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Annette
The Artist!

Story on page 2

August 2013
Vol. 27, No. 8

On the Cover

Annette The Artist!

by CLAIRE HOUSER DODD

COVER
Annette King

Fort Valley is rich with talented artists, as is all of Middle Georgia, in an array of media. Annette King is no exception. She makes cards – for writing, for gifts, for fun, and for hanging. Her cards are unusual, whimsical, entertaining and generally 3-D. We have the first one she ever gave us (about three years ago) displayed on an easel. We now have several, all around the house, where we can continue to enjoy them. We know a teenager in Bonaire who has hung-on to one of Annette's cards for three years. We had no idea she had done this until she showed it to us awhile ago.

Annette came by a week or so ago to show us some new ones, and we immediately saw them on sale at The Cane River Winery at Georgia Bob's BBQ in Byron. We called Jennifer Cox and gave her a look-see, and then we heard all about their new GA Bob's BBQ place opening in Warner Robins on Hwy. 96 behind Burger King. Bob is Bobby Evans

from right here in the Valley. You might have seen Georgia Bob on TV last fall as a pit master on the cable show, "BBQ Pit Masters." Georgia Bob Evans has mastered his trade and has come a long way. We can get Annette's cards for sale at his eatery. They are adorable, cute sayings, all 3-D and some even have wine glass IDs hanging on them. They'll sell for around \$5, a little more for the decorative glass rings.

You may have seen Annette down at the Farmer's Market in Fort Valley. Sometimes she sets up a table and sells her wares at this venue. Some people call ahead to order any new cards she has done lately and still remember the old ones. It's good to know other people are still writing too!

Annette has been creating her one-of-a-kind cards for about five years. We asked her how and why she started the line of business and she said, "I didn't really start it for a business, just needed a creative outlet at the time. In high school I planned to be a commercial artist, but husband, kids and opening a retail business took precedence, so, I'm just getting around to my passion."

Thank goodness Annette is final-

ly letting her creative juices flow. She is quite talented, and has loved art since grammar school. She took art lessons, calligraphy, painting, art history, and even taught one of the painting classes when she was a senior.

Coming from a small town in Utah – Ogden, and owning a retail hardware store in Roy, Utah with a gift shop and tea room when necessary, Annette went in around 6:30 a.m. to sit in this lovely room, have a steaming cup of tea; and, more than not, watch the snow fall. All this before her employees and customers arrived.

Keep an eye peeled for these very special cards made and signed on the back AMB, Annette Midgley-Brennan.



Annette King

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Let us entertain you

by CLAIRE HOUSER DODD

The only thing to fear is fear itself.

Franklin Delano Roosevelt

Are we having fun yet? Are the monsoons over yet? We took a week or so mini vacation with a Wesleyan friend from Atlanta, Joyce Hall Pelphrey. We went down to Orlando for a few days and on to Fort Lauderdale to catch the Bahama Celebration for a quick cruise to the Grand Bahama Islands. We endured much rain on the way down, and low and behold, it was raining on the island. As it was NOT raining in the boat, our decision was to stay aboard.

Hey, most islands look a lot alike and lots of the tourist artifacts are the same. We were determined not to add to our collection of "stuff" that we still have from previous trips we have taken; and were desperately NOT going to carry one more item. As usual, we had taken enough to spend the summer and did not use a fourth of the clothes we took, but it did seem as though all we did was get

around and go to eat! As afore mentioned, one absolutely must diet before going on one of those cruises. It is one long and relentless banquet!

There was so much going on aboard the ship, we hadn't seen all of that yet. We even won a prize at a Trivia Contest on the swanky top deck lounge. What country originated the Mojita drink? We said, "Cuba," and won that round! It was all a lot of fun; and, yes, the Captains were all handsome. One guy asked us if we picked up our captain. Our answer, "Certainly, not. They were all too heavy for us to pick up."

We had breakfast at the Beach Club in Lauderdale overlooking a beautiful ocean – no rain yet that day. Our main interest was about the beach terrace... we were high above Johnny Depp's sailboat docked in the canal. On the way back to our car we were toying with the idea of climbing the fence and getting a picture. Obviously, we were not alone in that thought. The police car that had been sitting up the way eased over to our area and stopped. We waved, real friendly-like, and went on our way.

We drove down Alligator Alley in a blinding shower. It was like driving into a silver and gray curtain, but enjoyed getting into the Tampa/ St. Pete area where we spoke with Syd Parham and his wife Stephie and a friend from Atlanta, Peyton Grogan. The weather was too bad to hang around, but we really enjoyed lobster and other gastric delights at the Chart House on the Clearwater Beach Parkway.

Having hone too much in July, we missed Monte Python's **Spamalot** at Theatre Macon. As you know Jim Crisp doesn't make an error, and has been voted the best place to see local theatre by readers of Macon Food and Culture. Combine that together with all the praise we heard from some very sophisticated world traveling theatre ladies who keep rubbing it in that we missed it. We hear the YAC production of Disney's **The Jungle Book Kids** is going to be great. It will be held on August 10, 11, and 16-18. Tickets are only sold on the day of the show. If you have YAC Season Tickets, remember to call Members Only Line on the day of the performance to reserve your

seats. We're going to try to take Grand Matthew who hasn't been to a play yet!

Our hope is that everybody gets to see "42," the baseball movie about the life of the legendary Jackie Robinson. What a great film, so well done, and a lot of it was filmed in Macon, yet – hey – It was the Brooklyn Dodgers yawl – had to throw in some Yankee talk! Harrison Ford delivers an Oscar worthy performance as the owner of the Brooklyn Dodgers who dared to break the color barrier in major league baseball. He was just like my grandfather! Couldn't have done it better. Naturally, we wanted Jackie (and he was good enough) to turn around and put one of those baseballs in the mouth of his racist hecklers. Course then, we wouldn't have been able to see him as the Baseball Hall of Farmer in Cooperstown, New York. We remember him well because our grandfather watched as many games as he could and before that listened on several radios; and never missed the World Series and that one with his favorite team, "The Dodgers," was one of the highlights of his life.

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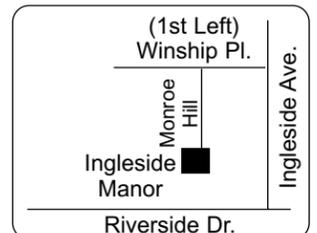
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Senior News & Views of Georgia

Beware of Paving Scams!

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

Warm weather is a sign of a couple of things to come. One, mild temperatures may unfortunately be gone for a few months, and two, summer scams may be around the corner. A common scam that tends to surface during the warm days of summer is the driveway repair scam and the BBB wants you to know how you can avoid it.

Usually the setup involves a less-than-trustworthy sales representative visiting your home claiming they have leftover materials from a previous paving job. They are looking for homes with cracked driveways and say they can take care of your driveway for a very large discount over the normal price. The catch is that you have to pay upfront. From there, consumers have complained to the BBB about multiple issues.

Since the representative is using leftover materials, the quality of work is poor because there is normally not enough asphalt to adequately cover all the cracks. This causes uneven spreading, and a risk of further cracking of the consumer's driveway. The other issue consumers complain about is that the representative begins work, only to find out

there is not enough asphalt to complete the job that same day. He or she will apologize and promise to return the next day to finish.

Consumers report the representatives never come back and the consumer is left with an unfinished driveway and less money in their bank account.

Often, consumers do not have a way to contact the representative or the company they work for because they were never given a business card, they only have a cell number (that no longer works) and they don't have an agreement in writing. To make sure this does not happen to you, here are a few red flags that you can look for in a driveway repair scam:

- There are leftover materials from another job. Professional asphalt contractors know, with great accuracy, how much paving material is needed to complete each project. Rarely will they have large quantities of leftover material.

- You are pushed to make a quick decision. Trustworthy contractors will provide a written estimate that will be valid for days or weeks. It should specify in detail the work to be performed and the total price. They also don't mind you checking them out before signing a contract.

- Cash-only sales. Most rep-

utable contractors will take checks or credit cards.

- The company is from out of state. Look at the truck the representative travels in. If it is unmarked or has an out-of-state license plate, be cautious. Even if the representative claims to have a local phone number, scammers can easily purchase disposable cell phones to provide a local number in the area they are soliciting. Also, don't be afraid to ask to see their driver's license.

If you suspect that you are dealing with a paving scammer, contact your local police department immediately and then contact the BBB.

For more tips you can trust, 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@central-georgia.bbb.org or info@csra.bbb.org.

Spiritual Notes

The Passing Clouds

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

In recent months there have been many natural disasters reported throughout our country. Never before, in my lifetime, have I seen or heard of so many destructive tornadoes, fires, and flooding. So many lives have been lost as well as property damaged and complete devastation of

towns.

I can remember as a child how disturbed my parents would get when a dark cloud and thunder was seen and heard on the horizon. Our family had a storm cellar where we would seek shelter until the storm passed.

So it is in life; clouds of sorrow, death, bereavement, and shattered dreams often leave us devastated. It is understandable that many people, who have experienced difficult times, can find a rainbow after the storm.

A favorite expression of my mine is found in Psalm 30:5 – “Weeping may endure for a night but joy cometh in the morning.”

Like Job of old, we are often battered by the storms of harsh circumstances. As he found out, his friends, though they had good intentions, did not comfort him in

his troubles. Their counsel was based on wrong assumptions. His only comfort came when he was able to bring his case directly before God. This encounter with God gave him a broader understanding of God. This encounter with God caused Job to see himself, his frailties, mistakes and place in God's purpose.

If you are engulfed by storm clouds in life, read again the following words: “Yea though I walk through the valley of the shadow of death, I will fear no evil; for Thou art with me; Thy rod and Thy staff they comfort me...” (Psalm 23:4).

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

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Taking Care

Challenges of long-term ailments can be handled

by LISA M. PETSCHÉ

Approximately one in three North Americans has a chronic illness, defined as a permanently altered state of health that significantly affects daily living. Examples include arthritis, osteoporosis, diabetes, heart disease and neurological diseases such as



Lisa Petsche

Parkinson's disease.

Upon diagnosis of a major medical condition, most people initially go into a state of shock or disbelief. Subsequent emotions typically include anger, fear, anxiety, guilt, sadness and loneliness.

With progressive diseases, losses can be many, including strength, coordination, energy, communication, bodily functions, roles and responsibilities, previously enjoyed pastimes and plans for the future. Resulting dependence on others can strain relationships and negatively affect self-esteem.

Time frames vary for individuals, but eventually most people come to accept the reality of their situa-

tion. At that point they are ready to plan for their future and take control of it as much as possible.

Coping Tips

If you or a loved one has been diagnosed with a chronic illness, the following are some ways to become empowered mentally, emotionally and spiritually.

- Learn as much as possible about the illness and its management, and educate family and friends to help them understand.
- Be receptive to learning new ways of doing things and trying new activities. Concentrate on what you can rather than can't do.
- Cultivate an attitude of gratitude, consciously focusing on the good things in your life, such as supportive relationships and your religious faith, and seeking beauty and tranquility – for example, through appreciation of art or nature. Learn to live in the moment and enjoy life's simpler pleasures.
- Redefine what quality of life means to you, recognizing that there are many ways to lead a meaningful life. Remind yourself that your identity goes much deeper than your appearance and physical abilities.
- Find an outlet for expressing

your thoughts and feelings – perhaps talking with a friend, keeping a journal or participating in a support group.

- Accept that how you feel and what you can do may vary from day to day, and be flexible about plans and expectations. Take things one day at a time.
- Recall past life challenges and how you overcame them, to remind yourself of your resilience and generate hope.
- Stay connected to people who care. If your social network is limited, develop new connections through volunteering, taking an adult education course of joining a club or group.
- Allow yourself plenty of time to adjust to your illness and the lifestyle changes it necessitates. Recognize that your family and friends will also need time to adjust, and may not know what to say or do. Let them know how you wish to be treated and keep communication lines open.
- Do something nice for someone. It will take your mind off your own situation and boost your self-esteem.
- Set aside quiet time each day, to nurture your spirituality and help keep you grounded.
- If applicable, turn to your reli-

gious faith for comfort.

- Seek counseling if you get stuck in one of the phases of grieving, such as anger or depression, or find yourself making unhealthy lifestyle choices.
- Recognize that no matter what happens, you always have a choice about how to respond. Tap into your mental power.

Final Thoughts

However unwelcome it may be, illness – like other life crises – presents opportunities for growth. Many people gain a richer perspective on life, including a deeper spirituality, discover inner resources they did not know they possessed, develop new interests, acquire new skills, and form new relationships or experience deepening of existing ones.

If you are living with a chronic illness, rise to the challenges it presents, perceiving yourself as a survivor rather than a victim. Attitude really does make a difference.

Lisa M. Petsche is a medical 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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Saving the Little Statues of Liberty

“...freedom, like life itself, is preserved through vigilance and care.”

by JANE WINSTON

All across America, towns are restoring a symbol of freedom – 200 Little Sisters of Liberty that were dedicated from 1949 to 1951. After decades of neglect, these replicas of the Statue of Liberty are starring again in scores of communities united by pride and love of country.

The 8-foot-4-inch copper statues grace parks, main streets, schools, city halls, courthouses, capitals and Island harbors. The statues were gifts to towns from the Boy Scouts of America to celebrate their 40th anniversary theme: “Strengthen the Arm of Liberty.” Documentation is fuzzy on the number of statues originally placed, but estimates are that at least 200 were dedicated. Sixty four years of weather and vandalism has claimed some. Others had been sold for scrap or stashed in storage. But a national treasure hunt has been under way for a few years to find and save the little

landmarks.

Nationwide, about 100 Little Liberties have been accounted for by SOS! (Save Outdoor Sculpture!), a joint project of Heritage Preservation and the Smithsonian American Art Museum as well as Scout Troop 101 of Cheyenne, Wyoming. Most of those located have needed urgent repairs.

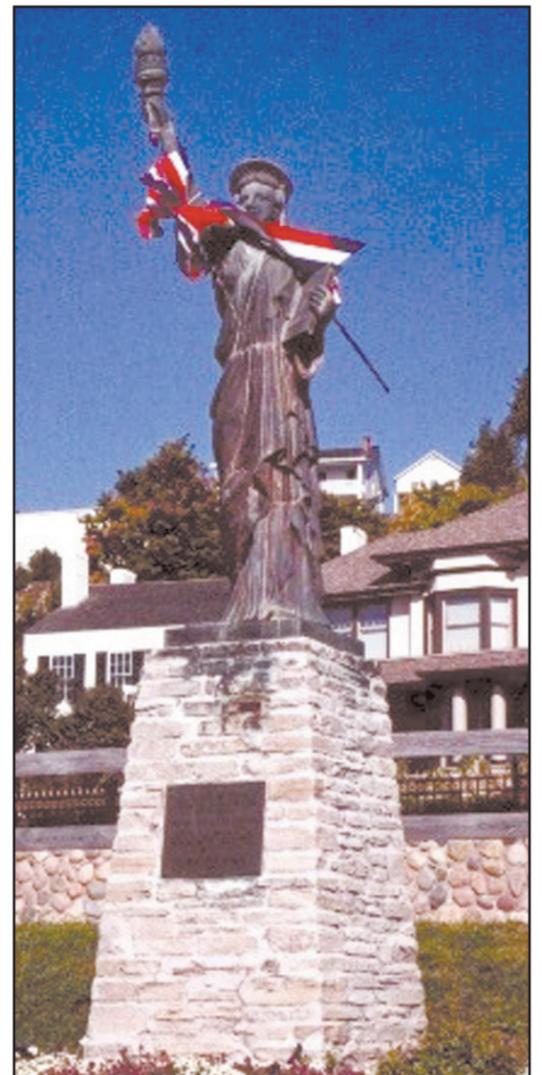
The original project was launched in 1949 by the late Jack Whitaker, a Kansas City, Missouri Scout volunteer. The stamped copper statues, built around a wooden frame, were made by Friedley-Voshardt in Chicago. Each town provided its own base, so the total height of the statues varies.

The replicas were mass-produced and were never considered great art; a close look shows the face is not as mature as the real Liberty. It’s rounder and more like a little girl’s. Regardless of the artistic imperfections, the Little Statues of Liberty still represent great values and that’s why Americans have been working and will continue to work through the years trying to save them.

According to the Boy Scouts of America National Council in Irving, Texas, statues were placed in communities in 39 states, plus Guam, Puerto Rico, the Canal Zone, and the Philippines. In Kansas, especially, Scouts embraced the project and presented at least 26 statues throughout the state.

The one standing watch over historic Haldimand Bay on Lake Huron on Mackinac Island, Michigan, placed there in 1950, is off being repaired this summer. She weighs 290 pounds and originally cost \$350.00 plus freight. To restore Sister Liberty the community, guided by the local American Legion Post, has collected close to the \$60,000+ needed. The statue reflects a piece of American/Michigan history and is the only one on the Great Lakes in Michigan.

Other Little Statues of Liberty can be found in Fairmont, W.VA, Loveland, CO, North Platte, NE, Miami, OK, in 26 cities in KS, in Cheyenne, WY, Seattle, WA, Fayetteville and Pine Bluff, AK,



Greeley, CO, Burlington, IO, and Richmond, VA to name a few.

The revival of interest recalls what Jack Whitaker’s promotion literature – 63 years ago – claimed: “Americans, more than ever before, need to be reminded that freedom, like life itself, is preserved only through vigilance and care.” As true today as it was then!!!

Senior News invites you to visit the website and check out the images of the remaining little Statues of Liberty: <http://www.cheyennetroop101.org/liberty>.

Jane Winston is a free-lance writer in middle Georgia. If you know of a senior in the local area whom you would like considered for recognition, please contact her at Jwins1939@gmail.com.



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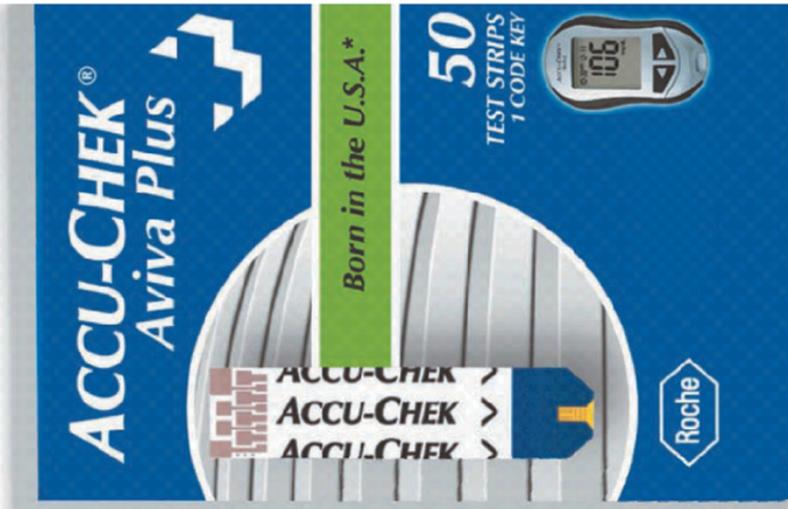
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Study at 43 HCA hospitals reduces bloodstream infections by 44%

Special to Senior News

A new study, REDUCE MRSA, conducted by 43 HCA hospitals, including Coliseum Northside Hospital and Coliseum Medical Centers, has proven that treating all patients in intensive care units as though they were Methicillin-resistant Staphylococcus Aureus (MRSA) carriers is the best way to prevent bloodstream infections.

Involving nearly 75,000 patients in 16 different states, the 43 hospi-

tals in this study were randomly selected to test one of three protocols in treating MRSA and reducing bloodstream infections. One of the protocols called "universal decolonization" proved to be more effective by bathing each patient with antimicrobial soap and swabbing under the nose with a chemical ointment rather than just isolating the infected patient or cleaning them with antimicrobial soap after isolation.

The study found that by applying universal decolonization to all intensive care unit patients, the occurrence of bloodstream infections,

including MRSA, is reduced by 44 percent. Unlike some clinical studies performed by research staff, this study was conducted by hospital personnel, making these results applicable to nearly all U.S. hospitals, and patients in middle Georgia have already benefited first-hand from Coliseum Northside being included in this study.

"These compelling results convinced us to implement this protocol in HCA hospital adult ICUs. Universal decolonization should be a new part of a comprehensive infection prevention effort that begins

with hand hygiene and includes a number of proven practices," said Jonathan B. Perlin, MD, President, Clinical and Physician Services Group and Chief Medical Officer of HCA.

Bloodstream infections result in thousands of deaths and billions of dollars in added costs to the health-care system. While all HCA hospitals follow the basic protocols set by the CDC to prevent bloodstream infections, extra measures were taken to form this study that was designed to find the best way to reduce MRSA in ICUs.

Poets' Corner

SOME HEARTS
by Ronald Dennard

*Some hearts are kind,
They love everyone,
They always look for the sun.
A heart that has love for even a
Stranger they will never see again.*

*Some have been broken, but they
never give up;
They preach love and they practice
it.
You can see love in their faces,
It shows in the eyes;
It is a joy to be around them.*

*To have a kind heart is a valuable
asset.
Each heart yearns to be loved;
They have so much to give in return.
A kind heart is far better than pure
gold;
Better than all of life's luxuries.*

*God teaches us all about kindness;
He will take a stony heart and turn it
into flesh.
Some hearts have really been
touched by God.*

HER SILVER GRAY HAIR
by Roger Brock

*I comb her silver gray hair
Touch her cheek softly
Hoping today is a good day
One of remembrance and recognition*

*This past year has been so hard
First little things, then bigger
pieces of life's puzzle missing
Hard when I'm part of that
A stranger to her most times now*

*Her gaze meets mine
She smiles, the same sweet smile
A gentle loving person all her life*

*Where are all of her thoughts and
memories now?
In their own secret place?
Locked up?*

*No, life is unfair sometimes
And you can't help but wonder why
Why this sweet lovely lady Lord?*

*Looking back now, I wish I had held
her more and been a nicer person
During those good years when you
never thought about this stage of
life*

*Today she's smiling
But not much more
I tell her about the grandkids
How busy they are with school
Everyone says hello
And they'll be coming to see you
soon*

*I kiss her cheek softly
as I say goodbye
And a tear falls on her silver gray
hair*

"YES, WOMEN ARE WRONG"
by Paul R. Goniea, Sr.

*A "companion and helpmate" is too
much to ask.*

*To nag, vamp, or reform him,
instead, is her task.*

To lead him, to bleed him, to paint

on her mask.

*Ooh, but he...
Worse than she
Has chosen to be
Unable to see
What Divinity*

Wants him to be.

*Women refuse their role, as wife.
Oh, the distaff.*

*Men refuse their role in life.
Alas, Satan's laugh!*



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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
 - **Smoking Cessation:** 478-633-9090
 - **CPR Classes:** 478-474-3348
 - **Spinal Cord Injury Support Group:** 478-201-6500
 - **Brain Injury Support Group:** 478-201-6500
 - **Parkinson's Disease Support Group:** 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:** Thurs., 478-633-8537
 - **The Pink Alliance HoPe Chapter:** 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
- **Genetic Counseling:** 478-633-6270
- **Cancer Clinical Trials:** 478-633-1738 or www.mccgclinicaltrials.org.

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 or 800-272-3900 for continued on page 10



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

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800.563.8680

GA Lic # 011-100-H

Warner Robins
136 Hospital Drive
478.922.0515
877.922.0515

GA Lic # 076-0351-H

Services provided regardless of the ability to pay

CALENDAR

from page 9

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

- 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

Dodge County

- 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600

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. To learn more about "Caring Connection" call 800-272-3900.

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.

continued on page 11

Historic Heartland Community Orchestra seeks new members

Special to Senior News

The Historic Heartland Community Orchestra will begin rehearsals on Thursday, August 1st at 7:00 p.m. in the choir rehearsal room of Green Acres Baptist Church located at 901 Elberta Road in Warner Robins (south end of large parking lot). If you read music and

play an orchestral instrument, you are welcome, even if you are a bit rusty. There are no auditions. This group is an inter-generational amateur orchestra for education and entertainment. There will be a \$15 per month membership fee. Check us out at www.hhcommunityorchestra.weebly.com; e-mail us to hheartlandco@gmail.com; or, call us at 478-929-5110.

General Business Directory For Seniors

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BUSINESS CARD SECTION

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

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Atlanta Expo Centers Atlanta, GA
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Macon and Middle Georgia

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477-5501

CALENDAR from page 10

Houston County Council Of The Blind

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

Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month at Geico on Weaver Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315, Tom Maldonado.

Central Georgia Genealogical Society

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

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• Disney's The Jungle Book Kids: Aug. 10, 11, & 16-18

Warner Robins Little Theatre

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

Douglass Theatre

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

Middle Georgia Art Association Gallery

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

Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The

meetings are held on Wednesday evenings. Child care and children's activities will be provided.

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

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

Bloomfield United Methodist Church

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

NAMI Central Georgia National Alliance on Mental Illness

Barabra Long, Executive Director
478-328-0508

(Call for details on events)

• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.

• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help,

Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

MGRAACA Meeting

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

Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first 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 contact 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.

New Hope International Presents Shift 2013

New Hope International presents Shift 2013 with guest speakers Clint Brown, Terrell Flethcer and Keith Craft August 18-20. We will have Kidz Blitz for kids 4 months to 5th Grade. August 18, 9:30 a.m. & 11:30 a.m. August 19 & 20, 7:00 p.m. For complete details email: Internationalbthomas@newhope-intl.com or call 478.953.7898.

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General Business Directory For Seniors

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OR CSRA: 706.790.5350

To find a location near you, visit
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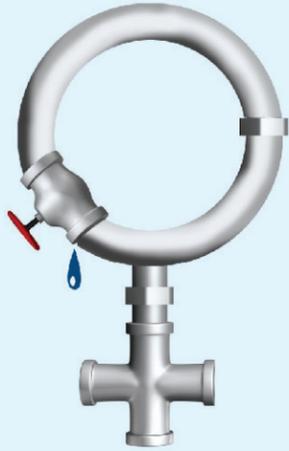
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FIX YOUR LEAKY PIPES

Did you know, one out of every two women has urinary incontinence or leaky pipes. Let us help!

Free Community Seminar

Thursday, August 22, 6pm

Featuring: Eric Roddenberry, MD

Seminar will be held at: Home Depot, 4635 Presidential Pkwy., Macon

Coliseum Medical Centers and Home Depot are holding a seminar all about fixing leaky pipes. Home Depot will be demonstrating common causes and fixes for leaky pipes around your home, and Dr. Eric Roddenberry of Coliseum Medical Centers will discuss how leaky bladders are common in 50% of women and what can be done to fix the problem.

Call **478-746-4646** for more information or to reserve your space.

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www.coliseumhealthsystem.com