

# Senior News

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*story on page 6*

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## Taking Care

# Caring for an aging parent... What to do if they can't meet their own needs

by LISA M. PETSCHÉ

**I**f you have a parent who lives alone, you may be concerned that they are no longer able to look after all of their day-to-day needs. Typical indicators include changes in grooming, hygiene, nutrition, house-keeping, financial management, medication compliance, mobility, energy level and mental status.



Lisa Petsche

### Getting help

Here are some ways to help depending on your parent's situation.

- Arrange for a medical checkup and accompany your parent. Lethargy, forgetfulness and confusion could be caused by infection, dehydration or depression. Request a medication review by the family doctor or pharmacist, since side effects or drug interactions may be the source of difficulties.
- If nutrition is an issue, arrange a dental appointment to have your parent's teeth or dentures checked;

set up a schedule to take them grocery shopping; stock the freezer with heat-and-serve foods; have them over for dinner; and arrange for nutritional supplements if necessary.

- If vision is a problem, ask the doctor for a referral to an ophthalmologist. If nothing can be done to improve your parent's vision, get them a magnifier for reading small print, and other adaptive items such as a large keypad telephone and a clock with oversized numbers.
- If falls are a concern, perform a safety assessment to identify potential home hazards and do what you can to rectify them.
- If financial management is an issue, arrange for direct deposit of pension checks and automatic bill payment from your parent's bank account. Have a lawyer assist your parent in assigning power of attorney for property to one or more people they trust.
- Investigate available resources in your parent's community that may be of help. Information can be obtained from the local office on aging

### When help is refused

What if your parent clearly

needs help but won't accept it? The approach to take depends on your parent's personality and the nature of your relationship, but here are some general guidelines.

- Raise concerns gently. Use "I" statements – for example, "I noticed that..." Or, "I'm worried that..." Provide concrete examples.
- Emphasize your parent's abilities and how these can be supported. Stress that your aim is to help them remain at home and maximize their independence.
- Organize a family meeting if your parent denies problems.
- Gently probe to learn the reasoning behind your parent's refusal of help. Listen and respect their point of view. Be attuned to underlying feelings and demonstrate empathy.
- Share brochures or information from the Internet. Highlight services or equipment that are free or subsidized.
- Focus initially on the least intrusive options, such as setting up an emergency response system or obtaining medical equipment.
- Offer to pay, or contribute to, the cost of medical equipment, community programs or home services if your parent has limited income.
- If your parent is mentally capable, it is important to recognize that they have the right to put themselves

at risk. You may need to agree to disagree about what's best for them.

### Managing stress

While it can have its rewards, caring for an aging parent involves physical, psychological, emotional and financial demands. The following are some strategies to help keep stress manageable.

- Look after your health: eat nutritious meals, get adequate rest, exercise and get regular medical check-ups.
- Find something relaxing you can do every day.
- Stay connected to the important people in your life.
- Educate yourself about any medical diagnoses your parent may have.
- Take things one day at a time so you don't get overwhelmed.
- Give yourself permission to feel all of the emotions that surface.
- Do not try to handle things alone. Ask other family members to help.
- Join a caregivers support group in your community or on the internet.

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*Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior issues.*

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## The Next Chapter

# Mystery... a great companionable read

Book Reviews by  
ANNE B. JONES, PhD

*Mystery*  
Jonathan Kellerman  
Ballantine Books, 2011

**J**onathan Kellerman's newly released *Mystery* is a great companionable read in the Alex Delaware series. A good police procedural, it lacks the violence and gore of many of Kellerman's books and only briefly dips into the titillating world of provocative sex. In other words, this work is fairly tame.

The plot centers on the identification of a faceless female corpse. Delaware and his wife Robin had recently seen the beautiful young woman in the bar of an old run-down hotel. They are two of the last people to see her alive and are convinced there is a connection with a rough looking man they'd noticed waiting outside. They help provide police with sketches and with their limited, but vital, involvement feel compelled to help solve the crime. To complicate matters, there is an anonymous "lead" and the complexity of sift-

ing through records of a dating service for rich guys and hotties. The story is filled with dysfunctional families and abnormal psychology, a trademark of Kellerman novels.

As usual, Detective Milo Sturgis relies on Delaware's psychological instincts and friendship to help guide the investigation through an assortment of tangled clues before the real killer is found.

And that is the heart of the Alex Delaware series. The Delaware and Sturgis characters have made Kellerman's books a necessary read for his fans. Everyone longs for friendships. Picking up a new book is like meeting with old friends and still being part of the gang.

Kellerman is a master of dialogue and writes in a comfortable conversational style. His faithful followers will enjoy the book. Those who don't have a Kellerman background may prefer to start with one of the earlier books for a better understanding of the Delaware-Sturgis relationship.

\*\*\*\*\*

*You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](mailto:annebjones.com).*

# Let us entertain you

by **CLAIRE HOUSER DODD**

*The purpose of all war is ultimately peace.*

Saint Augustine

**A**s we go to press the Music Hall of Fame is going under, closing June 12th. Everybody we know is in deep mourning. We have the musical history here in Middle Georgia, Macon in particular. Politicians like Zell Miller and Denmark Grover were loud and clear supporters of placing and keeping our musical heritage in Macon where it all originated.

We talked with Cliff Chandler, a musician and author about his take on this travesty. He sympathized with us and said, "It's purely political. We have no authority here in Macon. Everything has to be micro managed by Atlanta, and they don't want anybody playing who is not from Georgia, and won't approve hardly anybody to be inducted. Dr. Billy Dodd had done so much to advance the love of jazz as he has traveled and played all over, I sent a resume in for approval and my letter never was even acknowledged." Naturally he had much more to say, and I spoke with many more people all of whom are upset. This belies the poor showing on computer responses on WMAZ.

Another musician, Chelle Brennan said "Georgia has such a rich musical legacy it makes me sad that the distractions of our busy world have caused us to lose sight of its importance. We will miss the Georgia Music Hall of Fame."

Our prayer is that some wonderful person of high musical abilities and rewards will step forward and endow the Music Hall of Fame forever.

It's hard to lose Oprah and our musical heritage all at once! What and who will take their place.

The Peach County Historical Society had a real exciting meeting last Tuesday (4th Tuesday in the month). Andy Kite came down from Woodstock to speak to us about his book, "Vanishing Towns of Rural Georgia." It sounds like a downer, sad and depressing. But, no, Andy was cute, had great stories to tell and was so complimentary about his father who was the one to incite his interest in small disappearing towns of our state when he was a child. Then at 16 when he decided to do this book, Al was the one to go with him, his learner's permit, camera and notebook to revisit these 14 areas of interest. Andy is now 18 and graduating from high school.

The pictures are so nostalgic one wants to hit the road and see for one's self. It is a sad commentary on changing times, railroad detours, locusts, super highways and Wal-Mart's, but the over all effect was interesting and dramatic.

We will enjoy sharing our book with friends and visitors, and know we'll be driving some over to Elko, one of the hamlets mentioned. Andy didn't know about Myrtle, halfway between Fort Valley and Perry. The only thing left is the house my grandfather, George Anderson, built in 1909 across from his peach packing sheds, two hotels and a small depot for the Ft. Valley-Perry train to stop. The country store/post office (he was also Post Master) has long since been gone. There was a school house where Aunt Bessie Anderson taught, windmill and probably lots of other stuff I never knew about! Anyway, that's the way it has gone, even Penfield, the town that originally housed Mercer. They are all history now, but not to be forgotten.

If you would like a book, only \$22.00, to share Andy's love of the South and carefully selected antidotes, call 770-595-9734 or visit [www.vanishingtowns.com](http://www.vanishingtowns.com) or email [andy@vanishingtowns.com](mailto:andy@vanishingtowns.com). He'll be happy to send you one. We hope to have him back with us soon.

The most important happening around here is the 25th Anniversary of the Georgia Peach Festival held here in Peach County. It lasts from June 3rd through the 11th, starting off in Byron at Montana's Restaurant in the Byron Peach Shoppe's with D.J. Dale on the porch. Food and drinks are available from 6:30 p.m. - 8:30 p.m. for the preview party.

The 3rd annual Paul Reehling Poker run will kick start at 11 a.m. Saturday, June 4th, at North Peach Park. Register at 10:00. Need a permit? You can procure one then. Sponsors are Hooter's, Real Estate South and Malibu Maui's Salon & Spa.

Around 5 p.m., Laser Tag, Party,

Playgrounds inflatable fun and the spectacular sounds of the Chris Hicks Band will woo you through the night till the 3-D Fireworks explode in North Peach Park. Look closely, you'll see some locals you know and love! Take a chair or blanket to sit on. Whatever, just don't miss Chris Hicks and his buddies.

June 5th moves to Fort Valley's restored Austin Theater with School House Rock Musical, June 6, & 8th the Peach Idol along with the Big Peach Crew Dance-Off. Don't forget the Worlds largest peach cobbler at the Court House!

The Spaghetti & Jazz dinner will be held at the Austin June 9th, \$10.00. Khoury's walk for Health at 7 a.m. Wednesday morning at Peach County Court House. Join Everett Square's Neighborhood Association at 6 p.m. in the park for supper and fun with the John Stanley Band. You may bring your own food, or you may purchase hot dogs, chips, and drinks from ESNA. Ace Hardware is donating hotdogs to the ESNA, 2 for \$1.00 as a fundraiser. Delicious frozen refreshing pureed peach pops will be on sale too! There is a Peach theme table decorating contest and ribbons will be awarded for a multitude of categories.

Bandstand downtown, D.J. Bucky Helms will be loaded for

Karaoke, singing and dancing.

Got a favorite peach recipe? Take it to the Leader Tribune at 10 a.m., June 11th for judging. Go to the McArthur-Saxon for the Historical Society's luncheon of famous chicken salad and book signing by Ed Grisamore. Vendors of all sorts will be on W. Church and downtown Fort Valley.

The downtown street Fest will get underway Saturday night at the Peach County Courthouse parking lot at 7 p.m. Paul Carreker will open for the Missing Links Show band and the Honey Bees. Again, bring your beach chairs, enjoy the beach music, dance and wait for the 3-D Fireworks to put the 25th Annual Georgia Peach Festival to bed.

If you need more info, please catch the June 1st copy of The Leader Tribune. Also call Jane at 478-825-4002, Kathie at 478-825-5986, email [sdavis2005@cox.net](mailto:sdavis2005@cox.net) or the website at [www.GaPeachFestival.com](http://www.GaPeachFestival.com).

*I'm proud to be an American, where at least I know I'm free, and I won't forget the men who died, who gave that right to me and I'll proudly stand next to him to defend her still today, 'cuz there ain't no doubt I love this land, god bless the USA.*

Lee Greenwood

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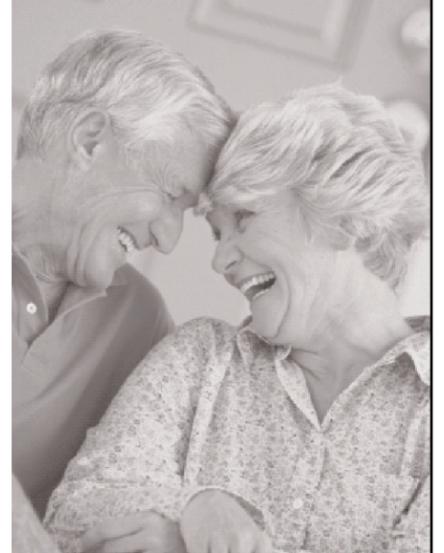
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## *Times Not Forgotten*

# Those panel trucks and vans

by CHRISTINE COLEMAN

Sometimes I like to ride out in the country and look at old houses and barns. Every now and then, I see a particular thing which captures one of my fondest Memories. That thing happens to be small, narrow carports or garages. They seem so tiny! How in the world could they have been adequate to house a car?

When I was growing up in the 1930s, cars were small compared to what we now have. Of course, at the time, they looked big enough to satisfy everyone. My first memory was of the Model-A and the Model-T. Then I remember the 1938, '39, and '40 Fords. A small garage would accommodate any of these. Even Station Wagons were narrow and not much longer than the average car. Today, however, much larger additions to houses must be built for our cars and Wagons.

Very popular today (with old and young alike) is the pick-up truck with Extended cab, S.U.V.s, Suburban and Conversion Vans (hope I got those terms correct.) One thing that amazes me is that many women prefer these

vehicles more than a car. That is quite understandable. Have you noticed these modes of transportation on our roads today? They come in many attractive colors and designs. I've thought of how nice it would be to have one for myself. I could transport several passengers and all sorts of luggage. Sometimes I have need of a way to carry large boxes of various material that a car cannot haul. Then reality sets in, and I realize I'm ready to just be content in having a mid-size car.

There's something I heard a woman say recently that caught my attention. She went on to say that when she goes to town or to the mall, she tries to park her car away from the mass of cars surrounding businesses. In that way, she wants to see clearly how to back out of her parking space when she returns from shopping. Continuing with her conversation, she said invariably when she returns to her car, most likely a van will have parked beside her car.

Lately, I've experienced the same thing happening to me. I probably wouldn't have been as quick to notice this had my friend not commented on it first. Many times I, too, park away from large groups of cars. Lo and

Behold, when I return to my car, possibly a van of some type has parked beside me. Much care has to be taken when backing out of a parking space with a long vehicle parked beside you. There's always the fear of backing into oncoming traffic when you can't see clearly. In addition, drivers of vans and panel trucks can hardly see a smaller car parked beside them. The danger for these drivers is almost as great as for drivers of cars. A very important fact to note is that while traveling on highways, small and mid-size cars have a large degree of difficulty following vans, which are taller and wider.

I like to think of how things were when everyone had a smaller car or station wagon. We were satisfied at the time, but progress makes us yearn to reach higher. So bring on the Sports Utility Vehicles, the Suburban and the Vans. The rest of us will admire their beauty and convenience they afford. We'll try not to be overly anxious or irritated when following them and having them park beside us.

\*\*\*\*\*

*Christine Coleman lives in Swainsboro. Feel free to e-mail her at cfc@reicomputers.com.*

## *Spiritual Notes*

# Humor, God's Gift

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

For years I have quoted the studies of Norman Cousins on laughter. He considers laughter a "form of internal jogging." He reported that he laughed his way back to good health by watching old films of humorous television shows and movies. "Ten minutes of genuine belly laughter, he claimed had an anesthetic effect and would give him at least two hours of pain-free sleep." He later concluded that "laughter is simply a metaphor for the entire range of emotions to

include hope, faith, love, will to live, cheerfulness, humor, creativity, playfulness, confidence, and great expectations."

Obviously no one can laugh themselves into good health. However, there are many reports of individuals with terminal illnesses who have prolonged their lives because of their positive outlook and the ability to find humor in their lives.

Tal D. Bonham wrote a book some time ago entitled "Humor, God's Gift." He pointed to the fact that the Old and New Testaments reveal many references to "happiness, blessedness, delight, and exultation." The following scripture pas-

sages were cited: Job 5:17: "Behold, how happy is the man whom God reproves. So do not despise the discipline of the Almighty." Deuteronomy 12:18e: "You shall rejoice before the Lord your God in all your understandings." Job 8:21: "He will yet fill your mouth with laughter, and your lips with shouting." Proverbs 17:22: "A joyful heart is good medicine, but a broken spirit dries up the bones." Philippians 4:4: "Rejoice in the Lord always; again I say, rejoice."

Throughout history many theologians have written of the humor of Jesus. Humphrey Osmond claimed that Jesus had an "excellent sense of humor and pungent wit. If he hadn't, he could not have made a favorable impression on publicans and sinners, and such an unfavorable impression on the religious establishment." Bonham contends that "from the beginning of His life to the end, Jesus was surrounded by and caused joy, happiness, merriment, gladness, rejoicing, delight, and laughter."

I am confident that humor is a gift of God; Scripture tells us that we are created in His image. Therefore, we have been given a gift to assist us physically, emotionally and spiritually. Laugh more often as you experience the humor in your life.

\*\*\*\*\*

*Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.*

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# Poets' Corner

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

## MY PLACE IN SPACE by Vera King

As the earth is spinning in space  
With the whole human race  
As it was designed to do  
My serenity lies  
With the stars in the skies  
When I reflect on what's true

On a night all sparkling and bright  
It is a wondrous delight  
To be part and parcel of all  
The created bliss  
That brings happiness  
As I await my final call

Meanwhile, as I journey here  
And share the company  
Of all people universally  
Let me be all I can be.  
\*\*\*\*\*

## THE LAP ROBES by Henry N. Goldman

Colors are many, these hand woven robes,  
With prayer stitched into each, row upon row,  
Each intricate design artfully planned,  
To comfort some elderly woman or man.

The warmth of each blanket - heart's compliment,  
The joy of giving - soul's reward, often sent.  
Surrounding each receptor, a prayer is bestowed,  
Each given with love - God's love to console.

Somewhere there in Heaven, a place not far off,  
Rewards of the Father await in His

Loft;  
For one who is caring enough to convey,  
Her love with each blanket -  
And a message of "The Way."  
\*\*\*\*\*

## LOST LOVE by Fred Holland, Sr.

I found someone who I could laugh, talk and play with, with ease.  
If I treated her right, she was not hard to please.

We had similar ambitions and a mutual attraction for each other.  
Although her love for me was overwhelming, somehow it did not smother.

Her humorous sarcasm kept me in check.  
But her love had a magnetic effect.

She could be both passionate and challenging, her spirit ran free.  
In all respects, she was the perfect woman for me.

I loved her personality and her attractive good looks.  
She was intelligent and knew her way around the books.

Somehow the devil managed to set some devious traps for me.  
I fell into them and went on a disastrous sinful spree.

Pretty soon she got tired of my disrespectful ways and asked me to leave.

Although I never wanted to part from her...  
She had good reason... and I had to concur.

To this day I still love her and wish I could change the past.  
If I could, I'd do it fast!

I wish we could give it another try,  
But I realize that it would not be the same.

I have only myself to blame.

God has changed my life for the better,  
But I mourn for the life we could have had together.  
\*\*\*\*\*

## CROSSING THE LINE by Doris A. "Dot" Jones

Now, we've done it - We've crossed the line.  
We've told God "This whole world is mine."

Just like Adam and Eve, we choose not to obey,  
And evil and hate rule everyday.  
Leaders in power are led by greed.  
Their aim is self-centered to gain wealth and fame.

Now, we've done it - We've crossed the line.  
Can't humans see what happens, when God is left behind.

Now, we've done it - We've crossed the line.  
Although we may fall into temptation's snare,  
Remember, before we fall, God is in control and ruler over all.  
He allows us to cross the line, but he's there to receive us when we

return.

All we need to do is humble ourselves and say, "Thou Art Mine."  
We can re-tie the line and make it tighter this time.  
\*\*\*\*\*

## ODE TO THE COMMODORE: A NEIGHBORLY MONUMENT by Sage Freeman

Why must you pile your sticks and branches in my garden bed?  
Why do you walk your dog in my yard when it is well fed?  
If not for well paid workers, who did not follow through,  
The ole commode, if carried off, would not have bothered you.  
Four days it rests outside my house, so quick you persecute.  
Overrun and in need, will you grant me aid when I plead?  
A hand you could lend, but your heart will not bend.  
Thirty long years, I cried many tears, but all that now shall end.  
I will set my commode to face your house as a true testament:  
A porcelain memorial of what your friendship has meant.  
If you are wise, take some advice you bigmouth hypocrites:  
The law you have close connections to, may be called on you!

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## On the Cover

# Traveling through Time and Space

Story by ANDREA GROSS  
Photos by IRV GREEN  
www.andreagross.com

### COVER:

The Endeavor, in position to take the STS-134 crew to the International Space Center, is on the launch pad.

**M**y seat tilted back. There was a loud noise, followed by spine-jarring vibrations. I felt a pressure on my chest, pushing me back against my seat. Then there was another boom, and the launch simulator at the Kennedy Space Center made me feel as if I were soaring into space. Suddenly all was still, and I saw the earth floating before me, a round ball with vague outlines of recognizable continents. It was a moment I'll never forget.

The Space Center, 50 miles east of Orlando and home of the United

States' manned space program, is that kind of place – as inspiring as it is informational, as entertaining as it is educational.

### Here, some of the must-sees:

- "Space Station" is an IMAX® film that serves as a primer to outer space by showing how astronauts live in a weightless environment. Another IMAX® film, "Hubble 3D," tells the story of the telescope that has given us unprecedented views of the universe.

- Early Space Exploration isn't the Center's flashiest exhibit, but a quick visit helps put future advances into context. For a more personal look at the early missions, visit the Astronauts Hall of Fame, which is filled with astronaut memorabilia.

- Fewer than 550 men and women have flown in space, but each day one of them hosts an Astronaut Encounter. We heard a talk by Al Worden, Command Module Pilot for the Apollo 15 moon mission and one of only 24



The Rocket Garden displays the base of historic rockets that launched the first Americans into space.



The Valiant Air Command Warbird Museum showcases aircraft from World War I to the present.

people in the history of the world to travel beyond the orbit of the earth. He described walking in space 200,000 miles from earth. "It was kinda cool," he said with a grin.

- The Kennedy Space Center Bus Tour takes visitors to an observation stand for a view of the launch pad that sends astronauts into space. Then it continues to the Apollo/Saturn V Center, where the 363-foot long Saturn V rocket that was used for the United States' first manned landing on the moon hangs from the ceiling. That landing is depicted in a film shown in the Saturn V theater.

- We ended our Space Center visit at the Mission Status Center, where a NASA representative discussed the future of the United States' manned space program.

The next day we time-traveled back to the past at the nearby Valiant Air Command Warbird Museum, a combination restoration facility and exhibition hall that offers a unique view of aviation history. There are 25-30 aircraft on display at any one time, and in short order we saw a single-seat biplane from WWI, a helicopter from Vietnam, a fighter aircraft from Korea, a military transport from World War II, and a fighter jet like those used today.

Every year aircraft aficionados gather for the museum's air show, which features everything from formation flying to rescue reenactments. (The next show will be March 9-11, 2012.)

Finally, we decided it was time to enjoy the present. The Space Center is surrounded by some of Florida's best beaches, so instead of flying to the moon, we simply reveled in the sun.

For more information: [www.KennedySpaceCenter.com](http://www.KennedySpaceCenter.com); [www.Vacwarbirds.org](http://www.Vacwarbirds.org); [www.space-coast.com](http://www.space-coast.com).

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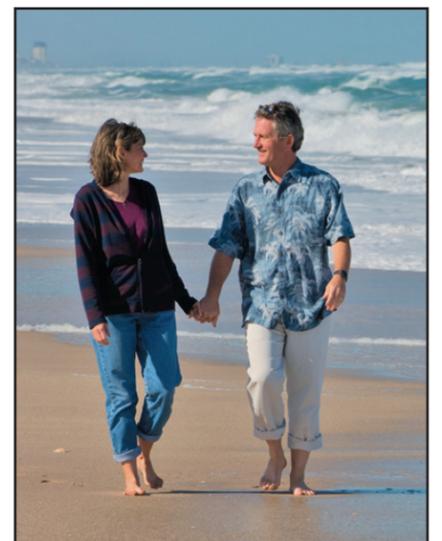
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Nearby beaches provide a perfect way to relax after a stimulating visit to the Kennedy Space Center. (Photo courtesy of the Space Coast Office of Tourism)

# Corky Holliday goes to the Royal Wedding

by CLAIRE HOUSER DODD

Upon entering Corky Holliday's lovely modern home in Macon, the first thing you see is the British flag.

Well, what would you expect? She just returned from London where she went with the "Royal British Happenings" which Ken Ward Travel, Inc. presented. Twelve ladies and one gentleman attended the week of the H.R.H. Prince William and Kate Middleton wedding festivities arranged and escorted by Ken Ward.

From the time Corky left home to the time she returned, escorts were available. Jim Hiskins as the Macon representative picked her up, carried luggage to the car, and drove her to Atlanta. Ditto on the trip home.

Corky lived a fairytale existence for one week in London while being entertained by Ken Ward.

The touring group arrived in London on Monday, 11:05 a.m. at Heathrow Airport; met by the Washington Mayfair Hotel driver to whisk three ladies to their hotel. They were at leisure until the next night at 6:30 p.m. when they were guests for cocktails at Belgravia Home of Charles and James Fry – grandsons of the famous Cricketer Fry. The guest of honor was the published author and editor of *Majesty Magazine*, Indrid Seward.

On Wednesday 7:30 a.m., the group met in the lobby to go on a private tour of Kensington Palace, then breakfast in the Orangery. The tour started at 9 a.m. It has been a royal residence since the 17th century. Today it is the official residence of the Duke and Duchess Gloucester, the Duke and Duchess of Kent, Prince and Princess Michael of Kent. (The official residence of Diana, the Princess of Wales until her death in 1997).

This may be the London home base for the new Prince and Princess.

After the tour Corky returned to the hotel and was instructed on what attire was appropriate for the next evening. Corky took three hats and was one of the best hatted ladies at the reception and luncheon hosted by

the chairman of the Royal Theatrical Society, Mr. Paul Gane, at the prestigious Garrick Club. Two guests of honor were Judi Dench and Hugh Bonneville (PBS series downtown Abby).

Then a return to the hotel to dress formally for a cocktail reception to celebrate St. George's Day in the United Kingdom. He is England's patron saint and his birthday is celebrated as a national holiday each year. Legend has it that St. George was a Roman soldier who killed a dragon to save a princess.

On Thursday at 11 a.m. the group was invited to the house of Parliament for a special tour hosted by a member of parliament, the Baroness Flint. A reception is followed by lunch in the House of Lords. This is an extremely tight security area and American passports were checked. Friday was the day to be taken to Wellington Barracks, (home of the Royal Guards) for viewing the Royal procession. Breakfast and lunch were served in the household Dining Room and Terrace. Hats, binocular and cameras were suggested plus jackets and ties for men and dresses or dressy pant suits for ladies. The time of departure depended upon security.

The actual wedding was shown on a large TV but most of the time was spent on the balcony watching all the coming and goings from above.

It seems one of the most appreciated things about Kate is her college education. Corky says the wedding was beautiful and exciting with all the pomp and ceremony expected for a royal wedding at the Westminster Abby. Probably one of the most outstanding state events of international celebrity for the 21st century and she was certainly proud to have been able to attend.

Saturday was at leisure until 4:30 p.m. when they transferred to Christopher's for pre-theater dinner and then on to the theater with orchestra tickets to the latest British musical, *Love Never Dies*. It has been nominated for seven prestigious awards. This is Frank Lord Webber's sequence to *Phantom of the Opera*, one of the worlds greatest love stories from the gothic surrounds of the Paris



Enjoying the "Royal British Happenings" in London presented by Ken Ward Travel, Inc. are (left to right): Mary Jane Brock, Ingrid Seward, and Cordellia D. Holliday.

Opera House to the dazzling heights of New York's Coney Island. Probably not as dramatic as its predecessor but certainly a musical to be reckoned with.

All in all Corky loved her tour, sings loud and long praises to Ken Ward's professionalism and is in amazement at all the entrees into

Royal happenings which they visited in a brand new white Mercedes van with an English gentleman driver of sophistication.

We're so glad to have had a Middle Georgia representative from the great ole USA at the Royal Wedding to honor us and pay tribute to the Union Jack.

## Georgia Golden Olympics scheduled for September 21-24

Special to Senior News

If you are competitive, interested in meeting new friends or just having fun, plan to participate in the 29th annual Georgia Golden Olympics scheduled for September 21-24, 2011 in the city of Warner Robins. The competition is open to adults, ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, tennis, horseshoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of \$35.00 allows the participant to enter 3 events. Additional events are \$6.00 each. Bowling, tennis, golf, cycling, and

archery require an additional fee. Fees are non-refundable. All registrations must be received by August 1.

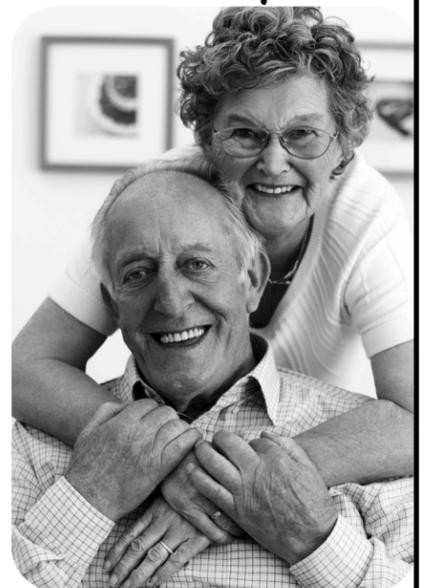
The purpose of the games is to promote physical activity and health, to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by a board and planning committee representing various agencies around the state.

For more information call Warner Robins Recreation Department at 478-293-1066 or the Georgia Golden Olympics office at 770-867-3603. Website: [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org).

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# Georgia eye doctor helps legally blind to see again

**High technology for low vision patients allows many to drive again!**

Atlanta, Georgia –

**E**ver looked through a pair of field glasses or binoculars? Things look bigger and closer and much easier to see.

Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

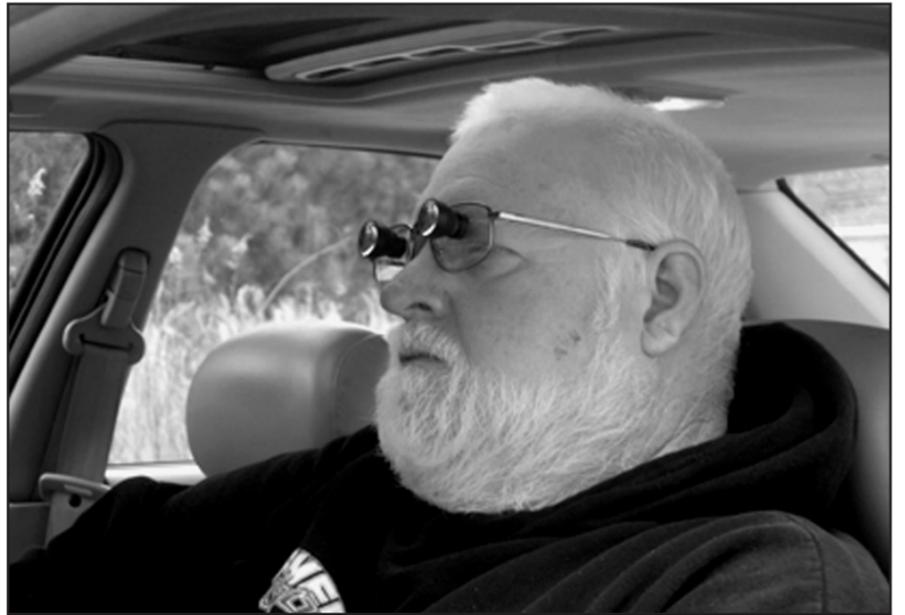
"Telescopic glasses can

cost over \$2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at [www.IALVS.com](http://www.IALVS.com).

\*\*\*\*\*

– Paid Advertisement –



## You can rely on electronic payments

by **BOBBIE SIMS**  
Social Security Public Affairs  
Specialist, Marietta, Georgia

**Y**ou probably don't need a reminder that natural disasters lurk around the corner when we least expect it. Many natural disasters force people to leave their homes. The last thing a person who falls victim to this kind of devastation needs to worry about is how they're going to get their next Social Security or Supplemental Security Income (SSI) payment.

Here's a solution. Make sure that you're receiving your benefit payments electronically. Electronic payments are the best way to receive your benefit payments. Here's why.

- Electronic payments are safe. Your money is deposited directly

into your account each month. Because it's transferred electronically, there's never a risk of your check being lost or stolen.

- Electronic payments are quick. You'll get your payment faster when it's made electronically. Your money is immediately available to you once it's deposited; no waiting by the mailbox for the check to arrive.

- Electronic payments are convenient. No more need to stand in line at the bank to cash your check or to leave your house when the weather is bad. It's also nice to know your payment is in your account instead of your mailbox when you're on vacation or away from home.

Perhaps we also should mention that electronic payments are now mandatory. People who apply for Social Security benefits on or after May 1, 2011, must receive payments

electronically. Nearly everyone currently receiving benefits who has not signed up for electronic payments must switch to electronic payments by March 1, 2013. Electronic payments may be made by direct deposit, the Direct Express card program, or an Electronic Transfer Account. You can learn more about all three at [www.godirect.org](http://www.godirect.org).

If you're ever faced with a devastating event, there will be no question about where you'll find your money when you receive electronic payments. The same cannot be said for paper checks being sent to mailboxes that may no longer exist.

Learn more by reading our online fact sheet, Get Your Payments Electronically at [www.socialsecurity.gov/pubs/10073.html](http://www.socialsecurity.gov/pubs/10073.html). Or go directly to the source, where you can learn more and sign up for electronic payments: [www.godirect.org](http://www.godirect.org).

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**HOUSTON  
LAKE**

# Centerville Rotary Club recently sponsored the 5th Annual David Pierce Memorial Luncheon to benefit Macon Region Crime Stoppers

by JACK STEED

The Centerville Rotary Club recently sponsored the 5th Annual David Pierce Memorial Luncheon to benefit Macon Regional Crime Stoppers raising \$19,000 to help solve crimes committed in our community. Guest speaker for the event was former Governor Sonny Perdue.

The Macon Regional Crime Stoppers program, encompassing eight counties, goes far toward keeping the level of crime here as low as it is.

That low crime rate is one of the reasons many live here and is a major reason that many people move here. It typically costs the law enforcement community about \$150 per arrest facilitated by the Crime Stoppers program. It can easily cost thousands of tax dollars to locate and arrest someone without Crime Stoppers' assistance, or worse yet,



Members of the Rotary Club of Centerville present a check for \$19,000 to Mr. Warren Selby (far left), Crime Stoppers Chairman of the Board.

give a criminal time to strike again before they are caught.

The Centerville Rotary Club and its current president, Mark Waters, initiated this annual fund-raising luncheon in 2007, and just over \$72,000 in support for Crime

Stoppers has been raised. The annual event is named the David Pierce Memorial Crime Stoppers Luncheon in memory of the late David Pierce, a former judge, Perry Rotarian, and Rotary Assistant District Governor (ADC) for District 6920, who passed

away while serving as ADC. Centerville Rotary proudly sponsors this event and encourages others to contribute because the funds raised could literally pay for the tip to Crime Stoppers that solves a crime in your community.

## Macon/Central Georgia

# CALENDAR

### CALENDAR NEWS GUIDELINES

"CALENDAR NEWS" is provided FREE of charge to "true" not for profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your editorial materials by the 15th of the month prior to the preferred month of publication. Please mail your requests to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

\*\*\*\*\*

### Coliseum Health System Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch

is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.

- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all can-

cer 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 of Central Georgia – 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

\*\*\*\*\*

### 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.

\*\*\*\*\*

### SeniorCare

A service of Houston Healthcare promoting wellness of mind, body and

continued on page 10

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## CALENDAR from page 9

spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

### Perry SeniorCare

Call 478-923-9771 for complete details.

- Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
- Mon., 1-2 p.m., Line Dancing, Rozar Park
- Fri., 9:30-11:30 a.m., Line Dancing, Houston Springs
- 2nd Fri. of month, optional lunch (\$5) and a guest speaker is provided after exercise.

### Warner Robins SeniorCare Water Aerobics

Call 478-923-9771 for complete details.

- Tues. & Thurs., 10 a.m., Cottages on Lakeview. Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified instructor from June-Sept.

### Centerville SeniorCare

Call 478-923-9771 for complete details.

- Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.
- Once a Month. A mini-check will be provided focusing on recommended annual checks for senior adults.

### TOPS Club, Inc.

Weight loss support group. Call 478-923-9771 for complete details.

- Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

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

Call 478-746-7050 for details.

### Bibb County

- 2nd Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., 1st Floor Meeting Space, 478-746-7050

- 2nd Wed., 10 a.m., Carlyle Place, 5300 Zebulon Road, Macon, Stafford Suites Activity Room, 478-405-4500

- 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon, 478-471-9433

### Houston County

- 2nd Tues., 6 p.m., Summerhill Senior Community, 500 Stanley Street, Perry, 478-987-3251

- 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706

- 4th Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Warner Robins, 478-923-2532

### Baldwin County

- 4th Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Milledgeville, Agape Room, 478-453-1374

### Laurens County

- 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888

- 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-279-0235

### Lamar County

- 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516

### Putnam County

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

### Upson County

- Last Fri., 3 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, 478-746-7050

### Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal

services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

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

### Meals on Wheels of Macon and Bibb County

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

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

### Macon-Bibb County Parks & Recreation Department Senior Center

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

- Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry at 478-751-2790 for an appointment.

- Senior Citizen Choir: Mondays at 10:00, Macon-Bibb Senior Center, 1283 Adams St. Call Brenda for information at 478-751-2790

- Bowling: Fridays at Gold Cup Bowling Center, 10:30 to 12:30, \$2.50 per game, \$3.50 shoe rental
- Exercise: Monday,

Wednesday & Thursday Evenings, 6:00 to 7:00 pm, Senior Center, 1283 Adams St. \$40.00 per month  
Instructor: Juanita "Poppi" James

- Needle Craft: Our fiber craft room is open daily for quilting, crocheting, knitting and sewing.

### Warner Robins Recreation Department, Senior Citizens Services Wellston Center

- AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.

- NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.

- Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-293-1066.

- Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-293-1066.

- MGCAA Senior Center: Monday-

continued on page 11

## Change Your Water... ...Change Your Life!

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# General Business Directory For Seniors

**Baltic Park Apartments**



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- Great Amenities!
- Spacious Floor Plans

860 Hightower Road, Macon  
478-788-3514

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CALL: Mid GA: 478.957.9741  
OR CSRA: 706.790.5350

To find a location near you, visit  
[www.goodwillworks.org](http://www.goodwillworks.org)

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**Atlanta Expo Centers**  
June 10, 11 & 12 • July 8, 9 & 10 • August 12, 13 & 14

**CALENDAR**  
from page 10

Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Renea McFeeters, Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more information call 478-293-1066.  
**Senior Activity Center**  
For information call 478-293-1066.  
\*\*\*\*\*

**The Gospelaires Quartet Outreach Ministry**

The Gospelaires Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

For additional information call 478-929-3816.  
\*\*\*\*\*

**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, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For addi-

tional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.  
\*\*\*\*\*

**The Macon Arts Alliance's Arts Art Gallery**

451 Martin Luther King, Jr. Blvd.  
478-743-6940  
\*\*\*\*\*

**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.  
\*\*\*\*\*

**Bloomfield United Methodist Church**

5511 Bloomfield Rd., Macon

478-397-6568. The "Jonesmen Quartet" will be in concert at 6 p.m., Sun., June 12.  
\*\*\*\*\*

**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.  
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**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.  
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**MGRAACA Meeting**

The MGRAACA (Antique

Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information.  
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**62nd Annual Watermelon Days Festival**

June 3-25, Cordele-Crisp County. Main day of festival is Sat., June 25. For details call 229-273-1668 or 886-426-3566 or visit www.cordelecrisp-ga.com.  
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**Middle Georgia Republican Women Meeting**

June 7, 6-8 p.m., Centerville City Hall, 309 E. Church St., Centerville. Cost \$10. RSVP to griffandlinda@windstream.net.  
\*\*\*\*\*

**Gospel Music Program Tol Benefit Local Alzheimer's Association**

Sat., June 4, 5-8:30 p.m., Flint River Memory Care, 250 Water Tower Court, Macon. Outdoor event - bring lawn chairs, blankets and umbrellas. Refreshments for sale. Free to the public. For complete details call 478-471-9433.  
\*\*\*\*\*

**A Celebration of Poetry**

Sat., June 4, 2 p.m., Grande Auditorium at Carlyle Place, 5300 Zebulon Rd., Macon. Refreshments will be served. For details call 478-405-4524.  
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# General Business Directory For Seniors

**Vineville Christian Towers**  
*An Apartment Home for Senior Citizens*

- All utilities included in rent
- Stove, refrigerator and drapes provided
- Laundry Room
- Emergency Cords/Paalsystem Necklaces
- Library/Exercise Room
- Activities/Grocery Shopping Day Trips
- Beauty Shop
- Cable or antennae
- Located in a park-like setting

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

**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

**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.

**Advocacy Resource Center**  
*(Turning Developmental Disabilities into Possibilities since 1953)*  
4664 Sheraton Drive (turns off Arkwright Road) • Macon  
www.arc-macon.org 478-803-1456

**Garage Sale**  
1st Friday of Every Month 9:00 a.m. - 1:00 p.m.  
Huge Selection - Very Low Prices  
Great Clothes • Furniture • Toys • Books • Kitchen Decorative • Miscellaneous

**Flint River Memory Care**  
250 Water Tower Court, Macon  
**478-471-9433**

Flint River Memory Care is a licensed memory care community - specializing in care for loved ones with Alzheimer's disease. Flint River provides a safe, secure environment and has activities tailored to the needs of those living with this disease. Flint River's daily goal is to have each resident function independently at their own level of ability while providing care and assistance where needed. The specialized Alzheimer's training of their staff helps them achieve this goal.

They encourage you to come in and meet their staff and see how their memory care programs enrich lives of their residents and give their loved ones peace of mind.

If you are caring for a loved one suffering from Alzheimer's disease, please call Flint River Memory Care at (478) 471-9433 for more information or to schedule a tour of this memory care community. You will get to meet caring professionals that have your loved ones best interests at heart.

**BUSINESS CARD SECTION**

For Advertising Information Call  
**David VonAlmen at 478-213-5986**  
**Cindy Arnold at 478-972-2821**  
**Jan Tassitano at 770-993-2943**

**COLISEUM PARK PROFESSIONAL PHARMACY**  
380 Hospital Drive Macon, GA 31217  
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Pharmacist, owner  
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www.medshoppe.com  
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- Breast Health Center
- Prostate Health Center
- Lung Health Center
- Colorectal Health Center
- Infusion Center
- Nurse Navigators
- Cancer Rehab
- Cancer Resource Library
- Support Groups
- Survivorship Programs

(L to R):  
Beverly Stanley, RN; Laura Reed, MD;  
Douglas Brewer, MD; Kim Lewis, RN;  
Cheryl Jones, MD; Frank Arnold, MD;  
James Lewis, MD; Keith Martin, MD;  
Sean Cavanaugh, MD



At the Coliseum Cancer Institute, we know what it takes to treat cancer. We have the latest, state-of-the-art technology and the most advanced treatment options you'll find anywhere in middle Georgia. Plus, we have more cancer accreditations than any hospital in the area. But we know what's most important – our dedicated group of physicians with expertise in a variety of cancer specialties who work hand-in-hand with our nurses and patients to fight cancer together. Because we understand that hospitals don't cure cancer. People do.

To find a Coliseum cancer specialist, call toll free (877) 274-3910.

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INSTITUTE  
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**NAPBC**  
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**Commission on Cancer**