

# Senior News

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*Centennial Celebration  
held at the historic Williams  
Slocumb Place in Byron!*

*Story on page 7*

April 2012  
Vol. 26, No. 4

## Taking Care

# Keep frail guests safe from falls

by LISA M. PETSCHKE

**D**id you know that falls are the primary cause of injury and hospitalization for older adults, and that half of those injured do not regain their former level of independence? Health and age-related changes that contribute to falls include arthritis, decreased sensation in the feet, loss of strength, visual impairment, balance problems and the use of certain medications.



Lisa Petschke

Hazardous conditions in home environments are the other major cause of potentially serious spills.

If guests to your home include frail relatives, extra planning and preparations are advisable to help ensure their safety.

### Planning ahead

Before extending an invitation, determine if senior relatives have any special needs. Then go through your home and the surrounding property to check for potential problem areas. Consider the following:

- Is parking available close to the entrance? Are the driveway and walkways level and in good condition?

- Are entrance and interior doorways wide enough to accommodate a walker or wheelchair? If a prospective guest uses one, find out the width of it and measure to be sure.

- Are all areas of your home that guests will need to access – entrance, living room or family room, bathroom, dining area if there is going to be a meal, and sleeping area if they are staying overnight – on one level? If not, are prospective guests able to navigate stairs? If entrance steps are the only barriers, look into renting a portable ramp from a medical supply store.

- Are porch steps and interior stairways in good repair, and do they have a non-skid surface? Are steps evenly spaced and moderate in height? Are there handrails – preferably on both sides - and are they secure?

- Is there adequate lighting throughout your home, including in closets, hallways and stairwells? If necessary, get battery powered dome lights that easily attach to the wall. What about at entrances and along

outdoor paths?

- If your home cannot accommodate an older relative's needs, take them out to a restaurant that is accessible. If you are organizing a family gathering that includes them, consider another member's home, a restaurant with a private dining room or a community hall, depending on the size of the guest list.

### Preparing your home

- Ensure outdoor walkways are clear.

- Replace burnt-out light bulbs, indoors and out. Consider using higher wattage bulbs in place of low watt ones.

- Remove clutter in rooms, hallways and stairwells. If necessary, rearrange furnishings so guests can move within rooms freely and easily. Relocate excess pieces to a spare room.

- Put away furnishings on casters. Also remove items that might pose a tripping hazard, such as footstools and floor plants.

- Ensure walkways are clear of electrical and telephone cords.

- Collect pet toys and stash them away. Do the same with grandchildren's toys, unless your guests will

include youngsters, in which case keep all toys in the corner of a room.

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they are one of the most common causes of falls.

- Have non-skid slipper socks available if you wish guests to remove footwear at the door. Be aware, though, that some older folks may need to keep their shoes on to ensure proper support.

### During the visit

- Keep lights on in all areas guests might need to access, both inside and outside.

- Keep pets – especially high-energy kittens and puppies – in an area separate from the entertaining zone, so they do not startle guests. Bear in mind that sleeping cats and dogs are also a tripping hazard.

- Reserve for senior guests chairs that have arms and are high and firm.

- Be cautious about serving alcohol, which can impair balance.

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

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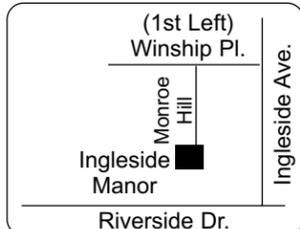
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# Let us entertain you

by CLAIRE HOUSER DODD

*There is one difference between a tax collector and a taxidermist – the taxidermist leaves the hide.*  
Mortimer Caplin

It's that time of year again and like most of you, we're trying to get it all together, get it all down on paper and send it in. It seems like the hardest job in the world to get around to. Is it really that difficult or are we already so over-worked and over-stressed it just seems that way? Or is it just so depressing to see what little you take home going out again? Whatever; it's no fun.

Let's talk about something that was fun! The St. Patrick's Day celebration in Fort Valley at the Villa Capreccio. The wonderful old Italiante mansion was decorated to the nines and everything was green – green – green, especially the money. It was a fun raiser for buying glasses for underprivileged children held by the Lions Club of Peach County. The event planner, Emily Griffin, had the biggest and best dish of corned beef & cabbage in captivity. It was enjoyed by all while listening to the music by DJ Mickey McGriffin and dancing. Lots of dancing, lots of fun, and lots of meeting new people. We had a nice group from Byron, Roberta, Warner Robins, Kathleen, and, naturally, Fort Valley. The farthest group came from the Atlanta area and Bill Housen from Columbus. We're always impressed with those Lions Club members: Susan Smith, Helen Shaw, Cindy Griffin, and Debbie Miller. They are hard workers and devoted to supplying underprivileged children (and adults, too) with much needed glasses.

Bet everybody, but yours truly, got to the Cherry Blossom Festival. The weather was good, but we had a Wesleyan friend, Sharon Smith Henderson (another writer) from

Brunswick who was having a memorial for her late husband, Bob, and we had to go to help. Mainly to give moral support because her family came from North Carolina plus several points between there & Miami. The party was delightful – in and out of the lovely home on the Marshes of Glenn. Makes one think of Sydney Lanier, our Macon native and poet. It was that kind of afternoon, too; one for artists and poets to celebrate a beautiful day along with a beautiful life. It was truly an uplifting happening.

The 7th Annual Memorial Brigadier General Robert L. Scott, Jr. Golf Tournament will be held Friday April 13th at Healy Point Country Club in Macon for Building a Bright Future at the Museum of Aviation. Sponsorships may still be available. Call 478-923-6600. [www.museumofaviation.org](http://www.museumofaviation.org)

The annual Peaches to the Beaches, Georgia's Longest Yard Sale, held the second Friday and Saturday in March was really bustin' at the seams. As we were driving to Brunswick & went on out to the sale on the Pier at St. Simons, we can attest first hand to its growth and popularity. Actually, there was very little traffic on the road and those of us who were, were driving slowly and carefully in order to save gas. However, many cars were parked on the sides of 341 from Byron to Brunswick with people shopping. We were intrigued and wanted to stop, but were on a schedule, but we could see fascinating items out there waiting for the taking.

Get ready for the 3rd Annual Spring AutoFest & SwapMeet on April 6th & 7th at the GA National Fairgrounds in Perry, GA and the new cruise-in pass car and 2 people \$10.00 each day. Children 12 and under are FREE. 478-662-2267, 318-1096.

If you get a chance to see a Ballet Folklorico, do it. We just saw the one at the Grand Opera

House in Macon – Ballet Folklorico De Antroquia Columbia. What a vibrant connection with the indigenous origins of Columbia and her people with their European & African heritage. Passionately frenetic in the Latin flavor. A memorable performance.

Thank heavens, the Macon Symphony Orchestra now has a new maestro, Ward Stare, a handsome, young leader with whom Macon is pleased and a hip young

adult who is pleased with Macon. A win-win situation. Saturday, March 24th, he led his first symphony presentation which led to rave reviews. Let us hope this will lead to many full houses for the MSO.

Worth repeating ...  
*There is one difference between a tax collector and a taxidermist – the taxidermist leaves the hide.*  
Mortimer Caplin

## UGA offers Vegetable Garden Problem Solving Class

Special to Senior News

Trouble with your tomatoes? Insects chomping on your vegetables? Diseases running rampant in your garden? Sounds like you need help!

UGA Extension, Houston County, is offering Vegetable Gardening 102, a class which will lead you down the path to controlling the problems in your vegetable garden.

Vegetable Gardening 102 will be held Thursday evening, April 12,

6:30-8:30 p.m. in the multipurpose room at the Houston County Extension Office, 801 Main Street in Perry. This is located on the top floor of the old courthouse, across from the New Perry Hotel.

Cost of the class is \$10 per person. To register for the class, please download a registration form from the Extension website: <http://www.caes.uga.edu/extension/houston/news.html> OR email [mg@uga.edu](mailto:mg@uga.edu) to have a form emailed to you.

You must pre-register and pre-pay before 5 p.m. on April 10.



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### Publisher

**Billy R. Tucker**  
Email: seniornewsga@cox.net

### Editor

**Ann Tunali**  
seniornews@msn.com

### Advertising Account

#### Executives

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

**Jan Tassitano**  
Phone: 770-993-2943  
Email: jantas@bellsouth.net

#### Columnists

Claire Houser-Dodd  
Dr. Bill Baggett  
Christine Coleman  
Lisa Petsche  
Dr. Anne Jones  
Jane Winston  
\*\*\*\*\*

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#### CORPORATE OFFICE

Billy R. Tucker, President/Publisher  
Phone: 478-929-3636; 800-752-5037  
FAX: 478-929-4258  
www.seniornewsga.com  
E-mail: seniornewsga@cox.net  
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## Jesus: Example or Sacrifice?

by DR. CHARLES F. STANLEY  
From LPN

**J**esus came to show us how to live a good life – and to be sure, He is our example of righteousness. We are to become like Him. But that isn't the reason Jesus came. He came to earth so He could die a sacrificial, substitutionary, all-sufficient atoning death for your sins.



Dr. Charles Stanley

Paul writes, "He made Him who knew no sin to be sin for us" (2 Cor. 5:21). God foretold the Messiah's coming and foreshadowed it in blood sacrifices throughout Scripture. The sinless Lord Jesus shed His blood to ransom sinners back to a holy God. He was the perfect Substitute who allowed for our redemption.

The meaning of the word redemption is two Hebrew roots

that designate a process by which something alienated may be recovered for its original owner by paying a sum of money. This alluded more to slaves being redeemed by money, and we have already seen in 1 Peter 1:18 how "gold and silver" could not redeem us.

Instead, Christ died for our sins and God accepted the payment. When Jesus cried on the cross, "It is finished," He used the word that means "paid in full." It is the same word that was stamped across bills when they were paid. The debt was canceled. The ransom was paid.

If Jesus had not come, there would be no crucifixion, no resurrection, and no redemption. The New Testament consistently confronts us with this message: Christ died for us. Jesus came so that you and I might have eternal life through the forgiveness He provides. But we must come to Him and confess our transgressions. When we do, He saves us and removes the burden of our guilt and shame.

Accepting Him as your

Savior is an act of faith and not of works. There is nothing you can do to earn salvation. It is a free gift He gives to those who come to Him seeking His mercy.

If you are looking for forgiveness on the basis of your pleas, promises, and performance, then you will remain in your sins. Only if you accept His sacrifice will you open yourself to receiving the fullness of God's life-giving Spirit.

Take time right now to tell the Father that you need Him and that you want to be set free from every sin preventing you from experiencing His very best. When you do, your life will change. The burden of your heart will lift, and you will be free to experience the fullness of God's unconditional love.

Adapted from the Life Principles Bible and the Handbook for Christian Living.

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### Spiritual Notes

## Use it or lose it!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**A**s we age, retire, or alter our lifestyle, it seems that life becomes more complicated and confusing. The weeks and months pass quickly and we tend to question what we have accomplished through the years. We wake up one morning and realize that spring time is here when we have just put away our Christmas decorations.

Senior adults normally have more difficulty filling their days with meaning because there is often no daily schedule to follow. It has been proven that it is important to stay busy doing something meaningful. There are numerous opportunities for volunteering. Hospitals, schools, meals on wheels, senior centers, churches, synagogues, to name a few, can use your services. To do nothing is a dangerous thing mentally, physically and spiritually. Rather than fretting over how to spend time after retirement, why not be creative

and major on the possibilities of using your God-given talents for a good and worthwhile cause?

In the book of Matthew, Chapter 25, Jesus, in the Parable of the Talents, refers to the use of our talents. In verse 21 we read: "Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your Lord." The Parable assures us of the rewards received if we use the talents we have been given.

Stephen Grellet wrote, "We expect to pass through this world but once. Any good we can do, therefore, or any kindness that we can show to any fellow creature, let us do it now; let us not defer or neglect it, for we shall not pass this way again."

As we enter this beautiful time of the year, seeing new life in the blooming flowers, hearing the birds singing, and feeling the warmth of Spring, it would be a perfect time to renew our spirits and resolve to use our "sleeping talents." William Penn said, "Do good with what thou hast, or it will do thee no good."

\*\*\*\*\*

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

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# Coliseum Health System announces 2011 Frist Humanitarian Winners

Special to Senior News

**K**im Sheffield, Coliseum Medical Centers' employee, and Verna Sheppard, Coliseum Medical Centers' volunteer, were recently awarded Coliseum Health System's 2011 Frist Humanitarian Awards.

The Frist Humanitarian Awards were created to recognize one employee and one volunteer at each HCA-affiliated facility who demonstrate extraordinary concern for the welfare and happiness of patients and their community. The Frist Humanitarian Awards are given annually in recognition of the humanitarian spirit and philanthropic work of the late Dr. Thomas F. Frist, Sr., a founder of HCA.

The employee recipient of 2011 Frist Humanitarian Award, Kim Sheffield, is a compassionate, dedicated RN at Coliseum Medical Centers, where she has worked for 15 years. She consistently demonstrates a high level of self sacrifice for patients, co-workers and others in the community. For several years, Mrs. Sheffield has been a volunteer for the Coliseum Rock-n-Roll triathlon. She has assisted with the canned food drive, coat drive and other employee efforts at the hospital. As a Jones County Youth Football Board member, she spends many hours at the

ballpark with a first aid kit available at all times. On more than one occasion she has been instrumental in helping save someone's life.

Volunteer recipient of the 2011 Frist Humanitarian Award, Verna Sheppard, has faithfully volunteered at Coliseum Medical Centers every Monday and Tuesday for the past ten years. She delivers items to the patient rooms, talks to the patients and checks on their meal services. Mrs. Sheppard truly cares about the patients, the employees and the other volunteers at Coliseum Medical Centers. As the former first lady of Ivy, Ga. (her husband was Mayor) she continues to be very involved in local politics. She also fights for older Americans through the Older American's Council.

Kim Sheffield and Verna Sheppard are an inspiration to our employees and volunteers, and their generosity and dedication serve as a living example of HCA's commitment to the care and improvement of human life.

#### About Coliseum Health System

Owned by Hospital Corporation of America (HCA), Coliseum Health System is comprised of Coliseum Medical Centers, Coliseum Northside Hospital, and Coliseum Center for Behavioral Health. Coliseum Health System has over 1350 employees and over 400 active physicians on the



Kim Sheffield



Verna Sheppard

medical staff. The two medical/surgical campuses have a total of 361 beds, plus 60 beds in the Coliseum Center for Behavioral Health. The hospitals feature an expansive range of state-of-the-art services designed to meet the comprehensive medical needs of central Georgia. Both facilities include a 24-hour emergency room, inpatient and outpatient surgery options, rehabilitation programs, and diagnostic services. In addition, Coliseum Health System's breadth of care options includes specialty facilities such as the Coliseum Heart Institute, an advanced cardiac center

offering all services from non-invasive cardiology to open heart surgery, Coliseum Orthopaedic & Spine Institute, Coliseum Cancer Institute, Georgia Bariatric Center, Coliseum Diabetes Management Center, Coliseum Advance Wound Healing Center, and the Family Ties Birthing Center, which includes a level III neonatal nursery. The Coliseum Center for Behavioral Health provides treatment to adults with psychiatric and addiction issues. The services provided include inpatient and outpatient programs, as well as, a specialty program for senior adults.

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# Floyd Dan Archer... collector of "all manner of things"

by JANE WINSTON

**F**loyd Dan Archer (Dan), a senior citizen in the local area, has collected, and is still collecting, "all manner of things" which allows him to be the feature article for this month's *Senior News*.

Dan was born far north in Indiana in a small town called Wawaka. He completed high school and headed off for Indiana



Floyd Dan Archer, collector and photography teacher

University where he earned his BS in music, radio and television and his MS in instructional systems technology. While there he played the trombone in the very well-known, at the time, Indiana University Marching Hundred band. And that was back when members wore stiff uniforms and actually marched in formation to "band music."

And as might be expected, his interest in music resulted in his collection of musical instruments: two mandolins, two guitars, one ukulele, several harmonicas, one euphonium, four trombones and three electric keyboards... and he can play them all!

The collecting urge hit Dan at about 13 or 14 years of age when, for Christmas, he got his first 77¢ knife from Sears and Roebuck catalog. He not only collects, he can... for the most part... tell you from where the item came, what year he got it and what it cost. Archer has cases and cases of knives! And one such collection of cases houses beautiful Black Forest hunting knives; the first of which he ordered through Mechanics Illustrated

Magazine when he was in high school. A second collection, begun also while in high school for \$2.25, is Marble Ax Company knives made in Michigan. A third collection is the Elephant Toe pocket knives which are small and very colorful. A fourth and very interesting collection are knives shaped like ladies' legs, and the fifth is knives that are very small. The Elephant Toe and ladies' legs knives he gathered because they were simply pretty; the small knives because he always liked collecting little things!

He is a retired Associate Professor of Fort Valley State University but still teaches photography as an adjunct, so his book shelves are filled with photo albums... another large collection of his. He has traveled extensively and has captured all the trips, as well as his family, on film. Plus, he has archived albums from his past with some interesting photos he himself took to include Patrick Ewing, Rayfield Wright, Jimmy Carter and the first President Bush. He, of course, has more cameras than one person could ever need, but does not consider them to be "a collection."

He has a large collection of \$1 chips from Casinos, guns, hat pins and several unusual canes. But the most unusual collection he has is the balls from roll-on deodorant, and a few from inside the mouse we all use with our computers.

We "guesstimated" he has around 370 of these balls of all different sizes and different colors. He can tell you that the small ones come from hospital roll-ons, the grey ones from the computer mouse, the pink and green ones from Tickle deodorant (now non-existent), but the majority of his roll-on deodorant balls, white, come from Avon roll-on deodorant for men. It is the only deodorant he will use, as he is adamant that none of his collections from musical instruments to roll-on deodorant balls are done... they are always in progress!

Happy Collecting from the folks at *Senior News*.



Balls collected from roll-on deodorants and computer mice.



Assorted pins



"Ladies' Leg" knives



Black Forest knives



Elephant Toe knives

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*On the Cover*

# Barbara Ray and guests held Centennial Celebration at the historic Williams Slocumb Place in Byron

by CLAIRE HOUSER DODD

Photos courtesy of Tim Youngquist

**COVER**

**Left to right: Susan Ray, Barbara Ray, and Henry Williams from Mississippi**

The old Williams Slocumb Place was hopping on Saturday, March 24; much as it has done many times in the past. But, perhaps never quite so fanciful!

The old home place is dear to the heart of Barbara Elizabeth Giles Ray, and she has planned this spectacular Centennial Celebration for some time. Barbara and her late husband, Richard Belmont Ray, our congressman for 10 years and our first and only member of the House of Representative from Peach County, purchased Barbara's grandparents' home in 1985 and began renovation of her childhood home under the guidance of John Houser, Sr. No one could have done a more magnificent job.

When guests approach the entrance and read the huge banner flying the Williams Slocumb name, they tend to become excited; and, as they take the drive back to the home on the Crepe Myrtle banked drive, the excitement elevates. By the time they view the beautiful old plantation home they are about to burst with excitement. It is like a trip into the past. The house is cottage perfect as are the yard and gardens, especially with the profusion of cherry trees in full bloom. Barbara said, "The cherry blossoms are so beautiful I wanted to have our celebration at this time of year. I believe the blossoms on my 25 to 30 cherry trees are more prolific this year than they have ever been."

With a look to the right, you see the white Victorian gazebo and the very romantic bridge that Dickey built over a running brook. Oh yes, romance is in the air, and was at the time Barbara and Dickey Ray were restoring her home and her childhood memories.

Barbara has written an extremely heart warming book about her life here

on the farm with her parents, and also their parents. A warmer more loving treat could not be found to depict this handful of history, a story not only about the Williams, Slocumb and Giles families, but also about people and happenings in and around Byron during this time. The land was bought in 1912, and here we are in 2012 celebrating its history.

The festivities started at 2 p.m. and guests were flabbergasted at all the beauty and charm of the pre-civil war cottage.

Everyone was met at the front door by ladies dressed mainly in early 1900 costumes. (Many of the guests dressed in that style also.) The guests were presented with a program and a fan with a picture of the Williams Slocumb home and a white satin bow much to their pleasure. The weather was perfect; but, as the predictions were stormy, the festivities were moved inside, which made for a lovely, intimate party atmosphere in the beautifully decorated home.

Somewhere around 200 guests helped Barbara celebrate the centennial, and she was proud to be surrounded by three wonderful sons and three wonderful daughters-in-law, plus her lovely three granddaughters for whom she added a suite on the back of the house with their three beds... and their names engraved on the footboards... Sara, Lauren, and Catherine.

The party was entertained by Lynde Smith playing Ragtime through the afternoon. During the program Barbara introduced her son Charles who MC'd the event. The three grands sang "American the Beautiful." Alan Thomas Ray explained the legend of the home places, Sara Lyne played "Beautiful Dreams" on the violin, Barbara Susan Ray read a paper about her aunt Nellie, a Secretarial Pioneer,



Barbara Ray's granddaughters (L to R): Sarah, Lauren, Catherine

and the Macon Harmony Quartet (Clyde Wilson of Peach County) sang several songs written circa 1912, and one especially dedicated to Barbara, "I'll Fly Away."

The blessing of the day was given by Rev. Sam Lomback. Then the ringing of the old dinner bells and delicious refreshments were elegantly served in the dining room. A magnificent yellow cake was displayed with a replica of the home on top with the American Flag flying, and six other smaller pound cakes enhanced with bits of history displayed on little mirrors topping each cake.

The William Slocumb Place has come a long way from its origin as a part of the Creek Indian Nation, and Barbara Ray deserves most of the credit for sharing the lovely piece of history with Byron, Peach County, and beyond.



Susan Ray from Boston, Massachusetts in vintage dress



Theme cake of Slocumb house

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# India completes year without new Polio case

by JACK STEED  
Centerville, Georgia Rotary Club

The World Health Organization has officially removed India from the list of polio-endemic countries. Ghulam Nabi Azad, India's minister of Health and Family Welfare, made the announcement at the Polio Summit 2012 in New Delhi on February 25th. Azad said that he had been informed of WHO's action by its director-general, Dr. Margaret Chan.

"It's a matter of satisfaction that we have completed one year without any single new case of polio being reported from anywhere in the country" said Indian Prime Minister Manmohan Singh at the summit which was organized by the government of India and Rotary International. "This give us hope that we can finally eradicate polio from not only India, but from the face of the entire mother earth. The success

of our efforts shows that teamwork pays."

India's last reported case was a two-year-old girl in West Bengal State on 13 January 2011. Before polio eradication can be certified in India, it must go two more years without another new case of the disease. Polio remains endemic in only three countries: Afghanistan, Nigeria, and Pakistan

Until 2009, India accounted for nearly half of world's polio cases. A chief factor in the country's success has been the widespread use of the bivalent polio vaccine, which is effective against both remaining type of poliovirus. Another has been the rigorous monitoring, which has helped reduce the number of children missed by health workers during National Immunization Days to less than one percent.

Rotary International has played a major role in helping to stop the transmission of polio in India. Rotary has been a spearheading partner in the Global

Polio Initiative since 1988 along with WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention. The Bill and Melina Gates Foundation is also a key supporter of the initiative.

"With the support of their Rotary brothers and sisters around the world, Indian Rotarians have worked diligently month after month, year after year, to help organize and carry out the National Immunization Days that reach millions of children with oral polio vaccine," shared Rotary International President Kalyan Banerjee, of the Rotary Club of Vapi, Gujarat. "As an Indian, I am immensely proud of what Rotary has accomplished. However, we know this not the end of our work. Rotary and our partners must continue to immunize children in India and other countries until the goal of a polio-

free world is achieved."

Robert S. Scott, chair of Rotary's International PolioPlus Committee, calls India's achievement "a significant step towards a polio-free world – an example as to what can be accomplished no matter what problems need to be overcome. Rotarians of India are, and should be, proud of the key efforts they have made at all levels, without which the world would not be marking this milestone."

Kirk Scott, President, Rotary Club of Centerville, said that his club "is proud of this achievement in India and of the fact that one of its members, Bob Griggers, and his wife Brenda, have participated in the India's National Immunization Days. This is an extraordinary example of what teamwork can accomplish."

## "Powerful Tools for Caregivers" offered by Middle Georgia Area Agency on Aging

Submitted by  
Beverly Link  
Caregiver Specialist  
Middle Georgia Regional Commission

Through funds received from the U.S. Administration on Aging, the Georgia Division of Aging Services selected the Middle Georgia Area Agency on Aging as one of three area agencies in the State to offer "Powerful Tools for Caregivers," a program developed to assist caregivers in reducing the stress associated with caring for a loved one.

The Middle Georgia Area Agency on Aging, a division of the Middle Georgia Regional Commission, is seeking individuals to be trained as Powerful Tools' workshop leaders. On May 1 and 2 in Macon, the AAA will be hosting a workshop to teach and certify class leaders. Upon completion of the two-day workshop, participants will be certified as class leaders for the Powerful Tools program. There is no cost to participate in the training workshop; however, the Middle Georgia AAA is asking that each individual commit to offering and completing one six-week class to caregivers in their community by December 31, 2012.

It is difficult to determine exactly how many individuals serve in a caregiving role. What is known, however, is that the Southeastern United States, which includes

Georgia, has the highest percentage of individuals serving in a caregiving role. Approximately 18 percent of individuals in the Southeast provide some level of care to an elderly person or an individual with a disability.

For more information on the "Powerful Tools for Caregivers" program, please call Beverly Link, Caregiver Specialist, at 478-751-6466.

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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.

\*\*\*\*\*

## THANK YOU by Frankie Lee

*You admire the many paintings that hang in the museum halls  
You admire the many photos that were taken and put up at the malls  
You express your thanks to the artist of them all  
And even buy some to put up on your wall*

*You thank the doctor that made your family well  
And thank the person who helped you when you fell  
You thank the friend for a kind card in the mail  
And even your car when it didn't fail*

*Think of all the thanks you give each day  
To people everywhere  
For all the things you have and do in this life today  
And then you find you missed some one that has  
Always been close to you  
And a thank you that you failed to say*

*The one that gave you eyes to see the wonders of this world  
The one that gave you talents to express the given view  
The one that brought the many people when needed  
Straight to you*

*It's not the people that made all of this for it's always been here  
We just never took the time to really see  
We just never really walked outside in the sun or rain  
Alone to thank God because it was He*

*The flowers, trees and birds that fly  
Up high in the glorious sunny sky  
The clouds that rumble quickly by  
And even hearing our loved ones sigh*

*It is all from God above us all  
Not man, but God, who caught our fall  
Not man who painted the painting great  
But God and our given faith*

*Let's give Him thanks for it was He  
Who created all of this in us  
Thank you God, for all that we buy  
Can never compare to thee.  
The gifts that started out from you  
were always given free*

\*\*\*\*\*

## CALVARY

by Henry Newton Goldman

*Two thousand years have passed since then;  
The tree has turned to dust,  
And every spring we bring Him forth,  
With praises and our trust.*

*The lilies white as His pure love,  
Are spread upon the ground  
With flowers red like His shed blood;  
Which flowed that death be bound.*

*O wretched soul,  
when season's past  
Why do we soon forget,  
This sacrifice of His dear life,  
Replaced by small regret.*

*The celebration of that day,  
So soon is put away.  
Forgotten now His wounded side,  
And how His frame was flayed.*

*Upon a cross on Calvary's Hill,  
So many years ago,  
His blood He spilled for all the lost,  
That salvation we could know.*

\*\*\*\*\*

## THE GOLDEN YEARS

by Maggie L. Patterson

*The golden years are so sweet,  
To be near the Master's feet,  
Many things we have to defeat.*

*Years of toils and struggles,  
heartaches and pain,  
There is so much to gain.*

*Rain will come and rain will go,  
Take heed of how you sow and grow.*

*Make well the days of your youth,  
They won't always last,  
One day they will pass.*

*Precious youth years can not be reclaimed,  
Each year will bring a change,*

*Be careful and protect your name.  
The pleasures of life you will admire,  
And began to desire.*

*Keep your eyes open and clear,  
Take fear as your draw near,  
Youth years are so dear.*

*Take charge of the things you choose,*

*They can be rough or smooth,  
There is to much to lose.*

*When your choice has been made  
and life's pattern has been laid,  
The golden years will soon come and pass.*

*Will you pass life's test,  
So you can get eternal rest?*

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# Macon/Central Georgia CALENDAR

## Coliseum Health System

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## Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

## H2U Activities

For information call 478-757-6092

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

## Medical Center 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  
Centerville SeniorCare  
Perry SeniorCare  
TOPS Club, Inc.

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

**Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups**  
Call 478-746-7050 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
- 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.

## 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-

continued on page 11

## Dempsey Apartments

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# General Business Directory For Seniors



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# CALENDAR

from page 10

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. Jeanine Frey, President, 478-922-5489.
- 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. Helen Daly, President, 478-956-0214. 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 Stacy Colbert, Site 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.

## Central Georgia Genealogical Society

Meets 2nd Mon. each month, 7 p.m., Flint Electric Building, 900 Highway 96, Warner Robins. For additional information call 478-987-1830 or visit [www.ceggs.org](http://www.ceggs.org).

## 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](http://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 or 478-788-2262

## Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

## Volunteers Needed

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

## MGRACA Meeting

The MGRACA (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. Forsyth-Monroe County Convention & Visitor's Bureau.

## Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Monday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: [chiefstrib@cox.net](mailto:chiefstrib@cox.net).

## 4th Annual Charity Golf Tournament

April 28th, Landing's Golf Club, Warner Robins. Hosted by Sacred Heart Catholic School's Home and School Association. \$65 per player. Contact Kathy Louth at 478-971-4262 or email [klouth@windstream.net](mailto:klouth@windstream.net).

## Turkey Creek Festival

May 5, Byromville, GA. For details call 478-433-2020 or visit [www.turkeycreekfestival.com](http://www.turkeycreekfestival.com).

## SACVET's Fifth Annual Homeless Veterans Stand Down and First Female Stand Down

April 28, Columbus Trade and Convention Center, 801 Front Ave. For homeless veterans, veterans with needs, guardsmen and reservists. For additional information for ways you can assist our national heroes visit website: <http://gcvret.org/event.html>.

## Creek Indian Towns on the Ocmulgee River - 1680 to 1716 CE

Sat., April 28, 3 p.m., Ocmulgee National Monument (Indian Mounds), 1207 Emery Hwy., Macon. Power point presentation by locally renowned archeologist Stephen Hammond. For additional information call 478-752-8257.

## Gospel Night At The Grand Ole Opry

Thurs. & Fri., April 19 & 20, Mabel White Baptist Church, 1415 Bass Rd., Macon. Dinner & Concert begins at 5 p.m. - \$20. Concert only begins at 6:30 p.m. - \$12; after April 15th, tickets are \$15. For details call 478-474-7577 or visit [www.mabelwhite.org](http://www.mabelwhite.org).

# 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**

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