

Senior News

Serving **MACON** & CENTRAL GEORGIA

Information For Ages **50 PLUS!**

A close-up portrait of an elderly man with a balding head and a slight smile. He is wearing a light-colored t-shirt. The background consists of a rack of colorful exercise weights in shades of green and blue.

***William "Pete" Andrews on
Getting Fit and Staying Fit!***

Story on page 6

January 2013
Vol. 27, No. 1

Goodbye to Our Miss America

by CLAIRE HOUSER DODD

It was a sad goodbye as we all knew and considered Neva Jane Langley Fickling to be a part of our history. She was our Miss Macon, our Miss Georgia, and then, our Miss America. She knew that and built up to all our expectations and treated us all as graciously as any queen would be expected to do.

As Bobby McDuffey said, "She's the closest thing to royalty that Macon has ever had."

Neva came to us as a sophomore at Wesleyan Conservatory in 1952

from her home in Lakeland, Florida where she had been crowned Miss Tangerine. She was a music major and studied under Doris Jelks. Neva fit in perfectly at the Conservatory as she was extremely talented and extremely hard working as one had to be to stay at the Conservatory.

There was not much time for dating, but she met the tall handsome Bill Fickling and neither one looked at another. They were married 58 years and had 4 children, William A. Fickling III, Jane Drew Fickling (Dan) Skinner, Julia Fickling (Bryan) Tiller, Roy H. Fickling and 9 grandchildren.

Everyone (certainly in this area) is aware of all Neva's good works and all the boards she was on...too many to list in this article. However, as a beautiful Miss America, winning the swimming suit, and evening gown contests, plus the talent with her rendition of *Tocata* by Khatchaturin, we would like to name a few of her talents that are not so well known

but a few others that impressed us. Besides the beauty of her own yards, gardens, and fountain areas, she was prominent in spreading beauty around the nation. She was on the board of Keep America Beautiful Commission, Chairman of the Georgia State Clean Community Commission, Board of Advisors of the State Botanical Garden of Georgia, President of the House and Garden Club. She and Bill were kind enough to host the Annual American Camellia Society meeting, one (catered by Natalia) in their home. And many times we enjoyed the Annual Middle Georgia Spring Picnic with them here and many more events led to more Georgia and national beauty awards that befit Miss America.

After raising her children, Neva returned to her beloved piano with a vengeance. She had a new piano (a present from her husband) and a new friend and mentor, Edward Eikner. She returned to the performing art that gave her acclaim as perhaps the best example of a piano player having given up her music and returned many years taken to match – even exceed – her prized achievements.

After this, and she still took the time to keep up with and befriend her old Conservatory and Wesleyan College friends.

Our friend at the Music Department, Susan Thigpen McDuffie called her a beautiful friend and talented colleague. Joyce Hall Pelphing remembers her as a friendly neighbor and a lovely girl.

Anna Kay Singley Adame, an art major, remembered her as a best friend for 20 years while she was still in Macon and the fun they had raising their children together when they all lived in Wesleyan Woods.

We remembered stopping by one late afternoon and Neva was spinning – on a real antique spinning wheel. What patience! Occasionally, we ran into each other at a fabric



Neva Fickling

store while looking for just the right kind of material to make our daughters or grands a dress.

Neva Fickling was loved by many, always had great memories of past times and made more every day. She would remind us of the wonderful times we had on the front porch of the Conservatory playing charades with some of us acting majors. We ate it up!

Our roommate Varese Chamblers Hillis picked us up several months ago as we aren't driving just yet, and we went to Macon to try to see Neva, but it was a bad day, and she was not up to company. We are both so sorry to have missed her, but she will always be remembered and kept close to our hearts.

We'll never read Byron's "She Walks in Beauty" again without remembering our Miss America, Neva Jane Langley Fickling.

*She walks in beauty, like the night
Of cloudless climes and starry skies;
And all that's best of dark and bright
Meet in her aspect and her eyes:
Thus mellow'd to that tender light
Which heaven to gaudy day denies.*



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

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

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

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



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



Let us entertain you

by **CLAIRE HOUSER DODD**

If we really want to love, we must learn how to forgive.
Mother Theresa

Christmas and the New Year have come and gone, but all the happiness and warmth are lingering on. We had decided not to REALLY decorate this year as we were having an eye problem and not supposed to lean over, bend, pick up anything or use our trusty (but heavy) wrought iron frying pan which we can't cook without. Oh! And do no housework. One friend thought that was just great – not us – we're a mess and need to stay on it 24/7! (Not that we do).

Anyway, Grand Eli and his wife Sammie came over and did it all for us. They said we had to have the tree et al. Because Matthew would be so upset when he came over and saw no Christmas cheer. They were, of course, correct, and we're so thankful for their kindness and expertise. It helped make all our Christmas.

Zero back to Halloween: We, unthinkingly, gave Matt a big bag of big spiders. What an error. We're still having them appear as he hid them around like Easter Eggs. Here's hoping they've all been found and discarded by then.

A baby made Christmas to begin with as Jesus was born, and it continued through the ages through all our children, especially those Christmas

babies like Matthew. It's hard on them having birthdays and Christmas all at one time (generally only one gift) but the joy they must see on the faces of all those who have them, will hopefully make up for getting cheated with a birthday of their very own.

We want to quote Mr. Robert Tribble, owner of *The Leader Tribune* on his mention of rumor in the column:

“Humor always gives us smiles, laughter, and gaiety. Humor reveals and hides the thorns. Humor makes our heavy burdens lighter and smooths the rough spots in our pathways. Humor endows us with the capacity to clarify, to deflate the pompous, to chastise the arrogant, to point to a moral and to adorn a tale.”

We want to give you a “heads-up” for February entertainment because you need to make reservations to see the two events.

Feb. 1st, Friday, at 7 p.m., “Seinfeld Live!” will be at the Macon City Auditorium. Purchase tickets at Macon Centreplex, any Ticketmaster location or by phone 1-800-745-3000.

Feb. 2nd at , Saturday, Windborne's “The Nurse of Michael Jackson” with the Macon Symphony Orchestra at the Macon City Auditorium. Tables of ten can be reserved on the floor by reservation only. The balcony seats are \$15.00. Call 478-301-5300 or visit www.MACONSYPHONY.COM.

Hurry these two will be SELL-OUTS!

Now for a few of our regular events: On Thursdays at Jocks & Jills Sports Grill, 4680 Sheraton Dr. off I75N at the Riverside Exit, Shaq lessons , 6 p.m.-7:30 p.m. Dancers FREE. 960-3450

Fridays at 8 p.m. a dance at the Disabled American Veteran Chapter 9 – 4493 Houston Ave. – the Dixie Pride Band. 784-1454. \$7.00

Macon Film Guild at Daughter Theater, 355 MLK, Jr. Blvd. Jan 13th, “Chicken With Plums” a 7:30 p.m., Jan.

22nd, “Samsara” at 4:30 p.m. & 7:30p.m. 742-2000 or Maconfilmguild.org. \$5.00.

We've been on the Hike at High Falls and know how much fun the 3.5 mile hike at High Falls Drive, Jackson (off I-75, north of Forsyth), is. It takes takes you up the falls, the old power house.

Every man should have a fair sized cemetery, in which to bury the faults of his friends.

Henry Ward Beecher

**DENTURES AVAILABLE \$0 CO-PAY!
\$200 YEARLY EYEWEAR ALLOWANCE!
MEDICAL TRANSPORTATION AT NO COST!**

Government approved programs provides Dentures, either full or partial, for a \$0 co-pay, \$200 yearly allowance for eyewear, and Medical transportation at no cost. Must have Medicare and Full Medicaid to qualify.

For Free Report Call

1-800-704-3307 24 hrs



**GEORGIA DERMATOLOGY &
SKIN CANCER CENTER**

Quality Care Since 1969

www.GaDerm.com

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



Warner Robins

212 Hospital Dr.

922 - 9281

Macon

1157 Forsyth St.

750-SKIN

(7546)

**Missed your copy
of *Senior News*?**

**It's Still Available...
...“ON THE WEB”**

**Just visit us at
www.seniornewsga.com**

and click on “ARCHIVES”

Senior NEWS

Serving Macon & Central Georgia

Website

www.seniornewsga.com
www.seniornewsgeorgia.com

Publisher

Billy R. Tucker
Email: seniornewsga@cox.net

Editor

Ann Tunali
seniornews@msn.com

Advertising Account

Executives

David VonAlmen
Phone: 478-213-5986
Email: VAMktPub@aol.com
Jan Tassitano
Phone: 770-993-2943
Email: jan@jjmconsulting.com

Columnists

Claire Houser-Dodd
Dr. Bill Baggett
Lisa Petsche
Dr. Anne Jones
Jane Winston

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 12,000; Macon/Central Georgia, 8,000; South Georgia, 5,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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

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

CORPORATE OFFICE

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

Poets' Corner

ELEGY OF A POET by Henry Newton Goldman

*My zeal for life is but a journey far,
My feast of joy is found in lyrics plain,
My zest for verse is as a shooting star,
And verse that last – I hope to write again;
The day is past, and yet I wrote no line,
And now I try, and now I search for rhyme.*

*My poems were heard, and yet were seldom told,
My verses fell on ears that were not keen,
My time was spent to write the lyrics bold,
They saw my works, and yet they were not seen;
My lines I cut, and yet too long they run,
And I rewrite, for now my work's most done.*

*I sought my voice and found it not too soon,
I cherished life and hoped it would not fade,
I trod the earth, to find poetic boon,
And now I pause, and now my lines are made;
My page is full, and now I've made my run,
An now I rest, and now my poem is done.*

STROKE by Marion Jones

*Wow! All at once the tragedy hits,
You're awakened and the surroundings are strange.
What is my name? How old am I?
You reach for your coffee, but it's out of range.*

*What year is it and where is my dog?
Something's happened to me, things are not the same.*

*Everything seems to be in a fog,
I get up, but fall down, one leg is lame.*

*Lord, don't let these things happen to me,
I have a job, things to do and roses to tend.
Wow, there goes that memory again,
Is it the end?*

*No, I must fight this horrendous part of my life,
See, a few lines I have wrote with help from the Lord.
Yes, right now it seems nothing but strife,
But I will keep fighting, but without a sword.*

THE LAST GOODBYE by Sandra Owens

*When the day comes when we must say our last goodbye,
To a loved one, a friend, a person who had once been a constant in our life,
There are no words that come into mind,
For no comfort can be found,
To ease the pain or dry the tears.
The only healer is time.*

*After the passing, there won't be a day that goes by,
That some event won't remind you of the way they looked,
The way they walked,
The way they smiled,
Or the way they talked.*

*You'll hear their voice when a breeze rustles through the trees,
On a still summer's day.
Someone will repeat a phrase that you'd swear*

*would be the same thing they would say.
Something will happen to make you laugh
And you'll turn to see if they're laughing too.
And then as quickly realize there's no one there but you.*

*Though there may no longer be the physical form
To hold or touch to see,
The spiritual presence will with you forever be.
And if you believe in the hereafter you can cling to the fact
That one day you'll be reunited once more.
Where you'll walk hand in hand,
Along the Celestial Shore.*

*For now they lie in slumber
In the hands of God they sleep
With the angels o'er them watching,
Lovingly they keep.
While here on earth our tears for them we cry.
Until at last they greet us
In the land of the last goodbye.*

MY MOTHER'S PRAYERS by Vera King

*My mother's prayers
Kept me alive
T'was she who prayed
I would survive
When I was crossing
Oceans wide
And submarines
Were at our side
Or when the ship
Was tossed about
By stormy seas
And I did doubt*

*So now I pray
For mine as she
Taught me to pray
And prayed for me*

Spiritual Notes

Celebrate all year!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

The "mad rush" of the Christmas Holidays is now behind us. The season always brings a mix blessing to all Americans. There are decorations to pull out of storage, parties to plan and the exhausting time spent in buying gifts for family and friends. And, oh yes, the wonderful and inspiring message and music of Christmas. Because of the hope that has been placed on this significant time of the year, we often times forget the real meaning of Christmas.

In an article written by Dr.

James Dennison he states that, "Christmas changed the world and the world has changed Christmas. The world has made a Holiday out of a Holy day. Christmas is treated like all of the other holidays, receiving presents rather than experiencing the presence of God." Dr. Dennison's comments moved me to re-read Luke 2:1-20. While I have worshiped during this season, a lot of my energy was spent on preparations rather than giving thanks to God for His commitment to mankind. He sent His son so that we "might have life and have it more abundantly."

Regrettably, the world has taken the sacred and made it secular. How do we take Christmas back?

Obviously, this will be an individual decision. Spending time reading the relevant Scriptures will help. Taking inventory of what is important in your life can also move one to change. Too often tend to major on the secondary things in life. Being a Godly persons is a witness to those we encounter each day.

As the New Year approaches let us commit to celebrating Christmas daily. After all, God has brought us "Great Joy" in the person of His son, Jesus Christ.

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

BBB offers ten giving tips for Newtown Tragedy

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

The tragic events at Sandy Hook Elementary School in Newtown, Connecticut have had a very chilling effect on all of us. Unfortunately, scam artists will not allow this tragedy to go by without looking for a way to separate compassionate donors from their money. The BBB Wise Giving Alliance, the national charity monitoring arm of the Better Business Bureau, is cautioning donors about potential red flags in fund raising to help Newtown and to be aware of the different circumstances that often emerge in tragedy-related philanthropy.

The BBB urges donors to give generously but also give thoughtfully and avoid those seeking to take advantage of their generosity. Here are "Ten Tips for Giving with Confidence:"

1. Thoughtful Giving

Take the time to check out the charity to avoid wasting your generosity by donating to a questionable or poorly managed effort. The first request for a donation may not be the best choice. Be proactive and find trusted charities that are providing assistance.

2. State Government Registration

Most states require charities to register with a state government agency (usually a division of the State Attorney General or Secretary of State's office) before they solicit for charitable gifts. If the charity is not registered, that may be a significant red flag. Also, check to see if the local city or state agencies are endorsing specific charities to help in the aftermath of a tragedy.

3. Respecting Victims and Their Families

Organizations raising funds should get permission from the families to use either the names of the victims and/or any photographs of them. Some charities raising funds for the Colorado movie theater victims did not do this and were the subject of criticism from victims' families.

4. How Will Donations Be

Used?

Watch out for vague appeals that don't identify the intended use of funds. For example, how will the donations help victims' families? Also, unless told otherwise, donors will assume that funds collected quickly in the wake of a tragedy will be spent just as quickly. See if the appeal identifies when the collected funds will be used.

5. What if a Family Sets Up It's

Own Assistance Fund?

Some families may decide to set up their own assistance funds. Be mindful that such funds may not be set up as charities. Also, make sure that collected monies are received and administered by a third party such as a bank, CPA or civic club. This will help provide oversight and ensure the collected funds are used appropriately (e.g., paying for funeral costs, counseling, and other tragedy-related needs.)

6. Advocacy Organizations

Tragedies that involve violent acts with firearms can also generate requests from a variety of advocacy organizations that address gun use. Donors can support these efforts as well but note that some of these advocacy groups are not tax exempt as charities. Also, watch out for newly created advocacy groups that will be difficult to check out.

7. Online Cautions

Never click on links to charities on unfamiliar websites or in texts or emails. These may take you to a lookalike website where you will be asked to provide personal financial information or to click on something that downloads harmful malware into your computer. Don't assume that charity recommendations on Facebook, blogs or other social media have already been vetted.

8. Financial Transparency

After funds are raised for a tragedy, it is even more important for organizations to provide an accounting of how funds were spent. Transparent organizations will post this information on their websites so that anyone can find out and not have to wait until the audited

financial statements are available sometime in the future.

9. Newly Created or Established Organizations

This is a personal giving choice, but an established charity will more likely have the experience to quickly address the circumstances and have a track record that can be evaluated. A newly formed organization may be well-meaning but will be difficult to check out and may not be well managed.

10. Tax Deductibility

Not all organizations collecting funds to assist this tragedy are tax exempt as charities under section 501(c)(3) of the Internal Revenue Code. Donors can support these other entities but keep this in mind if they want to take a deduction for federal income tax purposes. In addition, contributions that are donor-restricted to help a specific individual/family are not deductible as charitable donations, even if the recipient

organization is a charity.

It is unfortunate that we have to issue warnings of scam artists after such a tragic event but these individuals live by a different code and will not allow any news worthy event to stand in the way of separating you from your hard earned money.

For more consumer 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@centralgeorgia.bbb.org or info@csra.bbb.org.

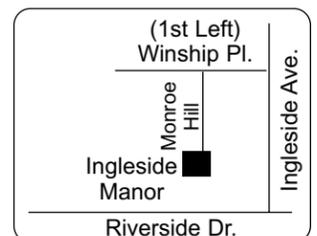
Beautiful, Affordable Senior Housing!



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



Call Today for a Tour
478-722-9492
TDD: 800-545-1833, ext. 359



Ingleside Manor

A Retirement Housing Foundation Community

478 Monroe Hill • Macon, Georgia 31204-2592



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



On the Cover

William "Pete" Andrews on Getting Fit and Staying Fit!

by JANE WINSTON

ON THE COVER

William "Pete" Andrews

Folks at the Robins Air Force Base Fitness Center and Gym haven't a clue who William Andrews is, but they all know who "Pete" Andrews is. An employer of the Fitness Center, Gina Pardall, erupted in a large grin when asked about Pete. And the grin continued as she said, "He has been one of the key,

star participants at the gym for over 20 years."

And indeed Pete, at 81 years young, has his exercise routine down to a science. He goes to the gym seven days a week from most generally 8:00 to 10:00. He does one hour of yoga on his own which he has been doing for ten years. He then works out on various machines or rides a stationary bicycle. All seven days he adheres to this daily routine but on Monday and Thursday he adds a Yoga class, Tuesday and Thursday circuit training and

Saturday a Pilates class. His initial involvement in staying fit for a longer, healthier life began years ago in Warner Robins at the YMCA. He eventually left there and transferred his dedication to exercising and staying fit to the Robins Fitness Center where he has remained... comfortable, at home and loving it!



Koi in a pond... The word Koi (nishikigoi in Japanese) actually means "brocaded carp." So, Koi are literally ornamental varieties of domesticated carp.

Pete grew up in Freeport, Texas, joined the Air Force and served for 22 years. Once he retired, he went with Civilian airlines – Overseas National Airways (ONA) – as an aircraft maintainer. Following that job he spent 18 years, prior to retirement, as a civil servant at RAFB teaching aircraft maintenance.

Additionally, Pete taught CPR, automated external defibrillator (AED) and first-aid classes for the American Red Cross for over 22 years. He indicates he would most likely still be doing so if the record keeping and reports had not become computer-generated.

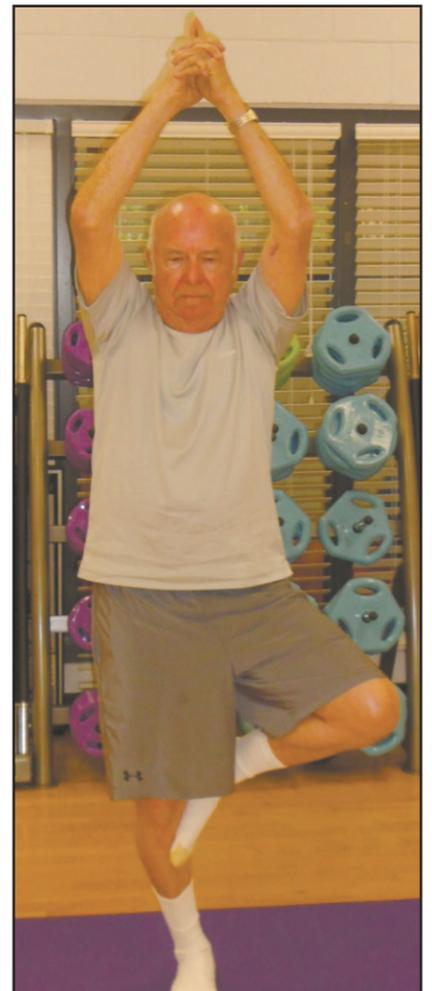
And lest you think Pete is all work and no play, you need to know he has been active in the Koi Society of middle Georgia for a number of years. He actually began raising Koi as a hobby in 1986 and has six Koi in his back yard pond that are over 20 years old.

Clearly, once Pete becomes involved in something, he sticks to it, and this is true of his marriage of 58 years. Pete was stationed at Carswell AFB and he met his wife, Wanda, at a root beer stand near the base where she was a car hop. They were married March 1954 and have a son in Raleigh, a daughter in Charlotte, NC, and four grandchildren: two boys and two girls.

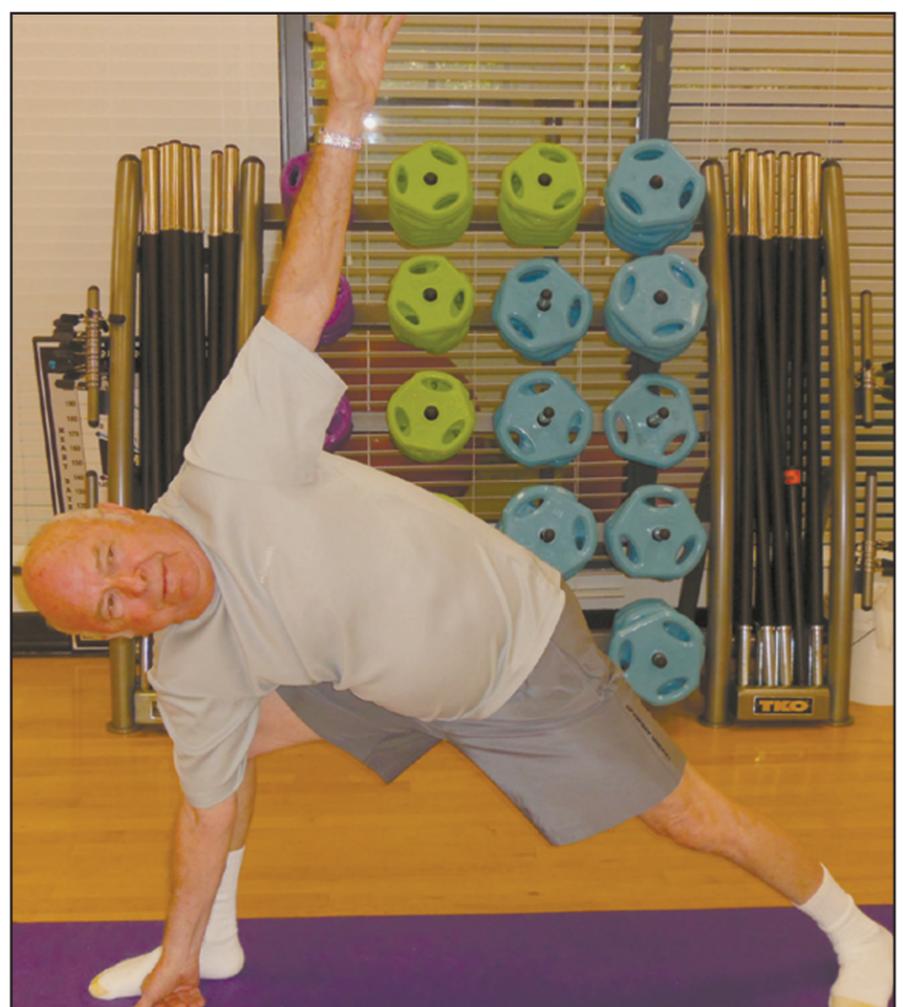
Senior News would like to thank Pete for taking time out of his routine to talk with us about how important it is to get fit and stay fit. As we make our 2013 New Year's Resolutions, adding some exercise

should be a number one priority!

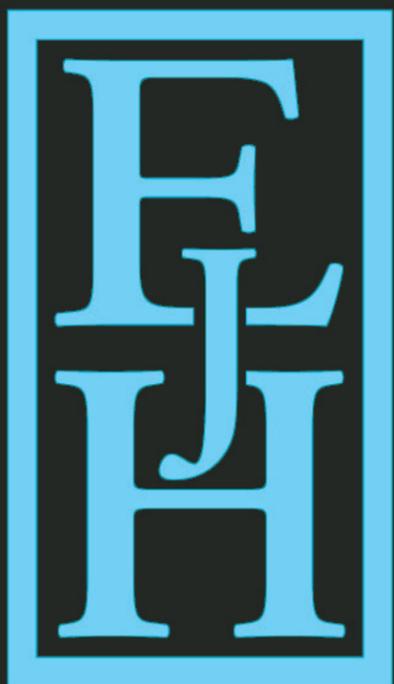
Jane Winston is a freelance writer in the local area. Contact her at jwins1939@gmail.com if you know of a senior in the area you would like to see featured in the publication.



Yoga pose known as "the tree"



Pete's version of "the triangle"



ERIC J. HERTZ, P.C.
Personal Injury Lawyers

(404) 577-8111

hertz@hertz-law.com

www.hertz-law.com



Personal Injury/Wrongful Death

- Catastrophic Trucking Incidents
- Nursing Home Negligence
- Medical Malpractice
- Punitive Damages
- Whistleblower Claims

About Eric Hertz

- Double Board Certified Trial Attorney
- Millions in verdicts
- Co Author of "GA Law Damages" and "Punitive Damages"

Two MCCG nurses chosen as Nurse of the Year

March Of Dimes Awards Central Georgia Nurses in Statewide Competition

Special to Senior News

Two nurses from The Medical Center of Central Georgia (MCCG) have been named Nurse of the Year by The March of Dimes. The March Of Dimes Georgia Chapter recognized James Carey, RNC of MCCG's Neonatal Intensive Care Unit, and Vickey Vaughn, MSN, FNP-C, RNC of MCCG's Labor & Delivery/Women's Services Unit at the Third Annual Nurse of the Year Awards on Saturday, November 17 in Atlanta.

The Nurse of the Year ceremony is a statewide event that recognizes exceptional nurses, creates awareness of professional excellence and promotes the future of the nursing profession. Nurses from across the state and various specialties

were recognized for their efforts to provide comfort, care and support to patients in their communities. Sixteen winners who have demonstrated excellence in patient care were announced at the awards dinner.

"Nurses from across the state of Georgia were recognized in 16 specialties. MCCG is honored that our nurses were recognized in two of these categories. James and Vickey provide excellent patient care on a daily basis, and are well-deserving of this honor," said Judy Paull, Chief Nursing Officer for MCCG.

The March of Dimes accepted nominations for the awards from June 1 to August 1 of this year. More than 750 nominations were submitted from across the state, and from those, over 350 finalists emerged. A volunteer committee conducted a peer review of blinded applications and chose the winners for each category. Nurses were nominated in categories ranging from critical



Winners, Vickey Vaughn (left) and James Carey (right), stand with MCCG Chief Nursing Officer, Judy Paull (center), at the March of Dimes' Third Annual Nurse of the Year Awards ceremony in Atlanta.

care to women's health.

More than 700 people attended the event, raising over \$175,000 for The March of

Dimes, making the Georgia Nurse of the Year Awards the largest and most successful in the country.



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

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

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

The Medical Center
of Central Georgia
mccg.org



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

David Becker
Satisfied InQuicker User

Taking Care

Budget friendly ways to stay warm this winter

by LISA M. PETSCHKE

With the cold weather upon us, it is tempting to crank up the thermostat to ensure indoor comfort. Better to resist, though, and use the following budget friendly strategies for keeping cozy all season.



Lisa Petsche

Dressing

- Layer clothing instead of buying a lot of heavyweight winter apparel that gets used only part of the year. Buy silk long underwear if you or the person you care for chills easily.
- Wear heavy socks with non-slip soles or bootie style slippers (with a sturdy sole) around the house, to keep feet toasty warm.
- Put a warm bathrobe on over your pajamas as soon as you wake up, if you do not plan to get dressed right away.

Sleeping

- Use flannel sheets for increased warmth. Buy a quality set that has a substantial nap, is soft, and is sized generously to allow for shrinkage.
- Substitute a fleece blanket for traditional wool, cotton or other types. Polar fleece warms as well as wool, but is lighter in weight and softer. It can be machine-washed and dried and will not shrink. Buy a quality brand that is pill-resistant.

Around the house

- Keep woven or fleece throws draped over chairs or across the bottom of beds, for easy access on drafty days and nights. They are competitively priced and come in many colors, prints and textures to suit any décor.
- Use a warm blanket or throw if you find it chilly while doing something sedentary such as watching television. If you are staying in a cool room but moving around, or there are others with you, use a space heater for localized warmth. Be sure to position the heater where it does not pose a tripping hazard.

Warming your décor

- Do not underestimate the

value of psychological warmth. Follow these tips to create a cozy look and feel for your home during the coldest months.

- Evaluate your lighting, and change it where necessary. Because of the decrease in daylight, you may wish to relocate lamps or bring spares out of storage.
- Add rich, warm colors, such as burgundy or forest green, as room accents. These can take the form of decorative throws, pillow covers, table cloths or skirts, place mats, a mantel scarf, dried flower arrangements, and so on. Brass accessories are also a winter favorite because they reflect light.
- Add texture with warm accent fabrics such as velvet, velour, chenille, or fleece (for example, as throws or removable cushion covers). Needlepoint cushions are another popular choice at this time of year. You can also add texture with a bowl of pinecones or potpourri, embossed candles, or a grapevine wreath.
- Make generous use of candles, especially substantial pillar types, ideally placed in clusters. Using scented candles – such as vanilla, ginger or bayberry – increases the sensory impact.

Warming your insides

- Serve soup more often with meals at this time of year, or make a hearty soup of meat and

vegetables for the main course.

- Make chili and stews regularly. Be as generous with spices as your family's taste will allow.
- For between-meals sipping, keep hot chocolate mix and apple cider on hand. Soup-in-a-cup packets work well also. You will warm not only your insides but your hands, too.

Energy efficiency

- Open blinds and drapes fully on sunny days to let solar heat in. Keep window coverings drawn at night to prevent heat from escaping.
- Ensure heat registers and vents are unobstructed and regularly clean or replace the furnace filter. Close registers in rooms that are not regularly used.
- Get a programmable thermostat you can offset at night when everyone is in bed.
- Check around exterior doors

as well as doors to unheated spaces to see if there are any gaps where heat is escaping. Stop up threshold gaps with a door sweep or, in case of a door that is infrequently used, roll an old towel to use as a draft stopper.

- Decorative draft stoppers can be found at stores and in mail order catalogs, or if you are crafty you can make your own.
- Check similarly around windows for drafts. Seal gaps accordingly to keep heat in and cold air out.
- Close the damper whenever your fireplace is not in use.
- Keep to a minimum the amount of time exterior doors and doors to unheated spaces are open.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in elder care.

Dempsey Apartments
Affordable Living In Historic Downtown Macon

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

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

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

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

Social & Golf
Memberships Available

478-218-5253

www.houstonlake.com

HOUSTON

LAKE

Macon/Central Georgia CALENDAR

Coliseum Health System

“Medicare Made Easy” and “Advance Directives for Final Healthcare.” Coliseum Northside Hospital, Conference Center, 400 Charter Blvd., Macon. For complete information call Consult-A-Nurse at 478-746-4646.

Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

- For information call 478-757-6092
- **Improving the Chemotherapy Experience:** Coliseum Medical Centers’ Cancer Center, Bldg. C, Suite 120. 478-765-4805.
 - **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
 - **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
 - **Perspectives:** Mon., 12:30 p.m.; Tues., 9

a.m.; Fri., 7 p.m. Cox Cable channel 15

• **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.

• **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.

• **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia – Partners In Health Classes
Golden Opportunities
 The Wellness Center
 3797 Northside Drive,
 Macon 478-757-7817
Heartworks
 389 First St. (Inside the MHC)
 478-633-9090
Central Georgia Rehabilitation Hospital
 3351 Northside Drive
 478-201-6500

• **Implantable Cardioverter Defibrillator (ICD) Support Group:** 478-633-7157

• **Stroke Support Group:** Tues., Jan. 22, 4 p.m., 478-201-6500

• **Spinal Cord Injury Support Group:** Tues., Jan. 8, 4 p.m., 478-201-6500

• **Brain Injury Support Group:** Tues., Jan. 22, 6:30 p.m., 478-201-6500

• **Parkinson’s Disease Support Group:** Thurs., Jan. 10, 2:30-3:30 p.m., 478-743-7092, ext. 254

• **Parkinson’s Disease Caregivers Support Group:** Thurs., Jan. 10, 1:30-2:30 P.M., 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:** Fri., Jan. 11, 1:30 p.m., 478-633-1865

• **Central Georgia Autism Support Group:** For information call 478-633-8088

• **Diabetes Connection Adult Support Group:** Tues., Jan. 8, 6 p.m., 8th

floor lobby, Luce Heart Tower

• **Pine Point Adult Grief Support Group:** Tues., Jan. 8-Jan. 29, 9-10:30 a.m., 478-633-5615

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

• **The Pink Alliance:** Thurs., Jan. 17, 12-1 p.m., 478-633-8537

• **The Pink Alliance HoPe Chapter:** Wed., Jan. 16, 12-1 p.m., Houston & Peach Counties, 478-719-8528

• **Look Good, Feel Better:** Thurs., Jan. 10, 5:30-7 p.m., 478-633-8537

• **Prostate Cancer 101:** Mon., Jan. 14, 12

p.m., 478-633-8537

• **Man-to-Man Support Group:** Tues., Jan. 8, 7 p.m., 478-633-6349

• **Chemotherapy Orientation Classes:** Mon., Jan. 14 & Jan. 28, 10-11:30 a.m., 478-633-8537

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

Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th

continued on page 10

HOSPICE STANDS Ready

WWW.HCOGA.COM

Hospice Care Options stands ready

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

Hospice Care Options™

Macon

486 New Street

478.743.3033

800.563.8680

GA Lic # 011-100-H

Warner Robins

136 Hospital Drive

478.922.0515

877.922.0515

GA Lic # 076-0351-H

Services provided regardless of the ability to pay

CALENDAR from page 10

sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.
For additional information call 478-929-3816.

Houston County Council Of The Blind

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

Georgia Leathercrafters Guild

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

Central Georgia Genealogical Society

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

Health Education

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

For additional information call 478-749-0113.

The Macon Arts Alliance's Arts Art Gallery

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

Massee Lane Gardens

For information call 478-967-2358 or www.camellias-ac.com (The American Camellia Society.)

Macon Little Theatre

4220 Forsyth Road, Macon
Reservations: 478-471-PLAY

Museum of Arts & Sciences

4182 Forsyth Road, Macon
478-477-3232 or visit website www.mas-macon.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

Warner Robins Little Theatre

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

Douglass Theatre

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

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

Middle Georgia Art Association Gallery

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

Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and 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)

- 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.

General Business Directory For Seniors

Vineville Christian Towers

An Apartment Home for Senior Citizens

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

2394 Vineville Avenue • Macon, GA 31204

478-743-4661



ANDY FIELDS INSURANCE, LLC

William A. Fields

(478) 955-7404

Fieldswa1281@aol.com

Medicare Advantage • Medicare Supplements
Prescription Drug Plans • Retirement Plans

Life & Health

Home & Auto

St. Paul Apartments & Village

62 & Older and Disabled Persons Welcome

1330 Forsyth Street • Macon, GA 31201

Call **478-745-0829**

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



Goodwill NEEDS YOU!



YOUR DONATIONS

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

YOUR TIME

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



CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350

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



Baltic Park Apartments

- 1-2 BR units
- Affordable Rents
- For people 55 and over
- Great Amenities!
- Gated Community
- Spacious Floor Plans

860 Hightower Road, Macon



478-788-3514

- We Accept Section 8 -



U•R•Ready

for state-of-the-art recovery after the hospital.

Heritage Healthcare of Macon is a 228-bed skilled nursing and rehabilitation center providing short and long-term care.

- Ventilator Recovery Unit (20 beds)
- Memory Support Unit (60 beds)
- Large Rehabilitation Room offering patients physical, speech or occupational therapy

We are approved by Medicare, Medicaid, Private Pay Commercial Insurance. Call us today to schedule a tour of our center.



(478) 784-7900

2255 Anthony Road, Macon, GA

Committed to Caring

A Proud Member of the URS#BURETT Family of Providers
Connect with us online: www.ursburett.com

WinShape Homes celebrates 25 years!

Special to Senior News

WinShape Homes was founded in 1987 by S. Truett Cathy and his wife Jeannette, just 20 years after opening their first Chick-fil-A restaurant. Now 25 years later, Mr. Cathy remains committed to supporting WinShape Homes, not only through significant financial funding, but also through continued intentional investments of time, because as Truett & Jeanette see it they are the loving grandparents to all who come to live in a WinShape Home. "Nearly every moment of every day we have the opportunity to give something to someone else – our time, our love, our resources. I have always found more joy in giving when I did not expect anything in return," Cathy wrote in his 2002 book, *Eat Mor Chikin: Inspire More People*.

It is WinShape Homes' mission to provide a loving nurturing home to those children who are victims of circumstance and need a stable, secure family environment in which to grow and mature. With a passion for loving and encouraging children, WinShape Homes employs 22 full-time house parents, who are committed to helping the children for the long term – many of them have served with WinShape for more than 10 years and two of our house parents grew up in WinShape Homes themselves and had the desire to provide the same blessing they received as a youth to other children.

WinShape Homes currently operates thirteen homes across Alabama, Georgia, and Tennessee. Children come to WinShape Homes through pri-



Truett and Jeanette Cathy with Kids

vate placement by the child's legal guardian, most of which are Grandparents who have been raising their grandchildren. Placement with WinShape Homes is of no cost to the guardian and support continues for the children in our WinShape program even as they transition into adulthood. All of our High School graduates are encouraged to pursue a degree at a college or technical school and this expense is fully paid for by Mr. Cathy. Another unique quality of WinShape Homes is that they function like a natural family where many of their grown children come back to spend time at home during school breaks and holidays.

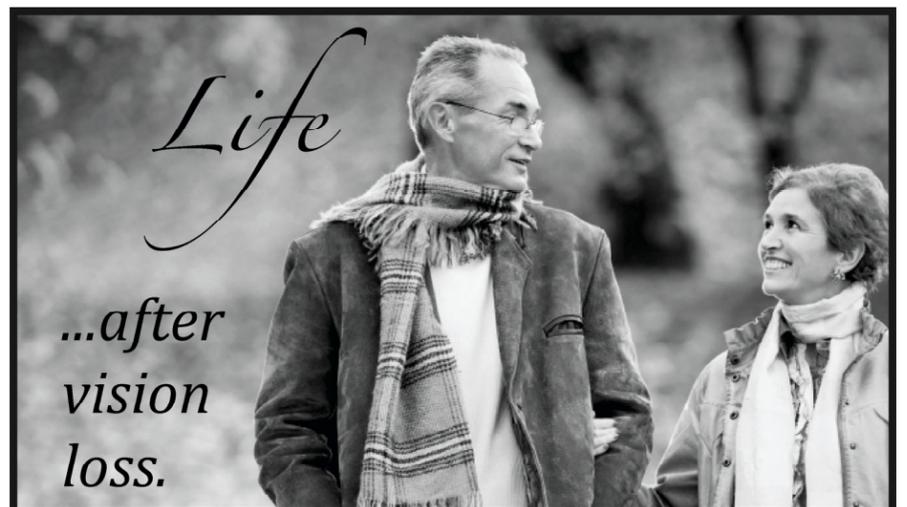
Since WinShape Homes was started, the program has expanded and impacted over 350 children, setting a high standard for those involved with the foster care efforts. We

believe it is our mission to continue to live out Truett's motto "To accept children, God's special gifts, into a Christ-Centered

family and to guide them on a life long journey so they may discover their unique and God given potential."



WinShape Homes Family



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

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

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

Experience better vision with low vision technology!

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

Toll Free: 877-948-7784

770-948-7784

www.IALVS.com