly just sat and watched Joyce shop.

While in Atlanta, resting, we did manage to read a few books. One was Hemingway's *A Moveable Feast*, about Paris in the Twenties, actually his history there from 1921 to 1926. It really makes you want to visit Paris, especially during that period. With a 100 watt bulb right under it, we managed to peer out like a sidewinder and sorta magically divine the rest. This means we can only read narratives, no bills, no lists, no numbers. But, on the positive side things are supposed to get better. Until then, we'll be squinting a lot

Are you like most of my friends and have to do everything you do at least three times. Well, we rented a Ford Mustang Convertible. (They told us there was no difference in price, just pick out what you like!) Not usually, the convertible was the

choice. We explained to them how to charge the bill, and looked over the man's shoulder and he had turned the card we handed him over and was busy charging to another insurance company. We explained again. Still full of patience! How we have any patience left is beyond us and now, perhaps we don't as we heard this guy who was working on the Lincoln Transmission explain to that same person the name, insurance number, and phone number of the company to charge. Two months less eyesight, and no patience later we're still trying to untangle a web that was so simple at the onset. We'll keep you posted. Things like this did not happen in the past. It makes these people look like either crooks or they're trying to operate a scam. We'll see.

Perry Players Community Theatre is presenting a wonderfully funny classic, "The Odd Couple" at 7:30 p.m. May 4-5 and May 9-12; 2:20 p. m. on May 6 and 13th. It will be directed by Todd Wilson. You may call 478-997-1687 for more info. Adults \$15, Seniors \$12, Students/Children \$10. Wednesday night is buy one regular ticket, get one free.

Don't Forget the Battle of Byron from 9 am-6pm May 5th. You do not have to fight – just go and have fun. They are partnering with Cinco de Mayo and Byron's North Park in Peach County will surely be happening with crazy challenges, arts, crafts, food and expert entertainment. Big Daddy and Company will take the stage and there will be much, much more. 478-954-4592.

R.U.S.H. Weekend Youth May 4-5 at Rock Ranch, The Rock will feature powerful speakers, fun games and happenings with music by Kristan Stanfill, Toby Mac and R.U.S.H. Prairie Band, plus a fireworks show and the Skit Guys as emcees. www.therockranch.com.

Macon Symphony Orchestra presents "Bond & Beyond" on May 5th at 7:30 p.m. with guest conductor, C. David Keith at the Grand Opera House, 651 Mulberry Street.

\$38.50 adults, \$18.50 students, \$13.50 children www.maconsym-

phony.com.

Spring has sprung – enjoy!



2012 Georgia Golden Olympics Scheduled for September 19-22

Special to Senior News

The 2012 Georgia Golden Olympics will be held September 19-22 in Warner Robins. The games will be hosted by the Warner Robins Recreation Department.

The 2012 event is a qualifying game for the 2013 National Senior Games scheduled for July 21-August 5, 2013 in Cleveland, Ohio. The

Ohio Local Organizing Committee is working hard to provide the best national games to date, so plan to come to the 2012 Georgia Golden Olympics and qualify to attend the 2013 National competition.

For complete details and registration information call 770-867-3603 or Fax 770-867-3640; E-mail goldenolympics.ga@gmail.com; or, visit website: www.georgiagoldenolympics.org.



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Senior News & Views of Georgia

Lake Oconee Concert features Music of Adele

Special to Senior News

The Lake Oconee Lutheran Church is presenting its annual Spring Concert on May 12th at 7PM. Anyone who has attended this annual event for the past five years under the direction of Music Director, Brad Rudisail, knows that this isn't your typical church concert. They also know if they've even watched his fingers dance across the keyboard that Rudisail isn't your typical pianist.

This year's concert will feature the music of Adele, whose music recently swept the Grammys although other musical genres will be performed as well.

"Due to the manner in which Adele's music captivated the country over the past year, her music seemed like the perfect theme for our show this year," said Rudisail.

This annual evening of memorable music and entertainment has a reputation in the Lake Oconee area of creative musical arrangements and performances. As always, the evening will feature the Lake

Oconee Lutheran Choir which will perform five selections of song and praise. Some of Adele's biggest hits will be performed by solo artists, Dana Beck, Stevonna Greene and Linda Mallam along with the backing of the choir. Dana Beck is from the Lake Oconee area and has been a regular favorite each year. Stevonna Greene, also from the Lake area, has become a teen vocal sensation and was recently invited to the New York Met to study with a variety of vocal coaches and has studied at the University of Georgia as well. Linda Mallam, an Atlanta vocalist is making her first appearance at the annual event.

"Adele's music is such a part of me," said Ms. Mallam, "that I agreed to participate in the show the minute I was invited."

The show is always connected with the neighboring School of Music at Georgia College and State University and this year the GCSU String Quartet will back up the choir and vocalists as well as other musicians from the area. Mr. Rudisail always keeps the music flowing and makes sure the show doesn't last

more than an hour.

"Our philosophy is to leave the audience wanting more when they leave," says Rudisail. As usual, the concert will be followed with a reception featuring a nearly one hundred foot spread of food to be enjoyed by all those who attend.

Mr. Rudisail is a graduate of North Texas State University, which is globally recognized for its music program. Prior to his service at Lake Oconee Lutheran, he was an instrumental recording artist, sound track composer and jingle writer and piano instructor for students such as American Idol contestant Diana Degarmo. He released five CD's throughout his career and won national awards for his jingle and composing work.

"My goal is to make sure that everyone who attends our shows is completely entertained," said Mr. Rudisail. "Being that May 12th is the day before Mother's Day, our concert will make a perfect evening to share with your mom and the whole family. For those who have attended our concerts in the past, I assure you it will be our best show yet."

Spiritual Notes

Lessons Learned!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Recently I was asked to marry a friend's daughter. I was honored and requested that the couple make an appointment with me for counseling and to discuss the marriage ceremony. Because the couple lived out of state, it took some time for a face to face meeting. In time we met and it was obvious how much the two loved each other. Both were college graduates, had responsible jobs, and were excited to discuss life together as well as the Ceremony.

The Ceremony was to be simple with good friends for bridesmaids and groomsmen. All the basics were covered. There was some question in their minds regarding the traditional vows. I encouraged them to think about that and get back in touch with me with suggestions or any other changes.

In a few weeks I received an email with vows they had written. Theirs words were extraordinary. The vows included far more in the way of a commitment than the traditional ones and ended with the admonition that "there is nothing we can't do with the Lord on our side." Since I believe the Vows are the heart of a marriage ceremony they

received my support and congratulations to include them in the Ceremony.

Along with the Vows they asked if I might say a few words about the Dragonfly which they had chosen as a symbolic theme for the occasion. The Program and other decorations will have pictures of the Dragonfly on them. You can imagine my reaction and surprise. However, given the maturity of the couple, I felt led to do a little research on the subject.

I found that Dragonflies were here with the dinosaurs and there are 5,000 species. They only fly a fraction of their lives; living in the moment with no regrets. Eighty percent of their brain is used by their eyesight which allows them to see beyond their limitations. They can fly in six different directions with poise and power signifying age and maturity. In addition they eat mosquitoes and termites and do not bite humans. These are just a few of the characteristics of this creature God has made. In America they are generally symbolic of happiness, harmony and purity.

I was amazed at the life lessons this couple had learned from a study of the Dragonfly. Isn't it amazing how God can speak through nature and all His creation? It took a wedding to bring this reality in focus for me.

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

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Don't get duped by the Grandparent Scam

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

There is a scam that continues to grow that preys on the emotions of seniors who want nothing more than to ensure the safety of their grandchildren. The BBB continues to receive reports about grandparents who thought they were aiding their grandchildren by providing money for an emergency situation but were in fact giving thousands of dollars to con artists.

Generally, the scam works like this – the grandparent receives a distressed phone call, usually in the middle of the night, from who they believe is their grandchild. The supposed grandchild typically explains that they are traveling and have been arrested or involved in an auto accident and need the grandparent to wire money to post bail or pay for damages – usually amounting to a few thousand dollars. While many seniors have reported the scam without

falling prey to it, unfortunately, many others have been victimized. One well-meaning grandmother sent \$15,000 to scammers, thinking she was helping a grandchild who had been in an auto accident. With the new wave of calls, victims are also contacted by someone claiming to be a police officer or lawyer representing the grandchild in court.

The “grandchild” pleads to the grandparents to not tell his or her parents and asks that they wire thousands of dollars for reasons including posting bail, repairing the grandchild’s car, covering lawyer’s fees or even paying hospital bills for a person the grandchild injured in a car accident.

The key to avoiding this scam is to remain calm despite the “emergency” nature of the call and to verify the identity of the caller. Too often people are allowing themselves to get caught up in the false sense of urgency and they end up making emotional, instead of logical, decisions. The scammers’ basic tactic is to pose as a grandchild and let the

unsuspecting grandparent fill in the blanks. For example, the scam caller might say, “It’s me, your favorite grandchild,” to which the grandparent will guess the name of the grandchild it sounds the most like, and then the call proceeds from there.

Law enforcement officials are not certain how perpetrators are obtaining phone numbers for so many senior citizens across the U.S. However, it is believed that scammers are most likely calling random numbers until they happen to reach a senior citizen. For more targeted attempts, Social Networking provides a wealth of information that the scammers can utilize.

To protect themselves from this scam, and other scams that may use a distressed loved-one tactic, the BBB is advising seniors to confirm the status of the individual by calling them directly, asking questions that only they can answer or verifying the story with other family members before taking any further action.

The BBB also advises that any

request to wire money through Western Union or MoneyGram should be seen as a “red flag” and an immediate tip-off that the call may be part of a scam. Funds sent via wire transfer are hard to track once received by scammers and are usually not recoverable by law enforcement or banking officials.

For anyone victimized by this type of distressed loved-one call, the BBB recommends reporting the incident immediately to local police departments. If there is a request to wire money to Canada, the Canadian Anti-Fraud Call Centre has established the PhoneBusters hotline and Web site to report such fraud. Reports can be filed easily online through the PhoneBusters site at: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.

For more information from BBB on common scams and advice on avoiding consumer fraud, go to

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.

The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

(Now and then, our reviews take a look at what our southern regional publishers are printing. For May, we are spotlighting Peachtree Publishers, a company especially renowned for their children’s books.)

Mooshka, A Quilt Story (Julie Paschkis, Peachtree Publishers, 2012)

The Princess and the Packet of Frozen Peas (Tony Wilson, Illustrated by Sue deGennaro, Peachtree Publishers, 2012)

The Cheshire Cheese Cat: A Dickens of a Tale (Carmen Agra Deedy & Randall Wright)

Illustrated by Barry Moser, Peachtree Publishers, 201q)

We’ve Got a Job: The 1963 Birmingham Children’s March (Cynthia Levinson, Peachtree Publishers, 2012)

I fell in love with *Mooshka, A Quilt Story*, a prime example of Peachtree Publishers’ high quality children’s books. Suitable for ages 4-8, the story centers on Karla and her special quilt “Mooshka” which was lovingly pieced together by her grandmother. Each scrap of fabric symbolizes a story about Karla’s family and their lives. When Karla goes to sleep, the quilt comforts her with whispered stories from the past.

With the arrival of Karla’s new baby sister Hannah, the quilt stories cease. Try as she may, Karla cannot bring them back. Finally, she shares Mooshka with her sister and the stories resume.

The Princess and the Packet of Frozen Peas is an updated version of *The Princess and the Pea*. Written by award-winning author Tony Wilson and illustrated by Sue deGennaro, the book is an entertaining and a humorous tale of one prince’s search for his dream girl.

Frustrated by encounters with demanding princesses, the prince devises a test to find a girl who isn’t so sensitive. The plot reminds me of the wonderful movies we see on the Hallmark Channel, age range lowered to 4-8.

The Cheshire Cheese Cat: A Dickens of a Tale is a story for young people 8-12. This book is written by Carmen Agra Deedy and Randall Wright. Just having Carmen Deedy’s name on a book means it will be good. I once reviewed her *Yellow Star*, a favorite of mine to this day.

“He was the best of toms. He was the worst of toms. Fleet of foot, sleek and solitary, Skilley was a cat among cats. Or so he would have been, but for a secret he had carried since his early youth...” *The Cheshire Cheese Cat* involves Skilley, an alley-cat who loves eating cheese and Pip, a resourceful mouse. A take-off on Charles Dickens, the story is set in Ye Olde Cheshire Cheese Inn in London where the two meet a famous author. When a crisis occurs, the cat and mouse are thrown into a conflict which threatens the peace of the Inn and the British Monarchy. Lessons in friendship are learned as the author becomes their ally. The characters are appealing and the story is tongue-in-cheek fun. A list of the characters in order of appearance and a vocabulary of enticing words at the end lend additional charm.

We’ve Got a Job: The 1963 Birmingham Children’s March, by Cynthia Levinson, is a great read for ages 10 and up. The book centers on the early sixties, when four thousand black elementary, middle and high school students were voluntarily jailed during their fight for civil rights. A former teacher, Levinson spent years in researching and interviewing participants in the Birmingham Children’s March in order to write accurate accounts. This little-known event became a turning point in history, contributing to the desegregation of one of “the most racially violent cities in America.”

According to Marian Wright Edelman, President of the Children’s Defense Fund, “Readers will be riveted by the true stories of children like

Audrey, Wash, James, and Arnetta and be reminded that... they are never too young to stand up and make a difference.”

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



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On the Cover

“Traveling on the Cheap”

by JANE WINSTON

ON THE COVER
Dan and Ann Boyle

When Ann MacKay and Dan Boyle tied the knot 30 years ago, their wedding vows surely had something unusual in them, like... “And yes, I will travel... ‘on the cheap’... with you to the ends of the earth.” And travel they have!!

House exchanging allowed them

to live in Ireland, Scotland, Manhattan and Winter Park, Florida. House sitting placed them in Ajijic, Mexico... for five wonderful weeks in a mini-mansion... and two weeks on Russian Hill in San Francisco. And house renting put them in a farmhouse for two weeks on the North Dakota prairie.

Not satisfied with doing just that, they traveled from 2003 to 2005 in a recreational Vehicle (RV). This RV was nothing elaborate nor fancy... certainly not built by Wander

Lodge in Fort Valley... but one they ordered special-built. They flew to Richmond, British Columbia in July of 2003 to pick up their Class B Motor Home. It was a “garageable” van converted into a pop-up camper equipped with the most basic of amenities. Over the next 59 days they traveled in their new home-on-wheels to their home with no wheels in Naples, Florida. And for the next two years, this RV carried them to British Columbia; Portland, Maine; San Antonio, Texas; the Black Hills of South Dakota; North Dakota and Minnesota.

And between 1999 and 2007, intermixed with house renting, sitting, exchanging and RVing, they traveled with Elderhostel to St. John’s University; Dubois, Wyoming; St. Augustine, Florida; Amelia Island and Cumberland Island; multiple National Parks and Monuments as well as places in Utah, Nevada, New Mexico and Arizona!

They have cruised and they have taken land tours to include Alaska, the Bahamas, the Caribbean, the Greek Islands, Turkey, the Holy Land, the Heart of Italy and Columbia and Snake River, WA. Additionally they took an European River Cruise, did a Trans-Atlantic cruise, spent 27 days on a Baltic Capitals cruise, cruised the Norwegian Coastal Cruise and Maritime Province and did a Panama Canal transit which carried them from Long Beach, CA to Tampa, Florida

They have totally enjoyed membership in the Evergreen Club which is a Hospitality Club for folks over 50. Members can overnight with other members for a mere \$15.00. In the seven years Dan and Ann have been members, they have hosted 100



Calumet ceremonial smoking pipes from Minnesota, North Dakota and South Dakota used by Native Americans.



Hand painted Celtic weave baskets from Ballyshannon, Co. Donegal.



The Cobalt Net pattern – tea pot from Sitka, Alaska and tea cup from St. Petersburg, Russia.

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couples or singles.

And it does not stop here... there is more. They have also traveled to Arlington, VA; Baltimore, MD for Christmas 2011; and Del Ray Neighborhood in Alexandria, VA this past February with AirBnB which is a community marketplace for people to list, discover and book... on line or from a mobile phone... unique accommodations around the world.

This retired nurse/association director from Minnesota and retired Medicaid Administrator from Maryland are not done yet. Age dictates a bit their current mode of travel which means the converted van is gone, in fact, gone for a long time, and this September Ann and Dan will take a trip through Ireland in another type van... a Mercedes-Benz Sprinter... with Captain’s Chairs, a driver and fine amenities!

Happy Travels from *Senior News*.



Rocks from shores of Lake Superior in Duluth, MN, Atlantic Ocean, Scotland and Ireland. Tomahawk from Andersonville, GA.

Important Aerospace Technology located in Peach County



Ed Wasson, right, and Forrest Kelman

by CLAIRE HOUSER DODD

US Technology Aerospace Engineering is located on highway 49 in Byron, GA. The president is Ray Williams. Ed Wasson is the Vice President and Michelle Kelman is the Executive Assistant.

This company is heavily involved with Robins Air Force Base in the engineering and fabrication of maintenance stands for the C-17 Aircraft. This consists of fabricating scaffolding systems by which every level of the aircraft can be accessed for safe and efficient maintenance. One of the reasons for moving from Texas to Georgia was to design, create and build the AMP (Aerial Modular Platform) for the C-5 Galaxy and C-17 Globemaster maintenance at Robins Air Force Base. This is a moving module that takes a man up and down and around the plane in order to perform corrosion control at all levels.

Ed and Forrest were the Engineers for the project. They both graduated from Texas A&M University. Mr. Wasson has a degree in petroleum engineering, Mr. Kelman has a degree in Mechanical Engineering. They worked at Kelly AFB in San Antonio and have been friends for 30 years. Ed was the Engineering Section Chief in the Aircraft Division and Forrest was Senior Facilities Project Manager-Facilities Engineer when the base was closed in the 1995 BRAC (Base Realignment and Closure). They moved to this area in 2004 with their families.

Mr. Wasson has eight boys. Being divorced, Ed has naturally become a great chef, especially in the bar-b-q area. They love to join in the Peach County festivities and are often seen in Ed's huge bar-b-q pit trailer cooking away with his friends from Texas. The name of their rolling kitchen is Chauvinistic Pigs

and High Maintenance Heifer. It's a Texas thing, has to be bigger and better. The team includes his children and Texas friends Forrest Kelman along with his wife, Michelle, and several employees of US Technology. They all have fun and often walk off with many prizes.

Ed's children are Todd, Nim, Jack, Thomas, Lovic, Luke, Isaac and Walker. They all love to fish and quite often go to St. Marks where he keeps his boat. His oldest son, Todd, also a graduate of A&M, has recently married in Houston and lives in South Dakota with his wife Sherry. Another, Nim has graduated from A&M and is now attending St. Mary's University Law School in San Antonio. Ed still has another, Tom, now majoring in accounting at the University of Georgia. Amazingly, these boys also like the theatre, opera and ballet. Loading that group up for the symphony is something to behold.

We are losing the Kelman Clan, Michelle and Forrest with their kids, Daniel and Jessica. They are moving back to their home state of Texas. Forrest was just hired as the Chief Director of Engineering at Corpus Christi Army Depot. Instead of working on airplanes, he is now

working on helicopters. We will certainly miss them and wish the best for them.

We are happy to have this Texas group here in the midstate and happy still that Ed has purchased a historic home on College Street to renovate to its former glory.

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the scoop on poop!
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Senior Fitness

Exercise is Medicine!

by BRADFORD BAILEY, BSEP, CSCS
Clinical Exercise Physiologist
Bailey Fitness

The fastest growing segment in the United States is the elderly (those that are 65 years of age or older). By the year 2030 the senior population is expected to double. Since this is the case, it is integral that seniors become proactive in living a healthy and productive life. One of best ways to do this is through physical activity.

As a person ages, many different changes happen in the body:

- Decrease in gastrointestinal function
- Decrease in lean body weight or muscle mass
- Loss of bone mineral mass
- Mental impairment
- High prevalence of chronic disease (heart disease, cancer, hypertension, stroke and \ arthritis)
- Neuromuscular changes
- Decreased heart, kidney, lung, and liver function

If I told you that there was a pill or procedure that could prevent and/or cure each of these diseases then you would probably take the pill or call for the procedure immediately. Well my friend, that remedy exists and it is called exercise. Exercise has a positive effect on each change that the aging process creates.

When we lift weights not only do we help to increase muscle mass and bone density, but we are also able to improve our gastrointestinal function. Through exercise, we are able to increase blood flow to the brain which lessens the likelihood of mental impairment. Heart disease, hypertension, diabetes and stroke are greatly decreased in those that are physically active. All systems of the bodily are improved through regular physical activity.

Exercise can be divided into four main categories: endurance, strength, balance, and flexibility.

Endurance

Endurance is the capacity to continue a physical performance over a period of time. This type of activity helps to increase your breathing and heart rate. Endurance or aerobic exercises help to improve the health of your heart, lungs, and circulatory system. Activities that help build endurance include:

- walking
- dancing

- biking
- swimming
- stair climbing

Endurance or aerobic exercises should be done on most days of the week, if not every day of the week.

Strength

Strength training is one of the most important components of the aging population. As we age, we gradually lose muscle strength and muscle mass. One of the best ways to reverse the loss is through strength training. Increases in muscle go a long way in fall prevention. If a person is physically strong then they are able to live an independent and productive life. Strength training should be done at least two times per week. Strength exercises include:

- Lifting weights
- Using resistance bands
- Conducting house or yard work

Balance

Like strength exercise, balance activities can help to prevent falls. Many strength exercises that build lower body power also help to improve balance. If you practice balance movements, you can walk up and down stairs without difficulty. You can walk on an uneven sidewalk without falling. Balance exercises include:

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Flexibility

Flexibility is defined as: the range of motion around a joint. Stretching helps you to carry out daily activities more efficiently by allowing you to move easily through



a full range of motion. Whether it's bending, twisting or reaching, if you're flexible, life is easier.

Not only does exercise have positive ramifications for your health but, it also helps you to carry out everyday activities more efficiently. Remember: It's never too late to reap

the benefits of physical activity. Fitness can be gained at any age... "EXERCISE IS MEDICINE!"

For more information or questions on senior fitness, feel free to contact Bradford Bailey, Clinical Exercise Physiologist at bradford@baileyfitness.net.

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HOUSTON LAKE

Poets' Corner

MOTHER'S DAY RAP/RHYME

by Frederic Holland, Sr.
(Read it to a hip-hop beat)

All the ladies say "O' ye-aah"

And if you had a child way back in
the "Day;"
Raise your hands and say "hey!"

Cause you a mom;
M to the O to the M!

You've done God's will and went out
and multiplied;
The pain you endured carrying and
birthing that child... can't be
denied!

You raised them through their
growing years;
You wiped away their tears and
helped them overcome their fears.

You are a mom;
M to the O to the M!

Momma dear we salute you for all
your motherly deeds;
And the sacrifices you made to take
care of their needs.

We know that sometimes, they got
on your last nerve;
And maybe carrying them caused
you to lose that cute little body
curve.

We know you worried when that
daughter started to date;
And you probably lost some sleep
when that son stayed out too late.

We praise you mothers today for
taking care of that baby who all
night cried;
But now look at that grown up child
and smile with pride!

So all you mommas stand up and
shake it like you did when you was
twenty-"fo;"
And holler " hallelujah, so glad I
made it and I don't have to do it no
"mo!"

But wait, ...here come them grand
kids... is it starting all over again?
You shake your head no... but I see
you starting to grin!

You know why? Cause you still a
mom;
M to the O to the M!

And may God bless you all in every
way;
And I hope you have a wonderful
Mother's Day!

IT'S TIME

by Sheila Elizabeth Ficco

It's time to write a poem again
For I've waited far too long

To express myself in my own words
With a rhyme or perhaps in a song.

Poetry gives my spirit new life
Or depresses it as it may
However I choose to express myself
'Tis how my soul shall sway.

It is our words that lead us forward
The thoughts that go
round in our
heads

We are the captains of
our ships
We've charted the
course we lead.

The vessels that take
us away from home
The waves that hold
our return
Are the choices we
have made through
life
The lessons we have
learned.

We live one moment
at a time
Although we may be
unaware
Days go by and years
pile high
By the time we have
sailed there.

One day at a time is
all we have
One moment to be
more exact
Live well these
moments
Enjoy your breaths
Until you breathed
your last.

WEeping WILLOW

by Henry Newton
Goldman

A place of beauty and
solitude,
This corner of the
public part.
A garden surrounded
by weeping
willows,
A statue graced the
center – it's heart.

Around the statue at
its base
Beautiful flowers
covered the ground.
Blooms of many
varieties were there,
Grown tall at the
pedestal's mound.

Many agreed, the
willows were too
thick,
The statue was
obscured by the

shade.
The flowers hid the
plaque at its
base,
Some changes needed to be made.

The beautiful willows were felled
and removed,
The flowers were thinned, so to

please.
The plaque could now be read – and
revealed,
The honored soldier and poet of
Trees.*

* Sgt. Joyce Kilmer, A.E.F. Killed in
action near Ourcy, July 30, 1918.

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Macon/Central Georgia CALENDAR

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Baby Bonanza!

Sat., May 5, 10 a.m.-2 p.m., Coliseum Medical Centers, First Floor Classroom and on Birthing Center Unit. Free. Call 478-746-4646.

Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets

every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.

- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

For information call 478-757-6092

- **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
- **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
- **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
- **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15

- **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
- **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
- **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia – Partners In Health Classes

Golden Opportunities

The Wellness Center
3797 Northside Drive, Macon 478-757-7817

Heartworks

389 First St. (Inside the MHC)
478-633-9090

Central Georgia Rehabilitation Hospital

3351 Northside Drive
478-201-6500

Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

SeniorCare

A service of Houston Healthcare promoting wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

Warner Robins SeniorCare

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 Services provides free legal services to seniors

continued on page 11

General Business Directory For Seniors

MS National Multiple Sclerosis Society Georgia Chapter
Middle Georgia MS Expo
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Macon Centreplex

Join us to learn more about multiple sclerosis and the services and resources available in your community.

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www.nationalMSSociety.org/gaa

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CALENDAR

from page 10

(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 on 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 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.

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.

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

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.

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.

Turkey Creek Festival

May 5, Byromville, GA. For details call 478-433-2020 or visit www.turkeycreekfestival.com.

Health Fair

Sat., May 5, 10 a.m.-2 p.m. Presented by Lokey Chiropractic located at 3048 Napier Ave., Macon to benefit All About Animals and the ARC Humane Society. Pet food and cash donations will be accepted. Call 478-746-3116 for complete details.

Houston County Friends of the Library Old Book Sale

Thurs., May 3, 10 a.m.-8 p.m., \$5 general public admission; members, free. Fri., May 4, 9 a.m.-8 p.m., free to all. Sat., May 5, 9 a.m.-3 p.m., free to all. Most items half-priced Saturday only! Georgia National Fairgrounds, Georgia Building, Perry. For information call 478-923-0128 or visit www.houpl.org.

General Business Directory For Seniors

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Surgeon performs Robotic First at Coliseum Medical Centers

Laura Reed, M.D., offers less invasive options to lung cancer patients.

Special to Senior News

Coliseum Medical Centers' Robotics Program has expanded its capabilities. On February 29, 2012, thoracic surgeon Laura Reed, M.D., and the thoracic robotic team at the Coliseum Cancer Institute at Coliseum Medical Centers, performed the first lung surgery at Coliseum using daVinci robotic technology. A fifty-seven-year-old female patient from the middle Georgia area, was recently diagnosed with Mediastinal Lymphadenopathy. A right robotic node dissection and lung biopsy was necessary to stop the spread of the disease.

"While robotic procedures are being used for gynecological and urological procedures, the use of this technology in thoracic surgery is new," Dr. Reed said. "With the

robot, I am able to perform surgery through a few tiny incisions between the ribs ... and avoid splitting the patient's breastbone and rib cage. The system translates my hand movements into smaller, more precise movements of tiny instruments inside the patient's body."

The da Vinci Surgical System enables surgeons to perform surgery through dime-sized incisions rather than the 6 inch incisions common in traditional surgery. The surgeons operate by manipulating the robot's four arms and viewing the procedure through a high-resolution 3D camera inside the patient.

For middle Georgians with lung cancer, robotic surgery options help make dealing with this disease a little more bearable. Using traditional methods to remove portions of cancerous lung tissue, surgeons must cut between the ribs in order to access the lung. This leaves patients with a large incision on the side of the chest and a long and painful recovery. Using the da Vinci robotic system, Dr. Reed was able to do a right robotic node dissection and lung biopsy without the



need for large incisions or spreading of the ribs.

Following the success of the first case, Dr. Reed performed a Robotic wedge resection and lymph node sampling and plans on continuing to offer thoracic robotic surgery to the middle Georgia area.

According to Lung Cancer Alliance-Georgia, lung cancer is the number one cause of cancer death among men and women in Georgia. This year alone, 6,250

Georgians will be diagnosed and 4,620 will die from the disease. That is 30 percent of all cancer deaths in the state.

Dr. Reed is a graduate of the Universities of Michigan, and trained at the Universities of Illinois and Kentucky. She is Board Certified in General Surgery and Cardiothoracic Surgery. Dr. Reed has the distinction of being the first female Cardiothoracic Surgeon to practice in the state of Georgia.

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