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*Miracles
of Miracles!*

Story on page 5

August 2015
Vol. 29, No. 8

On the Cover

How to beat summer's heat... many ways to keep cool as temperatures rise

by LISA M. PETSCHÉ

When temperatures start pushing those summer highs, you need to do something to stay comfortable. Sure, you can crank up the air conditioning, but there are other less expensive and more environmentally friendly ways for you and the person you are caring for to feel a bit better when things heat up.



Lisa Petsche

Choosing Clothing:

- Wear lightweight, loose-fitting clothes that allow air to circulate and perspiration to evaporate. Stick to natural fibers like cotton; or micro fiber materials with an open weave.

- Wear a hat to shade your face from sun and remember the sunscreen.

Activities:

- Avoid strenuous activity, including exercising, gardening and mowing. If possible, stay indoors during the hottest part of the day.
- Try to schedule outdoor activities in the early morning or evening. Otherwise, rest often in the shade.

Around the House:

- Close drapes and blinds on sunny days.

- Consider awnings, shutters or roll-up porch blinds to shade your house.

- Run an electric fan to circulate air in the room you are using. While it will not alter the room temperature, it will evaporate sweat, which will increase your comfort. Place a fan in front of an open window at night to draw in the cool evening air.

- Install ceiling fans to circulate air in the rooms you use most. They can be reasonably priced, and use relatively little energy.

- Stay on the lowest floor of your home.

- Use a dehumidifier to remove excess moisture from basement

- Hang laundry outside to dry. If you use the dryer, do so during the coolest parts of the day. The same goes for the dishwasher, to minimize the impact of its heat. Consider washing dishes by hand during heat waves.

Cooling the Décor:

- Accessorize your home with light, bright colors. Room accents can take the form of cushion covers, tablecloths, place mats or a mantel scarf, for instance. For color inspiration, think summer flowers and tropical fruits. Do not overlook white, which gives a crisp, fresh look. For patterns, try florals and gingham checks.

- Choose ocean blues and greens for a psychological cooling effect.

- Marine themes are always popular at this time of year. Bring out that col-

lection of seashells and display them in a shallow bowl.

- Summer is a good time to be whimsical – have some fun with summer decorating.

Cooling yourself:

- Try cool showers or sponge baths.

- If you do not have air conditioning (or it breaks down) an the heat becomes unbearable, visit a friend or relative who has air conditioning, or go to a cool public place such as a seniors center, shopping mall or public library during the hottest part of the day.

- Avoid extreme temperature change. For example, do not have a cold shower right after coming in from outside on a sweltering day.

- Cook meals outdoors on a grill or use the microwave in place of a regular stovetop or oven.

- Drink plenty of extra fluids even if you do not feel thirsty. Sip water or stock up on fruit juice and iced tea.

- Avoid alcohol and caffeine.

- Eat foods high in water content, like fresh fruits and vegetables.

- Eat light, more frequent meals to avoid taxing your digestive system. Go easy on protein and stay clear of foods that are spicy or heavy on calories.

Energy Efficiency:

An air conditioning unit is advisable for older adults, especially those with chronic illnesses, to prevent

adverse health effects when heat and humidity become oppressive. The following are some ways to maximize its efficiency.

If you have a room air conditioner, try to shade it from the sun so it does not have to work as hard.

If you have central air, keep your furnace and air conditioning system, which function together, properly maintained to ensure maximum air-cooling and save energy. Follow the tips below.

- regularly check and replace air filters.

- keep the area around your furnace and air conditioning unit free of clutter, plant overgrowth and debris.

- keep vents free of obstructions.

- dust around equipment, and vacuum filter and vents regularly.

- have your system regularly inspected by professionals.

- adjust controls accordingly when your home will be empty for several hours or more.

- turn off air conditioning and open windows when the outdoor temperature significantly decreases at night, especially if there is a cool breeze.

Lisa M. Petsche is a medical 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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Let us entertain you

by CLAIRE HOUSER DODD

I'm Hot

by Shell Silverstein

*It's hot!
I can't get cool.
I've drunk a quart of lemonade.
I think I'll take my shoes off
And sit around in the shade!*

*It's hot!
My back is sticky.
The sweat rolls down my chin.
I think I'll take my clothes off
And sit around in my skin.*

*It's hot!
I've tried with 'lectric fans,
And pools and ice cream cones.
I think I'll take my skin off
And sit around in my bones.*

It's still hot!

We're not sure one should do anything in this weather. That includes writing. From our perspective; all systems are DOWN. So... we're not surprised when we can't get anything done at a store, bank, drive-in, or anywhere else; especially on our phone (mainly cellular)! All circuits are busy, etc.

However, THEY can always get us, it appears. While driving home from Dr. Stacey Collier's Chiropractic adjustment, all relaxed and feeling good, we get a call from (we're not sure) someone trying to send us our meds or something (we're still not sure what) and we need to say our name and address to be sure they have it right or we won't receive whatever it was.

Now, we want you to see us in traffic, making a turn, avoiding people who are not signaling and on-coming traffic. OK? Scene Set: We're saying our name, address, number and candy preferences. Meanwhile, on the other end of the line, the mechanized voice has not taken a breath; much less shut up! Me thinks, after three times, we will not be receiving ANYTHING via Snail Mail.

Modern? Yes. Convenient? No. Grand Matthew and his family joined us for a BBQ supper last week. Matthew ate away while everybody else was busy asking how in the world we made BBQ. As though we couldn't have! Relatively simple, we say. We had fifteen lbs. of pork chops that we put in a huge pan with a heavy glass top that Dr. Dodd had found at his favorite place, Kroger. You do remember that anytime we lost Dr. Dodd (Better known as BD) we just called Kroger, just around the corner from our house in Macon, and Voila... "Just a minute, Mrs. Dodd, I see him right now!" Never failed.

But we digress. The questions went on: How long did you cook it? What seasoning did you use? What did you do with the bones? Etc., etc., etc. It was delicious, but, yes, it took forever to "pull pork" off those bones. But, hey, we already had the meat in the freezer. Anyway, it was delicious, all eaten up, and enjoyed by everyone. However, when the meal was over,

Matthew left the table, to return in a few minutes, to present Eli with the Bill. A white sheet of paper covered with dollar signs and a charge of, we think, only a few dollars – or was supposed to be hundreds? Did he have to pay for all the questions? Or the food? One never knows with children around. Anyway, a great family occasion. We can't get enough of them!

We had to make a business trip to Pierson, Georgia a couple of weeks ago. What a friendly town. Everybody was so nice and helpful. In the process of moving around and meeting people, we noticed that Pierson is a Purple Heart community. Naturally, we asked how and why. Yes, they had several recipients of the Purple Heart, from Pierson, and they had a granite marker at the Courthouse commemorating these Veterans, and had done many things to lighten the load of Veterans. At City Hall there was a marker that stated a parking place close to the door with a ramp was only for Veterans because this was a Purple Heart Community respecting their Veterans. We were impressed, and wondered why we hadn't seen these announcements more often because we're sure everybody feels the same way. Honor our Veterans and thank those in uniform now for their service. Purple Heart Day is August 7.

Wow, we attended the reopening of the Cane River Winery – not that it was closed, but Beau Courson of Sparta has teamed up with Bobby Evans and Jennifer Cox and will be making his very fine wine in Byron. The "Winery" will now be a winery in fact, not in fancy. A bit of a take off on the name. Wine was always sold here, but now with the addition of the little ole wine maker, Beau, it now makes all different varieties, the newest of which, is pineapple. It was in the back just fermenting away.

While enjoying the ribbon cutting and seeing all the people pouring in, and enjoying Beau's stories about the humble beginnings, we noticed the merchandise which was wonderful. One package featured Albert Einstein holding a goblet of wine. Above, it read, "Albert Wine-Stein," below, "Drink a Few Glasses and Become a genius." Hard to beat, but some of the coasters got in the running. "This Wine is Making me Awesome!" "Tomorrow's Forecast - 90% chance of wine," "Screw the Crackers, Polly wants wine" with a parrot! "Group Therapy."

Did you see the article on TV about Wrightsville being the friendliest town in GA? We always thought Fort Valley was. Dr. Dodd had lived in Wrightsville for years before he moved back to Macon. He was always commenting on how friendly Fort Valley was. Everybody waves, speaks, honks, and appears so friendly. One rainy, cold night, Doc and yours truly were driving along Miller Street when we heard a whistle and a "Miss Claire" holler. We stopped and a man came up to the car and told us where he'd been working all day and how tired he was, and would we please take him home. Naturally, we said "Get in," took him home and found out he was a cousin to friends and friends with cousins. Fort Valley is a really closely knit town. Maybe we can get voted "2nd Friendliest town in GA!" What's your opinion?

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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.

WHY

by Sue J. Shealy
(Published in 1997 in
"Searching For Soft Voices"
The National Library of Poetry)

*Why do we hold within us:
A song that longs to be sung?
A prayer that years to be prayed?
A kindness that desires to be expressed?
A deed that wants to be done?
A smile that wants to be shown?
A heart that seeks to be opened?
A love that begs to be shared?*

What a waste!

MUSIC

by Paul R. Goniea, Sr.

*Music says what words cannot say,
And it pictures what eyes cannot see.*

Like the beauty of flowers that

*blossom in May,
It's God's heartspeak for you,
and for me.*

*Music is God's math on display,
A welcome buoy in life's troubled sea.*

*Music is God's living pulse at play,
And it can set god's people free.*

*It can pacify a mind's tormented way.
It's heaven's answer to a weakened heart's plea.*

DREAMS

by Sandra Schwamlein Moore

*I sat all alone as the teardrops fell,
She has him now, he's under her spell.*

*She'll toss him around and have a little fun,
'Cause of all the other boys she has none.*

*She'll laugh and be gay and drive him wild,
'Till his puppy love has stopped being mild.*

Then, one day, she told him good-bye,

It broke my heart to see him cry.

*I left him alone until the time came,
When he would smile and it would remain.*

*As I sat and watched him with a tender sigh,
He turned and spoke with a gleam in his eye.*

*We talked and we laughed and had loads of fun,
Of the pain she had brought now there was none!*

*I see him now, as he sits there,
With a smile on his face, and the wind in his hair!*

*The sun was warm and the sky was blue,
And the twinkle in his eye, told me he knew.*

*We walked through the meadow and down by the stream,
But even the kiss was only a dream.*

*I woke with a stare! And, looked at the sky,
I remembered it all and wanted to cry.*

*But I held it back, for my dreams are few,
And, I'm hoping someday that they will come true.*

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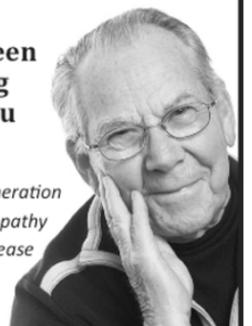
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On the Cover

Miracles of Miracles!

by CLAIRE HOUSER-DODD

Cover: Scene of fire; Bill, left, and Will McGehee

As you know, we're always talking about miracles. And the fact that way more occur than we recognize.

Today we're writing about an enormous miracle that is obvious to everyone, especially Harvey Meeks of Jones County and Bill McGehee of Fort Valley.

Bill was returning to Fort Valley from the Indian Springs Campground on Friday, July 10th. He was traveling east on what we call old Hwy 42 from Forsyth to Musella when he came to the stop sign where Hwy 74, called by old timers like us, the Old Thomaston Road. Bill stopped, but noticed smoke and a small fire on his right. He said, "My first thought was that nobody burns debris in weather like this, then my second thought was that some unwise individual had thrown out a lit cigarette, and I can stomp it out."

"I pulled my truck up about 25 feet from the smoke and realized a man with a bloody head was trying to climb up the embankment. It was a pretty deep ditch. For some reason, as I hurried by, I let down the tail gate and started yelling that I was coming and he was going to be alright. About this time I noticed his truck that was on fire was a propane tank truck. Very dangerous!"

While Bill is struggling to pull Mr. Meeks up the embankment and trying to put out the fire on his pants legs, he realized that there was some polyester in the pants' fabric and it was flying around in little patches landing on both of them. It is amazing that during an emergency one notices some things you'd never expect to notice and don't even entertain the more dangerous thoughts.

Bill gets Mr. Meeks on to the tailgate and thinks his shoe is on fire and the sole is falling off, only to realize it is the sole of Mr. Meek's foot.

For some reason, at this time, the truck is still running and Bill drives it up another 25 yards or so – just enough to miss the explosive flame thrower that covers the road when the cap to the propane tank, part of the truck Mr. Meeks was driving, blows off. Another miracle. Are you thinking Devine Intervention? We are.

Somewhere in this period of time, a nurse on her way to work in Macon stops to help. Bill tells her to call 911 as he hasn't had time yet. All the time she is on the phone Bill is telling her to get a plane if the man needs to be airlifted to the burn center in Augusta.

The first responder was a volunteer firefighter and he started dialogue with emergency people getting an ambulance and probably a plane to airlift.

Approximately 20 minutes had passed since Bill began his rescue mission. He considered himself lucky to be on hand

and able to help.

We see it as a miracle that God had Bill positioned at the crossing of Hwys 42 and 74 at exactly the time he was needed for the rescue.

But how, you ask, was Bill able to do and/or know what to do in this emergency?

He said, "The only thing I can figure is that way back in the 60's when I was at GA Tech in Atlanta, I joined the Green Berets' Army Reserves, and we were required to spend some time at the University of Alabama's Hospital in Birmingham, where we manned the emergency room. It was comparable to Grady's Emergency Room in Atlanta, and is considered one of the best trauma units to this day. You see almost everything on a Saturday night. Grady has been compared to a combat hospital and so was the Birmingham Hospital."

We are assuming God and His Angels took over from there and they all saved Mr. Meeks.

Having talked to Bill again about a week later we learned that Mr. Meeks made it, is walking with a boot and help, and is expected to leave Augusta's Burn Center soon. He and his wife, are in good



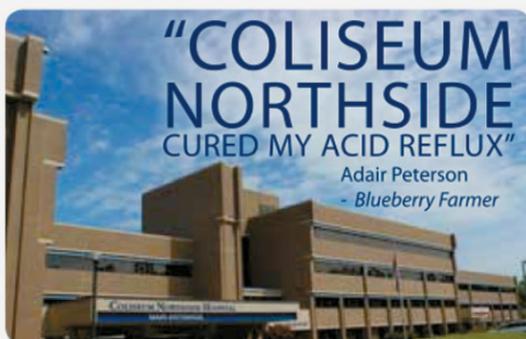
shape and very thankful for the concern of a total stranger – enough to stop, endanger his own life, and show the world that the Christian we see every day can operate outside the Valley and our Methodist Church.

Mr. Meeks' daughter has also called to thank Bill McGehee for saving her father. We're sure that Bill's family is thankful, for, that they still have a dad – always a hero to them, just a bit more of a hero today than yesterday.

Thanks, Bill for proving yourself one more time. We're proud to count you among our friends.

P.S. Guess who he called first? His wife, Ann, of course. In case she heard anything about the wreck she would not have to be worried. He was safe. Again: "Don't worry. I'm coming. You're going to be alright!"

Bless you Bill.



Adair and Winston Peterson are busy people. He's the local sheriff in Homerville, Georgia and she runs a 250 acre blueberry farm. A good night's sleep is essential. But for years, neither of them rested at night due to acid reflux. An accidental discovery of her hiatal hernia at Coliseum Northside Hospital gave them both the cure they'd been seeking for years. And now, the only thing that keeps this farmer up at night is the weather.

"We've been married for ten years and for most of that, I've suffered with acid reflux," said Adair. "My husband has had it practically his entire life. He couldn't eat certain foods, and neither of us could sleep through the night, and suffered a lot of pain with it." They had both received medical treatment that consisted of both prescription and over-the-counter medications. "We were taking a lot of medicine but nothing worked."

Unrelated to the acid reflux, Adair decided to have lap-band surgery and based on recommendations from friends, went to Dr. John Bagnato, a surgeon on the medical staff at Coliseum Northside. He insisted she have an endoscopy to first rule out the possibility of a hiatal hernia. A month later Winston had the

endoscopy and he too had been suffering for years due to a hernia.

The surgeon performed both endoscopies at Coliseum Northside, one of the first hospitals in the nation to use the Cellvizio imaging system. During an endoscopy procedure, a long flexible tube with a camera is inserted into the body so the doctor can see the tissue and decide what may need a closer look. A Cellvizio probe is then inserted into the endoscope and displays a microscopic image of the area allowing physicians a better look at the tissue at the cellular level.

People like Adair and Winston who suffer from hiatal hernias have a condition where the stomach basically moves up into the esophagus because the muscle is not as tight between the two, allowing the stomach to creep up. The cells of the stomach and the cells of the esophagus are different. The Cellvizio captures images all the way around and down the esophagus to see if the cellular structure has changed into the cells of the stomach lining (also called Barrett's esophagus). Without the benefit of the Cellvizio probe's microscopic image, physicians typically take random samples of tissue from the esophagus and although Barrett's esophagus might be present, it may not show up in their tissue sample. Aside from the extreme discomfort caused by hiatal hernias, left untreated, this condition often leads to esophageal cancer, the fastest growing form of cancer in the nation.

In addition to the live-changing medical care they received, the Petersons appreciate the level of service and compassion they were offered at the hospital. "I was at Northside quite a bit and was really happy with them," said Adair. Between she and her husband's endoscopy, pre-operative visits, and minimally inva-

sive hernia repair and her lap-band procedure, she had the opportunity to see the hospital's team in action many times. The general atmosphere was helpful, friendly, and nice. I've had quite a bit of experience with hospitals and this was the best I'd ever had."

Adair and Winston are sleeping well, enjoying foods they only thought about before, and living pain free. Adair sums it up simply, "we're just cured." After suffering with acid reflux for so many years, the Petersons are sharing their recovery with others. "I've been telling anyone with the same problem – you need to go to this doctor and this hospital."

COLISEUM NORTHSIDE HOSPITAL



Coliseum Northside Hospital is one of the first facilities in the

nation to use the Cellvizio technology to detect abnormal tissue in the esophagus, a direct result of acid reflux.

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

H2U Activities

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

Medical Center Navicent Health – Partners In Health Classes

- **Golden Opportunities**
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- **Heartworks**
389 First St. (Inside the MHC)
478-633-9090
- **Central Georgia Rehabilitation Hospital**
3351 Northside Drive
478-201-6500
- **Implantable Cardioverter Defibrillator (ICD)**

- Support Group: 478-633-7157
- **Empower Seniors Fall Risk Assessment:** 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
- **Community Seminar for Arthritis, Knee & Hip Pain:** 478-633-1865
- **Central Georgia Autism Support Group:** For information call 478-633-8088
- **Pine Point Adult Grief Support Group:** 478-633-5615
- **Lymphedema Therapy:** Ask physician to call 478-201-6748 for referral.
- **Cancer Life Center**
Information and Reservations: 478-633-8537; www.cancerlifecenter.org
- **The Pink Alliance:** 478-633-8537
- **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
- **Lymphedema Therapy:** 478-757-0884
- **Mammo Marathon Day:** Call 478-633-8537 for date and details

- **Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups**
Call 478-746-7050 or 800-272-3900 for details.
- **Bibb County**
• 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050
- 1st Wed., 10 a.m., Martha Bowman UMC, 500 Bass Rd., Macon, 478-743-7050
- **Houston County**
• 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669
- 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532
- **Dodge County**
• 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600
- **Lamar County**

- 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516
- **Laurens County**
• 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 12-A Family Room, 1826 Veterans Blvd., Dublin, 478-272-1210, x2328
- **Monroe County**
• 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754
- **Peach County**
• 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613
- **Putnam County**
• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331
- **Upson County**
• Last Thurs., 7 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607
- **Telephone Support Group**
• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 1-866-453-5550. To learn more about "Caring Connection" call 800-272-3900.

Meals on Wheels of Macon and Bibb County
Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to

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– NOTICE –

Senior News has an interest in offering email delivery of our Atlanta, Augusta and Macon newspapers in the near future. To be considered for email delivery of your "pdf" copy of our newspaper, please forward your email address to: seniornewsga@cox.net. Please indicate which metro area copy you desire to received.

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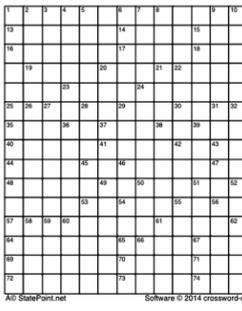
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EVENTS

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home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

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

Macon-Bibb County Parks & Recreation Department Senior Center

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

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

Warner Robins Senior Citizen Services (50+ Years Old)

Warner Robins Recreation Department - Felicia Wright, Director
Email: FWRIGHT@wrga.gov; 478-293-1066

Senior Activity Center

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

- Ceramics: Tuesday and Friday from 10:30 am-4 pm, and 1 pm-4 pm. Charges are for greenware, lights, music boxes, etc. No charge for firing or paint. Brushes and cleaning tools are available for purchase.
- Aerobics: Monday, Wednesday, Friday at 9 am. Cost is \$2 a class or \$20 a month. Join us for low-impact aerobics for seniors. For more information contact

478-293-1066.

- Prime Painters: Open to anyone who wants to come and paint. Bring your own supplies. Thursday afternoon from 1:30 pm -4:00 pm. Please call 478-293-1066 for more information.
- Quilting Party: Wednesdays, 10 am-2 pm. Bring your own (small) scissors and personal thimble. Quilting materials supplied. *NOTE: We hand quilt for the public and also have quilts for sale. Currently has a waiting list for the class.
- Woodworking Shop: Daily (except on Thursdays) at 9 am. "Woodworking Safety Orientation" is a prerequisite for participation and is scheduled upon request. What would you like to make?
- Ikebana: Japanese flower arranging, Mondays at 2 pm. Please contact Yuko Hancock at 478-923-7312 or Dee Boren at 478-987-0493 for more information.
- Line Dancing: On Wednesdays - New Beginners Class at the Wellston Center from 1-2 pm. \$2 admission. The Intermediate Class at the Wellston Center from 2:30-4:00 pm - \$3 admission. For more information please contact Julia Juarez at 478-918-5635.
- Yoga: Tuesday 2 p.m. & Thursday, 11 a.m. in the Senior Center. \$5 per class. For information call teacher Dena Hobbs at 478-225-0133.
- Tai Chi: On Monday and Thursday mornings from 10-11 am in the Senior Center. If you are looking for a way to reduce stress and a variety of other health conditions, Tai Chi promotes serenity through gentle, flowing movements. The class is free. For information call instructor Ron Shively at 478-719-9944.
- Senior Water Aerobics: Monday, Tuesday, Thursday and Friday, 9 am-10 am at Fountain Park. The cost is \$25.00 per month. Please contact Miranda at 478-293-1071 if interested.
- Self Defense: Monday and Thursday, 10-11 a.m. in the Senior Center. \$2 per class. Call Art O-Reilly at 786-423-5303.

Wellston Center

- Regular Meetings and Programs
AARP: The 4th Wednesday of the month, 10 am- 1 p.m. Trudy Deep, President, 478-333-2203.
- AARP Driver Training: Please contact Robert Woodall at 478-397-6690 for information and reservations.
- NARFE: 2nd Wednesday of the month, 10 am-12 noon. Charles Farmer, President, 478-333-2972.
- Ted Wright Senior Citizens Social Club: Information, call Betty Lou Lovain, President, at 478-922-7774.
- Warner Robins Senior Citizens Social Club:

Information, call Van Adams, President, 478-923-2174.

- LMNO (Ladies and Men's Night Out): For information call 478-293-1066.
- MGCAA Senior Center: Located at 155 Maple St., Warner Robins. Mon.-Fri., 8 a.m.-3 p.m.; closed Wed. Lunch (by appointment only), transportation, information, & referral services. For information call 478-923-0229.

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.

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.

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 for details.

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: chief-strike@cox.net.

2015 Georgia Writers Museum Creative Writing Contest

Deadline: August 7. More info: www.georgiawritersmuseum.com.

Alzheimer's Association

Neighborhood Memory Café
Meets every 3rd Thurs., 2-3:30 p.m., 105 Westcliff Blvd., Warner Robins. For people with early stage memory loss and their spouses.

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General Business Directory For Seniors

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