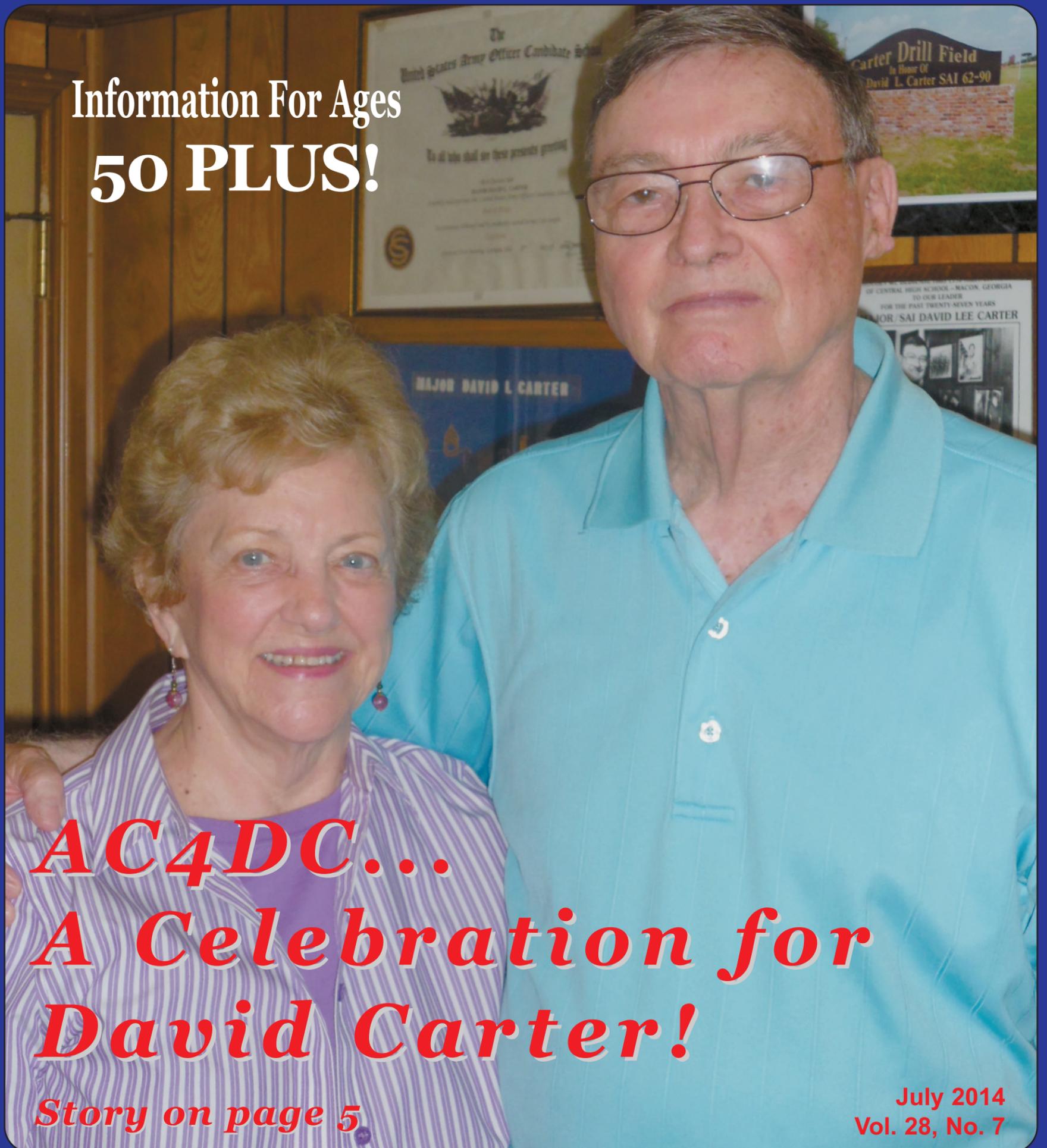


# Senior News

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***AC4DC...  
A Celebration for  
David Carter!***

***Story on page 5***

July 2014  
Vol. 28, No. 7

## Taking Care

# Summer Lovin'... Enjoy summer's pleasures with your loved one!

**There are many ways to treat yourself or your loved one to the joys of the outdoors and warmer temperatures.**

by LISA M. PETSCHÉ

**M**any people consider summer to be a time of living and being relatively carefree. The mild temperatures and increased daylight have a positive effect on our moods and allow more time for outdoor activities. We dress lighter, driving conditions are better and often-times we go on vacation, experiencing a change of scenery and peace.

If you are caring for someone with a chronic illness, it may not be possible to completely kick back. However, there are many things you can do, together with your loved one, to enjoy summer's many pleasures.

Even if you are not a caregiver, the following ideas are worth checking out.

### Refresh the décor

Decorating to reflect the season can

help put you in a lighter frame of mind. Here is how to do it:

- Bring in flowers from your garden and display them around your home.
- Accessorize indoors with light, bright colors. Room accents can take the form of cushion covers, tablecloths, placemats or a mantel scarf, for instance.
- For color inspiration, think summer flowers and tropical fruits. Do not overlook white, which gives a crisp, fresh look. For patterns, try florals andingham checks.
- Choose ocean blues and greens for a psychological cooling effect.
- Marine themes are always popular at this time of year. Bring out that collection of seashells and display them in a bowl.
- Summer is a good time to be whimsical, so have some fun with decorating.

### Make the outdoors great

Here are some ideas for creating a welcoming outdoor space:

- Set up a bird feeder, install a pond or other water feature, or create a butterfly garden so you can enjoy the sights and sounds of Nature in your own backyard.
- Get a set of patio furniture. Include an umbrella to shade you from the hot summer sun. If you already own outdoor furniture, replace worn chair pads for a new look (and to increase seating comfort).
- Buy some colorful acrylic dishes for outdoor meals.
- String miniature white lights around

the porch, deck or backyard fence.

### Indulge a little

Summer is a good time to treat yourself. Why not:

- Buy toiletries in a favorite summer scent, such as lily of the valley or peach.
- Grill your favorite meats and vegetables. Try some new marinades or salad dressings, for variety.
- Stock up on refreshing drinks, such as lemonade and iced tea, or the necessary ingredients to make your own, if you prefer.
- Buy a box of favorite ice cream treats the next time you are at the grocery store. Or head out to the local dairy parlor for an ice cream cone, sundae, milkshake or float.
- Purchase something seasonal to enjoy. For example, wind chimes, a hanging plant, decorative flowerpots, solar garden accents, and attractive privacy trellis or a lounge chair and side table.
- An addition to your summertime wardrobe is another great idea. Shop by mail order if it is hard to get out to the mall.
- Invest in some satiny smooth bed sheets.
- Buy votive candles in floral or fruit scents and place them in decorative holders.
- If you do not have central air conditioning, get a window air conditioner or oscillating fan for the room(s) you use most. Keeping cool will help to prevent

irritability.

### Ideas for activities

Here are just a few activities you might pursue this summer:

- Look through photo albums or watch home movies from summers past.
- Have a picnic in your backyard or a nearby park.
- Go for a stroll around the neighborhood.
- Plan an outing to a cultural or sporting event, such as a baseball game, summer arts festival or outdoor concert. If your relative uses a wheelchair, investigate accessible taxi options or register him or her with the local accessible transportation service.
- Go to a park or other outdoor public space and people-watch.
- Go to the local farmer's market and marvel at the offerings. Pick up a variety of fresh fruits and vegetables, as well as favorite meats, cheeses and baked goods.
- Take a drive in the country.

And remember; do not automatically pass up an opportunity for a vacation. Even if your relative relies on a wheelchair to get around, travel may still be possible with some research and planning to ensure his or her needs are met during every stage of the trip.

\*\*\*\*\*

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



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# Let us entertain you

by **CLAIRE HOUSER DODD**

*It's what you learn after you know it all that counts.*

John Wooden

**T**he calendar says summer is not here yet as we write this column. We say, "It has been here for almost a month. Ninety degrees and above... that's Georgia Summer.

Fortunately, we're not one of those who said during the coldest days of winter, "We are certainly not going to complain about the heat this summer." We said, "We're not going to complain about the cold, but we're for sure going to complain long and loud about the heat!" And, we've already started, and summer's not here yet!

One more thing, What about the BUG PROMISE people were making last winter. It went something like this... "Well, with all this prolonged cold weather the insects will be kilt-off and we'll have a bugless summer." Our comment, "Ha!"

We had the grand for the first week after school was out. Lots of fun! Ball playing, picnics, park going, cooking in, eating out, cleaning up, messing up... etc. One of the interesting things was when Matthew found a large spool of wool yarn. (So old we have no recollection of its use). Thank heavens for old. It breaks easily. Everything in the house was tied and laced to everything else in the house. As we sit at our desk, we see that it is tied to the chair and the waste basket by this white wool yarn. All the door knobs are wrapped and the living room looks as though a large spider was weaving this web. Even the cover of the cake platter is now woolly white. Is this genius of some sort, or a concentrated effort to stave off boredom?

The Georgia Peach Festival was a really big hit this year, but we're glad its over. We can get our daughter back into the real world. The last night of the event was the best as Fort Valley had the Grains of Sand playing next door to our courthouse on our very own Peach Beach. The music was the best we've ever heard. They sang and played every song we've loved forever, folks danced and sang and the kids had a ball playing in the sand.

Fort Valley has a new Downtown Grill and Pat Cecil and I were going down to lunch when we spied the Michelle Nunn van from Fulton County. We knew it couldn't be her mother because she'd have a Houston County tag - so - we went in to investigate. Sure nuff, Michelle herself was there and speaking in a back room. We assumed it was by invitation only and told them we weren't invited, just want-

ed to speak to her because we were kin. The big guy at the door said, "Well come on in Cuz!" We're very glad we did; we got to hear first hand from Michelle's excellent voice and diction just how she felt about all the main subjects and all our main concerns.

We loved it when she declared that she thought friends getting together and talking and getting things done was the way to go and maybe we didn't even need Washington. We also loved her comments on politicians giving money away to places we never heard of and in our mind, and thought, "certainly can't spell." She expanded on education and getting the children to learn to love learning. Wouldn't that make it all easier and much more pleasant?! The last comment made by the old school teacher in me! I always tried to make learning fun. Although had some opposition to my way of thinking by an old maid type school teacher at Mercer. (We didn't agree on anything!)

Back to Michelle Nunn. Wouldn't it be nice to have a Middle Georgia Senator who speaks our language, will certainly be on top of keeping Robins AFB open, seems to be extremely interested in our health care reinforced, and a female to boot! It's about time to give the ladies a chance. How nice to have a well known country girl campaign here in Fort Valley.

We had a fine time last week in Macon at a Rock Candy Musical walking tour of approximately nine blocks. It was history and nostalgia revisited, and a fun time to boot!

Bobby Whaley of the Edward Jones office in Macon invited us to rock, roll and stroll through Macon's legendary and notorious music history. We saw our first music celebrity, Sydney Lanier's law office, hangouts and favorite haunts of Otis Redding, Little Richard, the Allman Brothers, James Brown and many others, plus the haunts of their promoters, Phil and Allen Walden and their London counterparts in the Alley. This is how and where a lot of rhythm and blues, southern rock, new wave punk, and even the music business of today got its start. It's a fascinating tour presented in the most fun way by Ruth Sykes. Go see!

June was the month chocked full of events, but there is one on July 26th we'd like to see, Chief Vann House Days. It's the historic plantation home of Cherokee Indian owner James Vann and demonstration of 1800's skills such as blacksmithing, soap making, weaving and spinning. It is open from 10am-4pm with a fee of \$4-6. Call 706-695-2598 for more info.

Les Miserables is being presented by Theatre Macon at The Grand Opera House on July 11-19. It is that grand old story of 19th century France, and the

heartache of Jean Valjean after his release from 19 years of unjust imprisonment and his relentless pursuit by police inspector Javert. This classic book by Victor Hugo, made into a musical by Alain Boublil and Claude-Michel Schonberg, and brought to life on stage by our very own Jim Crisp who makes

every work of art a hit. With the story lies the universal truth, "To love another person is to see the face of God." Call 478-301-5470 for time and tickets.

*Teaching kids to count is fine, but teaching them what counts is best.*

Bob Talbert

## Working Women of WWII

Special to *Senior News*

**A**American Rosie the Riveter Association is trying to locate women who worked on the home front during World War II. Thousands of women worked to support the war effort as riveters, welders, electricians, inspectors in plants, sewing clothing and parachutes for the military, ordnance workers, rolling bandages, clerical, and many other jobs such as volunteer workers collecting scrap metals and other critical materials. These women have stories of their WWII experiences that are of historical value and perhaps have never been told. American Rosie the Riveter Association would like to acknowledge these women with a certificate and have their stories placed in our

Archives.

American Rosie the Riveter Association is a patriotic/non-profit organization whose purpose is to recognize and preserve the history and legacy of working women during WWII. This organization was founded in 1998 by Dr. Frances Carter, Birmingham, Alabama and now has over 4600 members nationwide. Current elected officers from Oregon, Maryland, Georgia, Arizona and Alabama, all serve on a volunteer basis.

If you are a woman (or descendant of a woman) who worked during WWII, or if you are just interested in more information, please call the toll free number 1-888-557-6743 or email: americanrosietheriveter2@yahoo.com. We can also be contacted at American Rosie the Riveter, P. O. Box 188, Kimberly, AL 35091.

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# Senior NEWS

Serving Macon & Central Georgia

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## 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  
\*\*\*\*\*

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### CORPORATE OFFICE

Billy R. Tucker, President/Publisher  
Phone: 478-929-3636  
FAX: 478-929-4258  
E-mail: seniornewsga@cox.net  
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## Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.  
\*\*\*\*\*

### AMERICA by Collane Lisa Caffey

*My native land from which I stand,  
Thou splendid beauty is what I see.  
Of God's favor bestow on thee:  
From the peak majesty mountains,  
To the steep valley below.  
Of the river flowing fountains,  
To the hot red desert bestow.  
The flat plain prairie, the green  
tree forest,  
And the ocean's beaches of sand  
Were all created by God's hand.  
America. Yes, America, God's  
Blessings has rest upon thee –  
And with gratitude I will in return,  
Serve God as I serve humanity.*

Book: *Seasons of My Life  
Inspirational Poetry - 2012*  
Author: Collane Lisa Caffey  
Publisher: AuthorHouse  
\*\*\*\*\*

### THE CHURCH by Gerry Noel

*When I was young... I read the Bible  
three times  
From the beginning to the end  
Not really understanding  
Reading words I did not comprehend*

*I went through my teens to an adult*

*With questions of thee, thou and  
begets  
Going to all kinds of churches  
Some of which I had lots of regrets*

*So one day my son said "try this  
church"  
A small church in Georgia located  
on Davis Drive  
So a Philly born listener... listening  
to a southern pastor  
Getting past the dialect... I knew I  
had arrived*

*Because he just didn't read out of the  
Bible  
He took the time to explain almost  
every word  
There were explanations of passages  
And verses I had read and heard*

*Now I can at last enjoy going to  
church  
Where a pastor cares about the  
community  
Where parishioners are loving and  
caring  
And where the pastor's words seem  
to give you  
A level of (what I call the devil's  
immunity)  
\*\*\*\*\**

### THE FRIENDSHIP BOOK by Dot A. Jones

*If you've been blessed to live to a  
golden age, your friendship book  
should be filled on each page.*

*Each name written there is a  
memory to treasure that touches a  
heart way beyond measure.*

*Friends you made as a child, come*

*into mind as you scan the years  
from long ago and remember a  
special tie that may bind.*

*As you entered college, then the  
workplace too, certain people gain  
a place in your heart. You've keep  
this special one in your friendship  
book, still cherishing a time and  
place that will never depart.*

*When you grow older and mature in  
God's love, the friends in your  
church family are written on each  
line. You can say the heart is  
filling with these precious friends  
of mine.*

*You have lived to be blessed with  
friends from so many years, you  
can open your book and recall  
each one, as over the name you  
look.*

*Some are still here in your life to  
share, others are in their heavenly  
home, but friendship memories  
never cease and when you open  
the book, you may say, I've not  
much of this world, but greatest of  
all will never decrease.*

*My friends' names written in my  
friendship book will hold a  
treasure in my mind and heart.  
God has given me this love to  
share and impart.*

*It is said you can't take anything  
with you when you go, but friends  
in Christ will be there, so cherish  
the names in your friendship book  
as they travel with you. Always  
have many and hold them dear.  
\*\*\*\*\**

## Spiritual Notes

# "Men, Step Up!"

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

An old Chinese proverb  
says:

*If there is light in the soul,  
there will be beauty in the  
person.  
If there is beauty in the person,  
there will be harmony in the  
house.  
If there is harmony in the house,*

*there will be order in the nation.  
If there is order in the nation,  
there will be peace in the world.*

Harmony in the home is the God-given responsibility of each family member. We have recently celebrated Father's Day and as I reflect on this proverb it reminds me of my role in the family. I encourage all fathers to examine their role as "the Man of the House." Are you the husband, father and grandfather that brings harmony, beauty, love and security to your home?

As men we need to "step up" and take our role in the home seriously. We will miss a swing or two, but many times we will "hit the ball." Our families and nation need a lot of "home runs." Dr. Billy Graham says, "In my judgement, a nation cannot rise higher than its home life. Bitterness, crime, alienation, even way, starts in the

home." We must set the right example for our children, grandchildren, neighbors and our fellow-workers.

As believers, we know that to "be light" we must know "THE Light of the World." This is the beginning of the beauty that leads to harmony that will lead to order, which will lead to peace, peace in the home, and in the world.

It is said that people relate to God, our Heavenly Father, in the same way that we related to our earthly fathers. Fathers, I challenge you to "step up" and examine your role in your home.

At the same time, let us thank God for His example of a loving, giving, caring Father.  
\*\*\*\*\*

*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?

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*On the Cover*

# AC4DC... A Celebration for David Carter!

by JANE WINSTON

**COVER: Major and Mrs. David (Martha) Carter**

A reunion-type event celebrating the life of MAJOR/MAYOR David Carter is on the horizon. July 25-27 has been set aside to honor the MAJOR who was instrumental in the ROTC program at Lanier/Central High School and the MAYOR who was instrumental in the Macon Community.

Carter's claim to fame in the Macon area is definitely two-pronged, the first-prong being that in 1962 he was selected to command the largest single JROTC Senior High School in the nation as the Commanding Officer of Lanier High School for boys (1300 cadet students). And Major Carter took

this largest JROTC unit and turned it into the best JROTC unit in the nation. He did numerable wonderful things while at Lanier... too many to include in this article... but one of his favorite accomplishments comes from his establishing the first competition of drill teams among schools in Georgia; he became the "Father" of Southeast Drill Meets. Carter's team, Lanier High and Macon, GA became well-known nationwide for winning seven first place National titles in Precision Drill (Golden Boots). In 1990 when Major Carter retired, the Bibb County Board of Education honored him by naming the Lanier/Central Drill Field for him and erecting a monument in his honor.

But, even more importantly, Major Carter had a considerable influence on many young men while at Lanier/Central High.

Among his former students are Mr. Doublespeak, Durwood Fincher; space shuttle astronaut, Sonny Carter; Blake Carter, George Israel, Frank Kelly, the Carter's family dentist, doctor, preacher and the list goes on and on. And it is these folks who will gather to celebrate David's life as a military officer and community servant.

Carter had a rewarding 21-year Army career prior to coming to Macon. He joined the Army right out of high school. He studied at Seoul University and eventually got his degree, became an officer and ultimately worked at Headquarters Tokyo, Japan under General MacArthur. One of his greatest achievements... of which he is extremely proud... happened in 1959 when he was selected by the Commanding General, First Infantry Division (Big Red One), as the Commanding Officer and President of the Coveted Expert Infantry Badge Competition where only six officers completed the military skill requirements.

The second-prong of recognition for David Carter comes from his involvement in the Macon Community. In 1995 he filled the Mayoral spot for one year when the elected Mayor, Tommy Olmstead, resigned to take a state-appointed position. David



Monument at the Lanier/Central Drill Field

served as an elected official in Macon for 18 years and was City Council President for seven years and Appropriations Chairman for eight years. He has been a member of nearly every philanthropic organization in the local area and as a result has been instrumental in helping Macon, GA grow through the years.

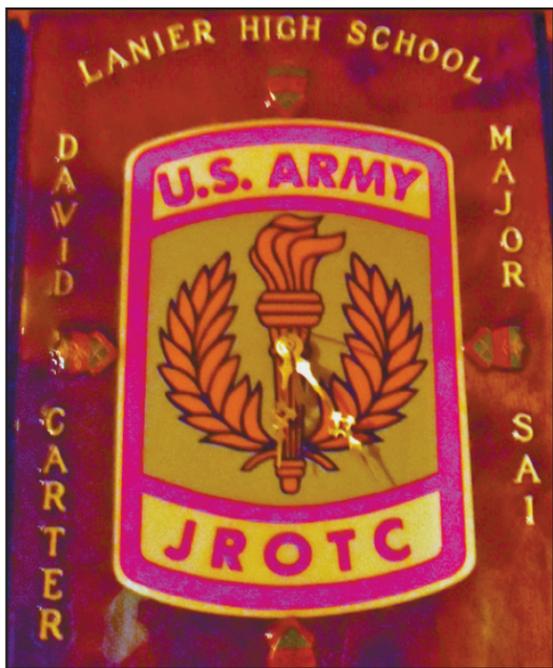
His wife, Martha, has also made her mark in the Macon community by her leadership and work through her charitable endeavors.

Senior News thanks the military community of Macon for taking time out to honor a very deserving Major/Mayor Carter!!! For information on the event, please email [ac4dc2014@gmail.com](mailto:ac4dc2014@gmail.com).  
\*\*\*\*\*

Jane Winston is a free-lance writer in the local area. Know of an article/feature you'd like her to write? Contact her at 478-542-1642 or [jwins1939@gmail.com](mailto:jwins1939@gmail.com).



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# Macon/Central Georgia CALENDAR

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For additional *Opportunities* listings, please visit our website at: [seniornewsga.com](http://seniornewsga.com).

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"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.

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### Medical Center of Central Georgia - Partners In Health Classes

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- Heartworks**  
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478-633-9090
- Central Georgia Rehabilitation Hospital**  
3351 Northside Drive  
478-201-6500
- Implantable Cardioverter Defibrillator (ICD) Support Group: 478-633-7157
  - Empower Seniors Fall Risk Assessment: 478-757-7817
  - Stroke Support Group: 478-201-6500
  - Smoking Cessation: 478-633-9090
  - CPR Classes: 478-474-3348
  - Spinal Cord Injury Support Group: 478-201-6500
  - Brain Injury Support Group: 478-201-6500
  - Parkinson's Disease Support Group: 2:30-3:30 p.m., 478-743-7092, ext. 254
  - Parkinson's Disease Caregivers Support Group: 478-743-7092, ext. 254

- Crohns and Colitis Support Group: 3rd Sun., 3 p.m., 478-737-8788 or [kjhague@cox.net](mailto:kjhague@cox.net)
  - Community Seminar for Arthritis, Knee & Hip Pain: 478-633-1865
  - Central Georgia Autism Support Group: For information call 478-633-8088
  - Pine Point Adult Grief Support Group: 478-633-5615
  - Lymphedema Therapy: Ask physician to call 478-201-6748 for referral.
- Cancer Life Center**  
Information and Reservations: 478-633-8537;  
[www.cancerlifecenter.org](http://www.cancerlifecenter.org)
- The Pink Alliance: 478-633-8537
  - The Pink Alliance HoPe Chapter: 478-719-8528
  - Look Good, Feel Better: 478-633-8537
  - Prostate Cancer 101: 478-633-8537
  - Man-to-Man Support Group: 478-633-6349
  - Chemotherapy Orientation Classes: 478-633-8537
  - Cancer WellFit: 12-week oncology recovery program. 478-757-7847
  - Genetic Counseling: 478-633-6270
  - Cancer Clinical Trials: 478-633-1738 or [www.mccgclinicaltrials.org](http://www.mccgclinicaltrials.org).

**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
  - 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.

\*\*\*\*\*

### Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If

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.



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Warner Robins, GA 31095-8389

# General Business Directory For Seniors

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## CALENDAR

from page 6

you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

\*\*\*\*\*

### Macon-Bibb County Parks & Recreation Department Senior Center

1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478-751-9238; Daily activities 9:00-2:00

- Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry Wright at 478-751-2796.
- Choir - "Band of Angels:" Practice Mondays at 10 a.m. Call Brenda at 478-751-2790
- Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.
- More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238
- Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790
- Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238
- Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.

\*\*\*\*\*

### Warner Robins 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.
- MGAA 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.

\*\*\*\*\*

### 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.

\*\*\*\*\*

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.

\*\*\*\*\*

## 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**

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# General Business Directory For Seniors

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Home Inspector  
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 OR CSRA: 706.790.5350

To find a location near you, visit  
[www.goodwillworks.org](http://www.goodwillworks.org)

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# “Oldies but Goodies!”

by CLAIRE HOUSER-DODD

Not exactly the NBA, but just as dedicated, this group of 50+ basketball players started in Ohio, but Scott Cutler, now 86 years young started his Senior basketball experience in 1991 in Syracuse, NY. Although having played the game since childhood, there is no lack of enthusiasm. He is the team’s organizer and captain, the glue that holds the boys together. Scott spends a ton of time recruiting, arranging practices and contacting players for games.

They play the National Tournament which is held every two years; and, they always play together as a group. Scott, who spends a ton of time recruiting, is now 86 years young and says they have to qualify every year. Scott has been qualifying since 1993 when the “Oldies but Goodies” won the first Gold Medal for his team. Since that time he has played in 17 states plus the International games in the Bahamas where they won the gold again. He and his players were 65 at that time. Scott says: “That was 20 years ago and it doesn’t seem possible.”

Having just returned from a big game in Westerville, OH on June 19th, followed by a drive back home to Byron, Scott and the team return for another game on the 28th. This is a “state qualifier.” It qualifies you for the National Games which be held in July of 2015 in Minneapolis, MN.

Although suffering from arthritis,

Parkinson’s, bursitis, fibromyalgia, twenty one operations, six on his right shoulder, and five on his right knee, a hip replacement and shoulder replacement, Scott only says; “Guys get hurt, they get sick, ‘we kind of look like the walking wounded,’ but when the whistle blows...”

Some of these sturdy seniors played basketball as children, in high school and some in college. Some were actually NBA Stars, others never played beyond pick-up games. Several years ago; Johnny Kline was known as “Jumping Johnny Kline,” when he played with the Harlem Globe Trotters in the 50’s. Kline said of Scott; “He is the glue, he’s the one who keeps everybody together, he can hardly move, but he has more passion for the game than anyone out there!”

A reporter, Bill Lubinger of The Plain Dealer of Cleveland, OH, noticed Mr. Cutler pull into a handicapped spot in front of the Euclid Sports Plant on a crisp Sunday morning just before a game. Lubinger noted that Cutler limped badly, his left arm shakes from the Parkinson’s and his right arm hangs like Spanish moss. Mr. Cutler then pulls from his trunk a black bag of braces, bandages, jerseys, a basketball and a pair of black & white Air Jordan’s, then turns and says to Bill Lubinger; “Lots of miles in ‘em, just like the ‘Oldies but Goodies.’”

At age 70, Scott returned to school and became a nursing assistant. He says; “I take care of the old folks.”

Though retired now and living in Byron with his daughter, Michelle Cutler Ervin, he still retains his passion for basketball. He still leads the



Scott Cutler, (second from left, front row), and the “Oldies but Goodies”

team and looks forward to all of their trips and to the games. Most of the players are from Greater Cleveland, Toledo, and Michigan... the teams do cross state lines because the pool of players is limited.

The Seniors play a half-court game with three on three, the games are two 12-minute halves with a running clock, except for the last two minutes of each half when the clock stop for fouls and out-of-bounds calls. After a loose game of pick-ups, the oldies will normally run set plays.

Common comments often hear on the court: “Time out, I almost lost my dentures.” As one player dribbles, runs and trips and falls, another player calls

out; “First down!” These guys know how to have fun and prolong their passion for the game.

This is amazing... perhaps not NBA amazing... but perhaps more like “Amazing Grace,” amazing. Cutler says: “Please Lord, let me be able to slip on another pair of Nike’s as long as I can. One day I will quit when I’m ninety!”

Good luck and good playing to Scott Cutler, our 86 year old star basketball player from Byron, GA!

## Georgia Writers Museum Creative Writing Contest

Deadline for submission: August 15, 2014

Special to Senior News

Entries shall be original, unpublished literary works in the genre of a short story, flash prose/creative fiction, essay, biography or memoir. No poetry will be accepted.

Entries must be in English, titled and limited to 750 words. Font size 12, Times New Roman, and double spacing are preferred for ease of reading.

Mail a typed copy of the entry, a submission form and check for entry fee to: Georgia Writers Museum Contest, P.O. Box 3429; Eatonton, GA 31024.

When submission is received, you will be contacted via email with instructions on submitting an electronic copy for judges.

Entry fee is \$20 per submission. Limit three entries per author

The author agrees to give the Georgia Writers Museum permission to publish their entry for the purposes of publicity, marketing and promotion without regard to copyright infringement.

First Prize: \$125; Second Prize: \$75; Third Prize: \$50; Honorable Mention: Ribbon

An Awards Reception will be held for writers and guests at the Georgia Writers Museum on Friday, October 10, 2014.

For a submission form and more detailed information e-mail susanlarson79@gmail.com.

## Georgia Golden Olympics

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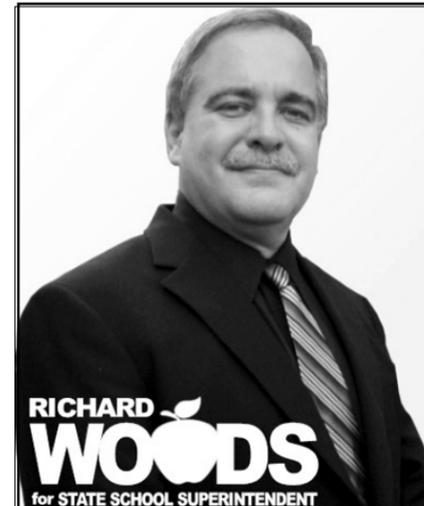
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- Department Chairperson
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### Administration Experience

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- Principal
- K-5 Curriculum Director
- Home School Director

### Business Experience

- Small Business Owner
- Purchasing agent for domestic and international laser company