

Senior News

Serving **MACON** & CENTRAL GEORGIA

Information For Ages
50 PLUS!

Enjoy Crossword and
Sudoku Puzzles at
www.seniornewsga.com!

29th Annual Georgia Peach Festival!

Story on page 7

June 2015
Vol. 29, No. 6

Taking Care

Is it moving time? Boomers and seniors relocate for many reasons!

by LISA M. PETSCHÉ

As people age, and especially if they have one or more chronic health conditions, there's a good chance that at some point their home will no longer suit their lifestyle or their needs. The following are common reasons for relocating.



Lisa Petsche

Reasons for Moving

Freedom – To reduce responsibilities associated with home ownership – particularly property maintenance – to allow more time for recreation and leisure activities, such as engaging in a hobby, spending time with family, volunteering or traveling.

Independence – To offload as many responsibilities of daily living as possible, in order to continue to live independently in spite of decreased physical functioning. People in this situation may wish to eliminate not only property maintenance tasks but also housecleaning, laundering and meal preparation.

Climate – Desire for a moderate climate (not too hot and not too cold), for health and safety reasons or for comfort and convenience – for exam-

ple, to be able to engage in favorite outdoor activities year-round.

Home design – To increase the accessibility of one's home – specifically, to make it easier and safer to enter and exit, access all areas and use rooms for their intended purpose. A one-floor, open concept plan is typically desired. Some people (those who use a wheelchair, for example) may need a setting designed for the physically disabled.

Finances – To reduce expenses associated with shelter, including mortgage or rent, property taxes, utilities and maintenance. Another reason some people move is that the cost of home adaptations to improve safety and accessibility is beyond their means or is not a wise investment from a real estate perspective.

Socialization – To increase opportunities for social contact. Specifically, the goal might be moving closer to family members, especially children and grandchildren, or relocating to a community of peers.

Security – To reduce the risk of victimization. For example, those who are anxious about answering the door, leaving their home unattended or coming home to an empty house may experience increased peace of mind living in a gated community with security patrol or an apartment building with a security desk and locked mailboxes.

Community Access – To improve access to shopping and other businesses, medical resources, places of worship and other amenities such as parks and recreation centers. Those with a driver's license who live in the suburbs or a rural area may seek a more central location to reduce travel time.

Those who don't drive – or who anticipate being unable to drive in the foreseeable future – may desire a home with easy access to public transit or within walking distance of various amenities.

Health – To ensure ongoing health care needs are met. Needs may include one or more of the following: medication management, medical monitoring, a special diet, skilled nursing care, personal care (assistance with washing, dressing and grooming) and supervision or assistance with mobilizing.

Residence Options

There are many possibilities for alternate living arrangements, depending on a person's needs and preferences. Options include: moving in with a relative or friend for companionship and perhaps also practical assistance, and to share expenses; moving to a similar-sized home with a more suitable design; downsizing to a smaller house or a condominium or apartment (some seniors apartments may be geared to income and have disabled units); moving to an adult

lifestyle community; and, moving to a long-term care setting such as an assisted living facility or nursing home (also known as a skilled nursing facility).

If you are considering a long-term care residence, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places, and take a relative or friend along for a second opinion.

Planning Ahead

Because a move in mid to late life usually involves downsizing, it's wise, if you anticipate changing residences in the next few years, to begin now to sort through your possessions and sell or give away unneeded items. Typically it takes much longer than expected to go through this tedious and emotion-laden process.

If you intend to relocate in the near future, consider hiring a professional organizer to assist with the paring-down process, or a senior move specialist who can help with everything from planning to setting up in your new residence.

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.

GEORGIA DERMATOLOGY & SKIN CANCER CENTER

MACON
1157 Forsyth St. 750-SKIN 478.750.7546

WARNER ROBINS 212 Hospital Dr. 922-9281

MILLEDGEVILLE 230 N. Jefferson St. 453-8484

MOHS SURGERY **SKIN EXAMS**
SKIN CANCERS **MOLE REMOVAL**
PHOTOTHERAPY **RASHES**
PSORIASIS **WARTS - ACNE**

GaDerm.com

You want to experience all that life has to offer, but if you're not seeing as clearly as you used to, cataracts could be getting in your way.

Today, you have a wide range of options when it comes to cataract surgery. Whether you want to wear reading glasses, bifocals, or no glasses after your surgery, the physicians at the Eye Center of Central Georgia have the tools to help you see your very best.

With options like multifocal lenses to correct both distance and near vision, or toric lenses to correct astigmatism, your doctor can help you find the best option for your eyes.

Set up an appointment today, and start seeing your best!

(478) 743-7061

(800) 743-7022

Eye Center
of Central Georgia

1429 Oglethorpe Street, Macon, Georgia 31201

www.myeeyecenter.com



Let us entertain you

by CLAIRE HOUSER DODD

Try not to become a person of success, but a person of value.
Albert Einstein

My! Have the activities around Fort Valley and Middle Georgia accelerated this last month! Masee Lane had a ceremony featuring the planting of the Bill Fickling Camellia. As Bill said, "Named for both me and my father." It is a beautiful pink japonica which he and William Khoury lovingly planted in its already prepared spot in the green house. Very welcomed ice tea and cookies were served. Tommy Alden, owner of County Line Nursery, gave the welcoming address plus a few words on the Ficklings and their contributions, not only to the heavy cherry tree growth in Macon, but also to their support of Masee Lane.

Before Bill's wife, Neva, became ill, we had our End of the Year picnic and auction at their home in Macon. Now, it is held at Frank and Connie Freshwater's lovely home in Fort Valley across from the Methodist Church. It was a big smash this year, making right at \$2,000 for the Middle Georgia Camellia Society. Everybody brings their favorite dish... so, how can it not be anything but a fantastic party?

The Peach County Historical Society has been joined by the DAR (Daughters of the American Revolution) and all are happily preparing for the Georgia Peach Festival's Chicken Salad Luncheon on June 13 at the Historical Society's Saxon House at 2015 Miller Street, Fort Valley. It is always a big hit as people come from all over Georgia and other states. We met a very nice couple from Illinois last year who were so impressed with the beautiful homes in Fort Valley and especially the Historical District. Sometimes you will meet a long lost cousin from Atlanta or Dalton! Come and see for yourself. The lunch is always delicious and the entertainment will be Sondra Franceil and David and Mary Tames and your servers will be costumed from the past.

The Historical Society is so proud and thankful for the dedicated businesses who have remained true to us and are sponsoring our Chicken Salad Luncheon on June 13 at 11:30 a.m. You can't have chicken salad without chicken. Many thanks to Perdue and manager, Michael Bentley, for their very kind contribution of 60 lbs. of boneless chicken breasts, and to Ed Wasson for cooking them for us. Lane's Southern Orchard gave us pickled peaches, and Pearson's Farm gave peach ice cream and peaches for table decorations. The local grocery stores contributed vegetables and various items, as did Sam's Club in Macon. Many thanks to these loyal contributors, and the many volunteers. We couldn't have our luncheon or keep our doors open without you.

Wesleyan held a lovely tribute to Neva Langley Fickling on March 14 in the new Peirce Chapel on the lake behind the college. It was a full house. President Ruth Knox talked about Neva and her contributions to the Conservatory and College. This latest gift was a gorgeous Grande that holds fond memories for all of us. Edward Eikner entertained at the Piano Dedication Concert with many of our old favorites that he and Neva played together so often to the excitement of all of us from Conservatory days on. A delightful pair. Afterwards, we went to Oval Hall for an elegant buffet of just about anything your heart could desire, and a meeting with Bill and the rest of the Fickling Family. A very impressive evening! We're all so thrilled to have Neva's piano to enjoy forever.

Besides all the community stuff, we have a Grand who earned a trophy for a Grand Slam in his 4-6 year old base ball team in Perry. Those are the funniest games possible. Some of the players have to be picked up and put on the bases and told to stay there. Naturally, they say, "Otay." Then they wander off to play in the dirt only to be picked up and placed again. Since we know "not so much" about the sport, we are glad to be entertained otherwise. It is a terrific show any way you look at it. So go see your grands and nieces and nephews... you'll be glad you did. It is a sight to behold and

our Matthew is no slacker!

The Southern Bridal Farm off Allendale Road held the Peach Regional Chamber of Commerce's annual "Celebration of the Community" again this year. Master of Ceremonies was Bobby Barnes and Chamber Director Tom Morrill gave a brief talk. The event was catered by Jennifer Cox and Bobby Evans of GA Bob's. The entertainment was a one man band, Josh Carson. A really beautiful redone old barn with nice appendages as gardens and fountains, lots of beautiful green grass and plenty of parking.

On May 21, Marion Allen, Barbara Davidson and yours truly went to the Camellia Gardens on Robins AFB for a Memorial Day Ceremony honoring Barbara's husband Billy Davidson and many more who distinguished themselves by services to their country.

The Gourmet Club has done it again. Gourmet, Guns and Guitars was the theme for their dinner party and camp - out at an "off the grid" site in South GA. Their solar lit playhouse/kitchen is tucked away in the woods next to a wide, deep and cold creek with an outdoor fire pit to keep the bugs at bay; lots of talk, picking and singing. The food was delicious, the camaraderie great, and

the wilderness superb. After breakfast, the group trooped off to a rifle range further South, and enjoyed deer tracks, wild turkeys trotting along in the so called roads(?), wild boars, butterflies and even a 100 year old turtle on the way.

First and foremost on our entertainment calendar is, naturally the Sanctioned GA Peach Festival the first weekend in Byron on June 6 at North Peach Park off White Road., and the second weekend is in Fort Valley. Lots of fun, vendors, bull riding and shooting, food; and, don't forget, the "World's Largest Peach Cobbler at 2:00. So get on over to "The Valley" and hang around for a big band from Atlanta and fabulous fireworks! Don't miss it.

Keep your words soft and sweet; you never know when you may have to eat them.

Anonymous

Missed your copy of Senior News?

It's Still Available...
...**"ON THE WEB"**

Just visit us at
www.seniornewsga.com
and click on "ARCHIVES"

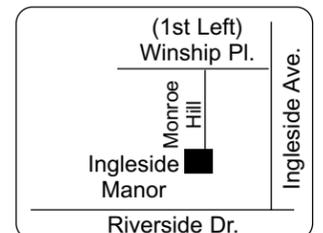
Beautiful, Affordable Senior Housing!



- Spacious One Bedroom Apartment
- Fully Equipped Kitchen, Carpet, Bay Windows
- Communal Multi-Purpose, Computer and Exercise Rooms
- Great Location - Close to Shopping, Public Transportation and Medical Facilities



Call Today for a Tour
478-722-9492
TDD: 800-545-1833, ext. 359



Ingleside Manor

A Retirement Housing Foundation Community

478 Monroe Hill • Macon, Georgia 31204-2592

You must be 62 years of age or older. Gross income must not exceed HUD guidelines for income.



Dempsey Apartments

Affordable Living In Historic Downtown Macon

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

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



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



Professionally Managed by
Barkan Management Company, Inc.
www.barkanco.com



Senior NEWS

Serving Macon & Central Georgia

Website

www.seniornewsga.com
www.seniornewsgeorgia.com

Publisher

Billy R. Tucker
Email: seniornewsga@cox.net

Editor

Ann Tunali
seniornews@msn.com

Advertising Account Executives

David VonAlmen
Phone: 478-213-5986
Email: VAMktPub@aol.com

Jan Tassitano

Phone: 678-575-4184
Email: jan@jjmconsulting.com

Columnists

Claire Houser-Dodd
Lisa Petsche
Dr. Anne Jones

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

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

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

CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone: 478-929-3636
FAX: 478-929-4258
E-mail: seniornewsga@cox.net
Copyright 1987
Senior News & Views of Georgia

Poets' Corner

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

SLEEP ON SILENT AMERICA
by Dot A. Jones

Silent Americans will awake one morning to a different beat and wonder what happened while they were asleep.

Many heard a great change was coming to our nation, so they went to the polls in droves to vote, while silent America stayed home and groaned.

Now, the silent Americans are told to be politically correct and keep quiet, it's the right way to go, no matter the woe.

Silent America has kept quiet too long. They are finding the way is set. They are told what they want for our nation is all wrong.

The third world and other countries are laughing at us. We gave them so much of our money we are "bust." In time, we could be one of them. The promised change is coming for sure. Sleep on America, if that's what you want.

Silent America, awake before it's too late and we reap our fate for not standing up. Don't wait!

There's still hope, a tiny flame to ignite. Influence good leaders to enter the race and get out and

vote, don't hesitate. All Americans, who really care, can make a change to show that the right goals across a great nation will roll.

Wake up silent Americans. Cherish our freedom and America can have another "INDEPENDENCE CELEBRATION."

FREE WILL

by Paul R. Goniea, Sr.

God offered me a snow white gown. I laughed at Him... and turned it down.

I put on filthy rags, and followed the crowd. And, left Him to wear a blood stained shroud.

He's given Himself... and given us Grace.

We give Him nothing... but disgrace. He's picked us up, and wiped off our tears.

We knocked Him down, and spat in His face.

God shows me how... but I run amuck.

He gives me Grace... and I call it my luck.

Did God offer you a snow white gown?

Did you laugh at Him... and turn it down?

Put on filthy rags and followed the crowd?

And, leave Him to wear a blood

stained shroud?

The crowd is on the broad road to destruction. Jesus offers a narrow way.

Turn down our Savior, for Satan's seduction.

Embrace black or white, there is no gray.

We have a choice... and we choose today.

We can wear His white gown... or just walk away!

GOD'S UNFAILING LOVE

by Henry Newton Goldman

He hears me, times at night I pray, And in morn's quiet dawn. His love embraces me through day, And all my fears He calms.

Each wayward path I sometimes take, His love will beckon me, To turn from sin's destructive wake, And from these paths to flee

If sorrows of this world besiege, In some sad hour of day, For love of me, He will not leave, For long these sorrows stay.

When often thoughts of doubt assail, And I lose sight of Him, His love will catch me, without fail, And draw me back again.

The times my world is dark as night, And cares are crushing me, His gracious love will lift my fright, And from these cares set free.

2015 Georgia Golden Olympics dates set

Special to Senior News

The 2015 dates for the 33rd Georgia Golden Olympics have been set for September 16-19, 2015. The games will be held in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department.

Information about the games, registration forms and schedules will be available by early May. The form will be emailed to past participants and mailed to others. Complete information will also be available on the website as soon as final. The website is www.georgiagoldenolympics.org. On the website you'll also find information about volunteering for the event, making a financial contribution and a media kit for use by athletes and others interested in promoting the event. Also, follow the Georgia Golden Olympics on facebook and twitter for additional information and

updates.

2014 Georgia Golden Olympics

The 2014 Georgia Golden Olympics was held September 17-20, 2014 in Warner Robins. Over 650 athletes competed in over 20 sports and hundreds qualified for the 2015 National Senior Games to be held in Minnesota.

2015 National Senior Games

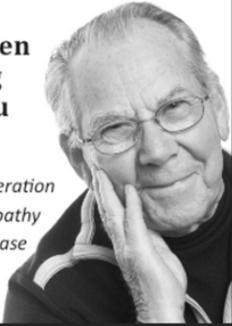
The National Senior Games, presented by Humana is scheduled for July 3-16, 2015 in Bloomington/Minneapolis/St. Paul, Minnesota. For more information about the National Senior Games please go to www.nsga.com.

To make a tax deductible contribution to the Georgia Golden Olympics please find more information on the website: www.georgiagoldenolympics.org or send to GGO, P.O. Box 958, Winder, GA. 30680.

Living with Vision Loss?

Have you been told nothing will help you see better?

- Macular Degeneration
- Diabetic Retinopathy
- Stargardt's Disease
- Stroke



Call today for a FREE phone consultation.

Dr. Brian Saunders
Toll Free (877) 948-7784

www.LowVisionOfGeorgia.com
most insurances accepted

Don't fall victim to bogus "Tech Support" calls

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

Many residents have reported to your BBB that they have received a telephone call from someone claiming to be with tech support from well-known software companies. Microsoft has been a very popular claim, but there have been others as well – and even some claiming to be with federal law enforcement agencies, such as the FBI.

The Scammers may know your name and other personal information, which they get from publicly available phone directories. They might even guess what computer operating system you are using.

The caller tells you that your computer is sending error messages, and they've detected a virus on it. He says that only a tech support employee can remove the virus, but first you must grant him access to your machine. If you give the OK, the caller will run a scan of your files and actually point out how the virus has infected the computer. The scammer

then offers to remove the virus... for a fee. Of course they need your credit card information first.

You might think that this is another form of telephone fraud designed to get your credit card information, but there are actually two twists. It is possible that if you allow the caller to access files on your computer, they can access banking information by using your computer to log into your banking programs.

In addition, they could download spyware onto your computer, which could allow them to monitor your keystrokes. Many people reporting this crime to the FBI's Internet Crime Complaint Center indicated that if they allowed the caller remote access to their computers, whether they had paid for the virus to be removed or not, they had difficulties with their computers afterwards. Some said their computer would not turn on or that certain programs/files were inaccessible. Some victims even reported taking their computers in for repair and the technicians confirmed that software had been installed.

What to do if "Tech Support"

calls?

- Be wary of answering calls from unknown numbers. Instead, let the call go to voicemail and if it's important, they will leave a message.
- Don't rely on caller ID; scammers have the ability to spoof their caller ID numbers to appear legitimate.
- Never give control of your computer to a third party unless you can confirm that it is a legitimate representative of a computer support team with whom you are already a customer and you initiated the support.
- Never provide your credit card or financial information to someone claiming to be from tech support.
- If a caller notifies you that he or she has detected a virus or other threat to your computer, hang up.
- Take the caller's information down and report it to the BBB, local authorities or the Federal Trade Commission.

If you did allow a caller to access your computer:

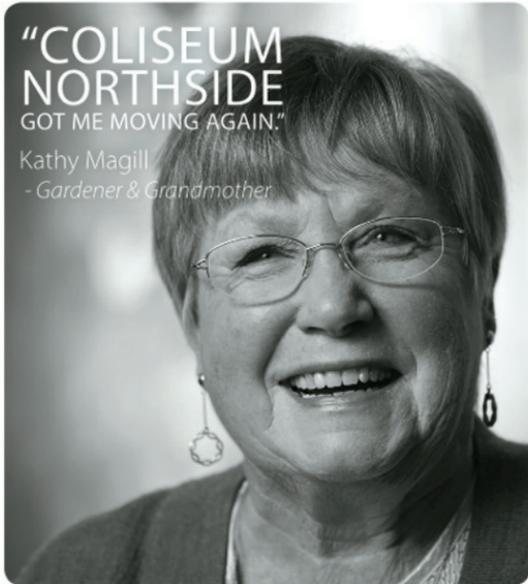
- Change the passwords for your computer, email and online

banking and credit card accounts.

- Be sure to update your antivirus software and run a virus scan.
- Consider placing a fraud alert on your credit report if you shared personal and banking information with the scammer or if you suspect that malware was installed.
- Find a trustworthy computer repair company to ensure that all malware has been removed.

For more tips you can trust, visit bbb.org.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.



Kathy Magill is an active person. She has been all of her life. "I'm not good at sitting still," she says. "In fact for many years I ran 6 miles a day." Even after retirement, Kathy has kept busy helping her husband with the 21-acre property they live on and their 400-acre farm. But over the past few years, the wear and tear on Kathy's active knees began to take a toll, and increasing pain changed the way she was living her life.

Helping with the yard maintenance of their sprawling properties, Kathy's duties had her climbing ladders, mowing the lawn or kneeling to pick up pecans. "It started slowly with a little pain and less strength in my knees," she says. "But as it became increasingly painful I found I couldn't do the things I had in the past. I

didn't realize how pain can affect your life."

A bit of fate led Kathy to the treatment that helped her get her life back. "My husband became ill and needed spinal surgery. His need was more critical than mine." She says a family member recommended they go to Coliseum Northside Hospital based on very low infection rates. "While he was at the hospital I knew I was going to need surgery as well and I really liked the hospital. It was clean, small, offered a beautiful setting, and the people were really, really helpful."

Kathy chose to see Dr. Bill Barnes, an orthopedic surgeon on the hospital medical staff at Coliseum Northside Hospital. "When I met with him, we just clicked. He gave me confidence that this would work for me. He advised the use of the ConforMis for my new knees." The ConforMis implant is made specifically for the individual patient based on their anatomy, greatly reducing the risk of post-surgery issues such as pain from an overhang of the implant. With the ConforMIS knee the process begins with a CT scan to get images of the knee. Using the CT scan, a computer generated 3-D virtual model of the knee is developed and used to individualize the implant for a personalized fit and correct alignment. Kathy had her first knee replacement surgery in December of 2013 and the second knee done the following May.

"I had to do a lot of physical therapy," says Kathy. "It was painful but once you get through it, you realize you can live again!" This past December Kathy made a point to get back the things she had missed. "All of my Christmas decorations are in the attic. Last year I couldn't

do it. The grandkids helped me get a few down but it wasn't the same. This year the house was full of decorations." She had other plans for the winter season as well. "My husband thinks I'm crazy but I'm going ice skating with the grandkids." And this Spring Kathy will once again plant her vegetable garden.

Kathy says she can't thank her surgeon and the staff at CNH enough. "My primary care doctor said it best when I told him I was going to Northside for my surgery. He called it 'a hidden jewel of a hospital.' And he was right. It's clean, personal, and you don't get lost as a patient. I'd recommend it to everyone!"



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

Learn about the services at the Orthopaedic and Spine Institute at: coliseumhealthsystem.com/ortho.

For more information, call us at (478) 746-4646 or visit us at coliseumhealthsystem.com.

Neighborhood Memory Café opens in Warner Robins

Submitted by Allison Gatliff Sawyers, Summer's Landing of Warner Robins

Georgia's first-ever Neighborhood Memory Café will celebrate its grand opening on June 18, 2015 in Warner Robins, Georgia. Open exclusively to individuals with early to mid-stage memory loss and their spouses and caregivers, the Neighborhood Memory Café will be open every 3rd Thursday of the month, from 2:00pm-3:30pm, at Serenity Adult Day Health, Inc., located at 105 Westcliff Boulevard, off Watson Boulevard, in Warner Robins. In an effort to provide celebration and respite from memory loss disease, the Café's supportive environment will include a revolving variety of music, crafting, discussion groups, and light refreshments. No formal referral or assessment is required, but the Café is most suitable for those with

mild cognitive impairment. A person with disruptive or aggressive behavior, late-stage memory loss, and children under age 18 are not appropriate for the Café. Although free to individuals with memory loss and their caregivers and spouses, pre-registration is required by calling (478) 302-5772.

The idea for the Neighborhood Memory Café first came from research done by Allison Gatliff-Sawyers, who had read about a similar concept in Europe. Through her work in Assisted Living and Memory Care at Summer's Landing of Warner Robins Sawyers saw the need in the community for spouse and family caregivers and the person living with memory loss to have a fun, accepting place to go together. "After a memory loss diagnosis, there is still a lot of living left to do. Unfortunately, there is still stigma and fear surrounding memory loss. There are several

good caregiver support groups, but they are often closed to the person living with memory challenges. Our vision for the Neighborhood Memory Café is to be place of community and encouragement for both the caregiver and care recipient to enjoy together, as well as meet other people who are in the same stage of life. We want the Café to help ease the isolation and depression that often comes after a memory loss diagnosis."

Michelle Cronin, Executive Director of Serenity Adult Day Health Center, was delighted to open Serenity's space for the Neighborhood Memory Café. "Alzheimer's is devastating," Cronin says. "It's hard for the individual that is diagnosed, but the impact on families and caregivers can often be even more heart-breaking. Our vision for the Café is to be a healthy, happy place to visit and share. Ultimately, we want to provide hope and friendship to people on their journey

through memory loss." Sawyers adds, "We are tremendously grateful to the Central Georgia Alzheimer's Association for their support of this outreach program."

To ensure that the Neighborhood Memory Café will be free to participants and truly make this a Neighborhood grassroots effort, community and church groups are invited to serve at one meeting per year, providing the entertainment, exercise, or craft. Interested individuals and groups should call Michelle Cronin at (478) 302-5772 to learn more. The RSVP hotline is also (478) 302-5772.

5.4 million Americans have Alzheimer's disease. Every 67 seconds someone in the U.S. is diagnosed. As of 2014, more than 200,000 Georgians are living with Alzheimer's disease and their families. Alzheimer's disease is the 6th leading cause of death with no cure or treatment to slow its progression.

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.

CarlylePlace

HealthServices

HomeHealth

MedcenCommunityHealthFoundation

TheMedicalCenter

MedicalCenterofPeachCounty

PinePointeHospice

RehabilitationHospital



NavicentHealth

Everything about us is all about you.

777 Hemlock Street / Macon, Georgia

NavicentHealth.org



On the Cover

29th Annual Georgia Peach Festival

by **CLAIRE HOUSER-DODD**

Cover Photo Courtesy of Lane Southern Orchards

It's that time again. The State of Georgia's only food sanctioned festival, the Georgia Peach Festival, is about to take center stage in the cities of Byron and Fort Valley, GA.

Many of you will be scratching your heads and thinking; "But I remember my grandmother talking about the fabulous peach festival in her youth!" You are so correct, the Peach Blossom Festival was organized in 1922 by our grand's and played to an international house. That's right; people (40,000 of them) came from all over the world to witness the first blooms of the peach trees in March. The festival attracted the attention of National Geographic, the New York Times and even Hollywood studios. The Peach Blossom Festival was so successful it outgrew itself, it was simply too successful. It ended in 1926.

We were always asking our grandmother, Mrs. John A. Houser, III why we didn't have this wonderful world shaking event anymore and we'd always get the same answer; "It was too successful."

We must add that we (although forbidden) played with the beautiful, but old and dusty costumes that were closeted in the upstairs bedroom at grandmother Houser's on College Street in Fort Valley.

Some 60 years later, (1986), the festival was revived with a few notable changes, one being moving the festival date from the blooming season in March to the harvest season in June and renaming the event; the Georgia Peach Festival. Under the leadership of Harold Peavy who came up with the idea of the Peach Festival to promote Peach County and the peach industry that has contributed to the livelihood of the State of Georgia. The State of Georgia ranks third in the production of peaches with more than 15,000 acres of peach trees yielding more 2.5 million bushels of peaches each year. More than half of the peaches produced in the State come from Peach County.

Now to the 2015 edition of the Georgia Peach Festival, many hours of meeting and planning have gone in to make this year's festival a success. Opening weekend events begin on Saturday, June 06 at North Peach Park on West White Road in Byron, GA. A stellar band by the name of Doc Holliday will be performing many great Southern Rock & Class Rock 'n' Roll from the past. The festivities begin at 6:00 PM, food vendors, arts & craft ven-



Gathering the delicious crop.
Photo courtesy of Lane Southern Orchards

dors and a Kids Zone will also be site. Members of the 2015 Georgia Peach Festival will be selling those fresh Georgia peaches by the bag full. The ever-so-popular 3-D fireworks show will begin at approximately 9:45 PM; FREE 3-D glasses will be given away as long as the supply lasts. This is usually a well-attended event; the Georgia Peach Festival encourages you to get there early and stake out your spot. Please be sure to bring your lawn chairs, beach chairs or blankets and enjoy this fun-filled night of great entertainment.

The Georgia Peach Festival winds up on Saturday, June 13 in downtown Fort Valley. The festivities begin early with popular Georgia Peach Festival parade beginning at 10:00 AM. Due to the continued roadwork in Fort Valley the parade route will be altered. Immediately, after the conclusion of the parade, the 2015 Miss Georgia Peach Queens will be recognized at the gazebo in Fort Valley. All day music from all musical genres will begin at the gazebo. There will be some very talented local entertainers, entertaining the masses at the gazebo. Arts & Crafts and food vendors will be on location in downtown Fort Valley and also a Kids Zone offering several favorites for the children.

The 29th Annual Georgia Peach Festival culminates with the return of the fabulous Soul Purpose Band from Atlanta, GA. This 11-piece band sticks to its roots playing many R&B, Soul and Beach Music songs from the 60's, 70's, 80's and a sprinkling of some 90's songs. Lead female vocalist Yvette Kleckley's version of the late Whitney Houston's "I Will Always Love You," is one of the greatest renditions we have ever heard. You

will not want to miss this great vocalist sing this great song. The Soul Purpose Band will be performing on the main stage at the Peach County Courthouse parking lot at the infamous "Peach Beach." The fun begins at 7:00 PM, Soul Purpose will take the stage at

approximately 8:00 PM. An encore presentation of the 3-D fireworks show will take place at approximately 9:45 PM, again FREE 3-D glasses will be given out as long as the supply lasts.

One more important thing to remember about this year's Georgia Peach Festival, the Peach County Historical Society is at it again! The popular Chicken Salad luncheon is making its return to the Peach County Historical Society's Saxon House on the corner of Miller Street and Central Avenue in Fort Valley. We are all excited to give our house its annual bath and spruce up just in time for our luncheon which take place at 12 noon on Saturday, June 13th. You'll see members, Connie Freshwater, Annette King, and yours truly having fun with the water hose on the porch a few days before the event. We'd like to give the porch a facelift before the chicken salad is served. A lot of lovely ladies will be inside to serve you... maybe even dressed in some Colonial costume. It's going to be a festival to remember. Don't miss any of these events, but especially don't miss our chicken salad luncheon.



Better care for your loved ones



Is your loved one experiencing challenges with incontinence?

Please contact us at office@tzmousa.com or call 770 744 0665. We would be happy to send you Seni incontinence products samples in a discreet mailing package.



Choose premium incontinence products for your loved one and offer them:

- ▶ Confidence of going out and enjoying life, socializing with others
- ▶ Healthier skin which may decrease doctor visits and help with budgeting
- ▶ Uninterrupted sleep, more energy and vitality

What do others say about Seni?

Since my husband is wearing them at night no more accidents happen. I do not have to take extra clothing with me in case the pads do not hold. We can recommend them for everybody who is heavily incontinent. They are excellent. My husband will not wear any other brand but these.

E.T., Family Caregiver, Florida

For more detailed information please visit our website www.seni-usa.com

Taking Care

Is it moving time? Boomers and seniors relocate for many reasons!

by LISA M. PETSCHÉ

As people age, and especially if they have one or more chronic health conditions, there's a good chance that at some point their home will no longer suit their lifestyle or their needs. The following are common reasons for relocating.

Reasons for Moving



Lisa Petsche

Freedom – To reduce responsibilities associated with home ownership – particularly property maintenance – to allow more time for recreation and leisure activities, such as engaging in a hobby, spending time with family, volunteering or traveling.

Independence – To offload as many responsibilities of daily living as possible, in order to continue to live independently in spite of decreased physical functioning. People in this situation may wish to eliminate not only property maintenance tasks but also housecleaning, laundering and meal preparation.

Climate – Desire for a moderate climate (not too hot and not too cold), for health and safety reasons or for comfort and convenience – for example, to be able to engage in favorite outdoor activities year-round.

Home design – To increase the accessibility of one's home – specifically, to make it easier and safer to enter and exit, access all areas and use rooms for their intended purpose. A one-floor, open concept plan is typically desired. Some people (those who use a wheelchair, for example) may need a setting designed for the physically disabled.

Finances – To reduce expenses associated with shelter, including mortgage or rent, property taxes, utilities and maintenance. Another reason some people move is that the cost of home adaptations to improve safety and accessibility is beyond their means or is not a wise investment from a real estate perspective.

Socialization – To increase opportunities for social contact. Specifically, the goal might be moving closer to family members, especially children and grandchildren, or relocating to a community of peers.

Security – To reduce the risk of victimization. For example, those who are anxious about answering the door, leav-

ing their home unattended or coming home to an empty house may experience increased peace of mind living in a gated community with security patrol or an apartment building with a security desk and locked mailboxes.

Community Access – To improve access to shopping and other businesses, medical resources, places of worship and other amenities such as parks and recreation centers. Those with a driver's license who live in the suburbs or a rural area may seek a more central location to reduce travel time.

Those who don't drive – or who anticipate being unable to drive in the foreseeable future – may desire a home with easy access to public transit or within walking distance of various amenities.

Health – To ensure ongoing health care needs are met. Needs may include one or more of the following: medication management, medical monitoring, a special diet, skilled nursing care, personal care (assistance with washing, dressing and grooming) and supervision or assistance with mobilizing.

Residence Options

There are many possibilities for alternate living arrangements, depending on a person's needs and preferences. Options include: moving in with a relative or friend for companionship and perhaps also practical assistance, and to share expenses; moving to a similar-sized home with a more suitable design; downsizing to a smaller house or a con-

dominium or apartment (some seniors apartments may be geared to income and have disabled units); moving to an adult lifestyle community; and, moving to a long-term care setting such as an assisted living facility or nursing home (also known as a skilled nursing facility).

If you are considering a long-term care residence, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places, and take a relative or friend along for a second opinion.

Planning Ahead

Because a move in mid to late life usually involves downsizing, it's wise, if you anticipate changing residences in the next few years, to begin now to sort through your possessions and sell or give away unneeded items. Typically it takes much longer than expected to go through this tedious and emotion-laden process.

If you intend to relocate in the near future, consider hiring a professional organizer to assist with the paring-down process, or a senior move specialist who can help with everything from planning to setting up in your new residence.

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.

The Next Chapter

Recommendations by ANNE B. JONES, PhD

- *Sweeter Roots*; Lyn Froehlich, Froehlich, 2015
- *The Whites*; Harry Brandt, Henry Holt, New York, 2015

Lyn Froehlich's specialty is adding unexpected ingredients to change old standard recipes into gourmet. In *Sweeter Roots* she shares her expertise and cooking secrets in a beautiful cookbook. Its cover, a masterful still-life of vegetables painted by its Georgia author/artist, hints at the fresh and inviting concoctions within. The work is an example of Froehlich's talents in both painting and the culinary arts, but *Sweeter Roots'* succulent recipes are also accompanied by Joshua O'Neil's richly rendered photography.

Self-described as having cooking in her DNA, Froehlich admits to a craving for intense flavor with its accompanying inviting aromas. Freshness and quality are her mantra as she provides desirable dishes ranging from Sweet Cornbread to Grand Marnier Soufflé. She developed her competency and passion with her mother as her muse. "I grew up in a home where we ate around the seasons. The desire to eat, healthy along with being a vegetarian, have given me the desire to be creative with incorporating fresh fruits and vegetables." Examples include Blueberry Oatmeal Pancakes, Cherry Almond Banana Muffins and Gorgonzola Potatoes. Her French Onion Soup is especially intriguing, containing a teaspoon of Dijon Mustard and 3/4 cup pale ale or stout beer. The recipes are inviting and worth the extra time it may take to prepare them.

Readers can learn more about Lyn Froehlich and her recipes at www.sweeterrroots.com. A former technology professional and missionary, she teaches at Brenau University in Gainesville, GA.,

is married to an anesthesiologist (Jim) and has two children (Stephanie, an ICU nurse, and Jake, a college student).

Known for eight previous novels, including *Clockers*, Richard Price assumes the pen name Harry Brandt for his latest release, *The Whites*. A police procedural with an ethically questionable edge, the plot revolves around a fatal shooting at Penn Station. But, this work is much more than a whodunit. The story is as much about the dynamics and changes that affect those who work in law enforcement as it is about catching killers. The book's title, *The Whites*, is a term that refers to those who have slipped through the cracks in the criminal justice system, those who not only get away but haunt their pursuers with unrelenting perseverance. These are the elusive cases that leave a poisonous residue that eats away at a cop from the inside out; the cases that can affect the life of the pursuer as much as the life of the pursued.

The novel's main character is Manhattan Detective Billy Graves, a man whose marriage and family is threatened by his wife's long-held secrets. Adding complexity are the stories of his comrades from earlier days. Case by case scenarios provide insight into the demons besieging each of them. They, too, hold secrets, secrets that test not only Billy's friendship but his loyalties.

Brandt has captured the essence of police life, the ins and outs of day and night routines, the wear on body and soul. Gifted with an uncanny grasp of "cop talk," he seasons the novel with sizzling dialogue. The book grips reader attention while interweaving a number of subplots, realistic in their portrayals and the issues they raise.

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

Tired of Retirement?



Want Some Extra Spending Money?

Senior News newspaper is adding to its team of advertising sales representatives!

Work Full or Part-Time calling on businesses in the Augusta & CSRA area. Excellent communication and organizational skills, creative thinking, positive attitude, and being computer savvy a must. Advertising sales experience very helpful and preferred.



Attractive Commission Based Plan!

Call today
for complete information

478-929-3636

**MACON METRO AREA
Senior Services & Events Directory**

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

**Coliseum Health System
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
- **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 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.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 Tues., 12 noon, Perry Hospital Cafeteria.

Warner Robins SeniorCare
Centerville SeniorCare
Perry SeniorCare
TOPS Club, Inc.
Call 478-923-9771 for programs provided

continued on page 10

ATTENTION:

Important Legal Notice Regarding ASBESTOS Exposure

If you worked at one or more of the following locations for a combined period of five years or more prior to 1983:

- GEORGIA POWER – Macon or Milledgeville
- US NAVAL HOSPITAL – Dublin
- ARMSTRONG CORK – Macon
- ARCHER DANIELS (Proctor & Gamble) – Macon
- ACME BREWING CO. – Macon
- GEORGIA KRAFT / RIVERWOOD – Macon
- KEEBLER BISCUIT – Macon
- ENGLEHARD – McIntyre or Sandersville
- THIELE KAOLIN CO. – Sandersville
- WARNER ROBINS AFB – Warner Robins

- OR -

If you worked at one or more of the following locations for a combined period of ten years or more prior to 1975

- JP STEVENS & CO. – Milledgeville or Dublin
- BIBB MILL – Macon, Forsyth, Reynolds or Thomaston
- WESTPOINT PEPPERELL MILL – Milledgeville
- MOHASCO INDUSTRIES – Dublin
- THOMASTON MILL – Thomaston
- WILLIAM CARTER CO. – Thomaston or Barnesville
- MIDDLE GA COTTON MILL – Eatonton
- IMPERIAL COTTON MILL – Eatonton

- OR -

if you worked as a tradesman or for the Boilermakers, Carpenters, Ironworkers, Pipefitters, Plumbers, Steel Worker, or Sheetmetal Unions at these or other Industrial Sites...

**AND YOU WOULD LIKE TO EXPLORE YOUR
LEGAL OPTIONS CALL (TOLL FREE):**

1-888-716-2404

**Money has been set aside in trusts for you if you qualify.
It's not too late!**

■ ■ **FREE CONSULTATION** ■ ■

William Greg Dobson, PC at 830 Mulberry Street, Suite 201, Macon, GA and Sakalarios, Blackwell & Schock, PLLC at 1817 Hardy St., Hattiesburg, MS will investigate your potential claim and may associate additional counsel if deemed necessary. Free background information on Sakalarios, Blackwell & Schock, PLLC, attorneys available upon request.

EVENTS

from page 9

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 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 admis-

sion. 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 morn-

ings from 10-11 am in the Senior Center .

If you are looking for a way to reduce

stress and a variety of other health condi-

tions, 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, infor-

mation, & referral services. For informa-

tion 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

continued on page 11

General Business Directory For Seniors

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

BUSINESS CARD SECTION
 For Advertising Information Call
Billy Tucker at 478-929-3636
David VonAlmen at 478-213-5986
Jan Tassitano at 770-993-2943

COLISEUM PARK
PROFESSIONAL PHARMACY
 380 Hospital Drive Macon, GA 31217
 Across from the Emergency Room
BOB MOODY RPH.
 Pharmacist, owner
Start Getting Better Now!!!
 Phone: 478-745-5431 Fax: 478-765-4359
FREE PRESCRIPTION DELIVERY

America's Choice in Homecare.
Visiting Angels
 LIVING ASSISTANCE SERVICES
Dementia Care • Transportation
Hygiene Assistance • Medication Reminders
Flexible Schedule • Respite Care
Meal Preparation • Fall Prevention
478-971-1608

Pinkman Buys Old Coins & Gold
 Send your Coins and Gold today
 USPS INSURED TO:
PINKMAN Buys Coins
PO Box 252, New Ellenton, SC 29809
 We will call you with a fair Top-Dollar quote
 and return those items that we don't buy.
803-335-7796

Macon and Middle Georgia
477-5501

To us, it's personal.
 The world's trusted source for non-medical companionship and homecare for the seniors.
 • Companionship & Personal Care
 • Meal Preparation & Sitters
 • Housekeeping & Laundry
 • Errands & Appointments

EVENTS
from page 10

Robins. For complete details call 478-987-7260 or visit www.cggs.org.

Middle Georgia Art Association Gallery
2330 Ingleside Ave., Ingleside Village, Macon. 478-744-9557; middlegeorgiaart.org. Tues.-Fri., Noon-5 p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group
First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.

For additional information call the church office at 478-742-6485.

DivorceCare Offered By Central Baptist Church
Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

NAMI Central Georgia National Alliance on Mental Illness
Barabra Long, Executive Director
478-328-0508

- 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 for details.

Heart of Georgia Chapter 2 Blue Star Mothers of America
The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets 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: chiefstribute@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.

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.

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.

Volunteer Advocates Needed for Ombudsman Program

The Middle Georgia Ombudsman Program is seeking volunteers to train as advocates for residents of personal care homes and assisted living homes. Trained volunteers will visit residents at least once a month to have friendly conversations and to participate in ensuring that their rights are protected. Ombudsmen volunteer candidates will need to complete a training course to be offered in the Macon/Warner Robins area in the near future. If you are interested in becoming a volunteer advocate with the Ombudsman Program and would like more information about the program, please contact Nancy Hill at 478-922-4464 or nhill@mgcaa.org.

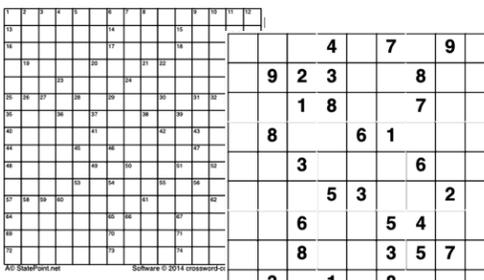
2015 Georgia Writers Museum Creative Writing Contest

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

Heritage Day... Visions of the Past
June 13, 9 a.m.-4 p.m. Presented by The William Harris Homestead Foundation, Inc., 3636 Georgia Hwy. 11, Monroe. For details visit www.harrishomestead.com.

The Southwest High School Class of 1973 Presents an Evening of Elegance Celebrating Their 60th Birthday
Sat., August 1, 7 p.m.-12 a.m., Anderson Conference Center, 5171 Eisenhower Pkwy., Macon. Tickets: \$55 per person. For complete details contact Thaddeus West at 478-719-5245, Keith Rhodes at 478-228-3464, Diane Johnson Matthew at 478-390-7984 or Sidney Jackson Watson at 404-822-2409.

**Crossword Puzzles
Sudoku Puzzles
Informational Articles**



Available for your enjoyment on our website at www.seniornewsga.com/games
~ PLEASE VISIT OFTEN ~

General Business Directory For Seniors

Home Inspection Service

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

David R. Von Almen
Home Inspector
(478) 213-5986
VAMktPub@aol.com



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.



SCOTT ANTIQUE MARKETS

3,500 Booths! **JUNE 11, 12, 13 & 14**
Second weekend of every month!

\$100 OFF ADMISSION
740-569-2800
ONE coupon per person. Expires 6-15-15

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

www.scottantiquemarkets.com

Goodwill NEEDS YOU!

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

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

CALL: Mid GA: 478.957.9741 OR CSRA: 706.790.5350

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



ANDY FIELDS INSURANCE, LLC
(478) 955-7404
Fieldswa1281@aol.com

Life & Health | Cancer & Fire

Medicare Advantage • Medicare Supplements
Prescription Drug Plans • Retirement Plans
Hospital Indemnity

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
~ Accepting Applications ~

Applicants must be at least 55, meet income guidelines, have good rental and credit history and acceptable background screening.

Two Months FREE Rent on Studio Apartments
One Month FREE Rent on 1-Bedroom Apartments

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




Digital Mammography

Close to Home



You don't have to go out of your way for screenings. Coliseum Northside Hospital offers digital mammography in its convenient North Macon location.

**COLISEUM
NORTHSIDE
HOSPITAL**



Scan to link directly to
Pre-Registration for screenings.

Schedule your digital mammogram
1 (877) 357-0161
or **coliseumhealthsystem.com**
Under the *Patients and Visitors* section, select *Registration*.