

# Senior News

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at Fort Valley  
United  
Methodist  
Church!*

*Story on page 6*



April 2015  
Vol. 29, No. 4

Fort Valley United Methodist Church

## Taking Care

# When Stroke Strikes... Survival Tips for Caregivers

by LISA M. PETSCHÉ

**S**trokes are the leading cause of long-term adult disability in the country. Approximately 600,000 Americans experience one each year.



**Lisa Petsche** Areas of functioning that may be affected include mobility, personal care, communication, mood, personality, behavior, memory and problem-solving ability. Paralysis or weakness on one side of the body is the most obvious sign.

Like survivors, family members initially experience a wide range of feelings. These can include shock, relief (that their loved one survived), denial, fear, anxiety, anger and sadness.

Once the survivor is medically stable, an inpatient rehabilitation program may be recom-

mended. The goal is to reduce disability and, where permanent disability remains, learn to manage it in the best possible way.

Meanwhile, the survivor and family face an uncertain future – for example, how much functioning the person will recover and if and when he or she will be able to return home.

### Coping with Uncertainty

How can family members manage the stress and stay positive during this unsettling time? The following are some survival tips:

- Learn as much as possible about stroke, and share the information with family and friends.
- Encourage your loved one (if able) and close family members to share in decision-making. Do not shoulder all of the responsibility.
- Attend some therapy sessions with your loved one. Focus on progress made and encourage him to do the same.
- Take things one day at a time

so you do not get overwhelmed.

- Find at least one person you can talk to openly, who will listen and empathize.
- Look after yourself. Schedule regular breaks from visiting your loved one. Ask relatives and friends to fill in the gaps.
- Nurture your relationship with your loved one. If he is unable to converse, share news about family, friends and current events, read aloud, listen to music or watch TV together.
- Keep life as normal as possible. Continue to involve your loved one in family activities and community events. Register him with the local accessible transportation service if necessary.

### Planning for the Future

Once your loved one has reached his potential, the focus will shift to discharge planning. If he will be returning home, the rehab team makes referrals to community resources as appropriate.

The discharge plan addresses issues around medical management, self-care and home management skills, mobility, accessibility (home and community), safety and finances, as well as social and emotional needs (of both survivor and caregiver).

You may have to take over practical tasks such as managing finances, preparing meals and maintaining the home. You may also have to assume the role of hands-on caregiver, assisting with dressing, grooming, bathing and toileting.

### Preventing Burnout

Given the demands of caregiving, a certain degree of stress is inevitable. Here are some strategies to keep it manageable and prevent burnout:

- Guard your health – eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.
- Find something relaxing you can do to give yourself a daily break – such as enjoying a cup of tea, reading, writing in a journal or listening to music.
- Stay connected to friends and outside activities.
- Simplify your life. Set priorities and do not waste time or energy on unimportant things.
- Give yourself permission to feel all the emotions that surface. Accept that there will be difficult moments, but do not dwell on them.
- Acknowledge that you cannot and should not do it all alone. Ask other family members to share the load and be specific about what you need.
- Take advantage of caregiver respite services in your community. The local office on aging is a good source.
- Talk with other caregivers. Join a community support group on an Internet group if it is hard to get out.

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

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**A**ARP Tax-Aide volunteers will be accomplishing tax returns at NO CHARGE! Trained tax counselors will prepare and electronically file federal and state tax returns in middle GEORGIA at no charge! We prepare returns for low and middle income people/families with the emphasis on taxpayers that are over 50.

AARP will have the following locations with convenient hours until APRIL 15TH. AARP membership is not a requirement.

- Warner Robins at the Senior Center, 152 Maple St.; Monday - Friday from 10:00 am to 4:00 pm. (478) 322-0269 or (478) 293-1066
- Perry at the Volunteer Outreach Center, 733 Carroll St.; Wednesdays from 12:00 noon to 3:00 pm; Saturdays from 9:00 am to noon. (478) 218-2274

• Fort Valley at the Thomas Public Library, 315 MLK Jr. Dr.; Wednesdays from 10:00 am to 4:00 pm. (478) 825-1640

• Eastman at the Reddock Senior Center, 824 Griffin Ave.; Tuesdays 11:00 am to 3:00 pm. (478) 374-7255

What health care information do you need to bring with you this year to support tax preparation?

- Bring health insurance coverage information for you, your spouse and all dependents
- If you don't have full year coverage, bring information on monthly coverage
- If you purchased health insurance through the Marketplace-Exchange you must bring Form 1095-A with you. You should receive this form by 1/31/15.
- Bring any health care exemptions received from the IRS or the Marketplace.

• TAXPAYER INFORMATION

# Let us entertain you

by CLAIRE HOUSER DODD

*It is such a little planet. But how beautiful it is.*

Robinson Jeffers

**D**o you ever feel like the Lone Ranger? Seriously. We feel at least like a cow-girl every A.M. When we get dressed we have to have a pocket on each side, one for the house phone and one for the cell phone. We have to load 'em up just like we'd have to load up our 6-shooter if we were in the Wild, Wild West. And, sho nuff, we have become just as attached to these two items as a monkey and his vine! How helpful are all these modern conveniences? Whatever your personal answer may be; once you're attached; you are attached, and can't imagine being without either one of your phones. Or, for that matter, any of the "New Technology." We're still holding off from the computers and all they entail. We had enough of that teaching. Besides, we don't need to do anything else that involves sitting down. We need EXERCISE!

With good weather on sight, we'll be making reservations with Ken for our first flying lesson. Grand Mathew is already wanting to go up with us. We can just hear the rest of the family's comments. However, they do all want to witness the event. Guess we'll have to take a picnic to the airport we lovingly call Fort Valley International. Friend in Atlanta always wanted to know where they could land, and we had to say something, and we thought "International" had a nice ring. We recently had a friend flying up from Savannah and he really got a charge out of our personal choice for a name.

You know we often speak of our 17 angels on each shoulder and how we really need them. A friend called to remind us of a song we sang in childhood about our 14 angels. A wonderful song, but we still maintain 17 on each shoulder.

*When at night I go to sleep  
Fourteen angels watch do  
keep;*

*Two my head are guarding,  
Two my feet are guiding;  
Two are on my right hand  
Two are on my left hand,  
Two who warmly cover  
Two who o'er me hover,  
Two to who 'tis given  
To guide my steps to heaven.*

*Sleeping softly, then it seems  
Heaven enters in my dreams;  
Angels hover round me,  
Whisp'ring they have found me;  
Two are sweetly singing,  
Two are garlands bringing.*

*Strewing me with roses  
As my soul reposes.  
God will not forsake me  
When dawn at last will wake  
me.*

We went to a Kiwanis Luncheon a couple of weeks ago that was catered by Lane's Southern Orchard to introduce their new chef, Hoyt Williams, who graduated from FVSU in Veterinary Science, but returned to his first love of the culinary arts regardless of his fathers asking him, "Do you really want to be a cook?" He is recently from a prestigious Atlanta position, and Lane's is proud to have him on their staff. The food was exceptional, he will cater, and, best of all, the Salad Bar has returned, and we were happy to see all the regulars serving.

We left our Wesleyan umbrella, purple and white stripped with a WESLEYAN emblem on our seat, but are not too worried about it. We're expecting it to show up on our front porch at any moment.

We were invited to a fabulous birthday party last month on Saturday afternoon March 21 at 2 pm. It was the 330th candle blower for Johann Sebastian Bach. He was not present as far as we know. However, St. Andrews was full of lots of people seeking an eventful afternoon of culture. And, they certainly got it. David and MaryAnn Thomas were the guest artists. MaryAnn on violin and David, beside playing his portable cello, and giving us exciting comments about the Maestro himself. Did you know his first wife was dead and buried while he was away on a concert tour? Unbeknownst to him;

or, that he next married a "sweet young thing" and between the two wives, had 20 children? Nor did we. We shoulda' taken a cake. Happy Birthday, J.S. We hear we were one of only two places in GA that celebrated your 330th! Kudos for using Fort Valley.

Many folks in the Valley are gearing up for the GA Peach Festival in June from the 6th to June 13th.

We've been quizzed a lot about the Historical Society's Chicken Salad Luncheon, and happy to announce "It's A Go." It will be held on Saturday, the 13th at the Saxon House on the corner of Central Avenue and Miller Street. Besides wonderful food fare, we're planning appropriate entertainment apropos to the good ole days. For instance, David and MaryAnn Thomas, Sondra Franceil and maybe more artists of this high caliber. As you can see, we're in the planning zone at this time, but put us on your calendar.

One performance you won't want to miss on April 3-18, The Civil War at the Theatre Macon, the much improved downtown. Music by Frank Wildhorn, Lyrics by Jack Murphy, Book by Gregory

Boyd and Frank Wildhorn. "A Dramatic Theatrical Concert" that passionately asks us to consider our beliefs about freedom, honor and faith. 478-746-9485 for reservations.

Wesleyan's Annual Spring Recital in Parton Auditorium on April 13 at 7 pm is FREE and always spectacular with voice, piano and organ students solo repertoire; 478-757-5259.

Closely following the above, these Wesleyan students will be presenting Opera and Musical Theatre Scenes on April 15, same place, same time. Free and open to the public.

We're still waiting to see the second Best Exotic Azalea hotel. If it's half as good as the first, we'll be satisfied. Meetings and businesses keep getting in the way of fun for many of us, but we must persevere in having fun and a blessed day. And we thank all those lovely people who are giving us that wonderful and heartfelt thought.

Have a Blessed Day!

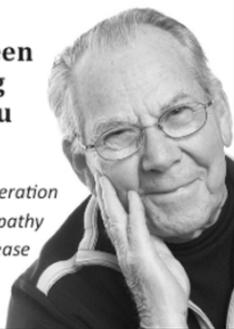
*Art that forsakes beauty is like  
a shadow that ignores its master.*

M. Chemiakin

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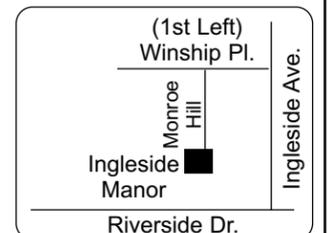
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## Poets' Corner

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

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### CHARLIE COMPANY (VIETNAM)

by Victoria Larkins, aka "The Lark"

*Trapped in a world of darkness  
and gloom  
Surrounded by death and doom  
From my Georgia home where I  
had no cause for alarm  
To the murky rice paddies of  
Vietnam  
My whole life changed in a way I  
never expected  
It was out of my hands, I had to  
accept it  
I saw things that shocked my  
senses  
Things I couldn't believe were  
true  
Things you'd never understand  
unless it happened to you*

*There were times i didn't think I  
would live another minute  
But this was war and you do what  
you must to survive in it  
So many so young cut down in  
their prime  
So many so young long before  
their time  
I came home alive though not  
completely whole  
All wounds are not visible  
Some are deep in your soul  
Thanks to Jehovah there will be a  
brighter day  
When all bad memories will  
fade away  
In the light of the new world  
when all things will be  
A new life for all the boys from  
Charlie Company*

**From the Author:** This poem was inspired by the personal account of a close friend who was in Charlie Company.

**From the Publisher:** Upon receiving this poem and identifying personally with its content, I had to contact Ms. Larkins to find out which "Charlie Company" her friend had served in and when. I discovered that her friend had served in the same Charlie

Company that this publisher had served in, though he had served in earlier years than I... I believe in 1966-67. My service with "Charlie Company" in Vietnam and Cambodia was in 1969-70.

\*\*\*\*\*

**GLORIA**  
by Kathleen Eidson

*I watched a songbird caroling  
Atop a budding tree,  
And though I heard that little  
bird,  
He didn't sing for me.  
He sang from sheer delight in life,  
And not for man's acclaim,  
With open throat, he sang each  
note  
To praise his maker's name.*

*Lord, grant that I may show much  
joy  
As I found bursting there;  
With grateful heart thy love  
impart,  
Since I, too, know thy care.  
Thus I'll not strive for man's  
applause,  
But like my feathered friend,  
To glorify my God on high  
Shall be life's grandest end.*

## "The color of green is never enough"

by DANIEL W. GATLYN,  
USN Ret.  
Minister/Journalist

**W**e live on the dark side of sanity – for valuable items are just out of reach, and primarily because we have based priorities on the "color of green!" Most will readily admit that our appraisal of advancements are predicated upon cash flow, and how much we can amass. Never mind what we do with it, once it is shuffled in our direction. The prime difficulty of such is that mentalities surrounding our methods, and what we will do about it, are diametrically opposed!

I am watching the flock of Presidential hopefuls for 2016 – and somewhere in their delicate (sic) prognosis are the statistics surrounding how much loot has

found the coffers – how much an election requires – how much deficit we can survive with – and how many tears our corner cries when we find a shortage! There seemingly is never an "over supply"!

The story is told of a Teacher, who challenged her pupils to outline what they would do with a million dollars! It became rather quiet for a few minutes – only the sound of papers being shuffled, and an occasional clatter as someone cleared a throat; when suddenly one lad raised his hand and voice; stating very emphatically that he needed another 100,000!

A bit comical, but the surfacing of a truth! There is never enough!

There is not enough in the election cycle – not enough in National budgets – not enough in industry – not enough in National Defense – not enough in the Church Treasure- – and never enough in the personal pocket of citizens! We speak primarily of Americans, for Third World (generally speaking) has learned to cope on only a fraction of what comes our way!

The irony of the equation, is that we (primarily since the days

of Roosevelt) have endeavored to live an Emporium lifestyle, while drawing a K-Mart salary! It is commonplace to pay far more interest on car notes, furniture, houses, and vacations than is reasonable – while the cycle of spending on "family toys" is perpetually elevated!!! We are forever sounding a note of disapproval over "out sourcing" of jobs (and the like) – knowing that prices on items of display in Wal-Mart (and other) would "go double" if we manufactured such items state-side! But what can you expect from minds (and pocket books) of people who spend more money annually on chewing gum (and dog food), than the amount extended to aid the hungry (and such). Even those who regularly receive food stamps, and other subsidies – spend foolishly on needless items – and beg for more! We curse those who legislate/regulate an unholy National budget that is unsustainable – while the average household does the same!!

Just receipts and disbursements are virtuous arrangements, and will cover managed obligations; but, will not continuously and indiscriminately stretch for a diet of "caviar and Acapulco!"

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# Home Contractors: Tip-offs to potential rip-offs

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

**B**elieve it or not, spring will be here before long. This is a time when many peoples' fancies turn to home improvement! Whether you are planning a small repair project, like repaving your driveway, or a more extensive project, like adding a family room to your home, it pays to look beyond the lowest bid when selecting a contractor. And, you should definitely refrain from considering a contractor's advertisements to be an assurance of the quality of work you can expect. The largest ad does not always equate to the best contractor.

Home remodeling complaints continue to rank high on the BBB's listing of top complaints. Right from the start, you can eliminate what are likely to be less-than-reputable contractors by considering a list of traits common to rip-off artists. While there may be exceptions, the Better Business Bureau has found the following to be indications that a contractor may not be interested in satisfying customers:

- Solicits door-to-door: Be suspicious of contractors who attempt to

gain business by visiting door-to-door. Good contractors usually do not need to drum up business by making "cold calls." However, if you are contacted, be sure to check them out with the BBB and obtain additional quotes to compare. Additionally, never allow anyone to distract you allowing another person to sneak into your home to steal your belongings.

- Has materials left over from a previous job: It is not your lucky day when a contractor shows up on your doorstep offering a cut-rate price on a project because they have materials left over from a recent job at your neighbor's house or the house "down the street." This is a common ploy of fly-by-night operators or handymen who are based out-of-state and use their pick-up trucks as their place of business.

- Asks you to get the required building permits: This could be a sign that the contractor is hoping to avoid contact with the local agency that issues such permits. Perhaps he is not licensed or registered, as required by your state or locality. He also knows that the person signing for the permit is the person responsible for ensuring that all work meets local codes. A competent contractor will get all the necessary permits before starting work on your project.

- Pressures you for an immediate decision: A reputable professional will recognize that you need time to consider many factors when deciding which contractor to hire. You will want to check references; look into the contractor's standard of work and his professional designations and affiliations; verify his insurance; check to see if he needs a license (and if so, that it is valid); get written estimates from several firms based on identical project specifications, and, contact the Better Business Bureau for a copy of their Business Review.

- Asks you to pay for the entire job up-front or demands only cash: Whatever the reason, never pay for the entire project upfront. Payments should be by credit card or check so that your credit card statement or cancelled check can provide proof of payment, if needed. Do not pay anything until after the first day of work, and then only pay up to one-third. Make additional payments during the project contingent upon completion of a defined amount of work. Do not make the final payment or sign an affidavit of final release until you are satisfied with the work and have proof that the subcontractors and suppliers have been paid. Don't be afraid to request a written statement confirming that all subcontractors

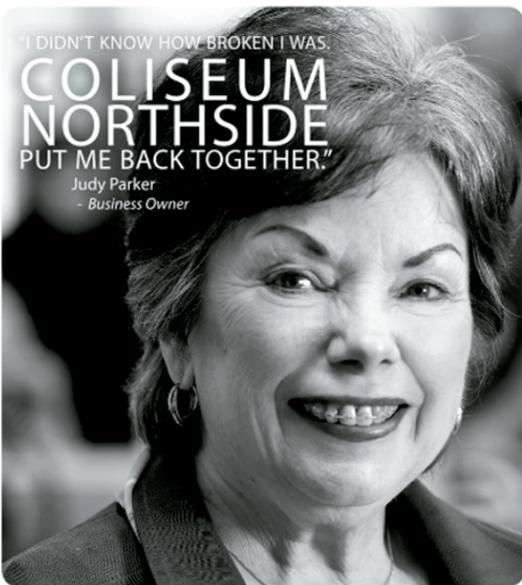
and suppliers have been paid.

- Suggests you borrow from a particular lender: Don't succumb to high pressure to finance through your contractor or someone he suggests. Many people have been ripped off when they agreed to use the suggested lender; sign a lot of papers in a rush; and find out later that they had agreed to a home equity loan with a very high rate, points and fees. Secure financing on your own by shopping around and comparing loan terms.

The BBB has Business Reviews on more than 100,000 general contractors across North America, available for free at [bbb.org](http://bbb.org).

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*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](http://www.bbb.org); E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org); or, [info@csra.bbb.org](mailto:info@csra.bbb.org).*



x-rays, the emergency room doctor informed Judy she had fractured her femur in two places and her shoulder had three breaks, both requiring surgery.

"I had hip replacement 16 months prior to my accident and that was the experience I had to compare this to," she says. "The first time the staff tried to get me up following surgery, I had no use of my left side and realized this was a whole different deal!" Kathy's surgeon said she couldn't put any weight on her left leg for at least six weeks. And because she is left-handed, doing even the smallest tasks seemed impossible.

While it was an ambulance ride that delivered her to CNH, she says that was her first choice anyway. I'm comfortable with it and it's close to home. Judy has a family member who works at Coliseum but she says that's not the only reason she's a fan of her local hospital. "It could look like I'm biased but I'm not. The care is wonderful. The demeanor of the staff is so kind. They do what they need to do, but in a very compassionate way."

Because of the severity of Judy's injury, recuperation was a lengthy process and required a stay at CNH for nearly one week and an additional 2-weeks at the inpatient Coliseum Rehabilitation Center. "From the beginning I knew their job was to make me better, and to do it as quickly and in a concentrated manner," she says. "But to do it not in a way that makes you fearful and uncomfortable. I had never been in a rehabilitation hospital before and the therapists talked me through it – why they were pressing to get me at my highest level of function possible."

"I still think of the nurses at the hospital and the rehab unit," says Judy. "They knew I needed help with everything – and I do mean everything! I was so helpless. Because I'm left-handed and couldn't use it, just brushing my teeth or hair was a problem." The nurses and therapists always responded immediately to her needs. "When I called, they came with a smile and ready to not only help, but teach me how to do things in a new way. They even put an extension on my comb so I could do my own hair." "Without those two weeks at Coliseum Rehabilitation, I

don't know if I would have had the courage to do what I needed to do," she says. "That's the thing – they push you to progress but help you understand why you want to do it – to get back to where you want to be. There's a really good chance I wouldn't be where I am without them. It was a long two weeks but it was a blessing – it was exactly what God provided for me."

After discharge from the rehabilitation unit and a few more weeks of home care, Judy was able to put weight on the left leg and return to Northside for outpatient physical therapy. "I got the same level of great care and attention in the outpatient center. At both facilities, the entire team of occupational, physical, and recreational therapists, nurses, doctors, and support staff are incredible. They are a hands-on team. I will be forever grateful for the care I received and so will my family."



Coliseum Northside Hospital has earned The Joint Commission's Gold Seal of Approval™ for its Total Hip and Total Knee Replacement surgery program.



Take a virtual tour of the Coliseum Rehabilitation Center at Coliseum Medical Centers at [coliseumhealthsystem.com/our-services/rehab](http://coliseumhealthsystem.com/our-services/rehab)

For information on all services at Coliseum Northside Hospital, call us at (478) 746-4646.

## On the Cover

# New Organ at Fort Valley United Methodist Church

by CLAIRE HOUSER-DODD

**COVER:** Fort Valley United Methodist Church

One of Fort Valley's valuable historical edifices is in the News. The Fort Valley United Methodist on the corner of Miller and West Church Street where the pastor is Rev. Billy Kimbrell has a newly refurbished pipe organ. The Trustee Chairman and chairman of the organ committee, Charles Adams, III, caught us up on the happenings of the last five years they have been working on it.

For a little history lesson on the Methodist Church that you may have forgotten or never known: It was actually started in 1835, only 13 years after James Abbingon Everett established this trading post at the convergence of Native American Trails. This became Fort Valley. The Church was originally known as Old Pond Methodist Church, and

was located on the old Atlanta Highway which is now US341. In 1848, for whatever reason, the congregation built a new church on Everett Square. They later sold that property and built the now standing sanctuary on Miller and West Church in 1901, with the most exquisite stained glass windows.

It has been said that about 4:00 in the afternoon, there is no greater sight in the world as the sun shining through those exquisite stained glass windows.

Now, back to the newly refurbished organ, and our appreciation of Charles Adams, III overseeing the latest reconstruction of this wonderful pipe organ. Although Rev. Billy Kimbrell was not here at the onset of this project, Charles says, they appreciate the support Brother Billy has given for the project, and also for that of his wife, Jane, who has a doctorate in Church Organ. She is Minister of Music at the Perry United Methodist Church.



**Choir Director David Loudermilk tries out Fort Valley United Methodist Church's newly refurbished pipe organ.**

The original 500 pipe organ was installed in 1918, by Steere of Boston, only 17 years after the church had been erected with the entrance facing both Miller and West Church streets. It was redone in 1976, by the Moeller Company, when three stops (each stop is a sound) were added, as were 350 pipes. Thus bringing the pipe total to 850. The latest company to renovate the organ is out of Norcross, and is owned by Phil Parkey who has been doing the maintenance for many years. This time around even more pipes were added, bringing the total up to a spectacular 1,100.

A little known fact about pipe organs is that the gold pipes seen from the front are mainly dummies. In our organ, only the larger ones on each side actually play.

After this reconstruction, the pipe organ is definitely unique; it started out with Steere; then had Moeller work on it, and lately Parkey. All are renowned companies known all over the world. Hence we have a hybrid; a Steere-Moeller-Parkey... only one of its kind in the world.

The most outstanding debut of this wonderful instrument was the presentation of The Seven Last Words of Christ, written by Theodore Dubois in 1867, by the Methodist Choir, directed by David Loudermilk, on Good Friday. He organized people from other churches to join in the

spectacular service, along with visiting guests from other places.

David, who has worked closely with Charles, is with the organ itself that has been refurbished and looks new, plus his pride in the chamber rooms behind the pipes. When asked how he would describe the new organ, he said, "It has a magnificent, robust sound that fills the room."

That remark was certainly apparent at the Good Friday performance which played to a full house. It was probably the most outstanding and exciting performance of the year. The audience certainly thought so, and it reminded Charles of his mother, Leah, who introduced this cantata in 1969 at the Methodist Church, and in 1973, organized the first community choir to perform the Last Words of Christ at the Old High School auditorium.

As an afterthought, it was decided to add an oboe stop. Since the cost was already \$150,000, it was a shock to realize oboe would add \$18,000 as 60 pipes had to be added. Charles sold these 60 pipes for \$300 each. The organ is about paid for with \$115,000 coming from one family, \$15,000 from another, \$5,000 from still another and the rest from memorials. Charles Adams tells us, "I consider this outflow of generosity a vote of confidence to our church and our community."

We considered it a Miracle!

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# Power of Attorney vs. Guardianship<sup>®</sup>

by BILL MILBY, CSA

Recently we were hosts for an Alzheimer's fundraiser in the new Visiting Angels<sup>®</sup> office in Warner Robins. The event went very well.

At the fundraiser I had the opportunity to meet, Emily Bowden, The Director of Constituent Events for the Alzheimer's Association/Georgia Chapter. We had a delightful conversation and she told me how she came to her current calling. It was a follow-on to the six years or so that she was the caregiver for her mother as she suffered with, and finally succumbed to, Alzheimer's; every Alzheimer's story is different yet they all have common threads of suffering and compassionate care to them.

My ears really tuned in to the circumstances that forced Emily to seek guardianship for her mother. She had been granted Power of Attorney some

time before but as time and the inevitable tentacles of the disease took their toll, she felt that she had no choice but to seek guardianship as well.

So what is the difference between Power of Attorney and Guardianship?

A power of attorney (POA) or letter of attorney is a written authorization to represent or act on another's behalf in private affairs, business, or some other legal matter. The person authorizing the other to act is the principal, grantor, or donor (of the power). The one authorized to act is the agent.

A legal guardian is a person who has the legal authority (and the corresponding duty) to care for the personal and property interests of another person, called a ward. Guardians are typically used in three situations: guardianship for an incapacitated senior (due to old age or infirmity); guardianship for a minor, and, guardianship for developmentally disabled adults.\*

The difference, of course, is

that Guardianship allows the Guardian to be responsible for the person of the ward, not just his or her legal affairs. It obviously involves a higher level of responsibility and must be granted by a court with proper documentation to justify the action. This is a much abbreviated description of these two powers because of space and because I am not an attorney.

Inevitably as a senior progresses along the typical path of Alzheimer's or similar diseases, someone will need to care for their person as well as their financial and legal affairs. If you have a family member or loved one who is in the early stages of Alzheimer's or similar disorder, it would be well to seek out the advice of an attorney, especially an Eldercare Attorney who is familiar with these kinds of issues. Early advice and action can save a lot of grief as the patient's conditions and needs worsen.

In the meantime, you might want to do some online research yourself to get pre-

pared for meeting with an attorney. At the very least you'll be able to save some time and money with your attorney by being prepared with the right questions ahead of time.

While I've presented this with a focus on the legal issues in mind, because they are real, the overwhelming issues are the emotional ones. We are dealing here with every dimension of a loved one's life and we need to proceed with the greatest compassion possible.

Thanks for reading All About Seniors!

\*Wikipedia  
\*\*\*\*\*

Bill Milby, CSA, is a Certified Senior Advisor and a Director of Visiting Angels<sup>®</sup> of Macon, a non-medical, living assistance service for seniors. If you have questions or comments about this column you can reach him at [william.mercylink@gmail.com](mailto:william.mercylink@gmail.com) or search for us at [www.facebook.com/VisitingAngelsMacon](http://www.facebook.com/VisitingAngelsMacon).

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# Ageism and its end

by BRENDAN HARE

Until I turned sixty-six, retired, and officially joined the ranks of “the olds,” I lived for decades as an unreflecting and unapologetic ageist. I’m not a mean-spirited person. I pride myself on being open-minded and progressive. I’ve always tried to guard against bias in my thoughts and actions, and to fight bigotry wherever it cast its sulphurous gloom. But somehow, my prejudices about old people seemed to be natural, to reflect the facts of life, to share in the universal consensus. Being old was simply bad, wasn’t it? This felt like a solid fact, an incontrovertible position and, in the U.S. of A., also a basically uncontroversial one. In America – youth-worshipping, plastic-surgery-tweaked America – ageism stands as one of the last widely acceptable social prejudices.

Everyone, it seems, indulges in it, even the most conscientious among us. It’s reflected in our workplaces, courts, laws, and public policies. In movies, on television shows, on the nightly news, and in pharmaceutical commercial after pharmaceutical commercial, we chuckle and grin to see seniors portrayed as cute, helpless, and feeble, stumbling through what’s left of their lives in a fog of befuddlement. We’ve developed a whole vocabulary to express such prejudices: Uh oh, are you having a senior moment? Can you hear me? Where are your keys? Do they still allow you to drive? Maybe just in the slow lane, with one turn signal flashing for no reason? Well, be careful. Are you sure you can handle all this by yourself? Wow, you’re so capable and independent. So youthful! How inspiring. I mean, for someone your age. But you know what they say, “eighty is the new forty.” What are your plans for the time you have left? A little bingo? A few laps around the old mall? Or maybe you’ll stay in, catch up on your programs? Wait! Did you remember to take your meds? Are you sure? Good for you.

The term “ageism” is an abstraction. It strains to capture a varied and complex phenomenon. As used here, ageism comprises systematic neglect, segregation, isolation, and bigotry. Like other prejudices, it works by constructing artificial barriers. On one side of the wall, older people languish, mistreated and misunderstood, viewed less as persons than as ready-made types. On the other side, younger people lose access to a vast store of wisdom and experience, and are tempted to adopt a false vision of life – to live as if old age were something that only happened to other people. In this way, ageism acts like an environmental toxin. As it spreads, it imperils us

all, old and young alike.

It is probably impossible to measure how much society loses by tolerating prejudice against the old. But for seniors, the consequences of ageism are troublingly apparent. First, it sets up a dangerous loop: Age discrimination tells seniors, Time has made you infirm, obsolete, and worthless. In response – as is natural – seniors feel pressure to accept and internalize this view of themselves, with disastrous consequences for their mental and physical health. Studies have correlated experiences of ageism with memory loss, cardiovascular sickness, and low self-esteem. One study suggested that experiencing age discrimination diminished older people’s will to live. Another reported that seniors who harbored negative views about old age faced life expectancies that were, on average, seven and a half years shorter than those of their peers. All of this is staggering when we consider how ubiquitous ageism is: In one study, seventy percent of seniors surveyed reported that they had been insulted or mistreated on the basis of their age.

Ageism, again like other forms of prejudice, is rooted in ignorance, lack of experience, and countless failures to exercise curiosity, imagination, and empathy. A couple of years ago, I began conducting research for a project about aging in America. One of the people I interviewed, a resident in an assisted-living facility for seniors, asked the facility to arrange to put me up in a spare room for a night. He thought that spending a full twenty-four hours there would help my research. I declined as politely and as firmly as I could. To be honest, the prospect made me deeply uncomfortable, as if old age were contagious – as if I might lose

twenty years in one night. I got over this eventually. But it made me realize that, for much of my life, I’d had relatively little exposure to the old. In this regard, I’m not alone. Our society has tacitly segregated ourselves on the basis of age. We are educated alongside people who share our birth year. We spend our working lives with people who are, in most cases, about our own age, or within a decade or two of it. When it comes time to retire – and there’s a socially acceptable age for that too – many of us flee to sunny places, to be close to other retirees, lest we get caught lingering in the noisy world of the whippersnappers. Consider: If you are young, do you have a friend or acquaintance outside your family who is over seventy? If you are old, who do you know under thirty?

Life teaches us that nothing stays the same for long. I’m happy to predict that ageism, too, must change. I think it will be washed away, or at least significantly eroded, by the fast approaching “silver tsunami.” America will soon experience a demographic upheaval of a scale not witnessed since the Baby Boom. During the next two decades, as these Boomers age, the

number of Americans over sixty-five will double. There will be approximately eighty million of us, and we’ll constitute about a fifth of the national population. Thanks to remarkable advances in medicine and technology, we can look forward to better health and longer average life expectancies. We will also, on average, be wealthier than many of our younger cohorts. In short, we are primed to live long and live well, and to serve as the standard-bearers of an idea whose time has come: ageism, in all its forms, is unacceptable. More than this, we’ll be able to demonstrate that it is possible, even natural, to lead a vibrant, engaged life well into old age. Indeed, it is our responsibility to do so, and not only for ourselves. We owe it to the youngsters to show them how it’s done. After all, with any luck, one day they’ll get to be old too.

\*\*\*\*\*

*Brendan Hare is a retired attorney and the author of “From Working to Wisdom: The Adventures and Dreams of Older Americans,” available at Amazon. For more info, visit [fromworkingtowisdom.com](http://fromworkingtowisdom.com).*

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**Support Groups**

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

**H2U Activities**

- For information call 478-757-6092
- **Improving the Chemotherapy Experience:** Coliseum Medical Centers’ Cancer Center, Bldg. C, Suite 120. 478-765-4805.
- **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
- **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9

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

\*\*\*\*\*

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- Heartworks**  
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478-633-9090
- Central Georgia Rehabilitation Hospital**  
3351 Northside Drive  
478-201-6500
- **Implantable Cardioverter Defibrillator (ICD) Support Group:** 478-633-7157
- **Empower Seniors Fall Risk Assessment:** 478-757-7817
- **Stroke Support Group:** 478-201-6500
- **Smoking Cessation:** 478-633-9090
- **CPR Classes:** 478-474-3348
- **Spinal Cord Injury Support Group:** 478-201-6500
- **Brain Injury Support Group:** 478-201-6500
- **Parkinson’s Disease Support Group:** 2:30-3:30 p.m., 478-743-7092, ext. 254
- **Parkinson’s Disease Caregivers Support Group:** 478-743-7092, ext. 254
- **Crohns and Colitis Support Group:** 3rd Sun., 3 p.m., 478-737-8788 or

- [kjhague@cox.net](mailto:kjhague@cox.net)
- **Community Seminar for Arthritis, Knee & Hip Pain:** 478-633-1865
- **Central Georgia Autism Support Group:** For information call 478-633-8088
- **Pine Point Adult Grief Support Group:** 478-633-5615
- **Lymphedema Therapy:** Ask physician to call 478-201-6748 for referral.
- Cancer Life Center**  
Information and Reservations: 478-633-8537; [www.cancerlifecenter.org](http://www.cancerlifecenter.org)
- **The Pink Alliance:** 478-633-8537
- **Look Good, Feel Better:** 478-633-8537
- **Prostate Cancer 101:** 478-633-8537
- **Men-to-Men Support Group:** 478-633-6349
- **Chemotherapy Orientation Classes:** 478-633-8537
- **Genetic Counseling:** 478-633-6270
- **Cancer Clinical Trials:** 478-633-1738 or [www.mccclinicaltrials.org](http://www.mccclinicaltrials.org).
- **Lymphedema Therapy:** 478-757-0884
- **Mammo Marathon Day:** Call 478-633-8537 for date and details

\*\*\*\*\*

**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.

\*\*\*\*\*

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- Perry SeniorCare**
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**Alzheimer’s Association,**

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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

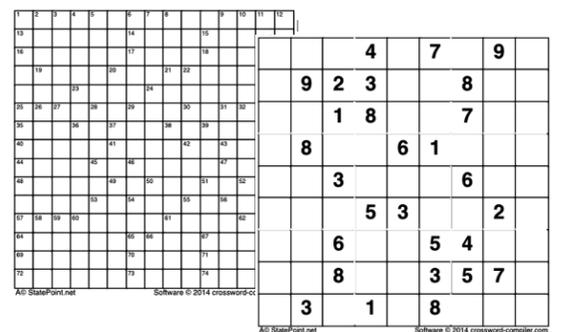
• 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532

**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

continued on page 10

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### 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 on 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,

continued on page 11

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• Errands & Appointments

## EVENTS from page 10

information, & referral services. For information call 478-923-0229.

### 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).

### Theatre Macon

438 Cherry Street, Macon  
478-746-9485

• *The Civil War*: April 3-18

### Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village, Macon. 478-744-9557; [middlegeorgiaart.org](http://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

Barabra Long, Executive Director  
478-328-0508

(Call for details on events)

- Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.
- SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8

p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

### Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

### Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: [bswinney@mg-rc.org](mailto:bswinney@mg-rc.org) for details.

### MGRAACA Meeting

The MGRAACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell

Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information. Forsyth-Monroe County Convention & Visitor's Bureau.

### Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Thursday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: [chiefstrib@cox.net](mailto:chiefstrib@cox.net).

### 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).

### Open Sketching Portraits

Presented by the Fine Art Society of Middle Georgia. Every Tuesday that is not a holiday, 6-7 p.m., Nola Brantley Library, Watson Blvd., Warner Robins. For details contact Leslie Hoops-Wallace at 478-396-9198 or email: [unicornsquest@hotmail.com](mailto:unicornsquest@hotmail.com).

### Fine Art Society of Middle Georgia

Meets 4th Mondays at the Flint Electric Building, Hwy. 96, Warner Robins. For details contact Allan Carey at 478-213-2230 or email: [apainter1@cox.net](mailto:apainter1@cox.net).

### Turkey Creek Festival

May 2, Byromville, GA. Vendors open at 9 a.m.; parade at 10 a.m. Exhibits, slide show, crafts, games, rides, food, door prizes & entertainment. Info: 478-244-1318; [www.turkeycreekfestival.com](http://www.turkeycreekfestival.com).

# General Business Directory For Seniors

Home Inspection Service

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

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[VAMktPub@aol.com](mailto:VAMktPub@aol.com)



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To find a location near you, visit  
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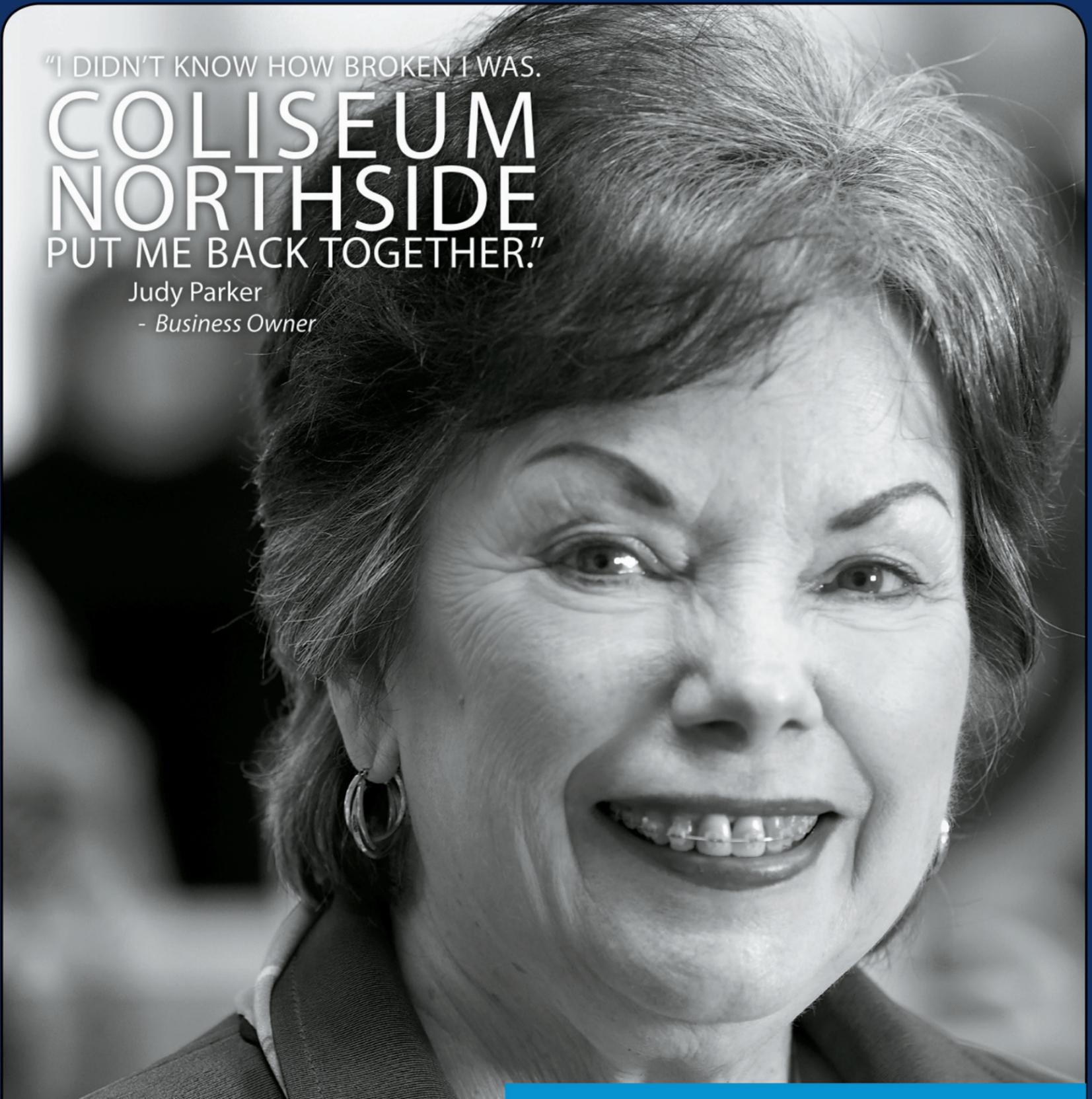
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- Business Owner



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**COLISEUM  
NORTHSIDE  
HOSPITAL**

Take a virtual tour of the Coliseum Rehabilitation Center at Coliseum Medical Centers at [coliseumhealthsystem.com/our-services/rehab](http://coliseumhealthsystem.com/our-services/rehab)

For more information on all services at Coliseum Northside Hospital, call us at (478) 746-4646.



Coliseum Northside Hospital has earned The Joint Commission's Gold Seal of Approval™ for its Total Hip and Total Knee Replacement surgery program.