

# Senior News

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*The Masseur  
gets a facelift!*

*Story on page 5*

October 2014  
Vol. 28, No. 10

## Taking Care

# Supporting a relative in long-term care... there are ways to stay connected!

by LISA M. PETSCHÉ

**W**hen a person moves into a long-term care facility (commonly known as a nursing home), he or she experiences numerous losses. These may include: a house or apartment that holds many fond memories, possessions, pets, live-in companions and supportive neighbors, along with autonomy and privacy.



If you have a loved who one has been admitted to residential care, you can help with their adjustment by reinforcing their identity and ensuring as much continuity in their life as possible. One way to do this is by sharing information with staff, to help them get to know the person.

Valuable personal information includes birthplace and other places lived; family of origin; education; work history; successes, disappointments, losses and other challenges; significant relationships (past and present); pastimes and skills; personality and coping style; cultural and religious background; values and beliefs; routines and habits; likes and dislikes; and what brings comfort when they are upset.

Such information can help staff maximize your relative's quality of life in several ways. It assists them in viewing the person as a unique and interesting individual rather than simply someone with a set of physical needs. This is especially valuable if your loved one is unable to communicate or their disease has caused behavioral changes.

It also guides staff in individualizing your relative's care plan. As well, staff can use psychosocial information to engage the person in conversation – putting your relative at ease and building rapport with them; introduce them to residents with similar backgrounds or interests; and match them to recreation programs.

There are also many direct ways you can help your relative feel valued and connected to their pre-admission life:

- Bring in possessions to personalize their room – for example, a piece of furniture (get approval first), bed comforter, photographs, handcrafts, knick-knacks, plants, grandchildren's artwork, window clings, a wall calendar with special occasions marked.
- If the person shares a room, inquire about private areas for visiting.
- Develop a regular pattern of visiting so your relative knows when to expect you and can anticipate your next visit. Telephone between visits if transportation issues, other commitments or your own health prevent you from getting in as often as your loved one would like.

When you visit, bring flowers from your garden or favorite foods. Change room decorations to reflect the seasons and holidays.

Actively listen to what your relative has to tell you. Show interest in their daily activities, and allow them to express their feelings about their situation. Assist them with problem-solving if necessary.

Keep them informed about current events by supplying a radio or television, arranging for a newspaper subscription or sharing news when you visit.

Re-create routines from home, such as playing cribbage, watching a favorite TV program together or sharing a meal.

Encourage your relative to try some recreational programs (offer to accompany them the first time if they're reluctant) and attend a resident council meeting. Join them for special events.

Encourage their participation in care planning. Ask staff to enable them do as much as possible, to help maintain their abilities and self-esteem.

Keep your relative up-to-date on news about friends and relatives, and involve them in family decision-making.

Notify relatives and friends of the

new address and phone number (get your relative their own extension) and encourage them to call, write or visit. Offer to join them for the first visit if they express anxiety.

Plan activities outside the institution. Go for a walk around the neighborhood or to a nearby park, or take a drive. If your relative uses a wheelchair, get them registered with the local accessible transportation service so you can take them to a restaurant, the mall or community events (inquire about accessibility before making plans).

Continue to include the person in family celebrations. If members, homes aren't accessible, choose a restaurant or banquet hall that is, or ask staff to help you plan a gathering onsite. Videotape or photograph events your relative isn't able to attend.

If feasible, arrange for them to come home for a few hours – for special occasions or perhaps Sunday dinners. Check with staff regarding the facility's temporary leave of absence (TLA) policy; you may be able to take your relative out overnight or for a weekend if their care needs can be met.

\*\*\*\*\*

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

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# Let us entertain you

by CLAIRE HOUSER DODD

*While an original is always hard to find, he is easy to recognize.*  
John L. Mason

**Y**ou know you've been had by yet another scam when your bank calls you and tells you somebody is taking money out of your account. We're talking about the TV antenna scam we mentioned a while ago when the bought article didn't work. Now it's proven beyond a shadow of a doubt when the company starts charging you again when you're returning the merchandise. This is so sad. Again, the bad apple corrupts the whole barrel. The TV and business people involved should shake out the bad apples because before long everybody will take our attitude and not order ANYTHING on line. Although, all TV businesses are not criminal, some are, and those few that are can spoil a good thing for everybody else.

Everybody is so upset with ISIS, but should every thought and every move the US is considering making be advertised on TV? Like, hey, we don't think ISIS has TV? We, personally, do not believe our every move and every thought should be put out there. You can't catch a thief if you warn him of your intentions. Could we ask for a little smarts, folks? ISIS is a huge threat. Let's treat it seriously.

Enough problems. A hearty congratulations to William Khoury. The American Camellia Society, housed right here in Fort Valley, about 5 miles out Hwy 49 toward Marshallville at Masee lane, has appointed William Operational Manager and Horticulturist as of last week. Actually, Mr Khoury has already been handling most of this job for years, he is now, not only in fact but in name also, the in-house horticulturist. Anybody who knows William is aware of his love and deep, in depth knowledge of all plant life. Not just the camellia, although that is his chief love! Having been caught between William and another botanist, actually a Landscape Architect, we can attest to the fact that to exist around these most intelligent types, one needs not only plants and planting knowledge, but some good understanding of Latin. Needless to say, we were lost. Probably better at Latin than flowers and trees, planting and seasonal happenings. We were just informed by a Middle Georgia Camellia member that our camellias were in dire need of fertilization. Off to Fort Valley Hardware we go while praying for rain. Congratulations and best wishes William with your new/old endeavor.

Sandee Davis-Khoury's daughter Tiffany is visiting a friend, Jean Luc, in Paris, France for several weeks. You may remember him as a model and actor. Tiffany works in Atlanta and for a bonus, Sandee, William and Devan got to keep Burt, the dog, for the duration.

While we were writing this article,

we got an update. A banking corporate office phoned the victim that they recognized an 800 suspicious number from Florida and did not honor the request for funds. The manager called to verify that the transaction did not go through. Thank Heavens. Nobody we know has the time to put in for a scam. They were lucky! Me, too, as we would have had to pay.

We hate to encourage anybody to order TV stuff, but we do have a pasture picture. Mike ordered a pool-vac that did not work, was going to mark it up to stupidity for ordering but decided to give them a chance to make it right. They apologized profusely, told him to send it back and they were putting a new one in the mail immediately. In two days, special delivery, the new one arrived and has worked like a charm all summer. Praise the Lord, an honest company.

However, caveat emptor is the word of the day. Buyer Beware.

Congratulations to Ralph and Kathie Lambert on their 45 wedding anniversary. They have just returned from Melbourne, Florida where they celebrated with their children.

Hopefully by October, the relentless heat has let up and we can enjoy the ball games and just getting out and going places. 'Course we would brave summer heat and forest fires to see E.G. Kight because her cool blues would cool us right down... and did when she played at the Cox Theatre last month. It was a sell out audience before the doors opened and all our E.G.ite groupies were present.

What fun, and always good to get with lasting friends.

The legendary Camelot is playing at the Grand Opera House in Macon Tuesday and Wednesday, October 7th & 8th at 7:30pm which may be easier to work into our busy schedules than a weekend performance. This Lerner and Lowe's musical about the court of King Arthur and its enchanting fable of chivalry, majesty and brotherhood has won four Tony Awards. When Arthur's new Queen Guinevere and dashing Sir Lancelot, Arthur's most trusted knight, dive in to their passion, one of the most exciting love triangles ensues. A captivating story of passion, pageantry and betrayal with the classic songs, *If Ever I Would Leave You*, *The Simple Joys of Maidenhood*, and, of course, the title song, *Camelot*. A not-to-miss show. 478-301-5470 weekdays, 10-2.

Jim Crisp of Theatre Macon presents *The Grapes of Wrath* based on John Steinbeck's Masterpiece of American Literature. You will remember the Joad Family moving to California proud and poor where they deal with death and deprivation plus the Great Depression but show the indomitability of the human spirit ensconced in the hearts and minds of the common man. 478-746-9485. October 24 - November 1st.

*There is one difference between a tax collector and a taxidermist – the taxidermist leaves the hide.*

Mortimer Capun



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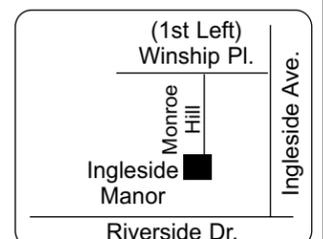
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# Senior NEWS

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**Website**

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Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Approximate Monthly Readership: Metro Atlanta, 65,000; Augusta, 27,000; Macon/Central Georgia, 21,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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

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Senior News & Views of Georgia

## 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.  
\*\*\*\*\*

**SUMMER MEMORIES**  
by Beverly Bryson Norton

*As Summer comes to an end,  
And Fall is set to begin;  
Childhood memories of days gone by  
flow through my mind like a warm  
summer breeze in a Summer sky.*

*Happy, sunny thoughts of adventures  
and many plans were made in  
hopes that Summer would never  
end.*

*As imaginations were put to the test,  
we always, somehow, came up  
with the best.*

*Toys were not the only thing  
enjoyed; secret hiding places to  
explore and fun games always  
gave us joy.*

*Books were read and stories enacted  
as if we were on stage as actors  
and actresses.*

*Lightning bugs were caught at night  
to make our jars sparkle with light.*

*Yard sprinklers, too, will not be for  
gotten as we ran through the water  
with laughter and excitement!*

*Days were too short and the nights  
too long as we tried to make the  
most of our Summer fun.*

*Childhood Summers are here to stay  
in our memories forever and a day.*

\*\*\*\*\*

**A CHEERY HOPE**  
by Olga Angela Chapman

*Wish I had a chocolate biscotti...  
Hmmm... and some orange blossom  
honey for my spiced tea.*

*Yeh, yeh, yeh... Wish I had a lot of  
money... Wish I had the winning  
ticket of tonight's lottery... Wish I  
had a home pretty to my eye but  
for the rest of me, comfy and wish  
privacy on a deserted island in the  
sea... Wish I was a good man's  
only woman who loves only me...  
Wish foods with rich tastes are all  
calorie-free.*

*Forever to forsake me from the label  
"fatty."*

*Okay, back to reality. "They" say  
positive thinking makes wishes  
come to be. Yeh, close your eyes,  
click your heels and count to three,*

*just like "Dorothy."*

*Only "in my dreams" am I the  
mistress of a sexy male genie  
granting me my every wish freely.*

*Wishes of the mind are formed  
in a world of fantasy. A wish  
is a hope that's cheery that might  
come to be.*

*Wishing is my mind's editing  
ability; adding more pizzazz to my  
life as I see.*

*Why good events happened  
unexpectedly and why others that  
are planned won't probably.  
And why unrequested blessings were  
bestowed upon thee and yet others  
were denied even though I begged  
for pleadingly; are all part of  
Life's unpredictability.*

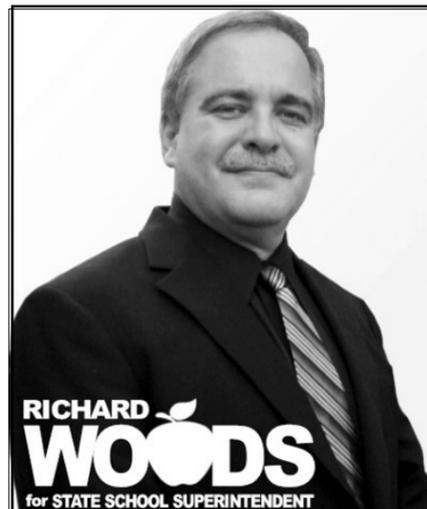
*I'm just the main character of my  
story and the writer is "God  
Almighty."*

*I won't be greedy. I think they  
key is content to be... with my  
possessions earthly... for better or  
for worse.*

*For whom is ME... for better or for  
worse.*

*My contentment of spirituality I can  
keep for eternity!*

*So for now, I'll just be happy with  
my lightly buttered toast and black  
coffee.*



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*Richard Woods has over twenty-two  
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- K-5 Curriculum Director
- Home School Director

**Business Experience**

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

## Lance Jones joins Coliseum Medical Centers as CEO

Special to Senior News

Coliseum Health System is pleased to welcome Lance Jones, PT, MHA, FACHE as Chief Executive Officer for Coliseum Medical Centers effective late September. He most recently served as the Chief Executive Officer for Turkey Creek Medical Center in Knoxville, TN.

Jones' tenure as CEO was highlighted by significant growth in Turkey Creek's surgical and specialty programs resulting in HMA honoring him as their CEO of the Year in 2012. Previously he served as Chief Operating Officer or Chief Executive Officer for hospitals in New Mexico, South Carolina, Texas and Tennessee. Jones looks forward to working closely with the Coliseum clinical and physician team to continue the focus

on delivering excellent care and patient experience.

A native of New Zealand, Lance received a Bachelor's of Science in Physiology and a Bachelor's of Physical Therapy from the University of Otago before completing his Master's of Healthcare Administration at the University of Alabama at Birmingham. Lance is active in a number of community organizations, including serving on the Board for United Way and Chair-Elect for the Chamber of Commerce.



Lance Jones

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## On the Cover

# The Masee gets a facelift!

by CLAIRE HOUSER-DODD

Cover Photo courtesy of:  
**Walter Elliott Photography**  
 478-335-3843  
 www.walterelliott.com

**T**hat wonderful old red brick building on College Street in Macon, The Masee Apartments, is receiving the care and love it so richly deserves. Built in the midst of the “Roaring 20’s,” it opened its doors in 1924... hence it celebrates its 90th birthday this year.

And how you may ask does a female person from Fort Valley connect with this antique? Well, for starters, we’re antiques too! Perhaps not quite as old or as antique as The Masee, but we certainly remember it as being quite an edifice as a child. As a matter of fact, it was a rather social icon; they had teas and parties on the first floor. Sometimes to the left of the front door, and sometimes to the right of the front door; and, sometimes the whole floor was opened up for gatherings.

Coincidentally, the Masee’s were from Houston County between Fort Valley and Marshallville. Masee Lane is still a prominent name in this area and is home to the American Camellia Society and is also home to Masee Lane Garden where you can find fabulous camellias, azaleas, the Abendroth Japanese Garden, the Scheibert Rose Garden, and picnic areas. The Annabelle Lundy Fetterman Building serves as the visitor’s center with a recurring slide show informing visitors about camellias and the development of the Gardens.

Neel Reid of architectural fame designed the apartment building commissioned by two of the four Masee brothers; Jerome (Jack) Masee and William Jordan Masee, Sr. who inspired writer Tennessee Williams’ “Big Daddy,” in *Cat On a Hot Tin Roof*. The brothers are also credited with bringing a bit of Manhattan to the Deep South and on one of the highest points of Macon.

One of the co-owners, Rodger Ohan, said: “The only place that I’ve been to that has places similar to this is New York City. The grand ole apartment buildings that were built in the early part of the 20th Century were for the most wealthiest families in the USA and the world, built to replicate their town houses. So instead of living in a town-house, they would live in a town house in the sky.”

Sandy Smallwood, the other co-owner added: “This would have been the height of decadence in the 20’s.”

Ansley Park in Atlanta had some almost replicas of this architectural style of apartments. We lived in one in the 70’s and the last part of the 80’s on Peachtree Circle.

Back to the Masee. In her hey days she was a grand ole lady in the 50’s when I was at the Conservatory just down the street and across the street where the Post Office is now. (the top of Wesleyan was another high spot in Macon)

Teas were held in the afternoon

and we were often asked to present programs. Some of the local clubs had meetings there. One such was the Garden Club. We remember our grandmother, Mrs. Johan A. Houser, bringing a man’s suit box full of at least twenty different camellia blooms, each in its own vial with water and an explanation along with name and history of each one for me to name during my presentation. We also remember the lady of the house whom we called Cuddin’ Ethel. She was a lovely lady and we remember her asking Joyce Hall and me up for lunch to meet two West Pointers from the neighborhood. It was a happening place, much respected and very much loved.

There were two Professors at Wesleyan that taught acting at the Conservatory, they both resided at the Masee. We were always excited and honored to be invited to any of their parties, Miss Ruth Jean Simonson and Mrs. Maynard Sampson threw awesome socials.

In the later part of the 20 century and the first part of the 21 century, E. Y. Mallory lived there on the back side with his balcony facing the West. Dr. Dodd and I enjoyed many wonderful sunsets when we were invited by E. Y. to sit with him and take in the grandeur of the old and genteel surroundings.

Praise the Lord, co-owners, Sandy Smallwood and Rodger Ohan were looking to redevelop these grand old treasures and fell in love with the Masee after doing a good bit of research on the history of this Macon landmark. We are so all blessed and fortunate that they found the Masee and wait to see this Grand Old Lady restored to her previous form with all of the modern conveniences included.

If you would like to know more about this very prominent and entertaining family, I encourage you to read a wonderful book, *Accepted Fables*, written by author Jordan Masee. It is an autobiography, compiled and edited

by Rick Hutto. It is most informative and entertaining! A candid look into the Old South and the new blend of New York and Macon as the author saw it because of his many connections then and up to the 21st century.

With father being the prototype of Tennessee William’s Big Daddy in *Cat On a Hot Tin Roof*, his friendship grew with cousin Carson McCullers, Tennessee Williams, Isak Dinesen and many others.



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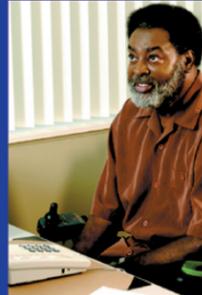





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# Macon/Central Georgia CALENDAR

## MACON METRO AREA Opportunities Directory

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

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### Coliseum Health System "Medicare Made Easy and Advanced Directives"

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

### Support Groups

- Bosom Buddies & Bosom Buddies Too: A support group for breast cancer survivors. 478-765-4805.
- Chronic Fatigue/Fibromyalgia Support Group: 478-475-4908.
- G.L.A.D. (Good Living Around Diabetes): 478-765-4338.
- Surviving Together... Strive From Stroke Support Group: 478-765-4413.
- United Ostomy Association Support Group: 478-765-4185.
- Helping Hands Grief Support Group: 478-464-1401 or 478-765-4805.
- Middle GA MS Support Group: 478-475-1818.
- Bipolar Support Group: 478-741-1355
- US TOO for Prostate Cancer Education and Support: 478-765-4805.
- Survivors of Suicide Support Group: 478-741-1355.
- Extending H.O.P.E. – Lymphedema Support Group: 478-765-4805.
- HOPE Network: 478-765-4805.

### H2U Activities

- For information call 478-757-6092
- Improving the Chemotherapy Experience: 478-765-4805.
  - Joint Pre-Surgery Education Classes: 478-751-0189
  - Focus on Healing Classes: 478-765-

4413

- Perspectives: Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
- Joint Classes at Coliseum Northside Hospital: 478-757-6092
- A-Z Diabetes Self-Management: Day Classes: 478-765-4338.
- Look Good... Feel Better: 478-765-4805

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### 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

#### Upton 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.

\*\*\*\*\*

### 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

Please call for information on services offered!  
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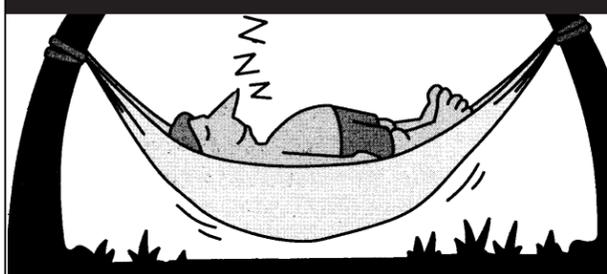
### Warner Robins Senior Citizens Services (50+ Years Old) Warner Robins

Recreation Department - Melanie Lewis  
mlewis@wrga.gov; 478-293-1066

Senior Activity Center  
152 Maple Street, Warner Robins

continued on page 7

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info@communityhorizon.com  
www.communityhorizon.com

### Private Home Care Service:

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

### Developmental Disability Service: (adults and children)

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

# General Business Directory For Seniors

*The* **Medicine Shoppe**

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

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INSURANCE, LLC

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Fieldswa1281@aol.com

Medicare Advantage • Medicare Supplements  
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Hospital Indemnity

**COLISEUM PARK**  
**PROFESSIONAL PHARMACY**

380 Hospital Drive      Macon, GA 31217

Across from the Emergency Room  
**BOB MOODY RPH.**  
Pharmacist, owner  
*Start Getting Better Now!!!*  
Phone: 478-745-5431      Fax: 478-765-4359  
**FREE PRESCRIPTION DELIVERY**

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FREE DELIVERY CITY WIDE

**10% SENIOR DISCOUNTS**  
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INVISIBLE HEARING AID!

Call Today For A  
Free Consultation!

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

**Macon and Middle Georgia**  
**477-5501**

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

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

## CALENDAR from page 6

Office: 478-293-1066

Please call for information on services offered!

\*\*\*\*\*

**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](http://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.

\*\*\*\*\*

### Theatre Macon

438 Cherry Street, Macon  
478-746-9485

• *The Grapes of Wrath*: Oct. 24-Nov. 1

\*\*\*\*\*

### 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

\*\*\*\*\*

### 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!!!

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](mailto:nikki@barebulbcoffee.org).

\*\*\*\*\*

### Historic Macon's 37th Annual Flea Market Scheduled

Sat., Oct. 4, 8 a.m.-3 p.m., former Karsten-Denson Hardware, 536 Third St., Macon. For complete information visit [www.historicmacon.org](http://www.historicmacon.org) or call 478-742-5084.

\*\*\*\*\*

# BUSINESS CARD SECTION

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

## Dempsey Apartments

Affordable Living In Historic Downtown Macon

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

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



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

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[www.barkanco.com](http://www.barkanco.com)



# General Business Directory For Seniors

Home Inspection Service

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

**David R. Von Almen**  
Home Inspector  
(478) 213-5986  
[VAMktPub@aol.com](mailto:VAMktPub@aol.com)

**SCOTT ANTIQUE MARKETS**  
Second weekend of every month!  
3,500 Booths!  
**OCTOBER 9, 10, 11 & 12**

**\$100 OFF ADMISSION**

Atlanta Expo Centers Atlanta, GA  
• Show Hours: Thurs. 12:45pm-6pm, Fri. & Sat. 9am-6pm, Sun. 10am-4pm  
• Directions: 3 miles East of Atlanta Airport, I-285 at Exit 55 (3650 & 3850 Jonesboro Rd.)

740-569-2800  
ONE coupon per person. Expires 10-13-14

[www.scottantiquemarkets.com](http://www.scottantiquemarkets.com)

**HAVE DIABETES? FEET HURT?**

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

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

Call the *Therapeutic Shoe Fitter* now....  
**478-955-1150**

**Goodwill NEEDS YOU!**

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

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

CALL: Mid GA: 478.957.9741  
OR CSRA: 706.790.5350

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

**St. Paul Apartments & Village**  
62 & Older and Disabled Persons Welcome  
1330 Forsyth Street • Macon, GA 31201  
Call **478-745-0829**

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

**Summer's Landing**  
of Warner Robins  
(478) 328-3800

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

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

*Vineville Christian Towers*

An Affordable Apartment Community for Seniors

**Now Accepting Applications**

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

**Two Months FREE Rent On Studio Apartments!**

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**478-743-4661**

Owned & Managed by **CCH**  
More Than A Home

Equal Housing Opportunity



For 30 years, Coliseum Northside Hospital has been offering excellent inpatient and outpatient health care at our conveniently located campus in North Macon. From our highly skilled staff to the individualized attention given to every patient, quality and compassion remain our constant. Newly renovated, Coliseum Northside is a community hospital offering a full spectrum of medical/surgical care, and specializing in orthopedics, spine care, bariatric surgery and gastric reflux disease.

Our promise extends beyond the convenient location and beautiful campus. Personalized care is pinnacle to each patient's health and overall outcome and at Coliseum Northside Hospital, each patient has a custom care plan catered to their every need. From the first appointment to creating a follow-up plan, we're with you every step of the way.

**Our key services/amenities include:**

- 24/7 Emergency Room, with the shortest wait times in the area
- Medical/Surgical Treatment
- Coliseum Orthopaedic and Spine Institute
- TeleStroke Robot offered in ER
- NICHE Designated Facility: Specializing in the Care of Seniors
- Georgia Bariatric Center
- Sleep Center
- Acid Reflux Center
- Advanced Wound Care
- Rehabilitation Services

**COLISEUM  
NORTHSIDE  
HOSPITAL**

400 Charter Blvd., Macon, GA

To learn more about Coliseum Northside Hospital, visit [www.coliseumhealthsystem.com](http://www.coliseumhealthsystem.com)