

# Senior News

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## Dona Nicholas Glazier Cox... 103 Years Young!

by **CLAIRE HOUSER-DODD**

**W**hat a delightful lady at any age. Dona is always up and going. By “up” we are referring to personality and spirit, by “going,” traveling and visiting. We were lucky to catch her at home in Virginia. She just returned from a recent trip visiting her grandson in Tennessee. As we were talking and having fun, her doorbell rang. She was expecting company, probably for lunch, and asked me to call her back in a few hours because she knew who was ringing.

We have known Dona and her sister, Christine Nicholas for many years. Although Dona graduated from Mercer, Christine from Wesleyan, both Alma Maters of ours, we have always seen them at charity, fine arts and musical events. Often in later years, we’d all be eating in downtown Macon and waiting for Theatre Macon to open the doors so we could all pile in to be transported into whatever magical direction Jim Crisp decided to take us. At that time Dona was also living in Virginia and flying down to visit her sister and enjoy the Macon Cultural scene. They always loved Dr. Dodd’s jazz concerts.

Dona was the oldest of the seven children of Pantiles and Chrysanthe Nicholas and Christine was the youngest. A few of you in the reading public will probably remember The Nicholas General Store at the Train Station end of Cherry Street. They are best friends and from what we pick up, there was always harmony in the house growing up, and in Dona’s married life. She says, “I see no reason to fuss and argue. You may disagree, but handle it quietly and calmly.” Man, do we agree with that! Her comments are so sweet; as in, when talking about Dr. Dodd and his jazz playing.” Oh, Don’t I remember

that!” Said in the most adorably happy voice... like a cherished memory. We believe most of her memories are good and cherished ones. What a happy lady!

After graduating from Mercer, putting herself through the first year and doing so well, she earned a Porter scholarship and taught at Porter Field when she graduated.

We know the children loved her and learned a lot because besides being a smart lady, her diction is perfect. What a delight to talk with someone you can actually hear and understand!

Dona gave us a little insight into her

**continued on page 5**



## Pilot Club of Warner Robins to bring Academy Award™ Winning Movie “Still Alice” to Douglass Theatre

Special to Senior News

The Pilot Club of Warner Robins is proud to present the Academy Award™ Winning Drama “Still Alice,” a film that explores the strong bonds of family when a renowned linguistics professor is diagnosed with early-onset Alzheimer’s disease. It will be shown at the Douglass Theater, 355 Martin Luther King Jr. Blvd, Macon at 4p.m., Sunday, 20 September 2015. The admission cost is \$20.

Based on the 2007 bestselling novel by Lisa Genova, the film is written and directed by Richard Glatzer and Wash Westmoreland. It stars Julianne Moore in the role of Dr. Alice Howland, Alec Baldwin as her husband, and Kristen Stewart, Kate Bosworth, and Hunter Parrish as her three grown children who “watch helplessly as their mother disappears more and more with each passing day.”

Released in December 2014 the film won many awards for Julianne Moore including the Academy Award for Best Actress, the Golden Globe for Best Actress in a Motion Picture – Drama, and

the Critics’ Choice Movie Award for Best Actress.

Proceeds from the screening will fund the many projects of the Pilot Club of Warner Robins. This includes raising money for scholarships to local high school students who plan to pursue brain related specialties; sponsoring a bicycle safety carnival to teach children about brain safety, and giving donations to other community related initiatives.

The Pilot Club of Warner Robins was chartered in 1956 and is affiliated with Pilot International, [www.pilotinternational.org](http://www.pilotinternational.org), a service organization founded in Macon, GA in 1921. Originally designed for business and professional women, Pilot International has since expanded to include men and women from around the globe with more than 7900 members in 385 clubs. They champion the slogan “Do More,

Care More, Be More” in their communities and provide financial and hands-on support for numerous national and local causes.

For more information about Pilot Club or to purchase a movie ticket please contact JoAnn Harrell at 478-737-3742 or Brenda Walker at 478-396-4075.

Tickets can also be purchased at the Douglass Theater box office, 478-742-2000, or online at <http://www.douglasstheatre.org>.

## Alzheimer’s Association 2015 Walk to End Alzheimer’s

Submitted by  
**Pam Addleton, MSN RN**  
Elder Care Advocate

The Alzheimer’s Association Walk to End Alzheimer’s is the world’s largest event to raise awareness and funds for Alzheimer’s care, support and research.

As this year’s Outreach Chair, I am joining participants of all ages in the movement to reclaim the future for millions at Walk to End Alzheimer’s on Sept 26, 2015 at 5pm for registration at Bridle Farms, Perry GA.

As an elder advocate, I walk and donate to end Alzheimer’s in order to find a way to prevent future genera-

tions from incurable BRAIN and memory loss. Alzheimer’s kills.

According to the Alzheimer’s Association 2015 Alzheimer’s Disease Facts and Figures report, there are more than five million Americans living with Alzheimer’s disease, including approximately 21,000 here in middle GA’s 26 counties.

Alzheimer’s disease is a growing epidemic and the nation’s sixth-leading cause of death. The rates of Alzheimer’s is higher than prostate, breast and ovarian cancer combined.

Alzheimer’s disease can’t currently be stopped or slowed. Neither can we.

To start or join a team today, visit Walk to End Alzheimer’s at [alz.org/walk](http://alz.org/walk). For more information

about Alzheimer’s disease, visit the Alzheimer’s Association at [alz.org](http://alz.org) or call the 24/7 Helpline at 800-272-3900.

\*\*\*\*\*

Come join our Walk September 26 at 5 p.m. in Perry, GA for the Retreat at Southern Bridle Farms, 125 South Langston Circle. Plenty of food, fun & hope for a future free from Alzheimer’s.

A \$10 entrance fee is accepted. The Walk starts at 6 p.m. The dance band, The Grapevine, entertains from 7-9 p.m. A candlelight tribute closes the event.

Alzheimer’s never gives up nor do WE!

For more information call Tara at 478-746-7050.

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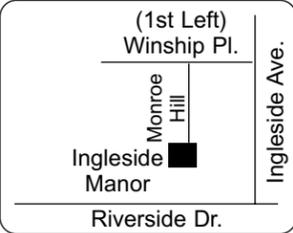



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## Let us entertain you

by **CLAIRE HOUSER DODD**

*I quit school in the 5th grade because of pneumonia. Not because I had it, but because I couldn't spell it.*  
Rocky Graziano

**N**aturally, we have a tree down in the back yard, don't you? Doesn't everybody? Actually, ours is a huge limb off a 100 year or so year old oak tree. We had Jack Lee come over and look at it in case...? He agreed that divine guidance had placed this limb every so lightly and just so. It is wrapped around the back room of the house, over the AC, up into windows and back around to cover the back door without breaking any glass, scratching a wall or knocking two tables over. It was so carefully you can't believe it. Our angels again!

We have a friend here in the Valley who is always trying to help people... to no avail. You remember in the old days, "No good deed EVER goes unpunished"! Well, he can't. With that admonition, and the fact that he has reported this help in your past – to no avail we're starting a new campaign. It is called, "Please don't annoy the pigs. It goes like this – (When your parents probably told you, too) "You can't make a silk purse out of a sow's ear, you're wasting your time and you're avenging the pigs." One of the Webb girls was so taken by the thought and remembered her folks teaching her the same thing. She also remembered a book about it, and read it. Same message. It ends with "Cause Pigs is Pigs." Write it down.

We were so sorry to hear about Jimmy Carter having cancer. He has meant so much to so many people, especially in Georgia. He was a well-known Governor in the 70's when we moved to Atlanta, and believe us when we say "He was everywhere." We saw him all over town: at openings, concerts, making speeches, joining in the social life of Atlanta. It was really nice to see your Governor and his wife, and mother quite often joining in the everyday happenings of the city. What energy – always congenial, up and friendly. We remember about 10 years ago Pat Cecil from Fort Valley went down for a day in Plains with Phil Teddars and met him after a summer baseball game. He was the one playing at 8 years of age, not Pat & Phil. Yes, there was something wrong with that picture. He was always so energetic, traveled lots as our 39th President and stayed in god shape. If good healthy living and exercise plays a part in fighting cancer, Jimmy and Rosalynn, we hope you'll fight the good fight in the battle with cancer.

As the school year begins, the clubs start up. We've been asked to announce the 1st meeting of the Peach County Historical Society. We're looking for new members to join, and we're having a great program with Annette King demonstrating how she makes those beautiful and whimsical, cards. You will make a gift for yourself, too, with Annette supplying the material. That will be on Tuesday at 7:00 PM the 22nd of Sept. at the Saxon House on the corner of Central and Miller.

Also, the Middle GA Camellia Society is kicking off their 2015-2016 season with our annual chicken-que on

Thursday, Sept. 10 at Masee Lane at 6:00 PM. This too is a new member drive. If you're interested, call us. We're looking to introduce new members. Think we have a couple, already. And don't think you have to be a horticulturist or actively grow Camellias, all you need to do is love them, appreciate them and celebrate them like we do, and meet with people who share your feelings. You won't find a better group of friends getting together. The price of joining is only \$10 a year per person or couple. Meal is free for perspective members.

The teacher asks: "What is the name of the person in Greek Mythology who was half man and half animal?" Paul raised his hand. "Yes?" The teacher nodded. "Buffalo Bill!"

James E Myers



**Ms. Senior Georgia 2015 Queen with her Court (Left to Right): Ms. Congeniality, Barbara Barnes – Doraville; 4th Runner Up, Margaret Lawrence – Crandall; 1st Runner Up, Jacqueline Dale – Atlanta/Chamblee; Ms. Senior Georgia, Kristine Johnson; 3rd Runner Up, Cheryl Willoughby – Silver Creek/ Rome; and, 2nd Runner Up, Lydia Moss – Atlanta.**

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# Senior NEWS

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## Poets' Corner

**WHAT ARE YOUR TO BE'S?**  
by Allie Morris

*My to be's are:  
To be the best mother I can be,  
To be the best grandmother I can be,  
To be the best sister I can be,  
To be the best aunt I can be,  
To be the best friend I can be,  
To be the best listener I can be,  
To be the best giver I can be,  
To be the best reader I can be,  
To be the best writer I can be,  
To be the best praise and worshipper  
I can be,  
Last, but not least, to be the best  
woman of God I can be.  
So, go out and be the best that you  
can be,  
Those are my to BE'S!  
What are your to BE'S?  
\*\*\*\*\**

**KATIE HAD A DREAM**  
by Ralph C. Prescott, Sr.

*Katie had a dream,  
A dream to share  
A dream to care  
A dream to plant a seed,*

*A good seed,  
Planted in fertile soil,  
That it may spring up and grow,  
That many, many souls would be  
blessed,  
In a way that only my Lord,  
Can render, in such  
A tender, tender, loving kind way,  
Katie had a dream, and  
Katie's dream cam true today.*

*Grandpa, said a prayer,  
For only Katie's ear to hear,  
Lord, my Katie is dear to me,  
I place her in your keeping,  
She is very special you see,  
For katie is part of me.*

**HE IS ALWAYS NEAR**  
by Shirley W. Glisson

*I saw God this morning  
In a yellow daffodil,  
I heard Him speak so softly  
In the wind across the hill.*

*He smiled on me with sunshine  
And warmed me with its rays.  
Then kissed me with a raindrop  
That fell upon my face.*

*Through sunshine or shadows  
He's never far away,  
He welcomes me each morning  
With the dawning of the day.*

### 2015 Georgia Golden Olympics to be held in Warner Robins September 16-19

Special to Senior News

**T**he 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.

For complete information visit [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org).

## “Spiritual Snipers”

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

**I**t has been my recent privilege to visit the grave site of Chris Kyle in Austin, Texas; renown Military Sniper for hostilities in the Middle East! While Americans should never gloat over successes in this arena, we do recognize that such service has become a necessity in the preservation of life and liberty! We all cringe at the sad ending for Kyle, and his teammate! While armed warfare cov-

ers many dimensions, the role of a sniper differs greatly from those involved in massive attacks! The main force generally takes credit for the progress in battle; but do keep in mind that their advancement has been made possible by the efforts and expertise of a sniper hidden from sight or presence while covertly eliminating obstacles to overall success!

There exists some exceptional, and often overlooked, conditions with the sniper – for their work is accomplished from a great distance, usually alone, unnoticed, and always at extreme peril! All victorious parties in Armed conflict owe their survival to those special "agents" behind the scenes! The past wars of America would spin a much different historical account were it not for those who were trained and dispatched (and who often paid with their lives) to remote sectors, for Missions which were never made public! They are heroes in every respect!

There is a glaring analogy of Military snipers in the Spiritual aspects of life! While the Theological Organizations, and the visible church, always constitutes the

main body, every citizen should know that behind all progress in Christianity are faithful individuals who, without regard for personal safety, infiltrates the rugged terrain of territories claimed by Satanic forces – and delivers a crushing blow!

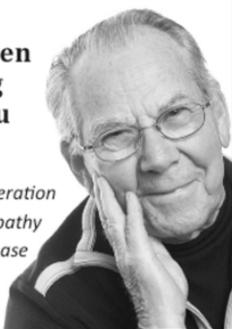
It may well be said that the Missionary leads the attack against immoralities of the planet – yet there are untold individuals of perseverance and faith, both at home and abroad, who constantly bombard the enemy's positions with prayer, with decree, with efforts far above and beyond the "average Sunday attendance to the sanctuary!" Many are the Ambassadors for Christ, emissaries of the highest calling, operating discreetly "behind the lines" – mounting moments of support through encouragement... rendering time, talent, and resource... standing firm in commitments to the cause... and, routing the enemy of our souls! Only eternity (and maybe not even then) will reveal the individuals who were determining factors for multitudes who "made it in" – spiritual snipers who plied their moral trade to make a difference!

There are multitudes who frequent the mainstream of Christianity... who vocally sign in with an appearance... who contribute with melodies and monies (some who vie for the spotlight); and, we commend participation. But, let us never count as common the unseen parties who seal the surrender of sinful forces... an innumerable host of "spiritual snipers" who will never be known by name!

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**DONA**  
from page 1

youth when we mentioned Porter's home was moved to Wesleyan, and she started talking about teaching and helping out at the Episcopal Church Home for Teenage Girls. At that time most people and organizations had about given up on them as impossible, but Appleton Church Home for Teenagers had not. Dona had arranged for the girls to have a vacation at St. Simons. Probably most had never had a vacation or seen the ocean, much less played on a beach. When the time came,

no driver appeared, and he could not be reached, so... Dona at 5'2," drove that big bus full of (screaming, we're sure) teenaged girls from Macon, GA to St. Simons Island. She says, "Oh, I was young then, just in my 60's." What a lovely spirit.

In case you're wondering how she came by the Directorship of the Appleton School for Teenage Girls that received their monies from a donor in New England, we'll tell you. At that time Dona had been married to her husband, teenaged boyfriend from Mercer, the Rev. Harvey Glazier, for twenty years.

He had passed away and the Episcopal Bishop in Atlanta offered her the job. We know it was a God send for those girls, and for her to be surrounded by and needed by all those teenagers.

Much later Dona married Gayle Cox and moved to Independence, Virginia where she now resides in the old Cox home place with two children and grands close by.

We're having so much fun talking and laughing and remembering great stories of the past on the phone that we're planning a big reunion after Christmas, in the

Spring, when she comes down to Macon to visit sister Christine. As we have lots of friends in common from both Mercer and Wesleyan and Christ Church, this get-together might just grow into something really BIG!

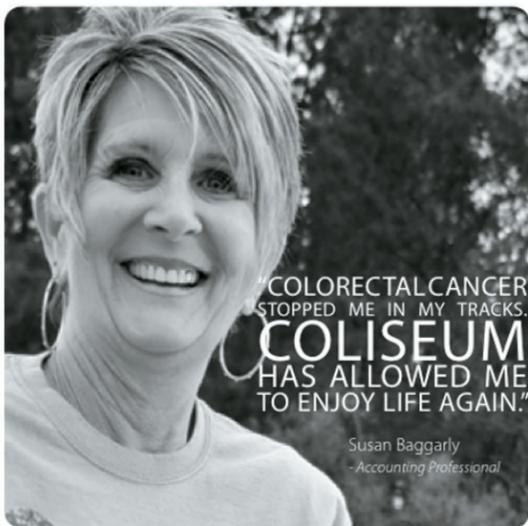
This little lady has had a really Big Life... we wish to celebrate it. Something you'll hear more about later. Dona's longevity of 103 years is a celebration in itself, but her courage and spirited personality go far beyond just that. Congratulations Dona, on a life well lived. We can't wait for Spring.



Dona and grandchildren



Dona and her sister Christine



Susan Baggarly spends her work days as an accounts payable processor so she loves spending her spare time outside running and riding her bicycle. But in early 2013, she began having pain and some bleeding and thought it might be related to exercise. She set up a visit with her gynecologist who ordered medication to treat what was believed to be hemorrhoids or a fissure. When the symptoms didn't improve a few months later, she was referred to a general surgeon who continued the medication for a while but then sent Susan to a colorectal surgeon.

In late summer of that year, Dr. Douglas Brewer performed a biopsy at Coliseum Medical Centers and found that she was suffering from cancer in her rectum and immediately started her on a 6-week regime of radiation and oral chemotherapy. Good news came at the end of treatment with a clean report, the cancer was gone.

"But we had a big decision to make. Because of the high possibility of recurrence, having major surgery

to remove my rectum and part of the colon was a preventive measure to avoid cancer in the future. My husband and I did a lot of praying during that time and asked that we be used to help someone else in this situation, and show that there is help and hope," said Susan.

In January, 2014, Susan underwent surgery at Coliseum that resulted in placement of a temporary ileostomy while her body healed inside. Another round of chemotherapy was ordered as a maintenance precaution. Eight months later her ileostomy was reversed and at her most recent visit to Coliseum – nearly a year later – she received a clean bill of health. "Throughout the whole process I received lots of love and compassion from the people at Coliseum," she said. "When you have an ileostomy you need a lot of help. The nurse at Coliseum's Wound Care Center was top notch. I would never have learned how to manage it without her."

"And the staff at the radiation and chemotherapy center were so informative and patient. Never did a step in the process occur that I didn't know what was going on or understand what to expect. Because of them I was very prepared as I went through the treatments." Susan said that throughout her many stays at Coliseum, both inpatient and outpatient, she got to know the staff very well. From Coliseum's Oncology Nurse Navigator to all of the staff on the floors, her care was outstanding. "Last time I was there I told them 'I love ya'll but don't want to see you again here, I'd rather run into you at the grocery store'."

Susan and her husband believe their prayers were answered in many ways, including the ability to help others. She recounts one experience during the process where she was having tooth pain, called her dentist and mentioned that she was undergoing treatment for colorectal cancer. The receptionist said that her dental hygienist and just been

diagnosed with the same thing. Susan offered her number and later that night received a call from the younger woman. They talked and on Saturday Susan canceled her dental appointment – the pain was gone. "I believe that was God opening the door for me to help her."

Susan continues to share her story of help and hope. She was recently a guest speaker at Coliseum's annual Women's Symposium and has spoken at her church. "I want people to know there is healing. People don't want to get examined. They don't want to have a colonoscopy. This is a silent disease because they don't want to talk about it."

Today Susan has reclaimed her life. "Physically it's a new normal. There are a lot of things that are different but I'm grateful. My husband and my girls have been my support through all this. I would never have survived without them. We have done this journey together and now I am able to enjoy my family and my five beautiful grandchildren!"

**COLISEUM**  
MEDICAL CENTERS



The Coliseum Cancer Institute has been awarded the Outstanding Achievement Award by the ACS Commission on Cancer for raising awareness on the importance of providing quality cancer care.

To learn about screening options for cancer, contact the Coliseum Cancer Institute at Coliseum Medical Centers.

For more information, call us at (478) 765-4805 or visit us at [coliseumhealthsystem.com/cancer](http://coliseumhealthsystem.com/cancer).

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Support Groups

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

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

H2U Activities

For information call 478-765-4116

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

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**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.

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continued on page 7

**Dempsey Apartments**  
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- 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](http://www.thedempsey.com)



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

Professionally Managed by  
Barkan Management Company, Inc.  
[www.barkanco.com](http://www.barkanco.com)




# 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.

**LISTINGS**  
from page 6

**DivorceCare Offered  
By Central Baptist Church**

Divorced? Separated? Find help at DivorceCare.

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

For additional information call 478-953-9319.

\*\*\*\*\*

**Volunteers Needed**

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

\*\*\*\*\*

**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@mgca.org.

\*\*\*\*\*

**Alzheimer's Association  
Neighborhood Memory Café**

Have concerns about your memory? So do we. The Café is a time of socialization and support for people with early to mid-stage memory loss AND their spouses and friends. Meets every 3rd Thursday, from 2 pm-3:30 pm. Call Allison at (478) 328-3800, x24 for location and information. The Memory Café is made possible by Summer's Landing of WR and The Alzheimer's Association of Central GA.

\*\*\*\*\*

# 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 678-575-4184**

**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**

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

**Macon and Middle Georgia**  
**477-5501**  
**Home Instead SENIOR CARE**  
*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

**BUSINESS  
CARD SECTION**  
For Advertising Information Call  
**Billy Tucker at 478-929-3636**  
**David VonAlmen at 478-213-5986**  
**Jan Tassitano at 678-575-4184**

**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! **SEPTEMBER 10, 11, 12 & 13**  
*Second weekend of every month!*  
**\$100 OFF ADMISSION**  
Atlanta Expo Centers Atlanta, GA  
• Show Hours: Thurs. 12:45pm-6pm, Fri. & Sat. 9am-6pm, Sun. 10am-4pm  
• Directions: 3 miles East of Atlanta Airport, I-285 at Exit 55 (3650 & 3850 Jonesboro Rd. SE)  
740-569-2800  
ONE coupon per person. Expires 9-14-15  
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  
Medicare Advantage • Medicare Supplements  
Prescription Drug Plans • Retirement Plans  
Hospital Indemnity

**Summer's Landing**  
of Warner Robins  
**(478) 328-3800**  
BEST OF THE BEST 2014  
☑ 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**

# Ovarian Cancer Awareness MASQUERADE

## UNMASKING THE CANCER THAT HIDES



### WHEN

Thursday, September 10th, 2015

### LOCATION

Armory Ballroom  
Macon, Georgia

### TIME

Doors Open: 6:30 pm; Raffle: 9:00 pm

### TICKETS

\$25 each; \$40 a couple; Cash Bar  
(Ovarian Survivors - Free Admission)

### DETAILS

New Orleans Style Casino, Bourbon Tasting,  
Hors D'oeuvres and Jazz

### ATTIRE

Casual; no mask required!

### FOR TICKETS OR RESERVATIONS

Go to [masquerademacon.com](http://masquerademacon.com)  
You can also purchase tickets at the  
Coliseum Cancer Institute.  
For more information, call (478) 765-4805.

Any failure or refusal to contribute will not affect the recipient's business relationship with the Company.

### Ovarian Cancer is a serious threat to a woman's health:

- Deadliest of the gynecologic cancers, occurs in 1 out of 57 women.
- Half of the women diagnosed with ovarian cancer die from it within five years.
- 75 percent are detected in late stage when five-year survival is about 25 percent.

### Ovarian cancer is very treatable when it is detected early, but the vast majority of cases are not diagnosed until the cancer has spread beyond the ovaries.

- Difficult to diagnose since the symptoms are easily confused with other diseases.
- No reliable, easy-to-administer screening tool.
- Only 25 percent of the ovarian cancer cases diagnosed in the United States are detected in the early stages.
- Raising public awareness of ovarian cancer saves lives.
- Survival rates are slowly increasing due to medical research.

*Benefiting the Georgia Ovarian Cancer Alliance*

