

# Senior News

Serving **MACON** & CENTRAL GEORGIA  
Information For Ages **50 PLUS!**



## Silver Spurs

*step and stroll for smiles!*

*Story on page 2*

October 2012  
Vol. 26, No. 10

# Race for the Cure

by CLAIRE HOUSER DODD

**T**he Susan G. Komen Race for the Cure is coming up on October 27 in Byron, GA at North Peach Park on West White Road.

Who is behind this big, necessary event? The answer: Emily Bowden who has been Executive Director of the Central Georgia Affiliate of the Susan G. Komen Race for the Cure since February. She has 3,500 participants running this year. Emily has been a volunteer for three years and has been running in the race since its inception in

2000. However, as she is also Chairman of the Race Committee this year, it looks as though her plate may be full.

Emily is the daughter of the much-loved and respected Skip Corson, writer for the Macon Telegraph and many other local news outlets.

Emily is herself an almost four-year survivor of breast cancer and says, "this is an event which is a celebration of survival." Make plans to come early and enjoy breakfast inside the Survivor's Camp within the North Peach Park complex area. The breakfast is free to all cancer

**same race.  
new place.  
same mission.**

walk. run. donate. organize. volunteer. save a life.

survivors; there will also be a gift for each to take home.

Emily informs us that "the race was founded on a promise between two sisters... to save lives and seek an end to breast cancer forever by empowering people, ensuring quality care for all, and energizing science to find the cure."

The Central Georgia Affiliate is made up of eight counties: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach and Twiggs, and was formed in 1999. It has grown from a very small group to an extremely large group of women who knew more had to be done to meet the health care needs of breast cancer patients in Middle Georgia. These are survivors and activists: "on a mission and with a vision to end breast cancer forever!" (There will be 300 breast cancer survivors in the race)

The Susan G. Komen race for the Cure is the world's largest private funding source for breast health and breast cancer. It began in 1982 and has awarded over 1,000 grants

totaling upwards to one-hundred-eighty-million dollars for research.

So, gather your friends and let's help Emily Bowden help us reach the cure. Same race, same mission, new place on Saturday, October 27th starting at 8:00 a.m., North Peach Park on West White Road in Byron, GA. For more information call Emily at 478-390-4828.



Skip Corson (left) and Emily Bowden

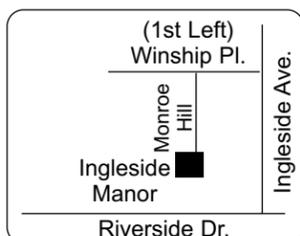


Emily Bowden

## Beautiful, Affordable Senior Housing!



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



Call Today for a Tour

**478-722-9492**

TDD: 800-545-1833, ext. 359

## Ingleside Manor

A Retirement Housing Foundation Community

478 Monroe Hill • Macon, Georgia 31204-2592



You must be 62 years of age or older. Gross income must not exceed \$19,150.00 for one person and \$21,900.00 for two people.



## On the Cover

### Silver Spurs step and stroll for smiles

by SUSAN LARSON

#### ON THE COVER

**Silver Spurs: Front row: Shirley Giles, Diane Vann & Gaynelle Gordon. Back row: Margaret Fordham, Joan Wood, Katherine Woodard Peggie Grantham.**

**T**he Silver Spurs have every reason in the world to kick up their heels. For sixteen years this senior line dancing team from Macon has been scooting, shuffling, shimmying, sliding, stepping, strolling and strutting all over the state.

These seven ladies, four of whom are over 80 years old, entertain at nursing homes, senior centers, hospitals, crafts fairs – actually, anywhere they are invited – bringing smiles to their audiences. And their gigs keep them going as frequently and as far as any professional entertainers. Their appearance at Carlyle Place on August 7th will mark performances 50, 51, and 52 where they will be dancing three 30 minute routines back to back.

"We encourage audience participation," Katherine Woodard, age 83 said. "The staff is welcome to dance with us and we help the residents join in with arm movements."

Woodard and Margaret Fordham, age 84, are original mem-

bers of this team which also includes Joan Wood, Gaynelle Gordon, Peggie Grantham, Shirley Giles, and Diane Vann.

The ladies provide their own transportation and buy and coordinate their own matching outfits.

"We feel like we're doing a ministry. We love to see their smiles," Woodard said. "Some of the people we dance for write us notes and we put them in our scrapbook."

People for whom they perform really do have a lot of nice things to say about them.

At the John Wesley Villa in Macon, Activities Director Hattie Jones said, "For ten years they've been part of our Christmas celebration and Spring Fling. We always enjoy them."

Word apparently gets around fast. At the recently opened Zebulon Park Health and Rehabilitation, the Silver Spurs were the very first entertainers to perform.

"They were energetic and enthused and interested in the residents," Executive Director Sandra Casper said. "We hope to have them back."

They'll certainly be happy to return. In fact, they'll be happy to go anywhere where they can bring smiles with their synchronized steps.

For information call Woodard at 478-781-7150.

# Let us entertain you

by **CLAIRE HOUSER DODD**

*If a child lives with praise, he learns to appreciate.*

Dorothy Nolte

September has always been a busy month and this past one was no exception. We had another beach trip to Jekyll Island where it seems to be, along with Wilmington Island, our main destinations lately. One thing in our favor, they are both in close proximity of Fort Valley. Drive straight down US Highway 341 and you are on Jekyll Island or straight down I-16 and you end up on Wilmington Island. Either way, it's only about three hours away, or when you stop for lunch, you don't even realize you've have had that much of a ride.

While we were at Jekyll Island, the annual Beach Music Festival was taking place. Emily, and especially my son-in-law, Griff, enjoy practicing their shag steps every chance they got. They also enjoyed watching the professional dancers strut their shag steps. The Macon Shag Club received an award for having

more than 60 members in attendance at the Jekyll Island Beach Music Festival. All events took place in the newly-renovated Jekyll Island Beach Convention Center. The talk of the town was the Macon Shag Club's oldest member, Joanne Maguire, who stays very active in her Golden Years. Joanne is a member of the Greater Macon Chapter USA Dance International Ballroom Organization. As Griff has often said, "you're never too old to shag!"

Course now some folks don't mind a long ride, but as much as we'd like to get to Key West again the mere thought of that long trek almost puts us in the bed! We are, however, planning a trip to Fort Lauderdale with friend Joyce Pelphry from Atlanta. We've been planning a cruise for 4 or 5 years now, and it looks as though we are finally going to make that trip. If she will just stay out of the hospital with pneumonia, that is! We're long overdue for some R&R together. Just hope we are still speaking when we get back! Just kidding, mind you, but often that is the case. Good friends starting

out and life-long enemies on return.

We had a hard time rounding up someone to go with us to the "Remember When," event which highlighted the 1970 Byron Pop Festival (which in reality was the 2nd Annual Atlanta Pop Festival), but this event will always go down in history as the Byron Pop Festival. This was the last big outdoor festival that ended the 60's pop craze and the "age of innocence," for America's youth and ushered in a generation of the hippie movement.

We motored on over to the Perry Arts Center for the Byron Pop Festival event in the *Smithsonian Comes to Perry* exhibit and were happily reunited with lots and lots of people we knew; lecturers, preachers, mayors, wives and musicians who have all fared very well in life. Proving the point that not everybody at that festival was out of his or her mind, and never intended to be! I was in school at Mercer during the Byron Pop Festival and drove down there after a class meeting and met ups with some of my college friends on Highway 49, managed to

angle my convertible into the ditch and enjoyed listening to the Allman Brothers who were all alive and well back then, endured the exasperating heat as long as possible and left. Too many people for me to endure, hundreds of thousands to be less than exact! The music was great and launched the music careers of the Allman Brothers Band on a 40 year career that is still going.

I wore a golden suede long vest to the event last week in Perry. It was one that Gregg Allman had given us in 1970. Our friend, Anna Kay Adams, a nationally known artist and married (at one time) to cousin Billy was painting violets and other flowers on this wonderful vest that had leather tassels down to the knees. An item of clothing we've always cherished and worn often.

The Georgia National Fair opens on October 4th at 3:00 p.m. and will have some of the Smithsonian exhibits on display, plus some other goodies.

*Good humor is goodness and wisdom combined.*

Owen Meredith

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

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

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

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



1429 Oglethorpe Street, Macon, GA 31201  
(478) 743-7061 [www.myeeyecenter.com](http://www.myeeyecenter.com)



**GEORGIA DERMATOLOGY &  
SKIN CANCER CENTER**

*Quality Care Since 1969*

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

<b>Mohs Surgery</b>	<b>Skin Cancer Surgery</b>	<b>Skin Exams</b>
<b>Mole Removal</b>	<b>Psoriasis</b>	<b>Warts</b>
<b>Rashes</b>	<b>Acne</b>	<b>Phototherapy</b>



**Warner Robins**

212 Hospital Dr.

**922 - 9281**

**Macon**

1157 Forsyth St.

**750-SKIN**

(7546)

# Senior NEWS

Serving Macon & Central Georgia

**Website**

www.seniornewsga.com  
www.seniornewsgeorgia.com

**Publisher**

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

**Editor**

**Ann Tunali**  
seniornews@msn.com

**Advertising Account**

**Executives**

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

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

**Columnists**

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

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 12,000; Macon/Central Georgia, 8,000; South Georgia, 5,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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

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

**CORPORATE OFFICE**

Billy R. Tucker, President/Publisher  
Phone: 478-929-3636; 800-752-5037  
FAX: 478-929-4258  
www.seniornewsga.com  
E-mail: seniornewsga@cox.net  
Copyright 1987  
Senior News & Views of Georgia

## Grandparent Scams are on the rise... Do you know the Red Flags?

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

**S**unday, September 9th was National Grandparents Day and as many celebrated this day with the grandparents that we love, it's important to take the time to educate our loved ones on the scams that target them. The Better Business Bureau is warning well-meaning seniors about "emergency" scams designed to fool them into thinking that their grandchild is hurt, arrested or stranded, and in need of money.

According to recent FBI reports, the "Grandparent Scam" has been around since 2008, but there has been a surge recently. Retirees are an attractive target for financial scammers. As noted by Western Union, emergency scams play off of people's emotions and strong desire to help others in need. Scammers impersonate their victims and make up an urgent situation - "I've been arrested," "I've been mugged," "I'm in the hospital" - and target friends and family with urgent pleas for help, and money.

The BBB offers the following tips to avoid the Grandparent Scam:

**Communicate.** Teens should share travel plans with family members before leaving the state or country.

**Share information.** Teens should provide the cell phone number and email address of a friend they are traveling with in the case of an emergency. Family members should remind students to be cautious when sharing details about travel plans on social media.

**Know the red flags.** Typically, the grandparent receives a frantic phone call from a scammer posing as their grandchild or a so-called "officer of the court". The "grandchild" explains that he or she has gotten into trouble and needs help, perhaps caused a car accident or was arrested for drug possession. The "grandchild" pleads to the grandparents not to tell his or her parents and asks that they wire thousands of dollars for reasons posting bail, repairing the car, covering lawyer's fees or even paying hospital bills for a person the grandchild injured in a car accident.

**Ask a personal question, but don't disclose too much information.** If a grandparent receives a call from someone claiming to be their grandchild in distress, the BBB advises that the grandparent not dis-

close any information before confirming that it really is their grandchild. If a caller says "It's me, Grandma!" don't respond with a name, but instead let the caller explain who he or she is. One easy way to confirm their identity is to ask a simple question that the grandchild would know such as what school he or she goes to or their middle name.

For anyone victimized by this type of distressed loved-one call, the BBB recommends reporting the incident immediately to local police departments. For more information you can trust, visit [www.bbb.org](http://www.bbb.org)  
\*\*\*\*\*

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

## Spiritual Notes

# Overcoming suffering

by **Dr. Bill Baggett**  
Minister to Seniors  
Dunwoody Baptist Church

**T**oday's world seems to be in flux. Perhaps it is no worse than in years past but, with the advent of advanced technology, we see and hear about events as they are happening. On any given day we are made aware of hunger, famine, murder, revolution, uprisings, and natural devastation, just to name a few. The overwhelming flood of bad news leave us with a feeling of

hopelessness.

Not only is this true in the world but in our every day lives. As senior adults we are faced with our own tsunamis. Often we are flooded with issues that cause crisis which sometimes seem insurmountable. Not only does this affect us physically but also psychologically, and spiritually.

Actually the world may not be in a worse condition than in years gone by but we often feel that way because we are more aware of events daily through media coverage. The physical body changes because of the passage of time. Our minds and

bodies simply don't work as accurately as they once did.

Helen Keller said, "Although the world is full of suffering, it is also full of overcoming of it." We all know the story of this outstanding woman. Her life is a sterling example of overcoming tremendous physical and psychological odds. There are numerous stories of other individuals in history that have proven the accuracy of her statement.

The Bible provides a blueprint for success in dealing with suffering. The Apostle Paul, in Philippians 4:6-7 states: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." The Apostle also said in verse 11 that, "I have learned to be content whatever the circumstances," and in verse 13, "I can do everything through Him who gives me strength."

Suffering is a fact of life. How we deal with it depends on our attitude, willingness, and perseverance. Ask for God's help because of the promise made to all those who believe. Call on Him!  
\*\*\*\*\*

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

## Missed your copy of Senior News?

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

### Just visit us at [www.seniornewsga.com](http://www.seniornewsga.com) and click on "ARCHIVES"

# 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.  
\*\*\*\*\*

## COME FOLLOW ME by Vera King

My balance is getting off line  
I'm afraid it might be a sign  
The time is approaching  
I'll no longer be poaching  
My eggs in the morning  
I think it's a warning  
I've had a good run for my money  
Most days have been pleasant and sunny  
The good news is knowing the fact  
Others my age are also attacked  
My generations' declining  
But there's a silver lining  
"My peace I leave you"  
To the bold, the brave, the few.

\*\*\*\*\*

## SHALL NOT WANT by Henry N. Goldman

Psalm 23:1  
An acrostic poem

Thousands of blessings, a lifetime bestowed,  
Held in His arms, His love ever flows.  
Each moment so precious, being His own,

Letting His death for my sins now atone.  
Over my being, love's circling band,  
Reaching to life me, His merciful hand.  
Drawn upward from world's constant turmoil,

Into His haven from danger and toil.  
Searching for peace, He quieted my fears,

Melting away my sadness and tears.  
Year after year, He supplies all my needs,

Scriptures do promise, if we will but heed.

Healings bestowed on this oft-weakened soul,  
Ever restoring, that I remain whole.  
Promises uplifting, gives hope and great joy,  
He always bestows, our Lord will employ.  
Ever here for me, He is there every day,  
Returning to bless me in so many ways.

Death shall forsake me – my Shepherd will save.  
\*\*\*\*\*

## ANGELS by Frankie Lee

We all need an angel in our life  
Someone to give us strength and point us in the right direction  
Keep us out of harm's way  
And when times are hardest wrap their wings around us so we feel safe

An angel that will hold our hand when we feel we are falling  
And when we fall hold us up to keep going  
Someone to wipe away our tears  
And make sense of our fears  
Someone to talk to when we have something difficult to say

Life isn't always easy and sometimes gets so rough  
It stuns us to a point that we feel numb  
Our heart beats to hard with worry for all the ones we love  
And as much as we hate to admit we briefly lost touch with the one above

We are human after all and that is why we sometimes take the fall

The strength we should have crumbles and we feel lost  
We question and we ask but we have no answers  
We wonder if we are heard and if we should be  
We think we are good and deserving but we wonder  
What went wrong... and we reach up

To touch the hand of God, if only we knew  
Our angel keeps us safe and upright and focused  
If we believe we know... we are only human, its ok to ask  
It's ok to question and even doubt at times, as long as our heart always knows  
Without God there never will be an answer  
I thank God for always being there, when it is time for the answer  
We will know.

Angels keep us upright and give us strength  
But God gives us life and hope and faith.  
Sometimes we feel lost and filled with doubt  
It's ok. he understands we are human after all  
God gives us an angel to catch our fall  
Thank you

## THREE RIVERS HOME HEALTH SERVICES, INC.



"Sick or Well - There is No Place Like Home"

A Licensed Provider of  
Quality Health Care  
Since 1979

JOINT COMMISSION ACCREDITED

### SERVICES OFFERED:

- Registered Nurses
- Physical, Speech & Occupational Therapy
- Home Health Aides
- Medical Supplies
- We will file all Insurance Benefits



1760 Bass Road Suite 103 • Macon, GA  
Phone 478-405-1474 • Fax 478-405-1476

[www.123rivers.com](http://www.123rivers.com)

Email: [macon@123rivers.com](mailto:macon@123rivers.com)

Serving 35 counties in Middle Georgia

Life

...after  
vision  
loss.



## Living with Macular Degeneration, or another vision-limiting condition?

EVEN if you've been told nothing more can be done,  
you owe it to yourself to seek a second opinion.

Find out if special  
telescopic / low vision glasses can  
help you see better than you ever  
thought possible.

Experience better vision with low vision technology!

Call today for a FREE phone consultation  
with Dr. Brian Saunders.

Toll Free: 877-948-7784

770-948-7784

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

# Georgia Golden Olympics 30th year celebrated in Warner Robins

by JANE WINSTON

Special to Senior News

The Georgia Golden Olympics celebrated its 30th anniversary this past month. What began in 1983 with six events and about 70 participants has since evolved into 18 sports and 55 events... Hammer Throw, Wii Bowling and a 50M Run were events added this year... with approximately 640 participants. Additionally, it has gone from a one day to a four day

event. The participants... male and female over 50 years of age and with different physical abilities... were broken down by gender, age and ability levels, enabling all who wished to participate. Medals were awarded to the top three contestants in each event and age category; and, all participants received a t-shirt as well as a certificate showing their participation.

Additionally, the local games, which are considered to be a National event, served as the qualifying games for the National Senior Games scheduled for late summer



**Bobby Brown, Basketball Coach of Middle Georgia Technical College, with player Quendarrius Danzy. Their entire team volunteers during the Golden Olympic Games!**



**Frisbee Toss**

2013 in Cleveland, Ohio. Athletes who finished in first and second place qualified to compete in the Nationals.

Mr. James Dobson and his staff of the Warner Robins Recreation Department host the games each year, and again this year they did an excellent job. When one considers that the 55 events went from A (Archery) to W (Wheelchair Race) and most alphabetical letters in between, one quickly realizes how logistically challenging scheduling

the times and locations for all events is.

The events were held at 15 different locations in and around Warner Robins to include both city/county and privately owned places. Golf was held at the Landings Golf Course; Basketball in the gym of First Baptist Church on Garmon as well as the Recreation Department Gymnasium on Watson; Bowling at Gold Cup Lanes;

**continued on page 7**



**ApplianceSmart®**  
www.ApplianceSmart.com

*Columbus Day Sale*

**FRIGIDAIRE**    OCTOBER 3-13, 2012

**\$1999\*** STAINLESS STEEL KITCHEN SUITE

<p>Standard-Depth Refrigerator FFHS2622MS</p> <p>30" Electric/Gas Freestanding Range FFEF3043LS/FFGF3047LS (shown) Built with American Pride**</p>	<p>30" Over-The-Range Microwave FFMV164LS</p> <p>24" Built-In Dishwasher FFBD241NS Built with American Pride**</p>
--	--



\*Applies to select stainless steel kitchen appliances only. Instant discount or retailer incentive. Promotions may vary. See in-store sales associate for qualifying model numbers and details.  
\*\*Applies to select freestanding cooking, dishwashing, top mount refrigeration and freezer appliances that are designed, assembled and engineered in the U.S.A. See Frigidaire.com for additional model details. †See dealer for gas range package price.

**INTRODUCING THE LATEST INNOVATION IN CLEANING**

**FRIGIDAIRE GALLERY**  
Dishwasher — with — OrbitClean™ Wash Arm



**\$599**  
FGHD2465NF

**FRIGIDAIRE**

*double Ovens DOUBLE offer*



SEPT 30 - DEC 29, 2012

Frigidaire Double Oven\* Offer... *get \$50 back!*

Frigidaire Gallery® Symmetry Double Oven\* Double Offer... *get \$50 back + All Clad Pan*



\*Via Mail-In rebate. Rebate is a Visa Prepaid Card subject to terms and conditions. See in-store sales associate or Frigidaire.com for qualifying model numbers and details. At participating retailers.

**FREE RECYCLING & HAUL-AWAY No Purchase Necessary**



▲ THE LEGEND CONTINUES

**CONYERS • CUMMING • LITHIA SPRINGS**  
**MARIETTA • SMYRNA**



**Scan for store locations and hours**

Call your local Georgia ApplianceSmart store for free curbside collection of major appliances. In-home collection available for a fee. No purchase necessary, some restrictions apply. Free in-home haul-away and recycling on appliance purchases. See store for details.

Like us on Facebook    Follow us on Twitter



\*While supplies last. Some restrictions apply. Images provided only as examples and may not represent actual product. See store sales associate for details. ©2012 ApplianceSmart, Inc.



**Bud Frankenthaler, 79 years old from Jesup, Georgia, competed in 16 events this week; took home the most medals this year. (10), and qualified for 12 events for the nationals. He also did 5 triathlons this year alone!**

## OLYMPICS

from page 6

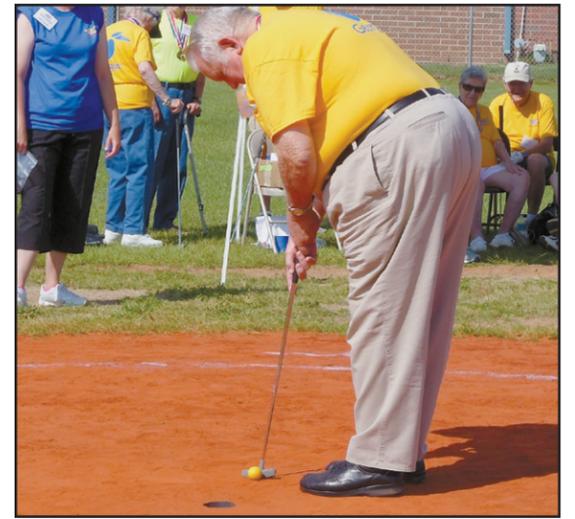
Swimming, Softball, Tennis, Clock Golf, Frisbee, Softball, Horseshoe Throw plus the Wheel chair race were held at one of four County and City Parks: Fountain, Perkins, Memorial or Tanner.

McConnell-Talbert football stadium on Davis Drive was the site of the track and field events, and Robins Air Force Base, the original site of the Golden Olympics, hosted the Racquetball competition. Also various indoor sites, to include the Warner Robins Recreation Department, Wellston Senior Center and the B & W Recreation Center, hosted other smaller indoor competitions: Wii Bowling, Checkers, Table Tennis, Badminton, Billiards and Shuffleboard.

Vicki

Pilgrim, the director of the Golden Olympics, indicates that this is Georgia's only state competition for seniors, but that the event is also open to senior athletes from other states. So, these Olympics bring folks from near and far to spend a day or a few nights, dine in our restaurants and shop in our stores. The Georgia Golden Olympics is not just beneficial for senior athletes, it's beneficial for the entire area!

*Senior News* would like to say thanks to all who made this event possible and encourage all of our senior athletes to keep up the keen competition! And Good Luck to the many who did qualify for the Nationals 2013!!



**Clock Golf**



**Table Tennis**



**The Perry Popper's participated in the over 75 three-on-three basketball competition. Pictured are James Collins, 77; James White, 76; Jaudon Thompson, 80; John Williams, 78; and Al Ladue, 77.**



**Nursing students from Georgia College and State University who volunteered during the games.**



Simply log on to [mccg.org](http://mccg.org) and click on the InQuicker Button to find the next available treatment time at one of our three convenient QuickMed locations or The Emergency Center, downtown. Then, wait in the comfort of your own home instead of in the waiting room, and upon arrival, you will be seen by a healthcare professional within 15 minutes of your selected treatment time.

It's just that quick and easy with InQuicker at The Medical Center!

**Care for minor illness and injury...with less wait!**

**The Medical Center  
of Central Georgia  
[mccg.org](http://mccg.org)**



**"I would recommend InQuicker because it's convenient and the professionals are top notch!"**

**David Becker  
Satisfied InQuicker User**

## Taking Care

### Coping with uncertainty when caring for a loved one... Planning and self-care can minimize stress

by LISA M. PETSCHÉ

**L**ooking after a senior relative, however rewarding, is not without its share of stress. If the relative has been diagnosed with a chronic illness, one source of stress may be uncertainty about the future. For instance, how are your relative's needs likely to change and over what time period? How will your own health hold up? Will your relative eventually require residential care?

While no one knows what the future holds, there are strategies that can be used to cope with challenges and changes. If you are a caregiver, read on for some of them.

#### Accept

- Accept the reality of your relative's illness so you can move forward and channel your energy in constructive ways.
- Allow yourself to experience all emotions that surface.
- Accept that how your relative feels and what they can do may fluctuate, and be flexible about plans and expectations.

#### Learn

- Educate yourself about your relative's diagnosis.
- Be open to learning practical skills, such as proper transferring and bathing techniques. This will make caregiving as safe and pleasant as possible and boost your self-confidence.
- Contact the local Agency on Aging to learn about community services that can assist you and your relative.

#### Communicate

- Allow yourself and your relative plenty of time to adjust to the illness and the changes it necessitates. Be patient and keep communication lines open.
- Keep the rest of the family informed of changes in your relative's status.
- Involve your relative and other family members in decision making as much as possible.
- Share information with healthcare professionals about your relative's needs, abilities and preferences. Ask questions, express concerns and offer opinions as you feel the need.

#### Prepare

- Find out what to expect during the

course of the illness in terms of probable symptom progression as well as caregiving skills, medical equipment and community supports likely to be needed.

Determine your relative's wishes regarding living arrangements, outside help, surrogate decision-making, medical intervention and end-of-life care and funeral arrangement. Be careful, though, not to make promises you may not be able to keep.

- Help your relative get their affairs in order, including completing legal paperwork such as advance directions, powers of attorney and a will.

#### Simplify

- Eliminate sources of stress in your life whenever possible. Set priorities, streamline tasks and learn to settle for less than perfection.
- Take things one day at a time so you do not become overwhelmed.
- Learn to live in the moment and enjoy life's simpler pleasures.

#### Practice self-care

- Cultivate a healthy sense of humor.
- Set aside quiet time each day to nurture your spirituality and help to keep you grounded.
- Do something that provides you with meaning and purpose outside of the caregiving role, such as scrapbooking or researching your family tree.
- Look after your health. Eat nutritious meals, get adequate rest, exercise and see your physician regularly.
- Find something relaxing you can do

to give yourself a daily mini-break – perhaps reading or listening to music.

- Schedule regular breaks from caregiving duties to recharge your batteries. Take a couple of hours, a day or an overnight.

#### Connect

- Stay connected to your friends.
- Find someone you can comfortably talk to about your thoughts and feelings.
- Take with other caregivers. They understand better than anyone else what you are going through. Join a support group in your community or on the Internet.

#### Get help

- Accept offers of help. Ask other family members to share the load and be specific about what you need. Do not try

to go it alone.

- Research and take advantage of respite services in your community.
- Join a caregivers' organization - for example, the National Family Caregivers Association ([www.nfcares.org](http://www.nfcares.org)) – that offers information and support and advocates for caregivers' needs.
- Seek help from your primary physician or a counselor if you continually feel sad, angry, hopeless or incompetent. You may have a clinical depression, which is treatable.

\*\*\*\*\*

*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.*

### Dempsey Apartments

*Affordable Living In Historic Downtown Macon*

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

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



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

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



## New Leadership... New Direction: MAKE YOUR VOTE COUNT!



*Dear Flint Energies Member:  
I am Charles Westberry, a candidate for Area V of the Flint Energies Board of Directors. I have resided in Crawford County since 1963. Having 20 plus years extensive business and banking experience, I can be an asset to Flint and its 65,000 plus customers.*

*I have the experience, maturity and judgment to help guide Flint Energies into the Future to more effectively serve the membership by providing customers with safe, reliable energy at the lowest possible cost and providing Effective, prudent management of member resources and the best return on members investment.*

***"I will bring a background of solid business and community support to the Flint Board"***

- Charles and his wife of 40 years, Elaine, graduated from Crawford County High School and live in Roberta, Georgia.
- Active in the Christian Faith.
- Attended Lanier and Macon State College.
- Elected by his peers as Chairman of the Crawford County Development Authority in 1994.
- Through his leadership the Crawford County Development Authority has located three international and two Fortune 500 Companies, creating hundreds of jobs.
- Local, State & International Business Experience
- Dedicated to serving all of Flint's 65,000 plus members.
- Member of the Middle Georgia Regional Commission, which serves 11 counties; serving on the Finance and Executive boards.
- Strong supporter of Robins Air Force Base and the 21st Century Partnership.

**All Co-op Members Vote For a Candidate From Each District. Ballots will be mailed to your residents on Wednesday, September 26, 2012 and should be mailed back by October 15th so they are received by the October 22nd deadline. The ballot should be signed by the person who has the electrical service. If you do not receive your ballot by October 10th, visit Flint Energies for a ballot.**

**Please visit me on the web at [www.charlieforflint.com](http://www.charlieforflint.com) or on Facebook: [www.facebook.com/CharlieForFlint](http://www.facebook.com/CharlieForFlint)**



Happy 100th Birthday to  
"Marg" Niblet of Forsyth

# Macon/Central Georgia CALENDAR

## Coliseum Health System

“Medicare Made Easy:” and “Advance Directives for Final Healthcare:” For complete information call Consult-A-Nurse at 478-746-4646.

## Support Groups

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

• **Stroke Support Group:** Tues., Oct. 16, 4 p.m., 478-201-6500

• **Spinal Cord Injury Support Group:** Tues., Oct. 2, 4 p.m., 478-201-6500

• **Brain Injury Support Group:** Tues., Oct. 16, 4 p.m., 478-201-6500

• **Parkinson’s Disease Support Group:** Thurs., Oct. 18, 2:30-3:30 p.m., 478-743-7092, ext. 254

• **Parkinson’s Disease Caregivers Support Group:** Thurs., Oct. 18, 1:30-2:30 p.m., 478-743-7092, ext. 254

• **Crohns and Colitis Support Group:** 3rd Sun., 3 p.m., 478-737-8788 or kjhague@cox.net

• **Community Seminar for Arthritis, Knee & Hip Pain:** Fri., Oct. 12, 1:30 p.m., 478-633-1865

**Cancer Life Center**  
Information and Reservations: 478-633-8537; www.cancerlife-center.org

• **Mammo Marathon Day:** Fri., Oct. 12, 7 a.m.-6 p.m., www.cgbreastcarecenter.org.

• **The Pink Alliance:** Thurs., Oct. 18, 12-1 p.m., 478-633-8537

• **The Pink Alliance HoPe Chapter:** Wed., Oct. 17, 12-1 p.m., Houston & Peach Counties, 478-719-8528

• **Prostate Cancer 101:** Mon., Oct. 8, 12 p.m., 478-633-8537

• **Man-to-Man Support Group:** Tues., Oct. 2, 7 p.m., 478-633-6349

• **Chemotherapy Orientation Classes:** Mon., Oct. 8 & Oct. 22, 10-11:30 a.m., 478-633-8537

• **Cancer WellFit:** 12-week oncology recovery program, 478-757-7847

\*\*\*\*\*

## 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.

continued on page 10

## Hospice Care Options stands ready

as a team of professionals trained to provide support to loved ones and family members during this difficult time. We can help take on some of the daily responsibilities for your loved ones; caring for them in their home, your home or in a skilled nursing facility. Hospice Care Options will take some of the burden off family members and others who may need extra time to cope with the situation. We stand ready. Call Hospice Care Options today.

# Hospice Care Options™

## Macon

486 New Street

**478.743.3033**

**800.563.8680**

GA Lic # 011-100-H

## Warner Robins

136 Hospital Drive

**478.922.0515**

**877.922.0515**

GA Lic # 076-0351-H

Services provided regardless of the ability to pay

## CALENDAR

from page 9

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 on Wheels is a wonderful organization which takes pride in everything it does. This program would not

exist without volunteers.

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

\*\*\*\*\*

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

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

• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry 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. 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. Melanie Lewis, Program Director, 478-293-1066.

• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Helen Daly, President, 478-956-0214. Melanie Lewis, 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 Gospelaire Quartet**

**Outreach Ministry**

The Gospelaire 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.

\*\*\*\*\*

**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

continued on page 11

# General Business Directory For Seniors

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

**\$1.00 OFF** **ADMISSION WITH THIS AD!**  
 ONE coupon per person. Expires 11-12-12  
**2nd Weekend of Every Month!**  
 Atlanta, Georgia  
 Thurs. 1 - 6 / Fri. & Sat. 9-6 / Sun. 10-4  
 3 miles east of Atlanta Airport, I-285  
 at Exit 55  
 3650 & 3850 Jonesboro Rd.  
**SCOTT ANTIQUE MARKETS**  
 Call: 740-569-2800  
 www.ScottAntiqueMarket.com *America's Favorite Treasure Hunt!*  
**Atlanta Expo Centers** **October 11, 12, 13 & 14**  
**ATLANTA, GEORGIA** **November 8, 9, 10 & 11**

When You Need Us, We'll Be There

**Summer's Landing**  
 of Warner Robins

The finest comforts of life, with the support you want.  
**Secure Memory Care**  
**Assisted Living**  
**Supportive Independent Living**

328-3800 600 S. Kimberly Road, off Russell Pkwy.

**Baptist Village Retirement Communities**  
*"Making Life Better for Senior Adults and Their Families"*

**Plantation Villas**  
 Independent Living – Gated Community

**Plantation Suites**  
 Personal Care

Retirement living for 62 years plus population

Call today for a tour

6000 Plantation Way, Macon, Georgia  
**Phone: 478-405-6325**  
 Email: DHancock@baptistvillage.com

**BUSINESS CARD SECTION**

For Advertising Information Call  
 David VonAlmen at 478-213-5986  
 Jan Tassitano at 770-993-2943

**KENNEDY DRUGS**  
 FREE DELIVERY CITY WIDE

**10% SENIOR DISCOUNTS**  
 Discount on Prescriptions

Watkins Products  
 524 Popular St. • 743-4700 • Macon, Ga.

**Macon and Middle Georgia**  
**477-5501**

**Home Instead SENIOR CARE**  
*To us, it's personal.*

The world's trusted source for non-medical companionship and homecare for the seniors.

- Companionship & Personal Care
- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

## CALENDAR from page 10

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

\*\*\*\*\*

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

(Call for details on events)

- Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.

- SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

\*\*\*\*\*

### Substance Abuse Help Available

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

Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

\*\*\*\*\*

### Volunteers Needed

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

ney@mg-rc.org for details.

\*\*\*\*\*

### MGRAACA Meeting

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

\*\*\*\*\*

### Third Annual Perry Music Festival

Sat., Oct. 20, noon-11 p.m., Downtown Perry. For details visit [www.perrymusicfestival.com](http://www.perrymusicfestival.com).

**Social & Golf  
Memberships Available**

**478-218-5253**

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

**HOUSTON  
LAKE**

# General Business Directory For Seniors

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

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

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

**BUSINESS  
CARD SECTION**

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

**St. Paul Apartments & Village**  
**62 & Older and Disabled Persons Welcome**  
1330 Forsyth Street • Macon, GA 31201  
**Call 478-745-0829**

Rent Includes All Utilities • Beauty Shop  
Library • Optional Lunch 5 Days/Week  
Bus for Groceries & Doctor Appointments  
Range of Planned Activities  
Washer/Dryer On Each Floor  
Subsidized and market units.

**Goodwill NEEDS  
YOU!**

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

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

**CALL: Mid GA: 478.957.9741  
OR CSRA: 706.790.5350**

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

Home Inspection Service

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

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

**COLISEUM PARK  
PROFESSIONAL PHARMACY**

380 Hospital Drive Macon, GA 31217

Across from the Emergency Room  
**BOB MOODY RPH.**  
Pharmacist, owner

**Start Getting Better Now!!!**  
Phone: 478-745-5431 Fax: 478-765-4359  
**FREE PRESCRIPTION DELIVERY**

**Advocacy Resource Center**  
*(Turning Developmental Disabilities into Possibilities since 1953)*  
4664 Sheraton Drive • Macon  
[www.arc-macon.org](http://www.arc-macon.org) 478-803-1456

**Garage Sale**  
**(Rain or Shine – Inside Location)**

**Every Monday**  
9:00 a.m. - 1:00 p.m.

**1st Friday of Every Month**  
9:00 a.m. - 1:00 p.m.

**Huge Selection – Very Low Prices**  
Great Clothes • Furniture  
Toys • Books • Kitchen  
Decorative • Miscellaneous

# Healthy Habits For Life



Wednesday, November 7th

11:00am – 1:30pm

Vineville United Methodist Church

2045 Vineville Avenue, Macon, GA



## Featuring Hannah Curlee

Hannah will share her inspirational story of life-changing weight loss and how you too can achieve your weight loss and health goals.

- Free giveaways
- Health information booths
- Free screenings
- Much more ...

Meet Hannah Curlee from  
The Biggest Loser as seen on NBC.



**h2u**  
HEALTH TO YOU™

Hannah lost 120 pounds  
on The Biggest Loser.

**Open to all ages!** Cost is \$10 and includes lunch and a one-year H2U membership (H2U is a membership program at Coliseum designed to meet the unique health needs of people 50+). Current H2U members can renew their memberships at this time.

**COLISEUM**  
HEALTH SYSTEM

For more information or to register, call (478) 746-4646 or visit [www.coliseumhealthsystem.com](http://www.coliseumhealthsystem.com).

