

Senior News

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Dolly Taylor...

Walk, Run, Pray!!!

Story on page 6

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Taking Care

Have a plan in place for medical emergencies... being prepared can help reduce stress

by LISA M. PETSCHE

Chances are good that the relative you care for will require medical attention at some point, especially if he or she has chronic health conditions. Trips to the Emergency Department are stressful at best, and can also be frightening in some cases.

Fortunately there are numerous ways you can prepare for a medical crisis. Then, should one arise, you will be ready to assist your relative and the hospital staff and manage your stress in the process.

At home – advance planning

- Maintain a log of your relative's medical diagnoses, medications, specialists consulted and hospitalizations.
- Be ready with the following paperwork to bring to the hospital: a list of current medications, including the dosage; health insurance information; and a copy of your relative's advance directives or living will and power of attorney.
- Prepare a list of relatives and

friends who should be notified in an emergency. Regularly review information to ensure it is up to date.

- Keep the above information organized in a file folder or binder. Store it in an easily accessible place and bring it to any hospital visits.

- Get a cell phone if you do not have one, and become comfortable with its basic features.

- Prepare an emergency kit of essential items to bring to the hospital. You may wish to include: a notebook and pen for jotting down questions and recording information provided to you and your relative; a change purse with coins and small bills for parking, payphones and vending machines; a spare cell phone charger and a phone card with extra minutes, if applicable; reading material and a spare pair of reading glasses; and, non-perishable snacks.

Attach a note reminding you to bring your relative's medical file and medications.

- Keep cell phones charged so they are ready to use in a crisis.

At the hospital

- Let staff know if your relative has hearing or vision impairment, language impairment from a stroke or dementia, or a limited command of English. In the latter case, arrange for someone you know to provide

interpretation.

- Be prepared to share your relative's health symptoms and medical history multiple times, with a variety of healthcare professionals, and exercise patience.

- Give your full attention when medical professionals are speaking. Do not interrupt unless you need to correct information. They will ask questions as they feel the need. Ensure before they leave that you are clear about findings and next steps.

- Keep the volume of your voice as low as possible during conversations, for privacy reasons and because others may be trying to rest. Keep in mind, too, that even if your relative is relatively stable or becomes stabilized, surrounding patients may be in serious medical condition.

Coping tips

The following are some suggestions to help you through this unsettling time.

- Initially take things an hour at a time so you do not get overwhelmed.

- Call, or ask staff to call, a supportive person in your social network, especially if you do not cope well with crisis. If no one is available, ask for a visit from the staff social worker or chaplain.

- If you anticipate significant wait-

ing periods, purchase a newspaper or magazine from the hospital gift shop. Or, if you own a personal music player, arrange for someone to deliver it to help you pass the time and manage stress.

- Make it easy to keep others informed by identifying a key contact person who can fan out updates from you.

- Encourage your relative (if able) and close family members to share in decision making. Do not necessarily shoulder all of the responsibility.

- Look after yourself. Step away from your relative's bedside periodically to stretch your legs, and get nourishment at regular intervals. If you are expecting a prolonged stay for your relative, arrange for family members or friends to spell you off so you can go home to rest and freshen up.

- If you do not feel prepared when your relative is being discharged, ask to speak with a social worker. He or she can discuss options and share information about community supports.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior concerns. She has personal experience with elder care.



Lisa Petsche

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At a Loss for Words

by SUSAN LARSON

When I taught ESOL to adults, I always assigned a writing sample the first night to see if I should advance them to a higher class. It was not a well-liked assignment. Pavel, an Eastern European refugee, was the only one who didn't protest.

When I read Pavel's essay, I said, "This is beautiful. You need to move up to the next level."

He protested.

"No." I insisted, "You are using all the grammar I will be teaching. You will be bored here."

"Please let me stay," he pleaded. "In my country I was a writer. I know grammar but I have no words. Why should I work to learn new grammar that I cannot use without words? Here I can relax and learn new words as you speak."

"If words are what you want, I can give you words," I said reaching for a resource book with categorized word lists.

"Take this for one week. It's legal to copy anything in this book. You can have as many words as you can afford to copy."

His eyes and mouth opened in awe. "I can keep these words for a week?"

"For a week I can live without them. Copy them and they're yours forever," I said.

A few weeks later Pavel came

up to me during break with a dead scorpion on a pin. Since he came from the same part of the world as Count Dracula, as did all four of my grandparents, I thought maybe this was some bizarre Bohemian gesture.

"See this?" he said. "I discovered this clearing ground at work. I work in construction. I never saw such a creature before. It is so exotic. It is so intriguing. It is so fascinating. It causes me to marvel at all the exquisite things I can someday write about. But it makes me sad for the moment. At work there are no people with whom I can share such thoughts. I wish to practice my words, but I can only practice with you. That is why I am so grateful you did not make me advance to the next level. Now I can practice my new words silently in my mind all day and share them with you at night. Thank you for these words."

With that he pinned the scorpion to the cork strip above the chalkboard. Though no words were spoken, I knew he wanted me to keep it.

I hope Pavel now works among people with whom he can speak of such things as scorpions. I hope he's even writing about them.

As for me, I can write about almost anything. But scorpions? They leave me at a loss for words.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

Let us entertain you

by CLAIRE HOUSER DODD

Habit is habit and is not to be flung out the window by any man, but coaxed downstairs a step at the time.

Mark Twain

Just let us have a wonderful invitation to go out of town with a lovely group and we miss something great happening in the Valley. The weekend before last while we were enjoying Jekyll; "Wheels In the Valley," was the big happening event at Wildcat Stadium parking lot on the campus of Fort Valley State University. Cars, trucks, and motorcycles of all colors, makes and models were on display for all to view. As everybody who knows us knows that we are car crazy! It doesn't stop there, we have many cousins, in-laws, and out-laws that also suffer the same malady. There is no vaccination for this affliction, one must suffer through. Course now we don't realize that we are suffering, we're just enjoying. Sure do wish had been able to attend this show headed up by Wallace Keese, Dean of Students at Fort Valley State University, but when the beach beckons, we respond. Proceeds from this extravaganza went to benefit the Boys & Girls Clubs of Georgia Heartlands and Fort Valley State University's University System of Georgia's scholarship fund.

Thank goodness we were in town two weekends ago, family friend Luwana Walton and I joined up with a bunch of friends from Fort Valley, Warner Robins and Macon to attend the Forsyth "Summer on the Square Concert" featuring the very-talented group of performers known as "The Has Beens." These FREE Concerts take place on the Historic Monroe County Courthouse Square at Jackson Street. These concerts are sponsored by the City of Forsyth, Forsyth Main Street and many fine businesses sponsors. Again free and fun! Former Fort Valley resident, Loraine Khoury is in charge of these events along with the Forsyth Main Street Board. Tip Top Music Productions and Entertainment is charged with the responsibility of booking all the great acts doing the logistical work that is required to put on these great outdoor concerts open to the general public.

"The Has Beens" are made up of four of the original members of the famed Capricorn recording artist, Stillwater from Warner Robins, GA/Kathleen, GA and one original member of the Doc Holliday Band. Every foot was happy and kept tapping in unison to the many great Southern Rock and Rock 'n' Roll Classics performed by the group. Even voices were heard singing each lyric of each song performed by the group as evidenced

by Sandee Davis Khoury of Byron who seemed to know every song that was about to be played, even after just one note or chord was struck. Members of the "Has Beens" are; Mike Causey (Stillwater member) lead guitar & vocals, Al Scarborough (Stillwater member) bass & vocals, Rob Walker (Stillwater member), lead guitar & vocals, Sebie Lacey (Stillwater member) drums & vocals and Eddie Stone (Doc Holliday member), keyboards, acoustic guitar & vocals. Son-in-law, Mike Griffin a.k.a. "Griff" maintains that the band needs to change the name of the band from the "Has Beens" to "Still Good." Thanks guys for a great night of entertainment! I encourage you to attend the up and coming concerts in June, August and September, the "ultimate party band," "A2Z" will be performing on June 28 and Middle Georgia's Best Party Band, "Grapevine" will be the entertainment on August 2, the final Forsyth Summer on the Square Concert will take place on September 6 featuring the "Fabulous Boomers," another great party and dance band.

While we are on the subject of music, let us not forget the entertainment that will be presented this year for the 28th Annual Georgia Peach Festival. On Saturday, June 07, The Wall one of Middle Georgia's BEST Southern Rock and Rock 'n' Roll Classics bands will perform beginning at 8:00 p.m. Food vendors and crafts along with a Kid's Zone for all ages will open at 6:00 p.m. The fantastic 3D Fireworks display will begin at approximately 9:45 p.m. 3D glasses will be given out as long as the supply lasts. My suggestion is that you get there early, stake out your spot with your blanket or beach chair and be ready for a fun-filled night of great entertainment.

The following week on Saturday, June 14 the Georgia Peach Festival entertainment continues to Fort Valley with entertainment by a group called The Grains of Sand from Athens, GA. This eight piece versatile group consists of three former members of the famed 1960's group, The Jesters. The Grains of Sand are steeped in Beach Music, R&B, Motown, Soul Music and a sprinkling of 50's & 60's music. They are guaranteed to get you up and dancing to their music. This free concert will take place in the Peach County Courthouse parking lot also known as the "Peach Beach." Once again I urge you to get there early stake out your spot for another fun-filled night of great entertainment by the talented Grains of Sand. The great pre-concert music begins at 7:00 p.m., followed by the Grains of Sand at 8:00 p.m. An encore presentation of the 3D Fireworks display will take place at approximately 9:45 p.m. 3D glasses will be given out as long as the supply lasts. For

more details on the 28th Annual Georgia Peach Festival, please refer to their website; www.gapeachfestival.com or call their office at 478-825-4002.

The Middle Georgia Camellia Society's Annual Auction & Picnic and end of the year party was held at the home of Connie & Frank Freshwater in Fort Valley. Everyone brought delicious refreshments and the auction was especially abundant. One couple, from Thomaston, Tommy & Frances Mixon brought

the most beautiful New Guinea Impatiens for us to auction as we were planters. Tommy is a landscape artist.

Among other beautiful items we won at the auction was a picture of the old Macon Hospital where Dr. Dodd did his residency. A really lovely picture and one that we'll treasure.

Nothing so needs reforming as other people's habits.

Mark Twain

Georgia's 30-mile trail system celebrates completion

Special to Senior News

A collaboration of the Arabia Mountain National Heritage Alliance (AMNHA) and the Rockdale County Parks and Recreation Commission (RCPRC) presents "Try the Trails." This is an inaugural event marking the formal opening of the completed 30-mile trail system that makes up the Arabia Mountain National Heritage Area. The AMNHA and RCPRC will host this long-awaited celebration on June 14 beginning at 8:00 a.m.

The "Rockdale River Trail" leading to the Monastery is the most

recent completed section and is open to bikers, hikers and walkers. Be sure to follow AMNHA on Facebook for the latest updates!

This breathtaking project was made possible by the hard work of the PATH Foundation and many partner organizations within the AMNHA. The partners involved in the entire project include: The City of Lithonia, DeKalb County, Georgia DOT, Georgia State Parks, The Mall at Stonecrest, The Monastery of the Holy Spirit, and Rockdale County. This event marks the culmination of the 30-mile trail system that required years of coordinated effort. Info: www.trappist.net.

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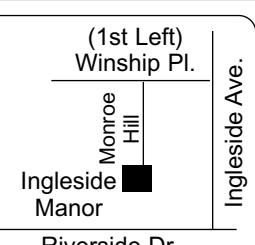


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Poets' Corner

FATHER'S DAY by Frankie Lee

*What makes a Father special
Is not what he gives to you
But the time you spend together
In special things you do.*

*It's time when you are sick
And he touches your head
With his hand
It's the time you won the race
And he told you "Yes you can"*

*It's the hugs that are the greatest gift
That you treasure the most
It's the love he has for you
In his voice when he talks of you and
boasts*

*It's that special look he gives you
That makes you feel so good
Knowing that he watches over you
Because he wants to, not because he
should*

*Being a Father is a gift
It comes from our Father above
It makes a person become so special
Because his heart has love*

*And when he gives it to his child
He becomes much more than a man
Because he has that special power
To make that child be all it can*

*What makes a Father special?
It's not what he gives to you
But the time you spend together
In special things you do.*

RECAPITULATION 50 by Tom Garman

Written for a 50th high school reunion in July 1995.

*I offer you my hand
because our friendship is one
that has endured for near a life
time.*

*I offer you my words
for there is much for us to share
of love and joy and hurts and loss.*

*I offer you my memories
of times when we were young and
strong, when all our skies were
blue and we feared nothing.*

*I offer you my thanks
for times you never knew
you helped me with a smile or
words.*

*I offer you my prayers
for there may be trials and sorrows
on ahead,
but prayers can somehow change
them into joy!*

GRIEF

by Doris Highsmith Charnock

*Grief said, "Once again, I have you
in my grip."
Christ said, "Once again, I will
release you."*

*Grief said, "I will give you sleepless
nights."
Christ said, "Talk to me, and I will
comfort you."*

*Grief said, "I will make you cry."
Christ said, "I will dry your tears."*

*Grief said, "I will make you get
angry."
Christ said, "I will calm you."*

Grief said, "I will make you act

irrational."
Christ said, "I will bring you back in
focus."

*Grief said, "I will make you feel
guilty."*
Christ said, "I will forgive you."

*Grief said, "I will give you many
burdens."*
Christ said, "I will lighten your
load."

*Grief said, "I will send people to vex
you."*
Christ said, "I will give you strength
to repel them."

*Grief said, "I will be with you
forever."*
Christ said, "Only while on this
earth."

TRANSITION

by Henry Newton Goldman

*Lord, let me not fear the death
That I know is imminent some day.
Just hold my hand and walk with me,
As you guide me along that way.*

*I know there may be pain to bear,
But help me suffer it through,
Until I rest in your kind arms,
And start new life with you.*

*Give me a mind that's clear to
the end,
Before my final rest.
Keep my eyes open to see 'til I sleep,
All those with me you have blessed.*

*I know that I can bear it best,
While your comforting arms enfold.
Oh, let me not turn loose your hand,
Until in heaven your face I behold.*

Spiritual Notes

A Mother's Love

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Mother's Day has passed but it is never too late to say THANK YOU to those women who have served in this role with distinction. There were many deserved celebrations on May 11 as families demonstrated their love and affection to a mother, grandmother or wife.

Missed your copy of Senior News?
It's Still Available...
...“ON THE WEB”
Just visit us at
www.seniornewsga.com
and click on “ARCHIVES”

This is a belated recognition of appreciation to all mothers.

As a senior adult I have participated in many events surrounding Mother's Day and never turned to a dictionary for a definition of mother. What I found sums up the various attributes of motherhood, as I observed in my mother. Qualities attributed to a mother were; creative source, position of authority, capacity to love, watches over, nourish and protect. These are things we learned "at our mother's knee."

Mothers play a major role in the spiritual development of their children. A mother spends more hours with her child during formative years of their life than the father. Bovee wrote: "A mother's love is indeed the golden link that binds youth to age: and he is still a child, however, time may have furrowed his cheek or silvered his brown, who can yet call,

with a softened heart, the fond devotion, or gentle chiding of the best friend that God ever gives us?"

In the book of Proverbs, Chapter 31: 30-30, we read, "Charm is deceitful and beauty is passing, but a woman who reveres the Lord will be praised. Acknowledging the product of her hands; let her works praise her in the gates." David McKay observes that "If I were asked to name the world's greatest need, I would unhesitatingly say wise mother; and exemplary fathers."

Mothers, we need you, love you, and thank you for your devotion to God and family. May God continue to bless you in the days ahead!!!

Dr. Baggett can be reached at
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Vernon Road, Atlanta, GA 30338;
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Seven simple ways to avoid unwanted telephone calls and mailings

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

We all react differently to marketing approaches, especially those that are delivered right to our homes. What some may consider convenient others may view as invasions of privacy. For instance, the ads we see online are often based on our internet browsing activity or purchase history. While some people enjoy receiving catalogs and pre-approved credit card offers others consider these offers a nuisance. Most people are annoyed by overly persistent telemarketers. Many of these unsolicited offers can be avoided. The BBB, Federal Trade Commission (FTC) and other agencies offer seven simple ways to help you protect your privacy both online and off, avoid unwanted calls and secure your identity.

Get Off Mailing Lists

The Direct Marketing Association (DMA) allows you to remove your address from mailing lists which send marketing materials based on your past purchases and interests (e.g. magazine offers). Keep the mail you want, block materials you're not interested in. www.dma-choice.org.

Opt-out of Online Behavioral Advertising

Some online ads are customized as you browse the Web, based on your interests. The Digital Advertising Alliance (DAA) consumer choice page allows you to opt-out of receiving ads from participating ad networks. <http://www.aboutads.info/choices/>

Stop Preapproved Credit Card Offers - You have the right to opt-out of being included on lists companies use to mail you credit card and insurance offers. The BBB is aware that you will be asked for your SSN. This is a secure site which BBB employees themselves have used. www.optoutprescreen.com.

Block Telemarketing Calls

The National Do Not Call Registry helps you to limit the telemarketing calls you receive. Exceptions include polling, surveys and fundraisers from political parties and non-profit organizations. Once you register your phone number, covered telemarketers have up to 31 days to stop calling you. www.donotcall.gov.

Add a Security Freeze

A security freeze locks down your credit reports so criminals can't access your credit to open unauthorized accounts (existing credit accounts are not impacted). In

Georgia there is no fee for senior citizens 65 and older and identity theft victims. All others pay \$3 for each credit reporting agency for a total of \$9 to place, temporarily lift or remove the freeze. South Carolina law prevents residents from being charged any fees to place, temporarily lift or remove the freeze. To be effective, a freeze must be implemented with all three credit reporting agencies. (<http://www.bbb.org/blog/2013/10/how-to-freeze-out-identity-theft>)

Experian: <https://www.experian.com/freeze/center.html>

TransUnion: <https://freeze.transunion.com>

Equifax: <https://www.freeze.equifax.com>

Place a Fraud Alert

A fraud alert is a less drastic measure than a security freeze. An alert flags your credit reports, alerting lenders to verify the identity of anyone attempting to open an account in your name. Fraud alerts are free, but rely on the diligence of the person performing the credit check. Fraud alerts must be reinstated every 90 days in most cases. You only need to contact one credit reporting agency to place an alert – it must notify the others.

Experian: <https://www.experian.com/fraud>

TransUnion: <http://www.transunion.com>

sunion.com/personal-credit-credit-disputes/fraud-alerts.page

Equifax: <https://www.alerts.equifax.com>

Check your Credit Reports

Monitoring your credit reports is key to catching identity theft early. Anyone can request a free copy of your report every 12 months from each of the three credit reporting agencies. Georgia residents get two free copies. Spacing these checks out allows you to monitor your credit throughout the year. www.annual-creditreport.com.

Protecting your identity and privacy can be achieved by arming yourself with the information and resources that are available to us as consumers. For more tips on protecting yourself, visit 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; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.

The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

The Rosie Project, Graeme Simsion, Simon and Schuster, 2013

When my sister-in-law Judy came for a week and clung to a book for much of her visit, I knew she'd found a good one. On her recommendation I ordered my own copy of *The Rosie Project* as soon as she left. Written by Graeme Simsion, the work is a fun and fascinating characterization of Don Tillman, a man with Asperger's Syndrome who decides to find a mate. After deciding who may be suitable, he scientifically designs a questionnaire to eliminate those who are not.

Told from Tillman's perspective, the story is occasionally laugh-out-loud funny, especially when the author startles readers with unexpected and incongruous one-liners. I admit to having read some of these during waiting times in doctors' offices and explaining I was stifling laughter not choking. It's fun when someone suggests a book this good and you not only enjoy a great read but have ideas to share.

Both Judy and I thought the book's portrayal of Asperger's was accurate. "Don Tillman was a classic case but he had a lot to offer," she claims, basing her analysis on her years of public school teaching. "As

a society we're quick to judge who's acceptable. When we don't identify with people because they're not like us, we fail to see their attributes. This also happens politically. We should be open to differences. We're probably all borderline something."

I thought about our discussion and the points Judy made. I thought about how the rich are often prejudiced against the poor and poor prejudiced against the rich; how Democrats feel about Republicans and vice versa. I considered our society's challenges with ethnic differences.

To his credit, Simsion emphasizes the positive aspects of differences in *The Rosie Project*. He writes with insight and compassion as he depicts the struggles and gifts inherent in Tillman's biologically affected personality. He also realistically portrays the personality of Rosie, a woman who suffers from self-imposed limitations and is, at first, rejected by Tillman. Although the ending is somewhat formulaic, I wouldn't have wanted to change it. *The Rosie Project* is uplifting while offering the premise there's hope for everyone and everyone has something to give. This book isn't just an entertaining story... it's a lesson for all of us.

You may contact Anne at annebjones@msn.com.

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On the Cover

Dolly Taylor... Walk, Run, Pray!!!

by JANE WINSTON

COVER Dolly Taylor

Dolly Taylor was born in 1932 and reached her adulthood in Depression-Era Puerto Rico. At age 19, she enrolled in the University of Puerto Rico and remained there until she earned a dreaded "D" in English! The school dismissed her for six months; her parents sent her to the U.S. to study for one year. That decision sent her to Johnson City, Tennessee and Tennessee State

College where she roomed with a teacher and went about making the best of her lonely life in a foreign country away from her very close-knit family.

One day she looked in a mirror at her pitiful self and prayed very hard for a husband... someone to love her and take away the loneliness... and her prayers were answered when Bob Taylor transferred to TSC. They met, dated two weeks and married. And Dolly's life in the United States bloomed and is still blooming at 81 years young!

She no longer prays the same way she once did; she now has conversations with the Lord; in fact, she not only chats with Him, she runs for Him! Yep, she is one of many who run in a myriad of races in the local area with a group known as RFC... Runners for Christ! Her son, Victor, is her biggest fan and trainer; in fact, he runs right along with her... different age group, of course... but in the same races. Dolly holds three Georgia state records in the 3, 6 and 7K. She lacks the record in the 5K and four mile, but son Victor has her out training nearly every day at 6:00



Race for Grace 1st Place over 70 women



Dolly and her son Victor

a.m. She has five 5k races in her sites this summer along with the Georgia Golden Olympics this fall. And if that is not enough, this year between 2/2/14 and 4/26/14, our 81-year young athlete walked 483 miles in the Walk Georgia Program sponsored by the University of Georgia Cooperative Extension.

Dolly loves to cook; I can attest to that. She loves to pray and is often referred to as the "prayer warrior." Her license plate says Prayhoy... translation – Pray Now!!! She loves people; in fact, she has applied to work as a greeter at a nearby WalMart in order to earn a little money to share with others!

Besides son Victor, Dolly has a daughter in Macon who is the mother of Dolly's three grown grandchildren. Her lone grandson just completed his studies at the Vatican and

will emerge as a Priest in the near future. The entire family's buttons are bursting!

And what did I learn from my wonderful visits with Dolly Taylor? "Walk! Use your body. Don't waste time. Exercise your body, spirit and mind. Talk with the Lord; don't pray at him." And on her headstone she wants: "Today is the beginning of a new day; God has given me this day to use as I will."

We of the Senior News staff wish Dolly the best in the coming races. Continue walking, running and praying!

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 jwinston1939@gmail.com.

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A selection of Dolly's medals

2014 Georgia Peach Festival is coming soon with another 3D Bang!

by CLAIRE HOUSER-DODD

This year's 28th Georgia Peach Festival will be bigger and better than ever thanks to loyal sponsorships, hard working board members, working committees, a mayor that reaches out, a council that offers good ideas, and a growing community.

The 2014 sponsors for the festival are; The City of Fort Valley, Peach County Commissioners, Fort Valley Utility Commission, Byron CVB, Fort Valley Main Street, Peach County Regional Chamber, Lane's Southern Orchards, Pearson Farms, SOUTHFIRE Websites & Web Solutions, Captain Jack's Crab Shack in Byron, Badcock Home Furniture & More in Ft. Valley, Tip Top Music Productions, Robin's Federal Credit Union, Flint Energies, Villa Capriccio B&B, Pyrotecnico, Grill Master's BBQ in Perry, Peach Auction Sales, Mid State RV Center in Byron, Blue Bird, Real Estate South & Associates, Jeff Smith Chevy, Ford, & Mitsubishi in Byron, Baby!, Central Georgia Technical College, Bennett Financial, (Ft. Valley, Byron, & Warner Robins), Verizon Wireless in Byron, Fort Valley Arts Alliance, CB&T Bank in Fort Valley, DJ Sonido N-Tenzo, Ga. Bob's BBQ. The festival also thanks their media partners, The Leader Tribune, Com South, Qixie 103.9, Sunny 98.3, New Country 96.5, WIBB 97.9, Q106.3.

This year's board is excited to announce their first Womanless Beauty Pageant to be held on Thursday night June 5th at 7pm. This pageant will be directed by Linda Smith and held at the Austin Theater in downtown Fort Valley. Tickets are only \$10.00 and may be purchased at door or on line at gapeachfestival.com. Come out and see if you recognize any beauty queens from your neighborhood. Also, on Friday June 6th enjoy the annual BAHS Luncheon and play held at First United Methodist Church in Byron at 12 noon in the CFC building. Play is directed by Para Vinson and tickets are \$15.00

and may be purchased at Drug Store Deli and Alan's Alignment in Byron.

On Saturday June 7th come out to North Peach Park at 6 p.m. and bring chairs and coolers. It will be a night of family fun, food, and vendors. Enjoy kid's fun area as well as the festival's amazing 3D Fireworks Show while listening to the sounds of "The Wall." Set up is at 6pm pre-music at 7 p.m. and live concert at 8 p.m.

If you are a biker as in motorcycle, hog, street bike, or Harley, or other you may want to ride in the first Pig Eating-Peach Picking Biker's Ride to the Byron Festival on June 7th. The ride is \$20.00 to be paid at Georgia Bob's on Hwy 96 in Warner Robins at 5 p.m. Proceeds go to Jay's Hope (4 Kids with Cancer) and the Georgia Peach Festival. Participants will hang-out and be fed at Ga. Bob's then ride to Lane's Southern Orchard on Hwy 96 to meet for a treat, and then off to Byron to collect a T-shirt and hear an awesome Southern Rock & Classic Rock 'n' Roll concert by "The Wall." Bring blankets to sit on if chair won't fit on bike.

Tuesday June 10th in Fort Valley enjoy the annual Spaghetti and Jazz Dinner sponsored by the Fort Valley Arts Alliance. Dinner will be served from 5:30-7:30. Tickets are \$10.00 each and can be purchased at the Troutman House. Take-outs available!

Friday June 13th enjoy the sounds of DJ Frank Lopez (Sonido N-Tenzo) at 8 p.m. in downtown Fort Valley at Gazebo. Bring your karaoke voice and dancing shoes. Saturday morning June 14th wake up to the smell of pancakes cooking at the Ft. Valley United Methodist Church as the Kiwanis members begin their long-standing pancake breakfast at 7 a.m. Festival begins at 9am and parade leaves Boys & Girls Club at 10 a.m. For more info on parade and route call Helen Shaw at 825-5613 or 733-4435.

After the parade meet the 2014 Georgia Peach Festival Queens at the gazebo. Then enjoy all day entertainment, arts & crafts, kid's fun, all which will lead up to the afternoon's special complimentary treat, the



World's Largest Peach Cobbler

Georgia Peach Festival's World's Largest Peach Cobbler, sponsored by The Peach Regional Chamber and cooked by Rich Bennett and county co-workers.

Also June 14th bring chairs, coolers, and dancing shoes to the grand finale beginning at the Peach Beach in County Court House parking lot at 8 p.m. to hear the great sounds of "The Grains of Sand" playing R&B, Motown, Beach Music and a sprinkling of 50's & 60's music of your all time favorites. At 9:45 be prepared for an encore

presentation of the 3D Fireworks so have your 3D glasses in hand as the fireworks begin. There is no show like the grand finale show.

The Georgia Peach Festival thanks all who have helped make our community a great place by preserving the honor of this great State event, our own State sanctioned festival (The Food Festival of Georgia), better known as The Georgia Peach Festival. The Georgia Peach Festival Board hopes to see you there! For more info on vendors and times go to www.gapeachfestival.com.



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Participants enjoying the Georgia Peach Festival held annually in Fort Valley and Byron

Young sales crews not always “Charitable”

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

Hello, Ma'am, we're going door-to-door selling chocolate bars/magazines. Our organization was founded to give kids like me summer jobs so we can stay off the streets and avoid gangs and drugs. Can you help us by buying candy for \$5?"

Sound familiar? Every summer crews of children travel to towns across the country peddling magazines, chocolate bars or other goodies. They show up on your doorstep with stories about how you can help them avoid inner city troubles by buying their product. The cause sounds admirable, they appear to be hard-working, so why not help out?

Before making a decision, Better Business Bureaus advise you to consider the following. The National Consumers League (NCL) estimates that 50,000 children nationwide are involved in selling candy and other consumer items door-to-door and on city street corners. The most prevalent

age range is 12 to 16 years old, but some are as young as eight. The children are transported hundreds of miles from their homes, often across state lines.

The organizers of these crews may falsely present themselves as charitable and civic-minded groups. In fact, many are for-profit operations that take advantage of their young and vulnerable "workers." The youths are taught to use high-pressure appeals and basically live out of vans. The promoter, who may be driving an uninsured van with an out-of-state license plate, is likely to keep your "donation." Your money is not passed along to any charity or community group to benefit young people and the children and teens in the sales crews make little to no money in wages.

Employing young children plays on your sympathy; it may also violate state wage and employment laws. Various news media have reported abusive treatment of young sales crews. Minors report having been sexually harassed and physically assaulted; some are left stranded with no means of transportation home. In

addition, the young people are typically expected to work long hours with little rest and it is not uncommon for them to be exposed to illegal drugs and crime. The parents of these children discover too late the dangers to which their children were exposed.

According to a 2012 NCL report, in February 2011, Columbia County Georgia authorities arrested a traveling sales crew of 17 individuals for peddling without a license. Five of the arrestees had criminal records, including one individual on probation for child molestation, another with a conviction for statutory rape, and a third for not registering as a sex offender. Would you want your son or daughter to travel in such company?

The next time a youth sales crew appears on your doorstep, it may not be wise to assume that it represents a local school or youth group. Ask for the name of the organization. If possible, record the license plate of the van or car transporting the children or teenagers. Then contact local law

enforcement to report that a crew of young people is canvassing in your community and to ask if they are familiar with the organization. If the sales crew purports to be operating on behalf of a charity or not-for-profit group, check with your local BBB to determine if the charity is registered to solicit in your state.

For more tips you can trust, visit bbb.org. For more information from the National Consumers League, visit www.nclnet.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; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.

Getting Bugged? Make sure your pest management is handled by a Pro

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

When your pest problem gets too big for a flyswatter, a mousetrap or do-it-yourself spray, it's time to call in a professional service. In 2013, more than 850,000 people turned to Better Business Bureau for information on pest control services.

Take the time needed to select a reputable business, and make sure you're doing business with someone you can trust. The BBB and the National Pest Management Association recommend the following tips for finding a qualified pest management professional:

Check them out. Evaluate pest control professionals and companies that are members of national, state or local associations. Ask friends and neighbors to recommend pest control companies they have used successfully and ask how satisfied they were with the service. Always check out the business' BBB Business Review at bbb.org. Also, remember that the company that buys the most advertising isn't always the best choice.

Always deal with a qualified and licensed pest management company. Ask to see the license or other credentials of the pest control professional that comes to solve your pest problem.

Don't rush. If a sizable amount of money is involved, get bids from several pest management companies. Since you are paying for professional knowledge as well as skillful application of pesticides, look for someone whose judgment you can trust.

Understand before you sign. Before signing a contract, be sure to fully understand the nature of the household pest to be exterminated, the extent of the infestation, and the work necessary to solve the problem. Find out if the pest control company has liability insurance to cover any damages to your house or furnishings during treatment. If a guarantee is given, know what it covers, how long it lasts, what you must do to keep it in force, and what kind of continuing control, prevention and management are necessary. Make sure all promises are listed on the contract.

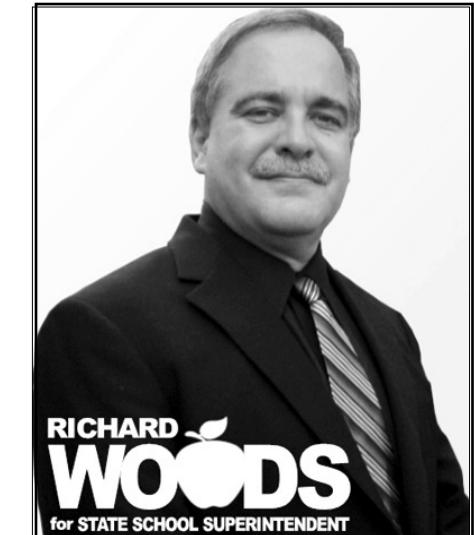
Don't fall for high-pressure sales tactics. Buy value, not price. Beware of companies that offer

bargains that sound too good to be true. Be wary of companies that come to your home uninvited and offer to give your house a free inspection for pests or press you for immediate and/or costly treatments. If the price offered requires an immediate decision, walk away.

Homeowners can also call state pest control regulatory agencies for information regarding the status of pest management companies. In most states the regulatory agency is the State Department of Agriculture.

For more home improvement tips you can trust, visit 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; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.



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- Department Chairperson
- Statewide and regional recognition for teaching strategies

Administration Experience

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

Business Experience

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

Macon/Central Georgia CALENDAR

MACON METRO AREA

Opportunities Directory

Senior News & seniornewsga.com
Opportunities Directory Submission Guidelines: "Opportunities" are provided FREE of charge for certain "truly" nonprofit organizations. In order to provide for an orderly and timely processing of requests, we must receive your materials request by the 15th of the month prior to the desired month of publication. Please email requests to: seniornewsga@cox.net for consideration. All publication requests will be considered; however, it is understood and agreed upon as a requirement of submission that publication determination of each request is reserved entirely as a decision right of the publishers and refusals of publication requests require no explanation. Senior News & seniornewsga.com reserve the right to reject publication of any/all requests at the sole discretion of the publishers.

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

Coliseum Health System

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

Support Groups

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

Northside Hospital, 1st floor conference room. 478-475-1818.

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

H2U Activities

For information call 478-757-6092

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

Medical Center of Central Georgia – Partners In Health Classes

Golden Opportunities

The Wellness Center
3797 Northside Drive, Macon 478-757-7817
Heartworks
389 First St. (Inside the MHC)
478-633-9090
Central Georgia Rehabilitation Hospital
3351 Northside Drive
478-201-6500

- Implantable Cardioverter Defibrillator (ICD) Support Group: 478-633-7157
- Empower Seniors Fall Risk Assessment:

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- Stroke Support Group: 478-201-6500
- Smoking Cessation: 478-633-9090
- CPR Classes: 478-474-3348
- Spinal Cord Injury Support Group: 478-201-6500
- Brain Injury Support Group: 478-201-6500
- Parkinson's Disease Support Group: 2:30-3:30 p.m., 478-743-7092, ext. 254
- Parkinson's Disease Caregivers Support Group: 478-743-7092, ext. 254
- Crohns and Colitis Support Group: 3rd Sun., 3 p.m., 478-737-8788 or kjhague@cox.net
- Community Seminar for Arthritis, Knee & Hip Pain: 478-633-1865
- Central Georgia Autism Support Group: For information call 478-633-8088
- Pine Point Adult Grief Support Group: 478-633-5615
- Lymphedema Therapy: Ask physician to call 478-201-6748 for referral.

Cancer Life Center

Information and Reservations: 478-633-8537; 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
- *****

Houston Health EduCare

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

SeniorCare

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

[Warner Robins SeniorCare](http://WarnerRobinsSeniorCare.com)

[Centerville SeniorCare](http://CentervilleSeniorCare.com)

[Perry SeniorCare](http://PerrySeniorCare.com)

[TOPS Club, Inc.](http://TOPSClubInc.com)

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info@communityhorizon.com

www.communityhorizon.com

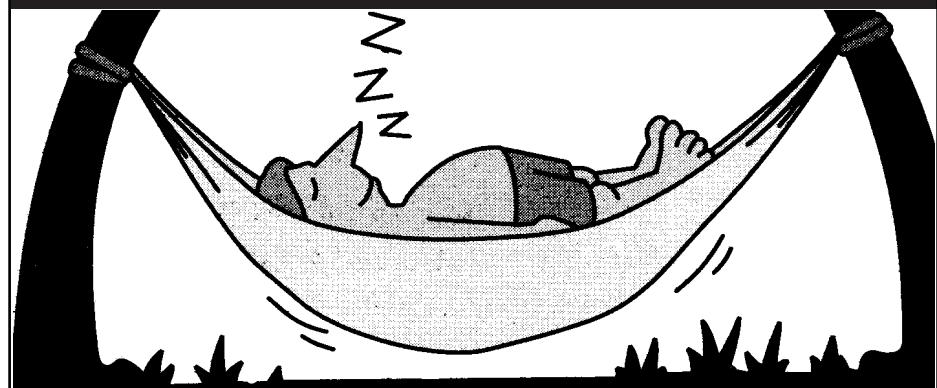
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- Nursing:** meds, wound and ventilator care – tracheotomy and g-tube care
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Developmental Disability Service: (adults and children)

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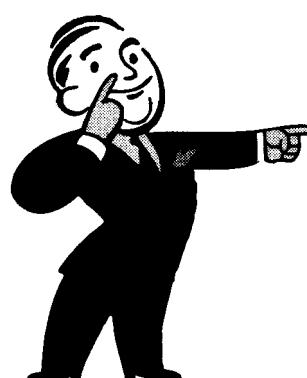
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CALENDAR

from page 9

Call 478-923-9771 for programs provided and additional information.

Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups

Call 478-746-7050 or 800-272-3900 for 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.

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals 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.

- 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.

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General Business Directory For Seniors



Family Bridge
Healthcare Services

- Nursing Services • Personal Care/Companion
- Short & Long Term Home Care Providers

8030 Spivey Road, Jonesboro, GA 30236
www.familybridgehealthcare.com
 Jonesboro (770) 473-4600 Columbus (706) 705-3076

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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CALENDAR

from page 10

Support Group for Caregivers of Frail Elderly Family Members

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

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., 7 p.m., Flint Energies Conference Room, 900 Hwy. 96, Warner Robins. For complete details call 478-987-7260 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

486 First St., Macon
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.masmacon.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.tubmannmuseum.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 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

NAMI Central Georgia

National Alliance on Mental Illness
Barabara 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@mgrc.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: chiefstribre@cox.net.

Volunteers Needed!!!

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

Bare Bulb Coffee

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

General Business Directory For Seniors

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For Advertising Information Call
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Jane Winston at 478-542-1642
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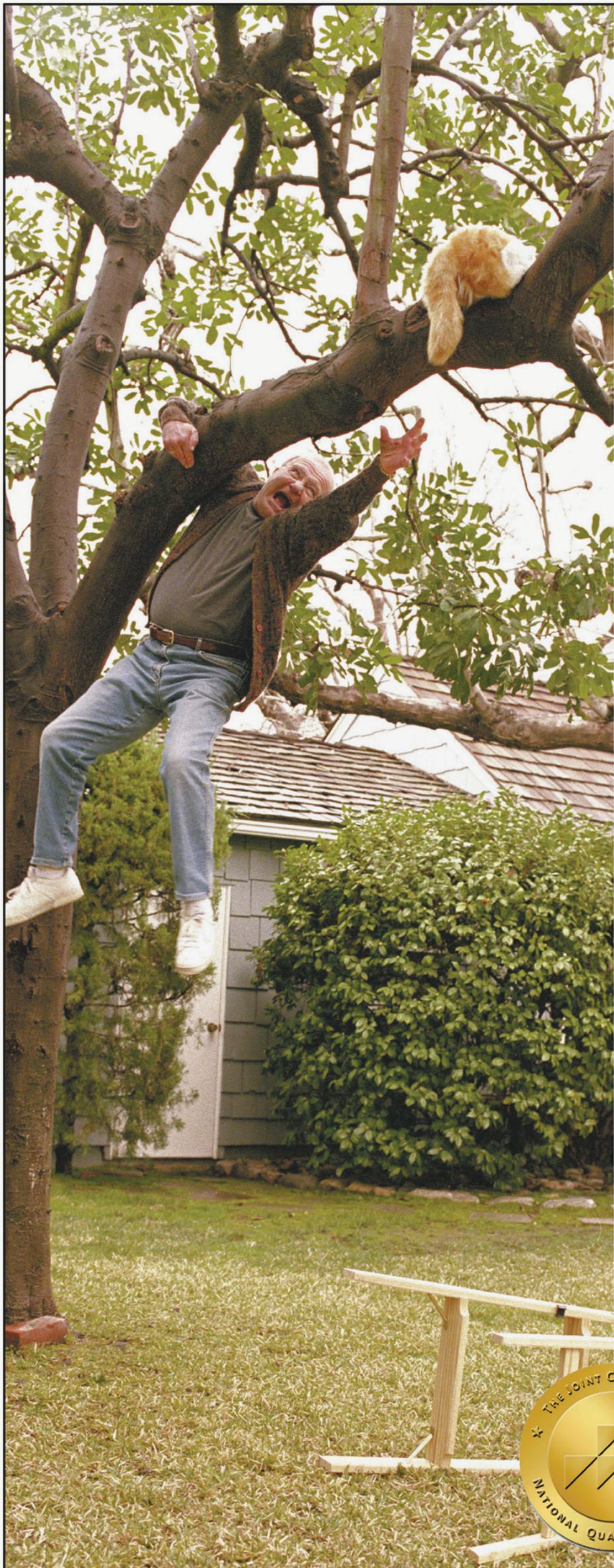
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