

Senior News

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*Virginia Jones...
The Bank of Perry's
59-Year Employee!*

Story on page 6

May 2013
Vol. 27, No. 5

Taking Care

Deciding on a caregiver support group

by LISA M. PETSCHÉ

If you are a caregiver, you may have already read articles about the importance of preventing burnout. Usually they include the suggestion to join a support group. Perhaps you are reluctant, though, because you are wondering what caregiver groups are all about and whether joining one would really help you. If so, read on.



Lisa Petsche

impact of a family member's illness and exploring various coping strategies;

- group problem solving of practical issues;
- providing education about disease processes, behavioral issues and management strategies;
- identifying and addressing obstacles that seniors and their caregivers encounter in the community;
- promoting effective use of local resources;
- recognizing caregiver needs and helping caregivers balance those needs with those of their ailing loved one.

Benefits & Limitations

Benefits or group involvement include:

- realizing you are not alone in your situation – feeling supported and understood
- having the opportunity to express thoughts and feelings in an empathic, non-judgmental environment;
- learning from the experiences of other caregivers;
- gaining satisfaction from help-

ing others on the caregiving journey;

- making new friends;
- keeping current on caregiving issues and resources;
- recognizing the importance of self-care.

A group setting is not suited to everyone, though. A caregiver support group may not be as helpful for those who are:

- very shy or private in nature;
- self-focused, either as a longstanding personality trait or due to extreme stress;
- those who have significant, often longstanding personality issues (for example, a psychiatric illness or a conflicted relationship with the care recipient);

In such cases, individual counseling may be a better approach.

Attending a group also may not be feasible due to severe hearing impairment or an inability to obtain respite care or transportation. Caregivers in such situations should explore:

- telephone support networks;
- online caregiver message boards.

Types of Groups

Some caregiver groups are very general and open to everyone. Others are specific to certain populations, such as caregivers of older adults or caregivers for those suffering from Alzheimer's disease.

Some groups are quite structured, with set agendas and built-in time constraints (typically 4-6 weekly or bi-weekly sessions). Led by health care professionals, such as social workers and nurses, these groups are primarily educational in nature, and often include guest speakers.

More informal groups focus primarily on emotional support.

Members sharing of thoughts, feelings and experiences is key.

Facilitators may be experienced caregivers or professionals who work with caregivers. Meetings are usually held monthly, with new members welcomed on an ongoing basis.

Evaluating the Support Group Experience

How to tell if you have found the right group:

- Is the physical setting comfortable and distraction-free?
- Are group norms – such as taking turns and respecting differing viewpoints – clearly articulated and observed?
- Can you relate to other members' experiences?
- Does the facilitator appear knowledgeable about caregiving issues and resources? Is he or she articulate, sensitive and skilled in maintaining focus, generating discussion, preventing individuals from dominating, and recognizing when someone needs outside help?

Highly rated groups also emphasize caregiver strengths, incorporate some humor and include time for social interaction.

Where to find information on caregiver groups:

- Hospital or community social worker;
- Non-profit organization associated with your relative's disease;
- Local area agency on aging;
- Community calendar of your local newspaper;
- Senior center bulletin board;
- Community information service;
- Local public health department or mental health association.

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

Purpose

The overall goal of caregiver support is to enhance participants' coping skills through mutual support and information sharing.

Objectives may include

- validating the important role of family caregivers;
- exploring the challenges and rewards of caregiving;
- acknowledging the emotional

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by **CLAIRE HOUSER DODD**

It could probably be shown by facts and figures that there is no distinctly native American criminal class except Congress.

Mark Twain

We hope you got to the Dogwood Festival in Perry. It was packed with people, poodles and pies! The stage was busy all day showing all sorts of talent from dance to dolls (of all ages) and costumes to die for!

We didn't get one of those Fried Candy Bars, but know we would have loved it! All that food and talent was located right in front of Rusty's where we ate a late afternoon snack that was so great it lasted for supper. Chef Jimmie was as busy as a one armed paper hanger in a paper hanging contest!

The Dog Pool event, Dixie DockDogs, was a huge success. This elongated pool was set up in front of the New Perry Hotel with stadium seats et al. The dogs were excited and exciting, and BOY... could they jump and dive and bring those sticks back to their masters. A really good show and our friend from Atlanta and yours truly got a seat on the balcony of the New Perry Hotel and had hamburgers and hot dogs to boot!

It's great to see the hotel open. It is an important events site and memory charges for most of us... especially as they're resurrecting the old menus and happenings.

May 3-5, The Dixie DockDogs present Bassmaster Georgia Elite Pride in LaGrange, Ga.

June 21-23, they present Cohutta's Blue Ridge Challenge in Blue Ridge, Ga.

Sept. 13-15, Rucker Falling, for DockDogs, 3245 Peachtree Parkway, Suwanee, Ga. 30024. For information, visit www.dixiedockdogs.com.

孔子学院

The Confucius Institute at Wesleyan College

Our friend, Joyce Pelphrey, came for a visit. First, we met in Macon. She had had a court session in Morrow, then husband Gary (also a lawyer) brought her to Macon where we met her and went to the grand opening of the Confucius Institute at Wesleyan College. What a worldwide hap-

pening. This event was breathtaking for starters, the stage itself was magnificent. One huge red and gold tapestry covered upper stage center with similar panels on each side. Impressive. Many dignitaries from China, Washington and other important places, including our own Wesleyan President, Ruth Knox, all made important speeches about celebrating 100 plus years of Chinese Sisterhood at Wesleyan, commemorating the three Soong sisters, two of whom graduated from Wesleyan. The youngest, Soong May-ling, who was at Wesleyan from age 10 to 15 (1908-13), moved to Boston to be near her brother and was the only sister who did not graduate from Wesleyan. She later married Chinese political and military leader Chiang Kai-Shek. The other two also married extremely influential men of China and the world, often in conflict with May-ling. However, all generously remembered and advertised their excellent education at Wesleyan.

Wesleyan has always welcomed people from around the world to enjoy the China Room, and now adds the Confucius Institute at Wesleyan. Her dedication to keeping alive the legacy of the Soong sisters is indeed admirable.

And now, after much talk and a visit around by President Knox and Vice President Steve Farr, Wesleyan's American Cultural Center Guangzhou University, Beijing has been established to, "enhance mutual understanding between China and the United States by giving Chinese students and the Guangzhou community better insight into American history, philosophy, international relations, media, fine arts, community engagement, and life in America."

The exhibit is on view now on the first floor of the Lucy Lester Willet Memorial Library. A must see.

Last month on National Readers Day dedicated to Dr. Seuss, we read to a preschool in Warner Robins where one of our students is the director. Last week, we spoke at the life of Dr. Seuss and read, "Oh, the Places You'll Go!" to the Study Club in Fort Valley.

Don't forget Memorial Day is coming up on the 27. Plan a great outing, picnic, or even just an "at home dinner" in celebration of all our military, past and present. They deserve the honor.

The Old Clinton Historic



Senior News Columnist Claire Houser-Dodd reads to a Warner Robins preschool class last month on National Readers Day dedicated to Dr. Seuss.

District in Jones County will hold the Old Clinton War Days Festival May 4-5. Call 478-986-6383 for more information.

May 4-5, Cirque du Soleil is presenting "Quidam" at the Macon Centreplex Coliseum. To purchase tickets, visit www.cirquedusoleil.com.

[cirquedusoleil.com](http://www.cirquedusoleil.com).

In these latter days it seems hard to realize that there was ever a time when the robbing of our government was a novelty.

Mark Twain

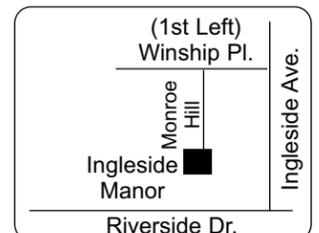
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Senior News & Views of Georgia

Making and Keeping Our Communities Beautiful

by JACK STEED

It takes all of us to make and keep our communities beautiful... And, there are many who are trying to do just that but every citizen should be helping to make our communities more attractive and its quality of life second to none. Citizen involvement in the improvement of their surroundings is nothing new. For example, the Athenian oath. This oath was taken by the ancient young men of Athens when they reached the age of 17. The last sentence of this oath reads: "Thus in these ways we will transmit to this city, not less, but greater and more beautiful than it was transmitted to us." It must have worked because at one time Athens was the most advanced and beautiful city in the world. It is where democracy was born.

So we can see that community involvement is not something dreamed up by Madison Avenue. It has been crucial to the success and well being of mankind.

Even more recent than the Athenian Oath, Jesus said to his disciples after washing their feet, "I have set you an example

that you should do as I have done for you." He was talking about service to community or service to others.

I would like to remind you that with the talents, resources and a compassionate concern for our fellow citizens, you have made and can make an even larger impact on our city. It is indeed a wonderful world. In spite of the fact that we complain and view this world with discontent, deploring conditions because there is much injustice and many flaws – it's a wonderful world and its people like the citizens of our communities who make it that way by the things they do and can do – for a warm, ready smile or a kind thoughtful deed – or an outstretched hand in an hour of need. It can change your whole outlook and make the world bright where a minute before just nothing seemed right.

Let us illustrate the importance of doing service for others and our communities. This story shows that a good deed is never lost.

In the late 19th century, a member of the British Parliament traveled to Edinburgh, Scotland by train to make a speech. From Edinburgh, he took a carriage

southward to his destination. Along the way, his carriage became mired in mud. A Scottish boy came to the rescue with a team of horses and pulled the carriage loose. The politician asked the boy how much he owed him. "Nothing" replied the lad. "Are you sure?" the politician pressed, but the boy declined payment. "Well, is there something I can do for you? What do you want to be when you grow up?"

The boy said he wanted to be a doctor. The aristocratic Englishman offered to help the young Scot go to a university and he followed through on his pledge. More than a half century later, Winston Churchill lay dangerously ill with pneumonia – stricken while attending a wartime conference in Morocco. A new wonder drug called penicillin that had been discovered by Sir Alexander Fleming, was administered to Churchill and he recovered... Fleming's benefactor? Randolph Churchill – Winston's father!

Sometimes the good we do comes back tenfold. A good deed is never lost.

And, so it is with making our communities more beautiful, more attractive and a quality of life that benefits all of us.

Spiritual Notes

BEAR UP!!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

As we age the vicissitudes (unexpected changes) in our daily lives throw us into a state of uncertainty and frustration. We are confronted daily with circumstances that require decisions. Often times a friend or family member is available to give counsel but many times help

is not available. So, what then?

A friend sent me the following that actually took place on the Old Donner Pass Highway. "A bear was walking across Rainbow Bridge (Old Hwy 40 at Donner Summit) when two cars, also crossing the bridge, scared the bear into jumping over the edge of the bridge. Somehow the bear caught the ledge and was able to pull himself to safety. Authorities decided that nothing could be done to help that night, so they returned the next morning to find the bear sound asleep on the ledge. They quickly tranquilized the bear and placed a safety net under him. He fell to safety and was released in the woods."

"The moral of this story is that the old bear made a wrong move and found that he was hanging by his nails. Somehow he was able to pull himself up onto the ledge where he

was in a very bad, impossible situation and what did he do? He took a nap and sure enough, God took care of the situation while he was asleep. When confronted with a bad situation, sometimes the best solution is to take a nap and let God take care of the rest."

Taking a nap may not be the answer to all the problems that confront us. However, trusting God and calling on Him has worked through the ages. In the book of Psalms, Chapter 121, we are reminded that; "The Lord will keep you from all harm; He will watch over your life; the Lord will watch over your coming and going both now and forevermore."

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

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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.

DREAMLESS by Vera King

*Dreamless in the night
Nothing but sweet sleep
All restlessness removed
To leave me peace and quiet
Sweet sweet healing sleep
Relaxing refreshing reality
All fear has taken flight
No more dreary after thoughts
Or bothersome anxieties
Now my days are shining bright
As I slumber dreamlessly*

COUNT TO TEN by Geri Noel

*I don't know who started it
I don't know when it begin
I do think it's a good response
When anguish, always count to ten*

*Mothers/Grandmothers have a habit
When they are displeas
To go on and on about a matter
As if their mouth just caught a
disease*

*You want to say shut-up!!!
Or hold up the hand
But this is your mother/in-law
And respectfully
This action should be banned*

*We chastise because we love you
We are only trying to make
What we think is wrong... right
Don't mean to criticize you
Not trying to run your life*

*In "waiting to exhale" Whitney
exploded
On the phone to her mother
Even though Whitney was in the
right
She called back to apologize
Because she knew there was no other*

*If she had counted to ten
That "I hate you" look in her eyes
Would have dimmed
That "if you say another word"
look
I'm coming from my hip with a
Mike Tyson left hook*

*When it gets that bad
All a mother/grandmother can do
Is count to ten
And stay away from you*

DEAR GOD HEAL ME by Ron Dennard

*Dear God heal me and make me
strong
Give me the courage to keep
going on

I get so weak and my heart begins
to fret
Your love for me I must never forget*

*Heal my feet, there are a lot of hills
I want to climb
Dear God save this soul of mine*

*When I get depressed and feel I do
no have anywhere to turn
May I look to Jesus your only
begotten son*

*Dear God heal me and let me believe
You can
Let me always do my best to stand*

*I pray You will help me with each
passing day
Hear me Dear God as I pray*

THE ELEVATION OF AGE by S. R. Q. Rothwell

*The journey was amazing... some-
times up, sometimes down, some-
times almost to the ground; but,
I fought the good fight with
fortitude; won most consequences;*

*scaled many mountains; as I shout
my accomplishments,*

*I arrived on time... wearing a
garment of tranquility designed in
purple-age-chantilly; dressed in a
smile; eyes on the bliss of the
remaining years... I am now in
waiting mode,*

*Surrounded by joy and grace... as I
retreat to retirement; composed,
free, in peace; I find serenity in a
sea of reflections, and beautiful
memories...*

*Line poetry... age is more than a
number; along the way life takes
pictures...*

2013 Georgia Golden Olympics scheduled for September 18-21

Special to Senior News

The 2013 Georgia Golden Olympics is scheduled for September 18-21, 2013 in Warner Robins, GA. The event will be hosted by the Warner Robins Recreation Department, under the direction of Mr. James Dodson.

The 2013 event will offer two additional sports. Ballroom dancing makes a return to the schedule for this year and the newest sport is Pickleball. We have had numerous requests for both events and are happy to report each will be offered.

The other events continue, including, but not limited to, tennis,

swimming, track and field, golf, horseshoes, bowling, table tennis, racquet ball, cycling and many fun events such as frisbee throw, football throw and others.

Registration materials will be available by May 1 and registration deadline is August 1 with late registration until August 15. If you are interested in competing or volunteering for the event, additional info will be available on the Golden Olympics website at www.georgiagoldenolympics.org. You may also email goldenolympics.ga@gmail.com.

Please join Golden Olympics for the 2013 games to meet new friends, catch up with old ones and enjoy the fun and competition.



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*Source: National Funeral Director's Association (2009)



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On the Cover

Virginia Jones... The Bank of Perry's 59-Year Employee!

by JANE WINSTON

COVER
Virginia Jones in front of the current Bank of Perry

This month's *Senior News* catches up with Virginia Jones, 87 years young, who is wrapping up her 59th year at the Bank of Perry on Main Street in Perry, Georgia. She began banking at 28, retired at 62 but has remained in part-time service since. Prior to her banking career, she worked at Colonial Grocery in Perry. The heavy lifting was causing her back problems, so when the opportunity to move to banking came along... even though the pay was a bit less, \$40 per week vs. \$51 a week... she jumped on it. And, as it is said, the rest is history!

It was her mother's dream that she become a nurse, so as soon as she graduated from Knoxville Street

School in Fort Valley she was shuffled off to New Orleans to Turow Nursing School which was affiliated with Tulane. She never really wanted to be a nurse, became ill shortly after arriving there, and was not disappointed in the least when her nursing career abruptly ended and she got to return to Clopine, Georgia, located between Perry and Fort Valley on highway 341.

Her dad was a farmer and was forced to move around lots in order to keep his family of five fed. Virginia, her brothers, and parents, lived in Alabama, Florida and North Carolina ... always near water... where her father spent some years fishing for a living. A self-described country girl, Virginia says she was quite the tomboy as she kept pace with her father and two brothers. She recalled how one Christmas, when money was tight, she got her much wished-for Christmas gifts: a hammer, a box of nails and overalls, all from Kresge's for less than \$1.00. To



Virginia Jones at her desk in the bank

this day, she says fishing, gardening and tinkering with mechanical things give her the most pleasure!

Her mother passed away. Her father married a Swanson, so the family moved into what is now the Swanson Restaurant in downtown Perry where she remained until 27 years ago. After the death of her stepmother, Virginia made the move to a small little house with a fenced-in yard and enough space for a garden where she, yearly, plants tomatoes, collards, eggplants, squash, turnips, bell peppers and more.

She has taught, and still teaches, Sunday school for 50 years at the First Baptist Church of Perry. Her classes used to be large, nearly 32 members, but has now dropped to around 12. For the most part, the members of her class are Virginia's age or older.

No interview with a woman like

Virginia is complete without the question: "To what do you attribute your longevity?" She was quick to mention healthy eating during those formative years when she lived on the farm and the three or four games she plays on her computer: solitaire, spider solitaire, and free cell. She is a morning person, and says a drive by her house at 2:30 in the morning will often find the lights on in the kitchen as she has breakfast and prepares for her Sunday School lessons.

Senior News sends congratulations to Virginia and expresses appreciation for the contributions she still makes to the Bank of Perry and the First Baptist Church.

Jane Winston is a free-lance writer living in the middle Georgia area. Should you know of a senior citizen you would like others to know about, please let her know at jwins1939@gmail.com.



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2013 National Senior Games scheduled for July 19 - August 1

Special to *Senior News*

The 2013 National Senior Games are scheduled for July 19-August 1, 2013.

Over 500 athletes qualified at the 2012 Georgia Golden Olympics for the 2013 National Games in Cleveland.

The Cleveland Organizing Committee is working very hard to provide an exciting and quality event for the anticipated 13,000 athletes from around the country. First class venues will host the events. In addition to the torch lighting on July 19 and the Celebration of Athletes on July 26, special events are planned for everyday of the games. You may download the event schedule and find more information at nsga.com.

FOLLOW US ON



Kathy Hart, President, and members of the Rotary Club of Centerville are shown presenting a check to cover costs of GED scholarships to Ms. Brenda Brown, Vice President for Adult Education, Middle Georgia Technical College.

Centerville Rotarians provide GED Scholarships

by JACK STEED

Recently, Rotarians of the Centerville Rotary Club provided 32 scholarships to cover the GED testing fee of \$160.00 each. It also sponsored the Houston County

Certified Literate Community Program and Middle Georgia Technical College awards luncheon for the volunteers, mentors, teachers and their assistants who give of themselves to create a more literate community.

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Know What's Involved Before Cosigning A Loan

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

What if you were asked to cosign a loan for a family member or friend? Would you do it? Before you give your answer, make sure you understand what co-signing involves. Under a Federal Trade Commission rule, creditors are required to give you a notice to help explain your obligations. The cosigner's notice says:

You are being asked to guarantee a debt. If the borrower doesn't pay the debt, you will have to. Be sure you can afford to pay if you have to, and that you want to accept the responsibility.

You may have to pay up to the full amount of the debt if the borrower does not pay. You may also have to pay late fees or collection costs.

The creditor can collect the debt from you without first trying to collect from the borrower. The creditor can use the same collection methods against you that can be used against the borrower, such as suing you, garnishing your wages, etc. If the debt is ever in default, that fact may become a part of your credit record.

What are the chances that the borrower will default? Some studies of certain types of lenders show that as many as three out of four cosigners are asked to repay the loan.

Despite the risks, there may be times when you decide to cosign. Perhaps your son or daughter needs a first time loan. The Better Business Bureau, along with the Federal Trade Commission recommends that you consider the following before you cosign:

- Be sure you can afford to pay the loan. If you are asked to pay and you cannot, you could be sued or your credit rating could be damaged.
- Before you cosign a loan, consider that even if you are not asked to repay the debt, your liability for this loan may keep you from getting other credit you may want or need and it could also hurt your credit score.
- Before you pledge property, such as your car or home, to secure the loan, make sure you understand the consequences.
- Ask the lender to agree, in writing, to notify you if the borrower misses a payment. This will give you time to deal with the problem or make back payments.
- Obtain copies of important papers, such as the loan contract, the Truth-in-Lending Disclosure Statement, and any warranties if you are co-signing for a purchase. The lender is not required to give you these papers; you may have to get copies from the borrower.

Just remember, when you cosign for a loan, you are taking a risk that the lender is not willing to take so be sure you are comfortable with all of the terms and conditions.

For more tips you can trust, please visit www.bbb.org.

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 Civil War in Georgia" photo contest announced

Special to *Senior News*

The Historic Preservation Division of the Georgia Department of Natural Resources (HPD) is holding its 4th-annual online photo contest to coincide with Preservation Month in May. This year's theme is "The Civil War in Georgia."

Entries will be judged based on creativity, choice of subject matter, and composition. Contest judges include representatives from several statewide organizations, including the Georgia Civil War Commission, the Georgia Battlefields Association, the Georgia Trust for Historic Preservation, and HPD. All submissions will be displayed in a gallery on HPD's Facebook page at www.facebook.com/georgiashpo.

The top entry will receive an annual membership to the Georgia Trust for Historic Preservation and a copy of the comprehensive Crossroads of Conflict: A Guide to Civil War Sites in Georgia. Winners will be announced in a press release and on the HPD website and Facebook page.

Submitted photos must be taken of a site or building associated with the Civil War in the State of Georgia. Information on many sites is available at Georgia's Civil War Sesquicentennial website - www.gacivilwar.org.

Submit your photos via email to georgiashpo@yahoo.com. Limit two submissions per photographer. Submissions must be received by May 26, 2013.

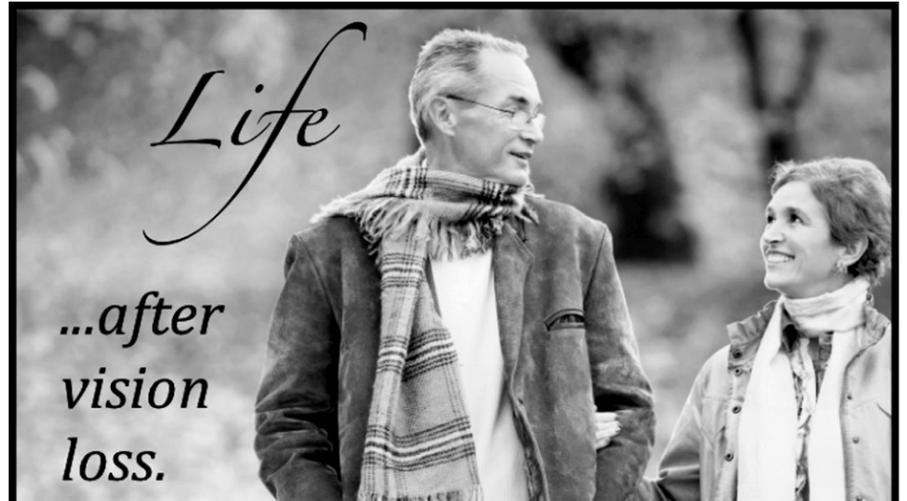
- Additionally, photos must:
- Be 1200x800 pixels at 300 ppi (pixels per inch) or larger.
 - Be your original work, submitted

with a Creative Commons license.

Along with the photograph, please provide the following information:

- Photographer and hometown
- Photo location and description of the building or site depicted

Full contest details including submission guidelines are available on the HPD website at www.georgiashpo.org/2013contest.



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Macon/Central Georgia CALENDAR

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Coliseum Northside Hospital, 400 Charter Blvd. For complete information 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

- **Implantable Cardioverter Defibrillator (ICD) Support Group:** 478-633-7157
- **Empower Seniors Fall Risk Assessment:** 478-757-7817
- **Stroke Support Group:** 478-201-6500
- **Spinal Cord Injury Support Group:** 478-201-6500
- **Brain Injury Support Group:** 478-201-6500
- **Parkinson's Disease Support Group:** April 18, 2:30-3:30 p.m., 478-743-7092, ext. 254
- **Parkinson's Disease Caregivers Support Group:** 478-743-7092, ext. 254
- **Crohns and Colitis Support Group:** 3rd Sun., 3 p.m., 478-737-8788 or kjhague@cox.net
- **Community Seminar for Arthritis, Knee & Hip Pain:** 478-633-1865
- **Central Georgia Autism Support Group:** For information call 478-633-8088
- **Pine Point Adult Grief**

Support Group: 478-633-5615

Cancer Life Center

Information and Reservations: 478-633-8537; www.cancerlifecenter.org

- **The Pink Alliance:** 478-633-8537
- **The Pink Alliance HoPe Chapter:** Wed., 478-719-8528
- **Look Good, Feel Better:** 478-633-8537
- **Prostate Cancer 101:** 478-633-8537
- **Man-to-Man Support Group:** 478-633-6349
- **Chemotherapy Orientation Classes:** 478-633-8537
- **Cancer WellFit:** 12-week oncology recovery program, 478-757-7847

Houston Health EduCare

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

SeniorCare

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

continued on page 10

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CALENDAR

from page 9

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 (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 Wright at 478-751-2796.

• Choir - "Band of Angels:" Practice Mondays at 10 a.m. Call Brenda at 478-751-2790

• Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.

• More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238

• Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790

• Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238

• Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.

Warner Robins Recreation Department, Senior Citizens Services Wellston Center

• AARP: 4th Wednesday of each month. Jeanine Frey, President, 478-922-5489.

• NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.

• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Melanie Lewis, Program Director, 478-293-1066.

• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Helen Daly, President, 478-956-0214. Melanie Lewis, Program Director,

478-293-1066.

• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Stacy Colbert, Site Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more information call 478-293-1066.

Senior Activity Center

For information call 478-293-1066.

Support Group for Caregivers of Frail Elderly Family Members

First & third Tuesdays of each month, 3:30-5 p.m., 6060 Lakeside Commons Place (off Bass Rd.), Macon. Call Martha Duke at 478-808-6957.

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 at Geico on Weaver Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315, Tom

continued on page 11

General Business Directory For Seniors

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Jan Tassitano at 770-993-2943

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CALENDAR from page 10

Maldonado.

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

Health Education

The Office of Health Education at
the Macon-Bibb County Health
Department has brochures-pamphlets on
various topics available in English and
Spanish. These materials are available to
businesses, community-based organiza-
tions, and faith-based organizations upon
request.

For additional information call 478-
749-0113.

The Macon Arts Alliance's Arts Art Gallery

451 Martin Luther King, Jr. Blvd.
478-743-6940

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• *Hotel Paradiso*: May 17-25

Middle Georgia Art Association Gallery

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

Divorce Recovery Group

First Baptist Church of Macon, locat-
ed at 511 High Place, is offering a
Divorce Recovery Group for those inter-
ested. The meetings are held on
Wednesday evenings. Child care and chil-

dren'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)

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GeorgiaCares, Georgia's State Health
Insurance Assistance Program (SHIP),
needs volunteers to assist seniors and per-
sons with disabilities with Medicare prob-
lems, 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: bswin-
ney@mg-rc.org for details.

MGRAACA Meeting

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

Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart
of Georgia Chapter 2, meets the first
Thursday 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 con-
tact PJ Johnson at 478-284-6905 or
email: chiefstrib@cox.net.

Volunteers Needed!!!

Looking to help out in the community...
you are needed as a volunteer at the Perry
Hospital. Volunteer help is needed at the
gift shop and in other departments at the
hospital. For complete details call 478-
542-7753.

Turkey Creek Festival

May 4, 10 a.m., Byromville, GA. For
details visit www.turkeycreekfestival or
call 478-433-2020.

17th Annual Bobby Pope Golf Classic

June 3rd, Brickyard at Riverside Golf
Club, Macon. Registration, 9 a.m.
Shotgun Start, 10 a.m. Supporting Boys
& Girls Clubs of Central Georgia. For
details call 478-743-4153.

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General Business Directory For Seniors

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Elizabeth Evans Funderburke Thomas... 103 years young!



**Elizabeth Evans
Funderburke Thomas**

by **CLAIRE HOUSER DODD**

“**S**he’s a hundred and three... and as pretty as can be.”
One of the absolute best things about being a writer is that you get to meet such lovely people, and one of the loveliest, by far, is Elizabeth Evans, born in Monroe County to William Jefferson and Josephine Evans. She was 8 years old when they moved to Fort Valley. The oldest of three girls, she first married Tom Funderburke. Her younger sister Louise married Royce Bartlett, Charles Bartlett’s father, and her youngest,

Evelyn, married Langston Shepard II, grandmother of Leigh Giles Wasson, who speaks of her great-grand Josephine often and with such fond memories. In fact, everybody we mention Elizabeth to remembers her and her sweet mother.

By the way, Elizabeth, now 103, and far more vibrant and charming than anybody we can think of, is nicknamed, “Ubba!” It seems Charles, her oldest nephew, couldn’t quite manage Aunt Elizabeth... so Ubba it was, and it has stuck to this day! We remember Leigh telling family stories and coming to Ubba’s and we’d have to say, “Who?”

Well, we know for sure now! We spent one of the most delightful afternoons of our life in her delightful company, in her charming home on Mockingbird Lane just outside of town. We heard stories about Everett Square and horse and buggy days, and more about her sweet mother and her patience alone for so many. One was our Aunt Juliette Anderson Hicks. But, she was sure that Ubba walked the chalk line because she had to set the perfect example for her siblings.

We loved the story about her beginning to drive at an early age in a big car with a large crank in the front. It seems her daddy would crank the crank, but she would keep popping the clutch, and he’d have to do it all over again. Elizabeth says he never fussed, raised his voice or complained. What patience. You don’t see that kind of patience today! At least, not often!

When Tom Funderburke passed away, Elizabeth was close to retiring from Atlanta Gas Light Company as executive secretary. Don’t think that was all she did, oh, no, the 103 years young

lady was President of the Macon Pilot Club, President of Macon Secretarial Club and walked about two miles a day. She remembers fundraisers at the Women’s Club, Pilot Club meetings and Secretarial Club dinner meetings at the Sidney Lanier Cottage, and many of the wonderful dinners at Mrs. McAfee’s tables there.

After 15 years of widowhood, Mrs. Funderburke became Mrs. Maurice Thomas. When he passed away, she retired to her childhood home, close to her oldest nephew, Charles and his wife, Mary.

Naturally, everybody wants to know to what she attributed her longevity! She believes walking and eating in moderation. She says she loves to have cake and candy on occasion, but does not make a habit of it. We say that her wonderful personality, positive attitude, spiritual essence and of course, the good fortune to be born into such a sweet, loving family, played a major role in forming this happy, beautiful young 103-year-old with those sparkling hazel eyes, beautiful white hair, quick laugh and wonderful joie de vie into the grand lady we all love.



Local Pastor Completes 50th Years of Ministry

David B. Fisher (third from left), Senior Pastor of Haynesville First Baptist Church in the Rehoboth Baptist Association, was recently presented a plaque in recognition and honor of his 50 years of ministry by **John Fowler**. Included in his 50 years of ministry are 26 years as Pastor of Northside Baptist in Fitzgerald, Georgia. He is presently serving in his 20th year as Pastor of Haynesville First Baptist. Pictured with Fisher from left to right is **Tim DeGuire**, Minister of Music; **William Hurst**, Youth Pastor; **Pastor Fisher**; **John Fowler**, Deacons Chairman; and, **Winfred Huff**, Associate Pastor.

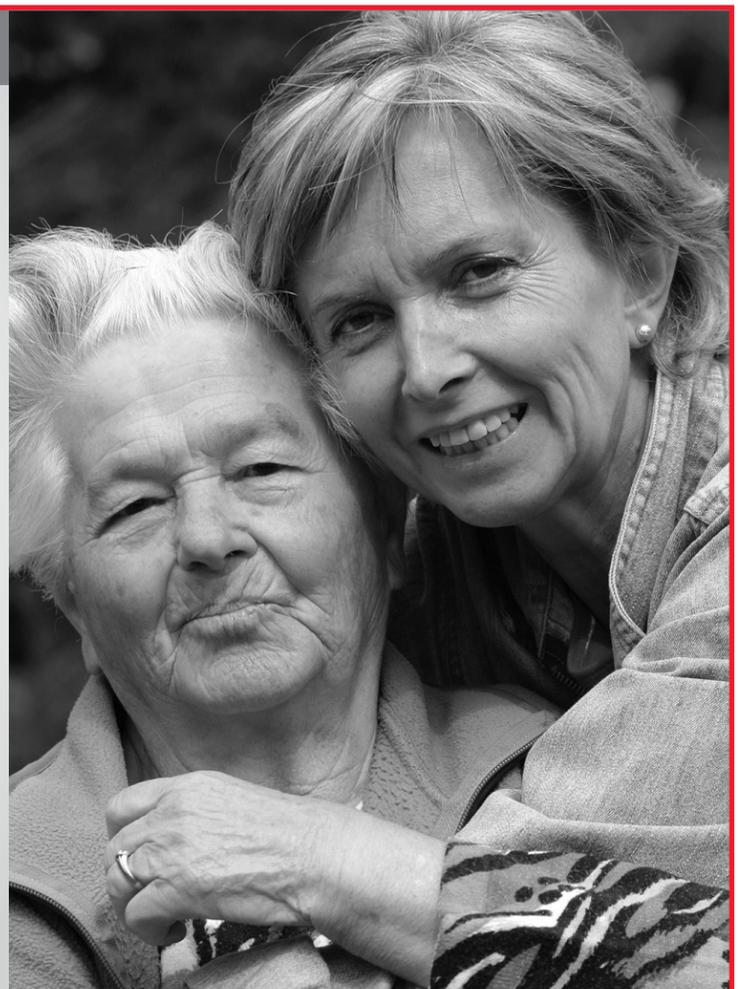


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