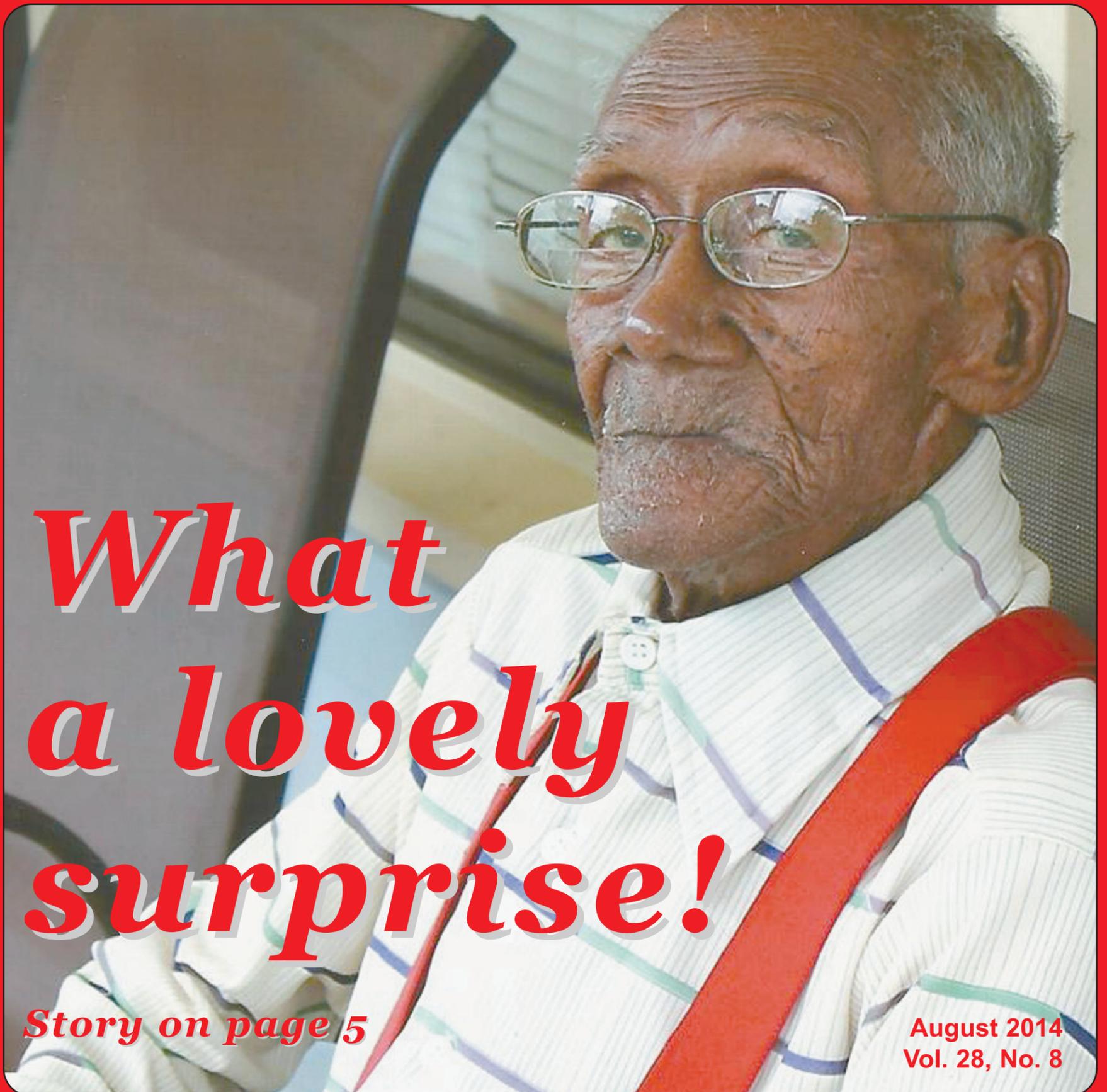


Senior News

Serving **MACON** & CENTRAL GEORGIA

Information For Ages **50 PLUS!**



*What
a lovely
surprise!*

Story on page 5

August 2014
Vol. 28, No. 8

Taking Care

Plan ahead to beat the heat... Tips for enjoying outdoor events with your relative

by LISA M. PETSCHKE

The long, warm days of summer bring many opportunities for being outside, not only on your balcony or porch or in the yard, but also at organized events. The latter may include outdoor weddings, family reunions and other types of celebrations, as well as sporting events, concerts and festivals held in various types of public venues.

As enjoyable as these may be, it is important to exercise caution and plan ahead, because summer sun, heat and smog can be harmful to older adults, especially those whose health is already fragile. As a caregiver, you must therefore be extra vigilant as temperatures soar.

The following tips will help you protect your relative's health and maximize their comfort during outdoor events.

Before you go

• Call ahead to find out if the venue has shaded areas. Also inquire if any buildings on the premises are

air conditioned and accessible. (While you are at it, ask about handicapped parking spaces, paved walkways and accessible washroom facilities.)

• If your relative has trouble walking long distances, check if the venue has wheelchairs available. If not, rent a folding wheelchair.

• If you will be traveling out of town, have your car – including the air conditioning – checked and serviced before departure.

• For events that span a day or more, such as outdoor festivals: plan to attend in the morning before the heat reaches its peak or in the evening when things are cooling down.

• Set realistic expectations about time frames, since the heat can sap energy. It may not be feasible to attend an entire event. For example, you may decide to attend only the ceremony or reception part of a relative's wedding, rather than both.

• Clothing should be lightweight and loose fitting to allow air to circulate and perspiration to evaporate. Stick to natural fibers like cotton, or microfiber materials with an open weave. Shoes should be sturdy and comfortable, with good treads. Do not forget a cardigan in case of a sudden weather change, cool evening

or chilly indoor environment (if you will be in an air conditioned setting at some point).

What to bring

• A wide brimmed hat, sunglasses and a large umbrella.

• A cooler containing beverages. Water is best, but if your relative is not a water drinker, try vegetable juice or diluted fruit juice.

• A battery operated personal fan and extra batteries.

• Sufficient prescription and over-the-counter medications to cover the time you plan to be away.

• Sunscreen, insect repellent and antihistamine.

• Any necessary medical equipment and supplies, such as a walking aid, food supplements, incontinence pads and diabetic supplies.

• A cushion or two for comfortably positioning your relative in the car, and some music CDs for enjoyment, if you are driving a considerable distance.

• Disabled parking permit.

While you are out

• Try to find a parking spot in the shade, or use sunshades on your vehicle's windshield.

• If you must be outdoors in the middle of the day, get out of the sun

regularly. Take shelter in the shade or an air conditioned indoor space, if available.

• Ensure your relative eats lightly to avoid taxing their digestive system. That means going easy on protein, avoiding spicy and high-fat foods, and selecting plenty of fruits and vegetables, which have a high water content.

• Do not give your relative alcohol, or limit consumption to one drink. They should also avoid caffeinated beverages, such as coffee and cola, which similarly cause dehydration.

• Before heading home, open all your vehicle's windows or doors to let heat escape before your relative gets in.

Final thoughts

• Do not forget to protect yourself from the adverse effects of excessive sun and heat, too. You are just as important as the person you care for.

• Be flexible about plans and expectations and give yourself an out. You may need to forego an event if a heat alert or air quality warning is issued, especially if your relative has respiratory problems.

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



Lisa Petsche

GEORGIA DERMATOLOGY & SKIN CANCER CENTER

WARNER ROBINS
212 Hospital Dr.
922-9281

MACON
1157 Forsyth St.
750-SKIN
478.750.7546

MILLEDGEVILLE
230 N. Jefferson St.
453-8484

MOHS SURGERY
SKIN CANCERS
PHOTOTHERAPY
PSORIASIS

SKIN EXAMS
MOLE REMOVAL
RASHES
WARTS - ACNE

GaDerm.com

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**

Boredom is the loss of the capacity to wonder, to appreciate the sense of mystery and awe in life.

Rollo May

Can you believe in some places school has already started? Way too early. Me thinking if this had happened to our group as children, there would have been a revolution. Maybe today's kids don't have as much fun out of school and welcome its opening?

Our grand, Matthew, age 5, seems to be excited about going to kindergarten in a new school. We went over a month ago to visit his new school and new principal. Matthew was very impressed with both. He has been going to a Warner Robins library and read eight books a day (with help, we're sure) and won a pizza. He checked out 18 books to take home!

He was really excited about that pizza as it's his favorite meal.

Cheese is his food of choice, but he can't quite say it yet and Gammie (me) is too dumb to catch on every time. Sometimes we fix him peas when he asks for cheese. This error is easily remedied to everyone's satisfaction!

We've had a visit from Michelle Kelman of Texas, her sister Cindy and children Daniel and Jessica. They had been living in Kathleen for years, but just had the call back to Texas when Forrest was offered a great job. They live on an island port.

We have really missed them and are glad to have them here to visit. We had a brunch together, but the best party was had by Hope and Sean Cerrello of Warner Robins, Emily and Mike Griffin of Fort Valley and Ed and Leigha Wasson on Saturday, the 12th. Families and friends all got together and took over our favorite food like old times.

A lot of tennis partners were present and it was "party like it's 1999." Just like we did when Michelle was living here. She was always the energetic one and we miss her already. Come back soon, Michelle.

The downside of company is that they're off on vacation and we're still working. It's hard to get together enough. Guess there's never enough when you really love your friends.

We have to tell you about all the effort to get grand Matthew to Bible school at the Methodist Church in Fort Valley. We said he didn't need to go because he knew "erreything" about Jesus. We asked him to tell us what all

he knew, because he might know something we didn't know. He said, "Well Gammie, Jesus controls "erreything" under the Earth, and "erreything" on the earth, and "erreything" above the earth up to the "heavens."

All this said with his arms stretch out helping to explain the enormity of the situation. He went on, "He is more powerful than Superman, Batman, and Robin, Wonder Woman, Spidey Man..."

At that point, we lost it. What an elucidating explanation for a child of five. Think he'll grow up to be a preacher?

He did go to Bible School, but wore himself out the first day and was not quite over the stomach virus he'd had the week before. But he loved every second of it. We wanted to go because the Methodist Fellowship hall was a magical development of the most marvelous jungle known to man. Disney World couldn't have done it better.

Do you believe that when you eat a 12 oz jar of peanut butter, you have polished off 540 peanuts at 55 calories for 10 kernels. Reckon how many we eat sitting at a restaurant waiting for our real food to arrive? Dear, Dear. Makes one want to forget they are there, doesn't it? Or remember it and cut way back.

August is usually the last month for a summer vacation. So hurry up everyone and take advantage.

Milledgeville is sponsoring "Sunday Artists" on Aug. 6 from 2-4 p.m. in Allen's Market Building to give area artists the opportunity to practice their preferred medium, show their technique and learn from each other. Bring your own supplies. Call Allied Arts at 478-452-3950 or visit www.milledgevillealliedarts.com for more. Registration is \$10.

On Aug. 8, 2014 Sundown Screen will show "The Goonies" at Luther Williams Field in Central PK at sundown. Picnic and blankets encouraged. Cancelled in the event of rain. Free.

Yoga in the Park from 9-10 a.m. in Tattnall Square Park down town Macon. Appropriate for all ages. Bring your own mat. Free. Cancelled if it rains. 478-751-7694. Also held on the 16th, 23rd and 30th.

Through Aug. 31, "Black Holes, Space Warps and Time Twists" at the Museum of Arts and Sciences at 4182 Forsyth Rd., Macon. A search for black holes, the most mysterious and powerful objects in the universe, plus experience a black hole adventure. Free with Museum admission of \$5-10. 478-477-3232 or www.masmacon.org.

Don't forget the Annual Beach

Party on Sandy Beach at Lake Tobesofkee on the 23rd.

Have fun in August and ready up for Labor Day.

Boredom is not in our vocabulary.

Highly educated bores are by far the worst, they know so much in such

fiendish details.

Lewis Kronenberger

The world is a different world indeed, and people are hard to suit, and the man who plays the violin is a bore to the man who plays the flute.

Sir Thomas Beecham

Georgians encouraged to learn about elder abuse warning signs

Special to *Senior News*

The Georgia Department of Human Services Division of Aging Services encourages Georgians to learn about warning signs of elder abuse and help raise awareness about the abuse of older adults and people with disabilities.

"Abuse doesn't always result in bruises," said Dr. James Bulot, Director of the Division of Aging Services. "It can take many complex forms that affect victims emotionally, physically, sexually, or financially."

Key signs of elder abuse are listed at <http://www.aging.ga.gov> under the tab, "Report Elder Abuse."

According to the Administration on Aging, one in 10 older Americans become victims of abuse, neglect or exploitation each year. And that's only part of the picture: Experts believe that, for every case of elder abuse or neglect reported, as many as 23.5 cases go unre-

ported.

The National Center on Elder Abuse, located at www.ncea.aoa.gov, offers consumer information along with community education resources for faith-based organizations, coalitions and other groups. Click "Get Involved" on the NCEA website for fact sheets, project ideas and other awareness-building tools.

Georgia's statewide Adult Protective Services team accepts reports of suspicious activity by phone, by fax and online. To report abuse, neglect, or exploitation of an older person or an adult with a disability in community or residential settings, call DHS Adult Protective Services Central Intake, toll-free, at 866-552-4464.

For emergencies, dial 911.

Georgians can join the cause against abuse, neglect, and exploitation. To report concerns, request a brochure, schedule a presentation, or volunteer, contact the Division of Aging Services at 866-552-4464 or visit <http://www.aging.ga.gov>.

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

(1st Left)
Winship Pl.

Monroe Hill
Ingleside Manor

Riverside Dr.

Ingleside Ave.

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 HUD guidelines for income.



Office/Fax: 478-845-3015/3016 (Macon)

info@communityhorizon.com

www.communityhorizon.com

Private Home Care Service:

- **Nursing:** meds, wound and ventilator care – tracheotomy and g-tube care
- **Personal care:** daily living, nutrition, home management, ambulation/transfer
- **Companion/sitter:** transportation/escort, meal prep, socialization, some tasks

Developmental Disability Service: (adults and children)

- **Community-based services:** not limited to centers/museums/organizations
- **Employment services:** individualized to skills and hobbies of the client

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

Jane Winston
Phone: 478-542-1642
Email: jwins1939@gmail.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. Approximate Monthly Readership: Metro Atlanta, 65,000; Augusta, 27,000; Macon/Central Georgia, 21,000. 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
FAX: 478-929-4258
E-mail: seniornewsga@cox.net
Copyright 1987
Senior News & Views of Georgia

Poets' Corner

THE TREE by Victoria Larkins

*I stand alone apparently
Unknown to all
Except those that know me
There are those that hold me dear
While others wonder why am I still
here
There is a story that I tell
But it holds meaning only to those
who know me well
My story is buried deep inside of me
And precious only to my family
I have been the cause of many tears
And I will remain here for many
years
Some consider me to be in their way
"This is a new day" is what they say
I live in a field on Houston Lake
Road
That is my home, that is my abode
All my companions have been cut
down, leaving only me
For I am not a man, I am one last
tree.*

Note from Author: "This tree stands in the middle of the field behind CVS on the corner of Houston Lake Road and Highway 96. It's always intrigued me as to why it was never cut down, so I gave it a voice."

A FLEETING MOMENT by Beverly Bryson Norton

*The raindrops sparkle and glisten
brightly on the trees; while outside
my window is a gentle, summer
breeze.*

*I gaze at this glorious sight; a young
child's eyes at first delight.*

I find myself gazing as I am still;

*peace within me on this summer's
eve.*

*Thank you, Lord, for the peace I
feel; the comfort of a fleeting
moment will help my heavy heart
to heal.*

*Give me strength, courage and faith
to tread forward with thy grace.*

*My one true love has been lost to
me, but there are memories to keep
of happy days as I grieve.*

*He is with me still, but only for a
while; his thoughts are far, far
away as he journeys to another
place and time.*

*Give me guidance, Lord, to express
my love, as he makes his way into
paradise some day.*

*Then, may his soul be filled with joy;
when he enters the gates of
heavenly love.*

TO HAVE A FRIEND by Donne R. Williams

*To whom love is given
His days will never end
His voice will never be silent
His years shall not rescind*

*The tales of his youth
Will be put into fables
Kept alive with laughter
While sitting around tables*

*To whom love is given
The heavens count him blessed
Even when down
And feeling a bit distressed*

*On the mountain of triumph
Or the valley of despair
He can still have faith
Because he knows love is there*

*To whom love is given
His days will never end
His voice will never be silent
Because he has a friend

A REPRISAL OF THE 23rd PSALM by Writers Club Elmcroft of Martinez, Georgia

*The Lord is my Savior from all harm
I am not in need.
He provides me a nurturing home*

*He leads me toward peace and
tranquility.
He heals my soul.
He guides me in the ways of truth for
His honor.*

*In my darkest hours I will have faith
in His goodness.
I am encompassed by His care.
He guards me with His protective
presence.*

*He has prepared a feasting table for
me while my enemies look on
jealously.
He consecrates my head with
precious oil.
My soul is so filled with praise of
Him.
I am left speechless.*

*He exceeds my expectations.
I am greatly blessed.
Certainly the wonder of His love will
be with me for all times.
I will live with Him in my heavenly
home forever and ever.*

Spiritual Notes

Celebrating Freedom!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Love of country has been instilled in me as far back as I can remember. As a small child I recall my family being huddled by the radio listening to the broadcasts of President Roosevelt during World War II. The President represented all that was good in our country as we

were at war with those who invaded our country at Pearl Harbor. My older brother was serving in the Army; therefore our family was attuned to every newscast and report on the progress of the war. My parents and our church fellowship prayed daily for our soldiers, the President, as well as all those involved in the war effort.

As we celebrated our independence recently, I had the same feelings for my country as I did as a youngster. I attended the July 4th parade and stood at attention as the flag passed by and applauded our military men and women. There will always be debates regarding the popularity of wars in which our country is engaged. While honest debate and freedom to question our leaders is a cherished right, so much of the rhetoric we hear today appears to be

divisive and can be destructive to our national interest.

Our country was founded on a fundamental belief in God. The currency we use proclaims, "In God We Trust." Historically we have been known as a Godly nation. God has been faithful in blessing our land in so many ways. We cherish the fact that we are free to worship as we please.

As we celebrate and give thanks to a loving God, may we redouble our efforts in promoting goodwill with our neighbors, praying for our leaders and continue to celebrate our freedoms.

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

Missed your copy of Senior News?

It's Still Available...
...**"ON THE WEB"**

Just visit us at
www.seniornewsga.com
and click on "ARCHIVES"

On the Cover

What a lovely surprise!

by CLAIRE HOUSER-DODD

We got a call about a 107 year old man here in Fort Valley and called his son, Glen Johnson, immediately. He invited us over to his father's home to meet him at 5:30.

We drove out Highway 341, past the Citgo Station, took a right on Lavender, a left on Spillers, and we were there at a very nice house, where a lot of happy people sat in a pretty living room, all kin, or wanting to be.

You could tell immediately that it was a happy home and everybody wanted to be able to claim Mr. George Prater, as their father. In fact, a visitor, Bruce Robinson, was trying to integrate himself into the family. He is a wannabe, as are others.

Mr. Prater was born in Thomaston 107 years ago, on June 2, 1907, the same year as my mother. There would be a few more run-ins with my family.

He moved to Fort Valley at a young age.

As we talked, actually, Mr. George doesn't talk much; he acknowledges and raises his hand to indicate some hints, nods to talk a little. He is usually sitting up to greet visitors, but did not feel like it this day.

When I introduced myself, he showed that he was interested and knew the Houser name. As it turned out, he did his insurance business with Houser and Son, my grandfather, and father, then Houser and Lee, after my grandfather passed on.

He worked for Robins Air Force

Base for almost 30 years and retired from there. He was the head of maintenance, a very good job.

George Prater is married to Priscilla, who is 67 years old. We had to comment on her being a child bride.

Daughter Teresa, (he is actually an uncle, but raised her, consequently) said, "That's what kept him young, being married to a younger woman." They've been married 44 years.

Mr. Prater's mother, Bessie Riley, lived to be 90 years old, so you see, good health and longevity run in the family.

However, we had to ask Glen what his father had to say about his long and healthy life. Glen, who goes by every day after work, told us, "He gives God all the Glory, and he lived as he taught. Never smoked or drank or wasted his time on anything that wasn't good. He taught us to keep God first and He will bless you in the end.

"He was a Godly man. He has been such a blessing to all of us, and all of us have turned out well," he said.

And, we could tell. They love to keep their father at home, and take care of him, just as he took care of them.

Mr. Prater's wife stays with him at home, and Lillian comes in to help several times a week, and they all stop by weekly, usually every day.

Not surprising, he is the oldest member of Central Union Baptist Church in Fort Valley, and received a framed Certificate of Recognition as the oldest member by the pastor, Kelsey Dawsey, in 2004... a prized



Mr. George Prater and family

possession.

There are 19 children who are proud to be able to claim him as their grandfather, all of whom live in Georgia, and are honored to visit and celebrate birthdays with him.

Mr. Prater has one daughter, Georgia, who lives in Virginia, and doesn't get down too often. She has no children.

Congratulations Mr. George Prater on a long, happy, successful, and Godly life. It was an honor to meet you. Thank you to family for welcoming me into your home so

graciously.

UPDATE: We hate to announce that Mr. George passed away on Sunday, July 20, 2014. He had a loving day with all of his family around him and drifted off to sleep around 10 p.m. and passed peacefully. We feel so honored to have had our time with him on Thursday afternoon, and are fortunate to have met this much respected and beloved Christian man. His Godly spirit was infectious. He had a blessed life, and will surely be missed by all who knew him.)

Georgia Golden Olympics scheduled for September 17-20

20 Sports – Over 55 events REGISTER BY AUGUST 1ST

Special to Senior News

If you are competitive, interested in meeting new friends or just having fun, plan to participate in the 32nd annual Georgia Golden Olympics scheduled for September 17-20, 2014 in the city of Warner Robins. The competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, 5k run and walk, horseshoes, billiards, Wii bowling and much more. Ballroom dancing will be offered again this year and Pickle Ball will be offered for the second year. Events are divided into age categories and medals are awarded for each.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association and qualifies athletes in even years for the National competition held in odd years. The 2014 Georgia event is the

qualifying event for the 2015 National Senior games scheduled for July 3-16 in St. Paul, Minneapolis and Bloomington, MN. Over 500 athletes qualified in Georgia for the last National games in Cleveland, OH.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The founding organizations of the event are: Georgia Department of Human Resources, Div. of Public Health (now the Ga. Dept. of Public Health); Robins Air Force Base, Services Divisions; Georgia Recreation and Park Association, Senior Citizens Section; Georgia Health Care Association; the University of Georgia, J.W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information contact Warner Robins Senior Services Center at 478-923-1066; the Georgia Golden Olympics office at 770-867-3603; or, visit www.georgiagoldenolympics.org.



Don't let hearing difficulty put your phone conversations on hold.

Apply now for FREE assistive telecommunications equipment and training from the Georgia Telecommunications Equipment Distribution Program, a service managed by GACHI and the Georgia Public Service Commission.

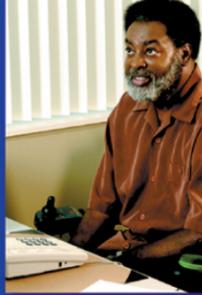





**CapTel®
captioned
telephones**



**TTYs (text
telephones)**



**Amplified
phones**



**Hands-free
phones**

Visual alerts and MORE

For information on all of our equipment options or to apply, call **1-888-297-9461 (Voice/TTY)** or visit gachi.org/gatedp.

Macon/Central Georgia CALENDAR

MACON METRO AREA Opportunities Directory

For additional *Opportunities* listings, please visit our website at: seniornewsga.com.

Coliseum Health System "Medicare Made Easy and Advanced Directives"

Coliseum Northside Hospital, 400 Charter Blvd. For complete information call 478-746-4646.

Support Groups

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

- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

For information call 478-757-6092

- **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
- **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
- **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
- **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
- **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
- **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
- **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups
 Call 478-746-7050 or 800-272-3900 for details.

Bibb County

- 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050
- 1st Wed., 10 a.m., Martha Bowman UMC, 500 Bass Rd., Macon, 478-743-7050

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

- 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 12-A Family Room, 1826 Veterans Blvd., Dublin, 478-272-1210, x2328

Monroe County

- 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754

Peach County

- 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613

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.

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

continued on page 7



Tired of Retirement?

Want Some Extra Spending Money?

Senior News newspaper is adding to our team of advertising sales representatives!

Work Full or Part-Time calling on businesses in the Macon Metro Area. Excellent communication and organizational skills, creative thinking, positive attitude, and being computer savvy a must. Advertising sales experience very helpful and preferred.

Attractive Commission Based Plan!

Send resume to:
seniornewsga@cox.net
 or mail to
 Senior News, P.O. Box 8389
 Warner Robins, GA 31095-8389



General Business Directory For Seniors



Barry M. Bilbro, R.Ph.
 Compounding Pharmacist
 Your Bio-Identical Hormone Specialist
 1550 Watson Blvd. • Warner Robins
www.medshoppe.com
 478-922-2067
 Warner Robins' Oldest Independent Pharmacy




**ANDY FIELDS
 INSURANCE, LLC**
 (478) 955-7404
Fieldswa1281@aol.com

Life & Health | Cancer & Fire

Medicare Advantage • Medicare Supplements
 Prescription Drug Plans • Retirement Plans
 Hospital Indemnity



**COLISEUM PARK
 PROFESSIONAL PHARMACY**
 380 Hospital Drive Macon, GA 31217
 Across from the Emergency Room
BOB MOODY RPH.
 Pharmacist, owner
 Start Getting Better Now!!!
 Phone: 478-745-5431 Fax: 478-765-4359
FREE PRESCRIPTION DELIVERY



KENNEDY DRUGS
 FREE DELIVERY CITY WIDE
10% SENIOR DISCOUNTS
 Discount on Prescriptions

Watkins Products
 524 Popular St. • 743-4700 • Macon, Ga.

**INTRODUCING THE
 INVISIBLE HEARING AID!**
 Call Today For A
Free Consultation!

212 Hospital Drive Suite L
 (478) 599-9992



NOW only \$750 each!



**MID SOUTH
 HEARING AID CENTER**
*The degree of invisibility may vary based on your ear's anatomy. Fits up to a 35dB loss.

Macon and Middle Georgia
477-5501



**Home Instead
 SENIOR CARE**
To us, it's personal.
 The world's trusted source for non-medical companionship and homecare for the seniors.

- Companionship & Personal Care
- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

CALENDAR

from page 6

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 Senior Citizen Services (50+ Years Old)
Warner Robins Recreation Department - Melanie Lewis
 Email: mlewis@wrga.gov; 478-293-1066

Senior Activity Center

152 Maple Street, Warner Robins
 Office: 478-293-1066

• Ceramics: Tuesday and Friday from 10:30 am-4 pm, and 1 pm-4 pm. Charges are for greenware, lights, music boxes, etc. No charge for firing or paint. Brushes and cleaning tools are available for purchase.

• Aerobics: Monday, Wednesday, Friday at 9 am. Cost is \$2 a

class or \$20 a month. Join us for low-impact aerobics for seniors. For more information contact 478-293-1066.

• Prime Painters: Open to anyone who wants to come and paint. Bring your own supplies. Thursday afternoon from 1:30 pm -4:00 pm. Please call 478-293-1066 for more information.

• Quilting Party: Wednesdays, 10 am-2 pm. Bring your own (small) scissors and personal thimble. Quilting materials supplied. *NOTE: We hand quilt for the public and also have quilts for sale. Currently has a waiting list for the class.

• Woodworking Shop: Daily (except on Thursdays) at 9 am. "Woodworking Safety Orientation" is a prerequisite for participation and is scheduled upon request. What would you like to make?

• Ikebana: Japanese flower arranging, Mondays at 2 pm. Please contact Yuko Hancock at 478-923-7312 or Dee Boren at 478-987-0493 for more information.

• Line Dancing: On Wednesdays - New Beginners Class at the

Wellston Center from 1-2 pm. \$2 admission. The Intermediate Class at the Wellston Center from 2:30-4:00 pm - \$3 admission. For more information please contact Julia Juarez at 478-918-5635.

• Yoga: Tuesday 2 p.m. & Thursday, 11 a.m. in the Senior Center. \$5 per class. For information call teacher Dena Hobbs at 478-225-0133.

• Tai Chi: On Monday and Thursday mornings from 10-11 am in the Senior Center. If you are looking for a way to reduce stress and a variety of other health conditions, Tai Chi promotes serenity through gentle, flowing movements. The class is free. For information call instructor Ron Shively at 478-719-9944.

• Senior Water Aerobics: Monday, Tuesday, Thursday and Friday, 9 am-10 am at Fountain Park. The cost is \$25.00 per month. Please contact Miranda at 478-293-1071 if interested.

• Self Defense: Monday and Thursday, 10-11 a.m., in the Senior Center. \$2 per class. Call Art O-Reilly at 786-423-5303.

Wellston Center

• Regular Meetings and Programs

AARP: The 4th Wednesday of the month, 10 am- 1 p.m. Trudy Deep, President, 478-333-2203.

• AARP Driver Training: Please contact Robert Woodall at 478-397-6690 for information and reservations.

• NARFE: 2nd Wednesday of the month, 10 am-12 noon. Charles Farmer, President, 478-333-2972.

• Ted Wright Senior Citizens Social Club: Information, call Betty Lou Lovain, President, at 478-922-7774.

• Warner Robins Senior Citizens Social Club: Information, call Van Adams, President, 478-923-2174.

• LMNO (Ladies and Men's Night Out): For information call 478-293-1066.

• MGCAA Senior Center: Located at 155 Maple St., Warner Robins. Mon.-Fri., 8 a.m.-3 p.m.; closed Wed. Lunch (by appointment only), transportation, information, & referral services. For information call 478-923-0229.

Theatre Macon

438 Cherry Street, Macon
 478-746-9485

• Disney's *The Little Mermaid jr.*: August 9-17

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

New Dimension of Praise International Ministries, Inc.

Uletha Durham, Pastor, 207 S. Davis Dr., Warner Robins, Church: 478-329-8780, Cell: 478-283-9494

Bare Bulb Coffee

1117 Highway 96, Suite 100, Kathleen. For schedule of events and information call 478-787-3482 or email nikki@barebulbcoffee.org.

BUSINESS CARD SECTION

For Advertising Information Call

David VonAlmen at 478-213-5986

Jane Winston at 478-542-1642

Jan Tassitano at 770-993-2943

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

General Business Directory For Seniors

Planning to Buy or Sell?
 Need a Home Inspection?
 Call:

David R. Von Almen

Home Inspector
 (478) 213-5986
 VAMktPub@aol.com

SCOTT ANTIQUE MARKETS

Second weekend of every month!

AUGUST 7, 8, 9 & 10

Atlanta Expo Centers Atlanta, GA

• Show Hours: Thurs. 12:45pm-6pm,
 Fri. & Sat. 9am-6pm, Sun. 10am-4pm

• Directions: 3 miles East of Atlanta
 Airport, I-285 at Exit 55
 (3650 & 3850 Jonesboro Rd.)

740-569-2800

ONE coupon per person. Expires 8-11-14

www.scottantiquemarkets.com

HAVE DIABETES? FEET HURT?

You may qualify for Diabetic Shoes at NO Cost To You!

IN-HOME FITTING AND DELIVERY! We'll bill Medicare for you!

Call the *Therapeutic Shoe Fitter* now....

478-955-1150

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

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.

Summer's Landing

of Warner Robins
 (478) 328-3800

- More Fun
- More Value
- More Comfortable Than Your Comfort Zone!

Secure Memory Care: now available!
 Assisted Living & Supportive Independent Living

Vineville Christian Towers

An Affordable Apartment
 Community for Seniors

Now Accepting Applications

Applicants must be at least 62, meet income guidelines, have good rental and credit history & an acceptable background screening.

Two Months FREE Rent
 On Studio Apartments!

2394 Vineville Avenue | Macon, GA 31204

478-743-4661

Owned & Managed by CCH

Equal Housing Opportunity

When you need more than counting sheep ...



If you have symptoms like habitual snoring, high blood pressure, memory problems, daytime sleepiness or insomnia, you may have a sleep related disorder. It could be a simple problem or a more significant health issue, such as sleep apnea.

Whatever your problem, sleeping better may be just a dream away. Talk with your doctor about scheduling a sleep study. We'll get you in to see us quickly to help you start sleeping better sooner.

For more information, call 478-746-4646 or visit coliseumhealthsystem.com/GetSleep today.

We won't rest until you do!

And always remember, we have the fastest ER wait times in town!

**COLISEUM
NORTHSIDE
HOSPITAL**

400 Charter Blvd. | Macon, GA 31210