

# Senior News

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*Enjoying a Day Trip  
to Savannah!*

*story on page 6*

October 2011  
Vol. 25, No. 10

## Taking Care

# Keeping peace of mind in long-distance care. Some tips to help you cope.

by LISA M. PETSCHÉ

Approximately seven million Americans are involved in the care of an older adult – usually a parent – who lives in a different area. At the best of times, caregiving involves a certain amount of stress, but often-times the anxiety is compounded when there are many miles between the caregiver and care receiver.



Lisa Petsche

Without question, long-distance caregiving can be emotionally and financially draining. Worries about a parent's physical, mental and emotional health and safety can be overwhelming at times. You may wonder if plans you have set up are being properly implemented, or if you are going to get a call that there is a crisis.

You may also feel guilty that you cannot be there on a daily basis to

see how your parent is doing (which may be quite different from what they report) and provide assistance as needed. You might wonder if you should move closer or invite mom or dad to come live with you.

Then there are the financial costs: the many long-distance telephone calls; travel expenses and wear on your car; and perhaps the cost of hiring a companion or personal support worker because you cannot be there yourself. If employed, you may have to take time off work to deal with crises.

Despite these challenges, there are many ways to maintain peace of mind while providing long-distance care. Read on for some to them.

- Make it easy for people to get in touch with you. Get an answering machine if you do not already have one, and perhaps a cell phone or pager as well. E-mail can also be advantageous.

- Set up a regular time to call your parent.

- Find someone local who can check with your parent daily, either

by phone or in person. This could be a reliable neighbor or relative, or even a volunteer from a telephone reassurance service.

- Keep important phone number handy: your parent's neighbor, close friends, primary physician, local pharmacy and any home healthcare provider. Ensure all of these people have your name and contact information, and encourage them to call you with any concerns. Stay in touch to get their ongoing perspectives on how your parent is doing, and do not forget to express appreciation for their assistance.

- Shop around for a good long-distance telephone savings plan. You might consider getting a private, toll-free number so that friends, neighbors and healthcare providers have no reservations about regularly calling you.

- Maintain a file of key information, such as your parent's medical conditions and surgical history, medications, medical specialists, banking institutions and other financial contacts, lawyer, clergy, as well as daily or weekly schedule and upcoming appointments.

- If your parent has a chronic illness, obtain information from the appropriate organization (for example, the Parkinson Foundation) to help you understand the disease and get an idea of what to expect for the future.

- Investigate other available resources in your parent's community, which might include: personal emergency response system; letter carrier or utility company alert services; accessible transportation; adult day programs and other leisure programming; outreach services such as foot care and seniors' dental clinics; home health services involving nursing; homemaking, therapy and com-

panion services; and alternative housing. Such information can be obtained from the local Area Agency on Aging. To find the appropriate office, call the Administration on Aging's toll-free Eldercare Locator Service at 1-800-677-1116 or search online at: [www.eldercare.gov](http://www.eldercare.gov).

- When you have an opportunity to visit, pay close attention to your parent's physical condition, mental functioning and mood. Consult their doctor if you have concerns.

- Perform a safety assessment of the home environment to identify potential hazards – for example, throw rugs that do not stay in place – and do what you can to rectify them. Visit a medical supply store and check out the many products that might make daily activities easier and safer for your parent.

- If you have siblings in the area, arrange a family meeting to discuss your parent's needs and determine who can provide help.

- Ideally, plan to stay with your parent long enough so you are not rushed. That way you will have ample time not only to attend appointments (set these up in advance of your arrival) and run errands, but also to enjoy your parent's company.

- Even if they appear to be managing well right now, it is a good idea to begin learning about resources in the community should your parent require help in the future.

Keeping one step ahead will help make your role as long-distance caregiver a little easier.

\*\*\*\*\*

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

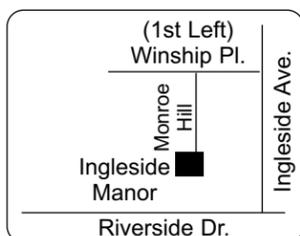
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# Let us entertain you

by **CLAIRE HOUSER DODD**

*Misquotations are the only quotations that are never misquoted.*  
Hesketh Pearson

**W**e've beat you to the draw, we bet! We've already gotten our flu shot! We read somewhere that it is good to get it early because we never know when the flu virus season will check in. At that time, EVERYBODY is jamming the doors to get in and get their shot. Sometimes the vaccine is not available and you have to wait for a fresh supply.

We went to CVS Saturday night and saw the sign! FREE influenza vaccine. Why put it off? The danger of forgetting 'til it's too late is one thing, but the knowledge that influenza (flu) is a contagious disease caused by that virus where it can be spread so easily... sneezing, coughing, nasal secretions, touching affected areas and a variety of other actions, and that the actual virus can lead to pneumonia or worse. Young children, people of 65 years and older, pregnant women and people with certain chronic health conditions such as heart, lung, kidney disease or a weakened immune system can become much sicker than a young healthy adult. Enough said. Get your shot. The vaccine is FREE in most places; it only takes a second and is painless. At least ours was given expertly by a CVS pharmacist and we didn't feel a prick even!

In our horticulture department here at home (yes, the one we'd given up after the toxic-turvy fiasco) we are happy to announce we have glorious ginger lilies. Just out by our friend, William Khoury, that it is not really a lily but a ginger. What-ever! William, Sandee and Devon Davis came by for dinner the other night and she had not seen the ginger lilies or smelled them. What a wonderful thing! It's a white beauty, looks like a cymbidium orchid and smells like a cross between a gardenia and a peach. Just wonderful!

We've just lost our beautiful

Weimaraner, Sir Arthur, who was as one our friend's noted... our buddy. He was so smart; he could hear my car coming two blocks away and was so appreciative of my snacks and leftovers. When we found out he was sick he got my entire dinner of rice, carrots and chicken breast. And he knew he was being favored and spoiled and he appreciated it. Emily and Mike would go out every evening and hand-feed Arthur, trying to spend as much time as they could with Arthur knowing that he would be leaving us soon. Arthur was so sweet, responsive and loving, we still can't help but cry again as we write this. Dr. Dodd loved Arthur and often teased him with his milk bones, pretending to eat them himself. Then to get us going, Dr. Dodd did eat some of one (or so he said) and then announced to all of us how tasty they were. They were a cute pair together. Arthur's main thing was to chase a ball. As long as you would throw the ball he would run after it, get it and bring it back to you to throw it again. One day Dr. Dodd threw Arthur's ball into a large rubber pool, and well, that's "all she wrote!" The pool went poof, the water splashed out and Arthur look bewildered, but at least he had gotten his favorite ball. A funny, funny sight!

The part of this is that it is so sad to lose a pet, and Mary Matthews Humble, a friend we grew up with read my article: "Peaches and Screams" in the Leader Tribune and mailed this poem to us. It is so good and appropriate; we feel the need to share.

### THE OLDER DOG If I Should Grow Frail

Anonymous

*If it should be that I grow frail and weak  
And pain does keep me from my sleep,  
Then will you do what must be done  
For this – the last battle – can't be won.*

*You will be sad; I understand  
But don't let grief then stay your hand*

*For on this day, more than the rest  
Your love and friendship must stand  
the test.*

*We have had so many happy years;  
You wouldn't want me to suffer so  
When the times come, please let me  
go.*

*Take me to where my needs they'll  
tend  
Only stay with me until the end.  
And hold me firm and speak to me  
Until my eyes see no more.*

*I know in time you will agree  
It is a kindness you do for me  
Although my tail last has waved  
From pain and suffering I have been  
saved.*

*Don't grieve that it must now be you  
Who has decided this thing to do  
We've been so close – we two –  
these years  
Don't let your heart hold any tears.*

Thanks Mary for this wonderful poem!

Now that it's Fall it looks like our social calendars are filling up. The best thing of course is the Georgia National Fair in Perry, starting October 1st through the 15th

with the big Middle Georgia Camellia Show being presented the last two days.

Jazz in the Valley will be held on Saturday, October 8th from 4:00 PM to 10:00 PM. This event will take place in downtown Fort Valley and from the looks of the entertainment line-ups, it looks like it will be a winner. Performers scheduled to perform are; Jules & the Gents @ 5:00 PM, Mike Walton Quarter @ 6:00 PM, Blynd Shadow @ 7:00 PM, The Contagious Band @ 8:00 PM and the Ken Trimmings Jazz Quartet @ 9:00 PM, entrance fee is \$5.00.

Fort Valley will celebrate Halloween downtown this year to keep kids safe and off the streets. The merchants will treat them!

Every second week of the month at 2:00 PM, the Douglas Theater, 335 Martin Luther King Jr., Blvd. in Macon will feature a program devoted to Senior Citizens featuring a popular classic movie, FREE! Call (478) 742-2000 for more information. This is not one to miss!

We already got our Halloween hat and gloves, just waiting for our broom. We'll be ready to ride.

Have a spooky & Happy Halloween, don't let the goblins get you!



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Senior News & Views of Georgia

## *Times Not Forgotten*

# Corn shuck scrub brooms

by CHRISTINE COLEMAN

**T**oday, people use string mops when they need to clean floors. There are even mops that can be wrung out in a bucket without ever having to be touched by hand. This was not the way folk scrubbed floors many years ago.

In the 1930s when I was growing up, there were no linoleum rugs or carpets on our floors. The houses where we lived had pine board flooring which was scrubbed weekly. After the floors were scrubbed, rinsed and dried we marveled at their fresh, clean look. As the old saying goes "You could eat off the floor" because it was that clean.

Papa would take a thick piece of wood and fashion it into the first part of a scrub broom. He used a brace and bit to make holes in the approximately 12 by 18 piece of wood. Usually, he would make about 15 holes in the piece of wood. In the center of the wood, he would make a bigger hole to accommodate a long handle. Then he'd turn the chore over

to Mama.

Mama was adept at finishing the scrub broom. I used to watch her take 15 or more big ears of corn, which had dried thoroughly, and shuck them. She would have a pan of warm water nearby. After all the ears had been shucked and laid in a stack, she began the next step. She'd take one corn shuck, dip it in the warm water, twist it slightly and then insert it into one of the holes. She continued this dipping, twisting and inserting until all the holes in the board were filled. Now, the broom was ready for use.

Potash soap was used for scrubbing floors. After Mama or one of my brothers finished scrubbing the floors, they used pans of clear water to rinse them. This rinse water was swept off. During summertime, floors dried easily. Wintertime was different. After the floors had been rinsed, they had to be dried. Old blankets or discarded clothing was used to dry up excess water. That was my job. Usually, I'd put the drying material under one foot and walk around the room pushing the drying cloth ahead of me.

In later years, thank you, Lord, linoleum flooring came into vogue. We could then (as now) mop the rugs with a string mop, wring the mop in clear water and dry the floor with little effort. Later, carpeting came along which can be vacuumed. All of this is a far cry from the work of people years ago.

I had almost gotten this memory out of mind when I went to visit the homeplace of Marjorie Kenning Rawlings (of The Yearling fame) near Gainesville, Florida. Her house and barns have been kept as they were when she was living there. While touring the house, I noticed a corn shuck broom standing in a corner of the kitchen. It brought back memories of my younger years and it showed me other folks (rich ones) did like us.

I'm happy for the improvement in floor scrubbing. I also appreciate the fact that I witnessed (and helped) with Corn Shuck Brooms.

\*\*\*\*\*

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

## *Spiritual Notes*

# Don't skip the coffee hour

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**I**t seems that we are living in a time when people are more and more polarized and isolated from each other than in past years. Popular TV shows emphasize the varied personal issues and troubles that face individuals and families.

Senior adults remember when the family and friends were the center of their universe primarily because they lived near each other. While there were numerous prob-

lems, the family and friends stayed together and worked through them. There are still families who can accomplish this. With the advent of all the available technologies, families living distances apart, and different cultural norms, it is a difficult thing to do. As a result, personal relationships are more difficult to establish.

In the Bible, Mark 12: 29-31, Jesus said, "Love the Lord your God with all your heart, all your soul, all your mind, and all your strength. The second command is this; Love your neighbor as you love yourself." There are no commands more impor-

tant than these. While relationships are both painful and wonderful, Jesus taught us that nothing is more important than being related to our God and to our fellowman.

In a recent study Dr. Chaeyoon Lim of the University of Wisconsin-Madison concluded the following: "Religion and happiness are linked. But faithful church attendance may not be enough. In a large survey, those most likely to rate their life satisfaction as a perfect 10 went to services weekly and saw close friends there. Church regulars without pals in the pews didn't see the boost - they were less satisfied than infrequent attendees with friends. So go to services, by all means - but don't skip coffee hour." Fellowship is essential to a complete life. I believe this is what loving your neighbor is all about.

Tom Holladay stated that, "A life without relationships may well be a simpler life but it is also an empty life." Even when we find ourselves in a new environment we should reach out to our neighbor. You have heard the statement, "The family, couple, friend who prays together stays together." Try praying with family and new acquaintances. Don't skip the "coffee hour."

\*\*\*\*\*

*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.

\*\*\*\*\*

## WHY DOES AGE MATTER

by Jewel Spivey

What does it matter what your age  
As long as you love to sing and play  
As long as your heart is young and  
gay

Why should it matter what your age

Embrace the fact that workdays are  
done

It is your time to play in the sun  
Your time to, finally, do  
The things YOU want to do

The house and the care are finally  
paid  
And college costs are out of the way  
Get rid of that clutter bought to  
impress  
It's time for you to get some rest

Say what you really think to every  
one  
Truth is a powerful weapon you've  
won

So what does it matter what your age  
If you still see the beauty of a lovely  
sunrise  
And you still greet each day being  
glad you're alive!

\*\*\*\*\*

## MATERIAL THINGS

by Frederic Holland Sr.  
6/07

Coming from poor beginnings,  
material things I did crave.  
I thought acquiring flashy material  
things would be a rave.

I got a very good job, worked hard  
and money I did save.

Soon I was able to buy homes,  
expensive cars and tailored clothes

most anyone would appreciate  
I thought, "gee this is really great"

The women came and so called  
friends began to swarm.  
Eventually the homes were lost to  
ex-wives, cars got old and clothes  
became worn.

The women who swore I was their  
"soul mate"  
Soon found other souls to date.

Because I no longer could party and  
"ball,"  
So called friends forgot to call.

But out of those lost material  
pleasures,  
I found other more important and  
lasting treasures.

I found family and friends who really  
do care.  
They show their love whether my  
cupboard is full or bare.

So let my experience be a lesson;  
Material things don't last, but true  
family and friends are the real  
"blessing"

\*\*\*\*\*

## A REMARKABLE ENGINEER

by Nina Clauss

A most remarkable engineer,  
To have put together a world so dear.  
His guidance a plan for me to live  
by,  
Let us live by God's plan for we all  
know why.

Our Savior knows our troubles and  
strife,  
I accept the love Jesus adds to life.  
He is the way to the Father's abode,  
Satan offers only a wide troubled  
road.

No doubt in whom we must follow,  
The dove, the swan or maybe a swal  
low.  
These birds are proof of God's great  
love,  
How precious is the creation we call  
a dove.

The swan so graceful with beauty so

pure,  
The swallow who visits once a year,  
for sure.  
God gave us love, His mercy and  
peace,  
With His son Jesus, all problems  
cease.

In Heaven my family await for me,  
Yes, by the gate I know they will be.  
When I'm called home, I'll not be  
late,  
It's a happy walk through the  
Eastern gate.

God is my powerful lighthouse!  
\*\*\*\*\*

## GRAY HAIRS

by Bernice B. Lewis

The gray hairs mean I've been alive,  
I had to give and had to strive,  
Each silver strand,  
Each separate strand,  
Means something that I can't deny.

The gray hairs mean I've been  
concerned,  
Had my reasons to yield and yearn;  
I've thought a lot,  
And cried a lot,  
And had many lessons of life to  
learn.

The gray hairs mean a lot to me,  
I'll let them show and let them be,

I want them there!  
I want them there!  
They're badges of honor for each to  
see. ©

\*\*\*\*\*

## THANK YOU LORD

by Ruby Goodman  
1/10

Thank you, Lord, for all the good  
things,  
For flowers, birds and bees,  
For springtime on the mountain,  
For honey from the bees.

For fruits and nuts and berries,  
Dogwood and Cherry blooms,  
Sunsets flaring in the sky,  
For sun and stars and moon.

For shadows long across the yard,  
For children running by,  
Winter sunshine over all,  
Cloudless mild blue sky.

Memories crowding on me,  
Old friends remembered much,  
Events long past before me,  
Flood my mind with such.

Life is good with things remembered,  
Each day a pleasure and surprise.  
Looking forward to what is next,  
Thank you, Lord, for hands and feet  
and eyes.

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## On the Cover

# Enjoying a Day Trip to Savannah!

by CAROLYN BRENNEMAN  
Senior News Columnist  
Augusta, Georgia

Photos by Carolyn

COVER: The famous purple  
Circus House

**O**ur group recently took a  
delightful day trip to Savannah – just

two hours from Augusta. Savannah  
is a great city to visit and to explore  
the charming Southern hospitality  
and old customs which prevail in  
this graceful antebellum city.  
Founded in 1733, Savannah is one of  
the South's most versatile cities, and  
welcomes seniors, couples, families  
and other groups. It is definitely a  
favorite of boomers.

We grabbed the trolley from Old  
Town Trolley Tours which provides



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Dining at Paula Deen's restaurant in Savannah

sightseeing tours highlighting the  
best Savannah attractions. Yes, the  
tour in itself was an adventure as we  
experienced Transportainment, a  
delightful combination of transporta-  
tion and entertainment. The guide  
narrated the two hour tour with a  
fascinating and fun mix of trivia and  
humorous stories.

The extraordinary architecture,  
lush botanicals, and captivating sto-  
ries of this historic, coastal city made  
our trip an unforgettable day vaca-  
tion experience. We viewed extraor-  
dinary architecture of the historical  
district including the Owens Thomas  
House with its curved walls, ionic  
columns and many other unusual  
features. It is a delightful historic  
house for all ages. Then there is the  
Isaiah Davenport House, one of  
Savannah's most stately mansions –  
a true Federal-style masterpiece  
designed by Isaiah Davenport. A  
guided tour of the house showed  
ornate plaster work, elliptical stair-  
case and the brilliant style of the var-  
ious rooms throughout. Our last visit  
was to the famous Telfair Museum

of the Arts, where we viewed many  
collections of exquisite artwork.

A trolley tour is the way to travel  
around this great city. There are also  
ghost tours, the Pirate's House, as  
well as landmarks including Forsyth  
Fountain, First African Baptist, an  
Underground Railroad stop, and City  
Market. River Street is a famous  
promenade with cute sidewalk cafés,  
restaurants, and shopping. But, of  
course, on our next visit, we will  
travel via horse drawn carriage. How  
fun is that!

We dined at the famous Paula  
Deen restaurant, "The Lady and  
Sons," and enjoyed a sumptuous buf-  
fet. When you dine there, make your  
reservations for lunch or dinner in  
the morning hours at the host center,  
in person, as no phone reservations  
are taken.

So my friends, plan a day trip  
soon to Savannah for an informative  
and amusing day. Or, you may want  
to visit for several days... there's  
plenty to see and do. It will be an  
unforgettable and enjoyable experi-  
ence.



Arts and crafts are displayed in the City Market

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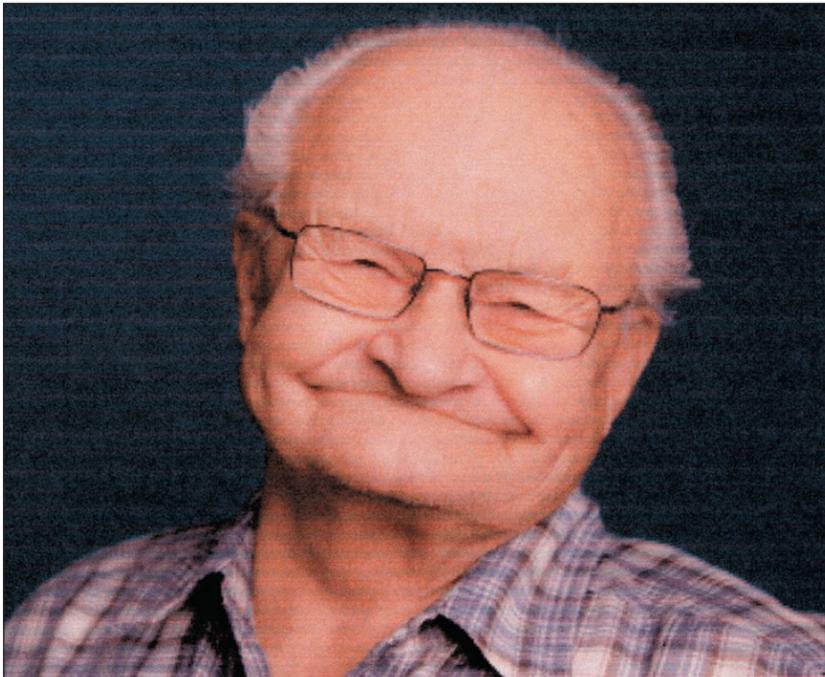
Sid Moore, MD  
John Ervin, MD

Spencer Maddox, MD  
John Page, MD

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Are you tired of ill-fitting dentures that pop up, gag you, fly out or get stuck when you are eating?



If you've been told that you do not have any options and are stuck with these dentures the rest of your life, you need to give us a call. We would love to tell you about the revolutionary alternatives that are changing people's lives daily.

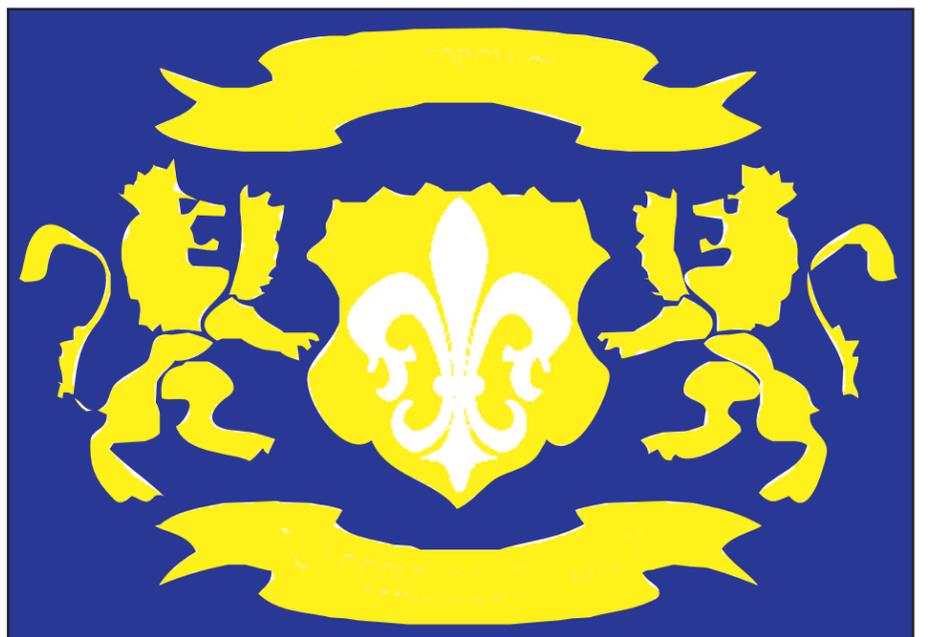
Don't suffer with those irritating and uncomfortable things any more because you don't have to!!! If you want a strong, healthy and beautiful smile all in one visit, just give our office a call at **(478) 929-2190** for your consultation appointment today. Also, check out our website at **[www.smilesbyhayslip.com](http://www.smilesbyhayslip.com)**.

Dr. Hayslip and Dr. Billingsley are highly trained professionals with more than 50 years of experience.

**Email any questions to Dr. Hayslip at [cdmd9@cox.net](mailto:cdmd9@cox.net)**

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[www.smilesbyhayslip.com](http://www.smilesbyhayslip.com)



# 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).

\*\*\*\*\*

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## *The Next Chapter*

### **God's Relentless Love and Leader Guide for God's Relentless Love**

Book Reviews by ANNE B. JONES, PhD

*God's Relentless Love and Leader Guide for God's Relentless Love*  
Rev. Edwin Chase  
Tiger Iron Press, Macon, GA 2011

**I**rarely review religious-based books but I'd heard so many good comments about Edwin Chase's new work, I decided to include it in our reviews. In *God's Relentless Love*, Chase combines insight, inspiration and humor gleaned from twenty-five years as a minister, pastoral counselor, and author. Curious about what prompted him to write the book, I asked him.

According to Chase, he was saddened to learn how many of his counseling clients had visions of a

stern, vengeful God who disapproved of them. Instead of basking in his love, they were held back by feelings of despair and the wrongful belief they could never be good enough.

The work reveals a God we desperately long to know but hardly dare to believe. The book is a spiritual alternative to fear, especially for those who feel themselves flawed or inadequate; those who, poisoned by their inability to please the harsh demanding God of their mind's creation, suffer from damaged self-esteem and damaged faith. For these struggling souls, Chase's well-written book provides an antidote.

According to James T. Laney, President Emeritus of Emory University, *God's Relentless Love* is a winsome and compelling testimony of God's love, an invitation to

encounter a gentler God, to allow a God who actually likes you to encourage your faith.

The popularity of *God's Relentless Love* has led to its use in churches and study groups. Because of the demand for an accompanying guide, the author's *Leader Guide for God's Relentless Love* has just been released. Designed as a resource for teachers of small groups and Sunday school classes, the guide is loaded with new material and leading questions. If you're looking for a personal book about God and his love or a catalyst for discussion, pick up a copy of *God's Relentless Love and Leader Guide for God's Relentless Love* at your local bookstore.

\*\*\*\*\*

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

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**[www.houstonlake.com](http://www.houstonlake.com)**

**HOUSTON LAKE**

# Chairman Stalnaker addresses the Rotary Club of Centerville

by JACK STEED

**T**ommy Stalnaker, Chairman of the Houston County Board of Commissioners, recently addressed the Rotary Club of Centerville and discussed some of the Commission's goals and other highlights.

The Chairman said that we must seek additional jobs and diversities in employment to make sure our quality of life is sustained. The Commission is seeking to increase the county's reserve fund to insure at least five months of operation during unforeseen emergencies and contingencies.

He said base encroachment is of special importance to the Commission, as it is to the BRAC (Base Realignment and Closure Commission). Of the remaining Air Logistics Centers, Robins is the only one with an encroachment problem. About \$18 to \$24 million dollars is needed to eliminate this problem. This is actually a small amount when compared to the one billion dollar payroll in the county (\$4B for the state) generated by local Air Logistics Center.

Stalnaker said that "We hear a lot of economic gloom and doom talk. This needs to be put to bed, because our area is in better shape than most of the rest of the country. Some good

news is that Macon is now off the air quality non-attainment list. This was made possible by the work of the Middle Georgia Clean Air Coalition headed by Ned Sanders. Now our area is not subject to a negative finding in this regard by the BRAC. Other good news is that Houston County enjoys one of the lowest millage rates in Middle Georgia. This did not just happen overnight. The right decisions have been made by elected officials, department heads and employees by working cooperatively and by being frugal."

Chairman Stalnaker expressed gratitude to the voters in Houston County for approving the '01 and '06 SPLOSTs. "They enabled the undertaking of a number of large projects that are now really paying great dividends. Because of the County's Tax Cap, these projects would not have been possible without the SPLOSTs."

"Many people believe that the Code Red telephone warning system (33 sirens) is for weather warnings only. It also enables warning of other types of emergencies such as lost persons, etc. Citizens can and should sign up for notification of these warnings by calling 478-542-2026 or by going on-line to the Houston County website," Stalnaker shared.

"The Landfill is certainly a bright spot in Houston County. It is generating 750-1,000 CFM of methane gas and approximately 4,000 KW of green energy. It is also reducing approximately 27,300 lbs. of nitrogen oxides per year. It is an enterprise with NO DEBT," he continued.

Chairman Stalnaker concluded by thanking the Commissioners, elected officials, and employees for their work dedication, and most of all, the taxpayers who are paying the cost of operating their county government.



Past Rotary Club of Centerville President Jack Steed (r) welcomes Houston County Commission Chairman Tommy Stalnaker to the podium.

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# Macon/Central Georgia CALENDAR

### 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

continued on page 10

## CALENDAR

from page 9

120. 478-765-4805.

• HOPE Network: 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

### H2U Activities

For information call 478-757-6092

• Improving the Chemotherapy Experience: Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.

• Joint Pre-Surgery Education Classes: 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189

• Focus on Healing Classes (Lebed exercise): Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.

• Perspectives: Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15

• Joint Classes at Coliseum Northside Hospital: Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.

• A-Z Diabetes Self-Management: Day Classes: Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite

120. 478-765-4338.

• Look Good... Feel Better: A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

\*\*\*\*\*

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

### Warner Robins SeniorCare

Call 478-923-9771 for programs provided.

### 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.

### 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., Alzheimer's Association, 886 Mulberry St., Macon, 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, 478-746-7050

#### Houston County

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

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

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

#### Bleckley County

• 2nd Thurs., 6:30 p.m., Bleckley Memorial Hospital Conference Room, 142 Peacock St., Cochran, 478-308-0188

#### Lamar County

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

#### 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, 478-275-4460

continued on page 11

# General Business Directory For Seniors

**SouthernCare, Inc.**  
provides hospice services to loved ones residing in private homes, group homes, assisted living facilities, and skilled nursing facilities.

 **SouthernCare**  
Where caring is a way of life.

3312 Northside Drive  
Building D, Suite 150  
Macon, Georgia 31210  
478.476.4627 phone  
478.476.4628 fax  
macon@southerncareinc.com  
www.southerncarehospice.com

**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

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1st Friday of Every Month 9:00 a.m. - 1:00 p.m.  
Huge Selection – Very Low Prices  
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**BUSINESS CARD SECTION**

For Advertising Information Call  
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Cindy Arnold at 478-972-2821  
Jan Tassitano at 770-993-2943

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OR CSRA: 706.790.5350

To find a location near you, visit  
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**404-668-2420**

## CALENDAR from page 10

• 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 1826 Veterans Blvd., Dublin, 12-A Family Room, 478-272-1210, ext. 2328

### Monroe County

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

### Putnam County

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

### Upson County

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

### Telephone Support Group

• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 1-866-453-5550

### 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.

### 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-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 additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

### Divorce Recovery Group

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

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

### DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

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

For additional information call 478-953-9319.

### Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon

478-397-6568 or 478-788-2262

"Logan Smith" will be in concert at 6 p.m.

on Sun., Oct. 16.

\*\*\*\*\*

### NAMI Central Georgia National Alliance on Mental Illness

Barabra Long, Executive Director

478-328-0508

(Call for details on events)

\*\*\*\*\*

### 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.

### Middle Georgia Republican Women Meeting

Tues., Oct. 4, 6 p.m., \$15. Fun "Putt and Chip Social" at the Landings Golf Club, 309 Stathams Way, Warner Robins. Contact Linda Clements at Griffandlinda@Windstream.Net or www.mgrw.org.

### Cutting Up: The Three T's of Pruning

Oct. 27, 6:30-8:30 p.m., Extension Office Multipurpose Room, Top Floor, Old Courthouse, Perry. \$10 per person. Offered by the Houston County Extension Office. Registration form: www.caes.uga.edu/extension/houston/news.html or email: mg@uga.edu.

### Evening of Comedy

Mark Ballard will present an *Evening of Comedy* on Nov. 8th, 7:00 p.m., at the Welleston Center located at 155 Maple Street in Warner Robins to benefit The Heart of Georgia Developmental Disabilities Ministries. A Silent Auction will be held beginning at 6:00 p.m. Tickets for the event at \$15. For information call 478-953-2992 or 478-396-1773.

# General Business Directory For Seniors

## Vineville Christian Towers

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- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

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Call Ann at **404-668-2420**

## 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

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COLISEUM CELEBRATES  
*Breast Cancer Awareness Month*



(L to R): Frank Arnold, MD; Sean Cavanaugh, MD; Cheryl Jones, MD; Kim Lewis, RN; Keith Martin, MD

**Wednesday, October 5**

12 Noon

*Bosom Buddies Breast Cancer Support Group & Special Celebration*

Coliseum Cancer Center

**Tuesday October 11**

5:30 - 7:00pm

*Survivor Celebration with Mark Ballard, The Artist*

Mulberry United Methodist Church

Call 765-4805 for reservations

**Thursday, October 20**

*Breast Cancer: From Diagnosis to Recovery*

*Community Lecture*

*featuring a panel of physicians*

At Renaissance Plastic Surgery

Call 746-4646 for reservations

Also offering late appointments for mammograms on **Tuesday, October 11** with no doctor's order necessary.

**Call 478-746-4646 for more information on any of these events.**

At the Coliseum Cancer Institute, we know what it takes to treat breast cancer. Our accredited Breast Health Center offers the most advanced technology and treatment options – from digital mammography to stereotactic breast needle biopsy to breast MRI to the latest reconstructive breast surgery options. But it's our expert physicians and nurse navigators working together with our patients that make the biggest difference. Because we understand that the best medical facility is only as good as those who work inside it.

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



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