

Senior News

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The Byron Twins!

Story on page 7

February 2015
Vol. 29, No. 2

IRS Phone Scam Demanding Money or Jail Time

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

As we start gearing up for the busy tax season, the Better Business Bureau (BBB) is again warning consumers about a phone scam that is demanding money and threatening jail time.

The BBB is still receiving phone calls from local consumers who have been contacted by the "IRS" saying they owe money and it must be paid promptly. Consumers are instructed to buy a preloaded debit card or wire transfer funds to pay the debt. If the victim refuses to cooperate they are threatened with arrest, deportation or suspension of business or driver's license. The caller often times becomes very demanding, hostile and insulting.

The BBB wants consumers to know that the IRS will never ask you for credit card numbers over the phone or request a pre-paid debit card or wire transfer. The IRS will most likely contact taxpayers via mail in regards to tax issues.

These callers are simply trying to scare consumers into paying them money they don't owe. Consumers should not be threatened into making any payments they are not certain that they owe. The scammers use these strong arm tactics because they know many people will pay the money to avoid being arrested.

Some other characteristics of this

scam:

- Scammers use fake names and IRS badge numbers
- Scammer may actually have the last four digits of your Social Security number.
- Scammers can spoof IRS phone numbers making it appear the call is really from the IRS
- Victims can hear background noises of other calls being conducted to mimic a call site.
- After threatening jail time or deportation, scammers hang up and soon call back pretending to be from the local police, to help support their claim.

Never trust callers who use threats and hostility to bully their targets into doing what they want. This is a scare tactic many scammers use.

The BBB recommends the following if you receive a similar type call:

- If you know you owe taxes or think you might owe taxes, call the IRS or your accountant.
- If you know you don't owe taxes, call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or treasury.gov.
- If you've been targeted by this scam you should also contact the Federal Trade Commission and use their Complaint Assistant at FTC.gov.
- Also report your experience to the BBB so we can track the activity and warn others.
- If you are not sure if the call is

legitimate or not, contact the BBB at 1-800-763-4222 or at bbb.org.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA).

This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.

FREE Tax Preparation

Special to Senior News

AARP 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 from FEBRUARY 2nd 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) 923-0229
- 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

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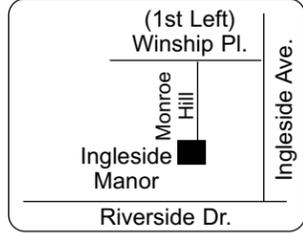



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Let us entertain you

by CLAIRE HOUSER DODD

He imagined that he was in love with her, whereas I think she did the imagining for him.

Mark Twain

Where are the hot flashes when we need them? Isn't it a shame we can't wiggle our nose and order one to come and stay for a week or so during this really cold spell? Oh well, the world is not perfect. It's called LIFE! Grin and Bear it.

Really, we were colder when the really low weather let up and that icy rain started. Guess it proves that we cold is worse than dry cold.

And, in the middle of our agony our cousin called from Naples, 71, to complain about the heat... 83 degrees was too hot after just leaving Cincinnati! Too bad, so sad.

We just received the Banner, a newsletter for Retired Military Fall Gospel Fellowship, and would like to pass on a memorable statement, "A Major difference between works and worship is attitude," by Dan Gatlyn.

We also read "Echoes" for retired Military and their families which reiterate the good sense of physical activities, and walking 10,000 steps a day. Last time we mentioned this we had many calls thinking we'd made a mistake. Oh, no, we're afraid not. 10,000 steps per day it is. However, we certainly understand your doubt as we doubt with you that very many of us can make it. If we did, we'd probably have to go to bed the next day. We are going to try to remember to count one day.

Surely you've heard about the movie "The Fifth Wave" being shot in Macon. We were at Buca's Italian Restaurant Saturday night with a group of friends and decided to detour by the shooting area on Cotton Avenue in the city. As soon as we approached the downtown area, it was obvious we were not the only ones interested. We have never seen as many cars parked in this area. There were NO parking places. Lots were filled; it was amazing – from the Grand parking lot to Cherry Street to Popular Street, above

Cotton Avenue – everywhere packed with automobiles. We finally lucked upon a place above the area on upper Cherry and got out in the freezing weather, walked up to where the action was supposed to be. Easy to find as it was lit by 70' lights as bright as day. That lower part of Cotton Avenue looked like a bombed out disaster. Actually it was a staged bus explosion and wrecked cars hit and strewn along the street, window and buildings fronts broken. A total mess.

However, we saw no actors hanging around. One of the many policemen on duty told us they were having "lunch," and would be back for the bus crash at 3 a.m. As inviting as it was, we reneged – 3 a.m., 5 hours away and we were cold. We also nixed returning.

It was, just as well as the explosion was a bit more than expected, breaking window and blowing out doorways. However, hosting a movie is positive as it brings a revenue, not only from the production companies, but also from the on-lookers who come from miles around to witness the phenomenon. It appears that more people than ever are interested in theatre and movies. At least they are more aware of when and where its going on.

Being from Fort Valley we see lots of interesting scenes, venues and historical homes that would fit into many movies very well. One is the old High School Building which could be used for many shots and if the city can find a good use for it (which we hope they can).

In case you've missed an article about the Fifth Wave or a T.V. Announcement, it is a science fiction story about the destruction of the world by four waves of Alien Invasions and a young girl is trying to save her little brother before the fifth wave of attack arrives. It is based on a book by Rick Yancey. The stars are Cloe Grace Moretz and Maggie Siff. According to the permits to the film, a part of the movie was shot between January 8th and 10th, but the fireball from the bus explosion did not occur until 3:45 a.m. January 11th, and it took several days to repair the damage.

The first of the apocalyptic planned trilogy will be coming to the theatre in January 2016. The author; Yancey, says of his 3rd book, unnamed as of yet, "More aliens! More mistrust! More betrayal! More explosions and mayhem! Twists, reversals, surprises!" It is expected to win, many prizes, awards just like its predecessor, "The Fifth Wave."

Can we possibly miss it? Especially the younger crowd. It is touted to have "Broad audience appeal"

Looking for a day trip? The Madison Morgan Cultural Center in Madison is having a Multi median art show featuring talent of Madison Artists Guild. We hear a lot of you reporting trips to that area to do a home tour or just to explore for a day. This art exhibit sounds like a good reason for one more trip. It runs through May 3rd. If you need more info call (877) 233-0598 or mmcc-arts.org

Closer to home – "Clybourne Park" by Bruce Norris starting February 13th

and running through the 21nd at Theatre Macon which is getting its fair share of restaurants – old and new. (478)-746-9485 for reservations.

We tried Ocmulgee Traders on Poplar Street for lunch last week and thoroughly enjoyed it. They also gave us a heads up on a Marti Gras roaming party to be held, but plans weren't complete at this writing.

"I Love Lucy Live on Stage" is coming to Macon's Grand March 11th at 7:30, and March 12th at 7:30p.m. Our bet is that reservations will be necessary, call (478) 301-5471 for reservations and tickets. Everybody loves Lucy! And single Box tickets are only \$35.00

Don't forget Valentine's Day is the 14th. Be sure to think of something marvelous and loving for your very special "other"!

Happy Valentine's Day

Man will do many things to get himself loved; he will do all things to get himself envied.

Mark Twain

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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.

"GREATNESS"

by Brenda G. Partridge-Brown

Take the time and look around, you might be surprised at what's been right before your very eyes; For we are surrounded by greatness! They once lived very productive lives at one time or another.

They are someone's father, mother, brother, sister, Grandmother, grandfather, because of father-time many are unable to see, hear, walk or talk;

They may not remember their name, or the names of their own children, family members or closest friends.

Many need assistance with feeding, taking a bath and combing their hair While others may need total care!

For we are surrounded by greatness!

Please, don't ever forget when they had to do these same loving things, for me and for you!

Who are these special people? I'm glad you asked!

They are homemakers who raised their children and many others... teachers, preachers, doctors, lawyers, nurses, cooks, actors, trash men, the mailman, business men and business women, bus drivers, dancers, singers or everyday dreamers!

They gave much of themselves in order to help build greatness in each of us,

So you see, we are truly surrounded by greatness!

MAKING MEMORIES by Mary Elliott

As I walk down this road of life with all its ups and downs, curves and straight-aways, it occurs to me, as I get older, that memories are our wonderful gifts. God has given us the ability to look back. I am amazed at the things our minds can remember. This is God's legacy.

The older we get, the more we have to look back on. Some things we love to look back on, and some we don't. But God has given us the choice to reflect on the funny, happy, restful things or the unpleasant. I wonder if creatures other than man have this gift. I hope so.

As I sit here in the today, I realize this is a memory I'm creating for tomorrow. So, regardless of what this day brings, will I remember the love and wonder of this day, or perhaps there too is a lesson in it that I'll cherish. That is my choice, to be able to create my memory for tomorrow.

Even though there are things beyond my control, I can choose to turn them into whatever I can that is pleasant or not. Sometimes I think we don't realize how important today is to our future thoughts.

God. Help me to make today a good memory for myself and others.

"LONELINESS" by Dot A. Jones

Everybody needs somebody. There are lonely people everywhere.

*A CHILD needs a mother and father to care.
Often sad eyes reach out for*

*somebody to love and care.
Do you have a little love to spare?*

The WIDOWED SPOUSE may lose hope, as in loneliness they try to cope.

*A hug by family and friend would bring a smile and help a heart to mend.
Do you have a little love to lend?*

The SERVICE MAN OR WOMAN away from home, as they long for family and being with them as they have known.

*Just say, I'm proud of you and give them a smile.
Let your love go an extra mile.*

The HOMELESS MAN doesn't ask for much, maybe a kind look when he passes by.

*We cannot know what brought his plight, but you may help him feel he's not a blight.
Will your love be a bright light?*

Let's remember to share our love and spread it all around.

*Everybody needs somebody. There are lonely people everywhere.
Do you have a little love to share?*

KINDNESS by Frankie Lee

*Words can make your day
Or break your heart
It's all in what you say*

*Think carefully before you speak
Take time to think it through
Words can determine how you look
In all you say and do*

*It's not always who is right or wrong
Or to make a point to shine
It's more about the words that remain
A long, long time*

*Why cause hurt in someone's eye
Just to make a point
On who is wrong or who is right
Think before you speak... or don't.*

Ealer to run in the Asics LA Marathon 2015

Special to Senior News

Mary Ealer will run the LA Marathon in March in memory of her husband George to benefit the John Ritter Foundation for Aortic Health. To read her story and to contribute to her fund goal please visit: www.crowdrise.com.

2014 GGO Ruth Gaylor and Barney Ochs Award Winners

The late George Ealer, spouse of Mary Ealer, was awarded the Barney Ochs

Sportsmanship award posthumously at the 2014 Georgia Golden Olympics. Mr. Ealer participated in the Georgia Golden Olympics with his spouse, Mary for many years before his death in 2013. Mr. Ealer was truly a "champion" at being the best he could be and never lost sight of sportsmanship on and off the field. He looked forward to games every year and if couldn't compete he was always the encourager, treated others with utmost respect and was there to cheer

them on or to help out. We miss Mr. Ealer and appreciate the support he gave to the games and the athletes for so many years.

Ms. Nancy Horne from Moultrie, Georgia was awarded the Ruth Gaylor Spirit Award. Ms Horne is a long time participant in the games and organizer of the Moultrie ladies who attend the games each year. She is a true role model to her friends and other athletes is always happy full of spirit and fun.

Georgia Radio Reading Service

by JANE WINSTON

GaRRS, the state's only radio reading service, is an independent 501©(3) nonprofit closed circuit radio station whose mission is to improve the quality of life for every Georgian who is blind, visually-impaired or has difficulty with access to the printed word by broadcasting current information via sub channel radio transmission and streaming on the Internet. Founded in 1980, GaRRS broadcast is provided by more than 200 volunteer readers from across Georgia who deliver approximately 150 different radio shows each month including cover-to-cover readings of magazines, newspapers, books, public announcements, grocery advertisements as well as information concerning community announcements and activities. The programs are broadcast seven days a week, 24 hours a day by way of special subchannel (SCA) radio receivers and a password protected audio streaming link from the GaRRS website.

GaRRS' listening audience is

as diverse as its programming. Some listeners have been blind since birth while others lost their sight through illness, age or accident later in life. Still others have retained sufficient peripheral vision to remain physically active, but not enough to read. GaRRS' listeners also include senior citizens too weakened to read, people with palsy who can no longer hold books, and the dyslexic.

The Macon GaRRS studio is located at 182 on Riley Avenue, Suite F-1 and is managed by Sheila Weeks who started as a reader eight years ago. At that time her husband was the manager, but he had to give up the position due to failing health, and Sheila has been managing the Macon studio since 2010. Some of the things her eight to twelve volunteers read are The Cochran Journal, The Telegraph, The Houston Home Journal and The Leader Tribune as well as The Macon Shopper Ads. "More volunteers would be great," says Sheila, and she encourages folks to give her a call at 478-477-5363 to discuss what is involved in



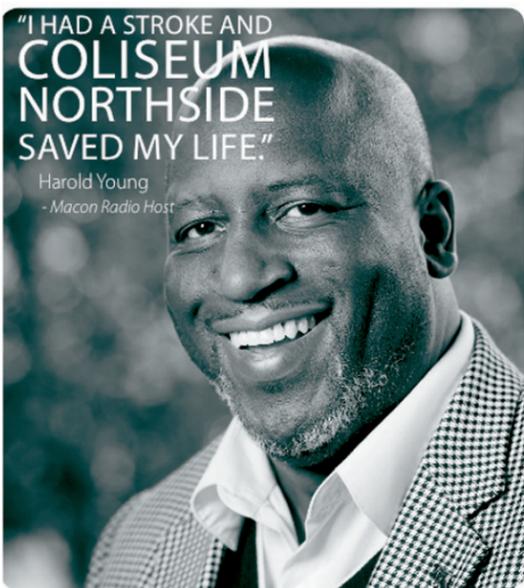
Sheila Weeks

being a volunteer and to arrange an audition. Additionally, she encourages folks to contact her to find out how your loved one or friend might gain access to GaRRS.

I just recently began reading for GaRRS, and it's a great feeling knowing I am giving an hour of my week to someone who

needs my help! Give Sheila a call should you wish to volunteer or know of someone who might enjoy the service.

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



His fans know him as Brother Harold, the afternoon personality on WPRZ 107.5. But on a Thursday evening last October, the popular voice of Harold Young was almost silenced by a stroke. "I went home after work feeling very tired," he said. "My wife even noticed and said 'why are you dragging – you look beat up.' I sat on the couch to watch TV and must have dozed off. When I awakened I felt like I was in a fog and knew something wasn't right." When Harold tried to call his wife for help, he couldn't speak. "My brain was telling me I was calling her, but nothing was coming out of my mouth."

Knowing he was having a severe medical emergency, he asked God for help and willed himself to stand and make it to the kitchen to find his wife. "I was using my hands to move my mouth and saying if you can understand me, get me to the hospital now."

Harold credits the care he received at CNH, from the moment he arrived, with his survival and 'miraculous' recovery from the potentially deadly stroke. "They were absolutely amazing. I felt like I was the only patient there because they did their job so well. And I know that's why I'm alive today," says Harold. On arrival, the emergency department team immediately performed a CAT Scan and then Harold experienced what he says was the most amazing part of his exam and diagnosis. While he was in a hospital in Macon, the neurologist who examined and treated him was actually in Atlanta. In conjunction with AcuteCare Telemedicine, CNH and Coliseum Medical Centers are able to connect neurological specialists and local physicians, in real-time, through a robot.

"It was incredible," says Harold. "The neurologist, Dr. Matthew Gwynn, examined me from the video screen. The robot moved around so he could see all of my physical responses and I could see his face while he talked to me." Verifying the diagnosis that Harold had suffered a stroke, and because Harold arrived at CNH so quickly for treatment, Dr. Gwynn ordered the administration of TPA, a strong clot-busting drug used to reverse the effects of a stroke.

"The doctor told me I'd definitely had a stroke and needed TPA," says Harold. "He told me the risks and said once they gave me the drug they would watch me for an hour. Here's what was impressive – they actually watched me for an hour. They didn't leave my side and as the drug began to work, they were right there assessing my recovery."

"They went above and beyond in providing me with care," says Harold. "Knowing I'm a Christian, the nurse even prayed with me. It brought tears to my eyes because I knew this wasn't just a job – she truly cared about me as person." Harold was eventually transferred to Coliseum Medical Centers Intensive

Care Unit for a couple of days while he recuperated. "At first I said don't transfer me from CNH because I was being treated so well. But the CMC staff offered the same level of care and compassion once I arrived there."

Today Harold's friends say they don't believe he had a stroke because he has virtually no lingering effects. And now that he's 'back to his old self' the 50-year-old is using his voice to remind listeners to get screenings and pay attention to what their bodies are telling them. "Your body talks to you," he says. "When you have a warning, get to the doctor. And I can't stress enough that you need to go somewhere that provides great care. I've been to other hospitals before but I will go to Coliseum now for anything. The care and service is second to none."

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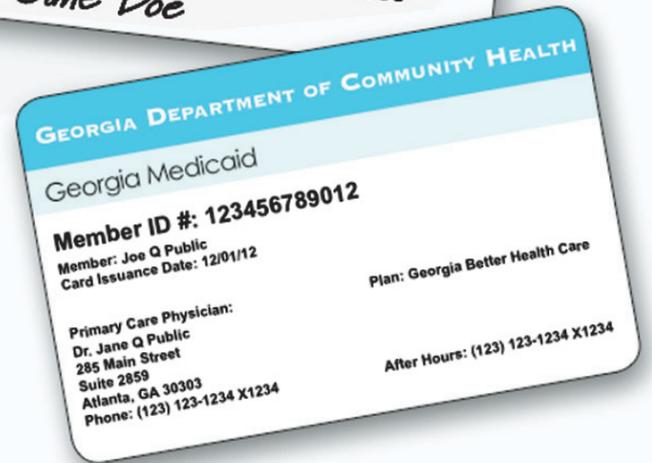
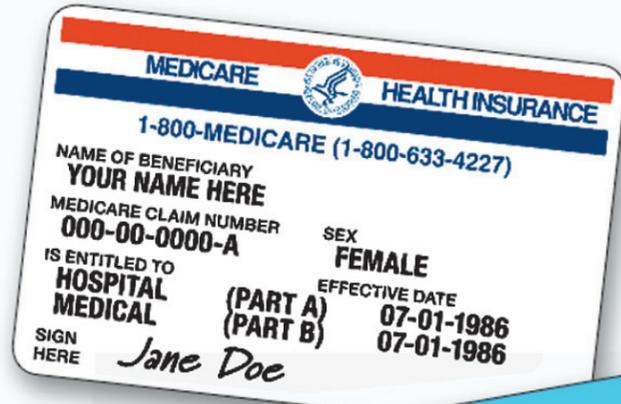
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*On the Cover***The Byron Twins**

by CLAIRE HOUSER-DODD

COVER:
Lucille Johnson and Lillian Williams

There are two lovely ladies who live in Byron and just happen to be twins. They are the Bridges sisters, Lillian and Lucille, who married Morris Williams and Jethro Johnson respectively. They have lived in Byron all their lives and have not only been twins, but best friends, forever, and both retired from Robins Air Force Base approximately 50 years ago.

We were talking to Lillian's daughter, Ann Giles, about their style of fashionable clothes and she remembers when she was growing up watching her Mother get all dressed up to go to work, "she wore high heels, a complete suit, with pocket book to match and gloves." We already knew about the gloves, as we had been to lunch with another set of sisters, Sandee Khoury and Lucinda

Wainwright. Where the twins had been the subject of conversation. We'd already heard about those lovely ladies and their gloves. They stop in on Sandee and Lucinda occasionally and are such a treat, conversationally and fashionably. One of them had on her Mother's black kid gloves and the other had on a black pair, which her daughter Ann had given her about 20 years ago (at least she said).

This started us remembering our own Mother and Grandmother and their special gloves, and to be honest, our own. Oh yes! We had to wear them too... much to our distress. They were too hot, didn't fit over large rings, and we always lost one. Cousin Sarah (Lee Houser) explained to me that you always bought a dozen at the time so you had plenty of matches. Not to sound extravagant. They also mended their gloves and they were always sparkling white. You had to work with special soaps and put them on some sort of metal glove dryer. None of this was easy, but necessary.

The twins had two siblings. One older, Mary, and one younger, Betty. The four went to Nova Scotia and Prince Edward Island, home of Ann of Green Gables. This trip stands out as the best they ever had. Obviously, because they were all together. They travelled the world... Europe, Alaska, Hawaii and so forth and enjoyed it all; however, trips with husbands and children on Daytona Beach, way back in the day, are the ones that they love and cherish most. Lucille said, "wish I'd kept a journal, because it's so hard to remember exact dates and places, we've been so many and are so thankful for the memories."

Our grandfather, Jefferson Davis Hardison, donated the property for Hardison Baptist Church, "what we call – Old Hwy 42," and their mother played the piano. Lillian says she became a matrimonial Methodist and later Lucille and her husband joined the Byron United Methodist Church and they both belonged to everything from members of the administrative

board, coordinator of older adult Sunday school teacher, vacation bible school, and whatever United Methodist Women could do. They have also gone to lots of United Methodist Women's Retreats at Epworth by the Sea.

We asked Lillian and Lucille to tell us exactly what they attribute their longevity and good health to and they both agreed, "Exercising regularly at a gym and eating well and healthy." They also made a point about never drinking alcohol or smoking cigarettes.

After spending an entire afternoon enjoying the company of these two lovely ladies, we certainly attest to the fact that they never needed any alcohol, cigarettes, or any other outside help to be the fabulous women they always were and still are. Lillian and Lucille had their goodness, personality, and health from the inside. They had a wonderful spiritual side and great families and friends. We feel honored to count them as friends now and thank them for a delightful afternoon.

What's in our new name?

You!

Our new name is a combination of "navigate" and "center". That's because we're helping you *navigate* your path to quality healthcare all the while keeping *you* at the *center* of all that we do.

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Taking Care

Keep spirits up to prevent burnout

by LISA M. PETSCHÉ

Caring for a chronically ill, disabled or elderly relative can offer many rewards, but it also typically involves physical, psychological, emotional and financial demands. It can be particularly challenging when the care receiver has heavy hands-on needs, a difficult personality or mental impairment. Caregivers may experience a variety of distressing emotions along the way, including frustration, guilt, resentment, anxiety and sadness.

If you are a caregiver, read on for suggestions on how to keep your spirits in day-to-day life, which can reduce the risk of “burning out.”

Emphasize the positive

- Limit your exposure to the news.
- Use positive self-talk. Emphasize phrases such as “I can,” “I will” and “I choose.”
- Be generous with praise and encouragement and cautious with criticism, giving only the constructive type.
- Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom or rent funny movies.
- Accept realities you cannot change and concentrate on those you can influence.
- Focus on your relative’s abilities rather than any disabilities, and build on those strengths.
- Recognize that no matter what happens, you always have a choice about how to respond when the going gets tough.
- Stay connected to people who care. Minimize contact with individuals who are critical or self-centered.
- Find an outlet for expressing your thoughts and feelings, such as talking with a friend or keeping a journal.
- Pick your battles; do not make a major issue out of every concern.
- Do not dwell on past mistakes, hurts or other unpleasant events.
- Look for the good in people and situations. Demonstrate empathy; give others the benefit of the doubt and practice forgiveness.
- Do something you enjoy every day: read, listen to music or take up a hobby, for example.
- Identify sources of stress in your life then eliminate as many as possible and learn to manage the rest.
- Practice relaxation techniques, such as deep breathing, meditation or yoga.
- Learn to be flexible about plans and expectations. Take things one day at a time so you do not become overwhelmed.
- Set priorities and stick to them. And let go of the need for perfection.

- Be receptive to learning new ways of doing things and try new activities. Encourage your relative to do the same.

- Be open to learning skills that will help you in your role, such as proper transferring and bathing techniques. Not only will this make caregiving safer and easier, but mastering these tasks will also give your self-confidence a boost.

- Find out about community services in your area that can help maximize your relative’s quality of life and assist you with necessary tasks. Potential sources of information include your relative’s doctor and other participating health professionals, the Internet, the non-profit organization associated with your relative’s health condition (for example, the Parkinson Foundation) and your local Area Agency on Aging.

- Develop a partnership with involved healthcare professionals. Share relevant information about your relative’s needs, abilities and preferences, and any other information that may help with care planning. Ask questions, seek advice and offer opinions and suggestions as appropriate. Never forget that you are an important member of your relative’s care team.

- Start a book of inspiration: collect quotations, positive articles, heartwarming stories and inspirational photos and keep them in a binder or scrapbook.

- Connect with other caregivers. Join a community support group or an Internet group if it is hard to get out.

- Do not neglect your physical health: eat nutritious meals, get adequate rest, exercise and get regular

medical checkups.

- Seek help from your primary physician or a counselor if you continually feel sad, angry or overwhelmed. Such emotions may be symptomatic of clinical depression, which is a treatable illness.

- Set aside some quiet time each day; it nurtures your spirituality and helps to keep you grounded.

- Schedule regular breaks from caregiving duties and plan to do something fun. This helps to recharge your batteries.

- Finally, count your blessings and learn to live in the moment, enjoying life’s simpler pleasures.

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

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~ PLEASE VISIT OFTEN ~

The Next Chapter

Recommendations by ANNE B. JONES, PhD

- *Random Acts of Kindness by Animals*; Stephanie Leland; Conari Press, 2008
- *Eastern Airlines: A History, 1926-1991*; David Lee Russell; McFarland & Company, 2013

What a precious book! Stephanie Leland's *Random Acts of Kindness by Animals* is a fascinating journey through tale after tale of amazing animal, bird and insect connections with humans and other creatures. From chimpanzees who communicate in sign-language to life-saving dogs, cats and birds, this book is filled with true and unusual acts that defy explanation. I was so riveted I took it wherever I went. Every five available minutes allowed the reading of more stories.

Arranged in 1-2 page "sound

bite" chapters, the book makes a reader do a double-take. How could an unprompted circus elephant sense a tightrope walker was in peril, know how to save him, and do it? How did a seagull know to alert a woman's sister that she had fallen from a cliff? Or a dog manage to rescue its owners' two-year-old daughter from a third-story ledge? Stephanie Leland spent four years researching and documenting these stories. She credits her cat, Yoko, with having saved her from suicide.

No city has a richer history associated with Eastern Airlines than Atlanta, Georgia. David Lee Russell's *Eastern Air Lines: A History, 1928-1991*, provides insight and perspective into early aviation history and the advancement of commercial aircraft while giving a look into the development, success and demise of this unique corporation. As Russell states in his Preface, "Eastern Airlines was not just an airline, It was a vision, an

idea, dreams, plans, time schedules, routes, terminals, procedures, rules, aircraft, crashes, business and dedicated people. While it came to an unfortunate end. It took to the skies every day on a mission for its passengers to take them on their journeys from town to town in comfort and safety aboard the best aircraft in the world."

Among the most interesting personalities included in this book are the adventurous World War I war hero Eddie Rickenbacker and Apollo 8 astronaut Frank Borman. Also included are heart-rending stories of accidents, including the legendary crash of Flight 401.

To this day, there are arguments about Eastern. Some blame its end on unions, basing their beliefs on what union members claim was misinformation fed through the media. Our metro population consists of many former employees of the airline, their loyalty still intact as exemplified by yearly, and in

some cases weekly, reunions. The book is an eye-opening account of human and corporate challenges and decision-making, and contains an important piece of our country's airline history. That said, there will be people who may disagree with some of the book's conclusions. Eastern is a controversial topic of discussion even today. Many former Eastern employees believe that in the end, Lorenzo took over the airline in order to destroy the unions and bleed off its assets. They also insist when the issue was finally addressed by the court system, information came out that would have led to the prosecution of those who had falsified maintenance records and the case was squelched.

You may contact Anne at annebjones@msn.com... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).

Additional Senior Services & Events Information Available at www.seniornewsga.com

MACON METRO AREA Senior Services & Events Directory

Coliseum Health System "Medicare Made Easy and Advanced Directives"

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

Support Groups

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

- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

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

designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center Navicent Health – Partners In Health Classes Golden Opportunities

The Wellness Center
3797 Northside Drive, Macon 478-757-7817

Heartworks

389 First St. (Inside the MHC)
478-633-9090

Central Georgia Rehabilitation Hospital
3351 Northside Drive
478-201-6500

- **Implantable Cardioverter Defibrillator (ICD) Support Group:** 478-633-7157
- **Empower Seniors Fall Risk Assessment:** 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 kjh-ague@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.mccgclinicaltrials.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

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Tues., 12 noon, Perry Hospital Cafeteria.

SeniorCare

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

Warner Robins SeniorCare

Centerville SeniorCare

Perry SeniorCare

TOPS Club, Inc.

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

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

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

Bibb County

• 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050

• 1st Wed., 10 a.m., Martha Bowman UMC, 500 Bass Rd., Macon, 478-743-7050

Houston County

• 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669

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

Dodge County

• 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600

Lamar County

• 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St.,

Barnesville, 770-358-4516

Laurens County

• 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 12-A Family Room, 1826 Veterans Blvd., Dublin, 478-272-1210, x2328

Monroe County

• 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754

Peach County

• 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613

Putnam County

• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331

Upson County

• Last Thurs., 7 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607

Telephone Support Group

• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 1-866-453-5550. To learn more about "Caring Connection" call 800-272-3900.

Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

Call the Macon Office at 478-751-6261 for an appointment.

Meals on Wheels of Macon and Bibb County

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

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

Macon-Bibb County Parks & Recreation Department Senior Center

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

• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry Wright at 478-751-2796.

• Choir - "Band of Angels:" Practice Mondays at 10 a.m. Call Brenda at 478-751-2790

• Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.

• More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238

• Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790

• Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238

• Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.

Warner Robins Senior Citizen Services

(50+ Years Old)

Warner Robins Recreation Department - Melanie Lewis

Email: mlewis@wrga.gov; 478-293-1066

Senior Activity Center

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

• Ceramics: Tuesday and Friday from 10:30 am-4 pm, and 1 pm-4 pm. Charges are for greenware, lights, music boxes, etc. No charge for firing or paint. Brushes and cleaning tools are available for purchase.

• Aerobics: Monday, Wednesday, Friday at 9 am. Cost is \$2 a

class or \$20 a month. Join us for low-impact aerobics for seniors. For more information contact 478-293-1066.

• Prime Painters: Open to anyone who wants to come and paint. Bring your own supplies. Thursday afternoon from 1:30 pm -4:00 pm. Please call 478-293-1066 for more information.

• Quilting Party: Wednesdays, 10 am-2 pm. Bring your own (small) scissors and personal thimble. Quilting materials supplied. *NOTE: We hand quilt for the public and also have quilts for sale. Currently has a waiting list for the class.

• Woodworking Shop: Daily (except on Thursdays) at 9 am. "Woodworking Safety Orientation" is a prerequisite for participation and is scheduled upon request. What would you like to make?

• Ikebana: Japanese flower arranging, Mondays at 2 pm. Please contact Yuko Hancock at 478-923-7312 or Dee Boren at 478-987-0493 for more information.

• Line Dancing: On Wednesdays - New Beginners Class at the Wellston Center from 1-2 pm. \$2

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General Business Directory For Seniors

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Ron P. Myatt at 478-672-7001

Jan Tassitano at 770-993-2943

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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.

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.

Theatre Macon
438 Cherry Street, Macon
478-746-9485
• *Clybourne Park*: Feb. 13-21

Divorce Recovery Group
First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided. For additional information call the church office at 478-742-6485.

DivorceCare Offered By Central Baptist Church
Divorced? Separated? Find help at DivorceCare. DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade. For additional information call 478-953-9319.

Bloomfield United Methodist Church
5511 Bloomfield Rd., Macon
478-397-6568 or 478-788-2262

New Dimension of Praise International Ministries, Inc.
Uletha Durham, Pastor, 207 S. Davis Dr., Warner Robins. Church: 478-329-8780, Cell: 478-283-9494

Substance Abuse Help Available
Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your

children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

Volunteers Needed
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: chiefstrib@cox.net.

2015 Garden Academy
Presented by the UGA Extension Office Houston County and Houston County Master Gardeners. Tuesdays and Thursdays evenings, Jan. 22 - Feb. 26, 6 - 8 p.m., Extension Office Multipurpose Room, Government Building (old renovated courthouse), downtown Perry. Cost: \$95. Class is limited. For details call 478-987-2028 or email mg@uga.edu.

General Business Directory For Seniors

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

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

CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350

To find a location near you, visit
www.goodwillworks.org



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

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



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

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

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



Vineville Christian Towers

An Affordable Apartment Community for Seniors

Now Accepting Applications

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

Two Months FREE Rent On Studio Apartments!

2394 Vineville Avenue | Macon, GA 31204
478-743-4661

Owned & Managed by **CCH** More Than A Home Equal Housing Opportunity

Your attention, please!

Your heart won't want to miss these events:



Women's Symposium - A Healthier You!

Saturday, February 7 | 10:00 am - 1:00 pm | Mabel White Baptist Church

An event just for women featuring nationally renowned women's dietitian and fitness expert. Zonya Foco will provide tips on being good to your sweet heart, and you will hear real stories from women who have improved their health. \$10 per person includes a delicious lunch and a gift.

The Virtual Cath Lab Experience

Thursday, February 19 | 12:00 pm - 1:00 pm

Coliseum Medical Centers | First Floor Classroom | 350 Hospital Drive | Macon, GA 31217

To fully understand what happens in the Cath Lab, Central Georgia Technical College (CGTC) will guide you through the process of finding and repairing blockages in arteries. FREE blood pressure and BMI screenings. A free boxed lunch will be provided.



Advances in Technology to Treat the Heart

Featuring: Dr. Juan Esnard

Friday, February 27 | 12:00 pm - 1:00 pm

Coliseum Medical Centers | 330 Hospital Drive | Building C, Suite 120 | Macon, GA 31217

Join Dr. Juan Esnard, as he highlights the newest technology and medical advances being used to treat the heart. A free boxed lunch will be provided.

COLISEUM Heart
INSTITUTE

Reservations can be made by calling **478.746.4646**. | www.coliseumhealthsystem.com