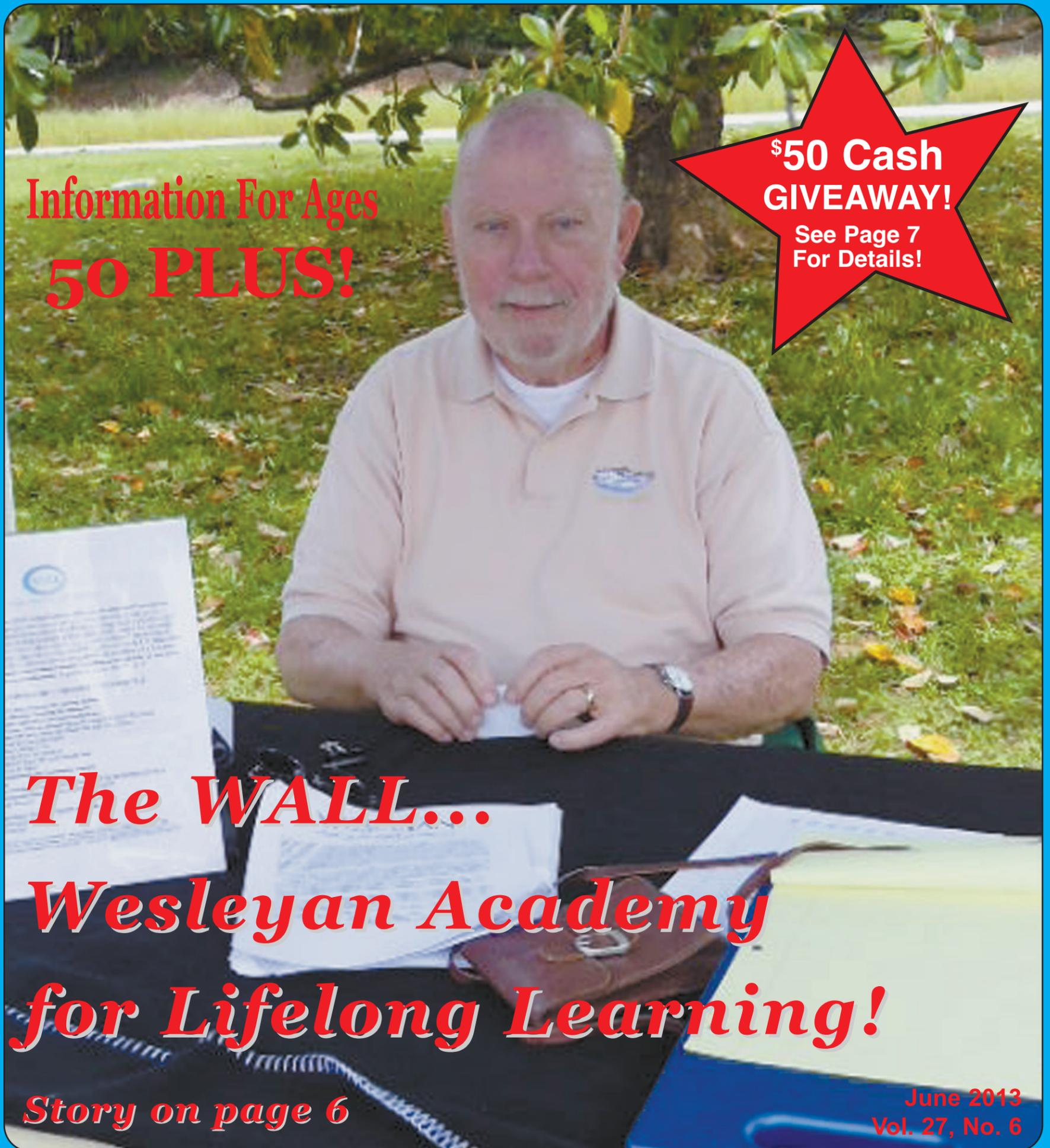


Senior News

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For Details!

***The WALL...
Wesleyan Academy
for Lifelong Learning!***

Story on page 6

June 2013
Vol. 27, No. 6

Taking Care

Preparation and Flexibility Ensure Safe Trip

by LISA M. PETSCHKE

If you are planning to take an older relative on a vacation involving travel by car, thorough preparation is the key to success, especially if the person has special health care needs.



Lisa Petsche

Follow these tips for a safe and enjoyable stay.

Planning

- Set realistic expectations for the trip. Consider your relative's needs and limitations.
- Make plans and start necessary preparations well in advance. Make lists to keep organized and prevent last minute chaos.
- Include your relative in the preparations to the best of their ability.
- Research the accessibility of accommodations and attractions you wish to visit. If you are planning to stay at a motel or hotel, make reservations, especially if you will need specific features such as a room with

handicapped facilities or a ground floor room.

- Learn the location of the nearest hospital in any areas you plan to visit. Avoid destinations where a hospital is far away.
- Arrange for your relative to visit the doctor pre-trip. Share your travel plans and any health-related concerns, such as motion sickness or circulation problems.
- If your relative has trouble walking long distances, rent a folding wheelchair or ensure that the places you plan to visit have some wheelchairs available.
- Have your car checked and serviced before departure.
- If you are going to an unfamiliar area, obtain a road map and study it. If you belong to an automobile club, take advantage of its route-planning service.
- Plan to do as much driving as possible during off-peak traffic times. Or choose the scenic route if time and your relative's sitting tolerance permit.

Packing

Include the following items when drawing up a packing list:

- Loose-fitting, breathable clothing, comfortable walking shoes, a wide-brimmed hat, and a cardigan for air-conditioned environments and cool evenings.
- Sufficient prescription and over the counter medications to cover the time you plan to be away, plus a few extra days worth in case your return is delayed.
- Sunscreen, insect repellent, antihistamine and motion sickness tablets.
- A list of all health conditions and medications in case of a medical emergency.
- Any necessary medical equipment and supplies, such as a walking aid, food supplements, incontinence pads or diabetic supplies.
- A cushion or two for comfortable positioning in the car.
- An extra pair of eyeglasses and spare hearing aid batteries.
- Sunglasses and umbrellas (the latter primarily for instant shade).
- A pillow and a nightlight.
- Snacks and a cooler containing sandwiches and beverages.
- Favorite music or books on tape for the car ride.
- Emergency roadside and first aid kits.
- Cell phone (do not forget to charge it and bring a recharging unit along).
- Disabled parking permit.

Driving

- Top off the gas tank at frequent intervals.

- Stop approximately once per hour for stretch breaks and short walks.
- Choose stops that have clean, well-lit restrooms with good accessibility.
- Wear seatbelts and, if your relative is in the front seat, ensure that the headrest is centered at the back of their head.
- Encourage your relative to shift their weight often and to do neck and shoulder stretches and foot flexes.

Lodging

- When checking in, ask for a room close to the lobby or elevator. A ground floor room is ideal in case of an emergency in which elevators become inoperable.
- If your relative has a back problem, request a room with a recently replaced mattress.

Recreation

- Space out activities and allow time for each.
- Schedule outings for the time of day when your relative's energy level is highest. Stick to regular meal, medication and sleep times.
- Have a flexible itinerary. Take things one day – and one activity – at a time.
- Ensure plenty of time for rest and relaxation.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in elder care.

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1429 Oglethorpe Street, Macon, GA 31201
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You're encouraged to compete in the Georgia Golden Olympics... REGISTER NOW!

Submitted by MARY ALICE EALER

If you are competitive, interested in meeting new friends, or just having fun, plan to participate in the 31st annual Georgia Golden Olympics scheduled to be held September 18-21, 2013 in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, 5K run and walk, horseshoes, billiards, Wii bowling and much more. Ballroom dancing will be offered again this year and Pickleball will be offered for the first time. Events are divided into age categories and medals are awarded for each.

A registration fee of \$40.00 allows the participant to enter three events. Additional events are \$6.00 each. Bowling, tennis, golf, cycling and archery require an additional fee. Fees are non-refundable. All registrations must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association and qualifies athletes in even years for the

National competition, held in odd years. The 2013 National Games will be held in Cleveland, Ohio in July-August 2013. Over 500 athletes qualified in Georgia for the upcoming National games.

The purpose of the Georgia Golden Olympics is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia, J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information/registration form call Warner Robins Recreation Department Senior Activity Center 478-293-1066, Georgia Golden Olympics office at 770-867-3603, or go to the Website www.georgiagoldenolympics.org.

Let us entertain you

by **CLAIRE HOUSER DODD**

The best and most beautiful things in the world cannot be seen or ever touched. They must be felt.

Helen Keller

Having just had the sad news that Grand Matthew's dog, Roscoe, an adorable full blooded Chihuahua was thin as a rail and had not eaten in 4 or 5 days, we immediately asked if there were an animal emergency shelter open all night. The answer was a resounding no, except from a friend. Jane Hopecle who is originally from New Jersey informed us that, "Yes, they have one in NJ." As we were not exactly equipped to go to Kathleen, pick up Roscoe in his doggie travel case and rush northward, we had daughter Emily call at the break of day to the Animal Hospital in Perry for an appointment. They worked us in ASAP and we met grands with a freshly bathed Roscoe, emaciated and pitiful, but looking up at us with pleading eyes. The diagnosis was not too good,

but at least he didn't have heart worm. We held him and suffered the treatments and shots with him and his woefully pathetic eyes... like all his hope in life rested on our shoulders.

A few days later we went over to take medicine and supplies, including coloring books and crayons for the kids, and Roscoe was jumping around so happy and glad to see everybody. However, this time his attention was mainly on us. He kept jumping up in our lap giving kisses, wouldn't even play with Matthew in preference to us. Daughter and your's truly, with tears in eyes exchanged glances. He knew who had gathered him to the doctors to save him. Never underestimate the love or intelligence of an animal, no matter how small!

Another story about another group of animals and humans. We went to the Powersville Arena for a Barrel Racing Contest last Saturday. Thoroughly enjoyed the whole kit and caboodle – the horses, the races, the overturned barrels, the people, the food, the cama-

raderie – everything was great fun. Just enjoying the great outdoors was enough, but watching our friend, Judy Robinson, win a 1st place prize on Red Speedy Jet was exciting, and so was seeing Rachael on Rhett win 3rd place. Her parents are Ben and Evonne Barrett from Perry. Rachael was riding a horse they had purchased from Judy.

Then meeting the owner of "The Hitching Post," Brent Gunter and his daughters Brenley and Sara, was really nice, and having Brenley sing the "Star Spangled Banner" acappella was a real plus. Daughter Emily signed her up immediately to sing at North Peach Park on June 1st right before the Spectacular Fireworks show at the Georgia Peach Festival which will move to Fort Valley on the night of the 7th with "AJ the DJ" and continue all day the 8th (Saturday) with the FREE Longest Peach Cobbler in the World, plus vendors, arts and crafts, health fair, car show, kids playground, entertainment and lots of food. Saturday night, *Conquest* will be

performing followed by fireworks.

The next day will be Second Sunday in the Park concert with Sophie Bastian at Washington Park in downtown Macon from 6-8 pm. On June 22nd at 8:30, Ozzy Osbourn's tribute band will perform at Cox Capitol Theatre, 382 Second Street. Tickets are \$16 in advance, \$18 the day of. Phone 257-6391.

We were in Juliette, Georgia last weekend with Grand Matthew and saw the Juliette Opry House. We've got to get back at 5:30 pm on a first Saturday to see what all goes on there! It is a local blue grass jam which turns to open mike at 7 pm, then at 8 pm a headliner stage show. Call 478-335-3895 for directions, information and to buy tickets, or buy online at www.acousticproduction.com. Tickets are \$17.00

If you pick up a starving dog and make him prosperous, he will not bite you. This is the principal difference between a dog and man.

Mark Twain

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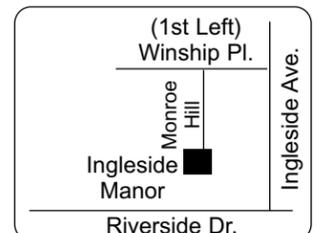
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The Parent Trap... Uncovering the Hidden Dangers in Aging Loved Ones' Homes

Submitted by Melissa Hoeman
On behalf of Home Instead Senior Care
Melissa@alberscommunications.com

June is National Home Safety Month, and local senior care experts are encouraging adult children to add a simple, yet important duty to their list of summer chores: Conduct a "look and see" inspection of their parent's home

"Many seniors and their families don't think about the fact that homes must adapt to the changing needs of seniors as they age until an accident happens," said Brenda Howington, co-owner of the Home Instead Senior Care office serving Macon.

"There are many potential hazards that could force seniors to lose their independence. Important safety areas to highlight in a senior's home run the gamut from accessibility to lighting to trip and fall hazards. A lack of attention to those details can jeopardize an older adult's ability to remain at home," Howington said.

Many home safety improvements are simple and inexpensive, experts say. Convincing seniors, on the other hand, is another story. Danise Levine, assistant director of the IDEA Center at the SUNY (State University of New York) Buffalo School of Architecture, said that denial often comes into play with seniors.

"We see a lot of seniors who don't want to admit they're getting older so they don't want to make changes in their homes," Levine said. "Secondly, consumer education is an issue. If older adults do need help they often don't know where to go or how much things cost."

Howington said it's important to identify various safety pitfalls from poor lighting to the need for adaptive devices in a home. While many fixes are simple and inexpensive, others might involve a remodeling project to help a senior remain at home.

"That first, important step is to make an objective assessment of what needs to be done to keep them at home," Howington said. "It's one of the most important services that Home Instead Senior Care pro-

vides."

Look and See Signs. A Home Safety Assessment and Checklist

Seniors and their families might want to look for the following opportunities when performing a home safety assessment.

- Examine dark pathways, corners and other areas where seniors regularly walk or read. Make sure all areas of the home have adequate lighting. Timed and motion-sensor lights outdoors can illuminate potentially dangerous pathways. Inside, consider Ott-Lites – which provide a high-intensity beam for doing detail work. Make sure that hallways and stairs are properly lit.

- Avoid monochromatic color schemes. Contrast can help seniors with failing eyesight better navigate their homes. Large red and blue buttons over hot and cold water faucet controls will help prevent dangerous mistakes. A dark green or brown toilet seat and vinyl tape around the shower will make those fixtures more easily distinguished. Kitchen countertops should contrast with floors as well.

- Look for ways to reorganize. Mom always put the black stew pot under the stove to keep the kids from breaking it. Perhaps now it belongs on a shelf beside the stove. And who says the eggs must go in the egg tray of the refrigerator? Perhaps it's easier for dad to handle them if they're stored in the meat tray. If that hallway table, which has always been a permanent fixture, is becoming a dangerous obstacle, relocate it.

- Look behind closed doors. Many seniors will close off parts of a house they no longer use. Be sure to check those areas regularly for mold or water damage. Don't close vents to crawl spaces.

- Look for ways to simplify your senior's life. Talk to your parents about why and how they do things then look for ways to simplify their lives. If your Mom's immaculate floors are now regularly dirty, think about how she's been doing that job all these years and offer options.

Rather than a heavy mop and bucket, investigate light-weight, all-in-one mops. If your senior is replacing appliances, look for

smooth-top stoves and refrigerators with water and ice on the outside. Change door knobs to levers, or purchase grips that can go on conventional knobs. Convert single-bulb light fixtures to multiple bulbs so seniors still have light when one bulb burns out.

- Consider security. Think about the potential dangers that lurk within your loved one's home. Lock-in switches on thermostats and stoves will keep seniors with dementia and Alzheimer's disease from harming themselves. Help them manage in their environment by installing a cordless intercom.

- Keep an eye out for damage. Watch for signs that a senior is adapting his or her behavior to the environment. Look for towel bars or window sills that are pulling away or shower curtains that have torn from seniors using them to grab onto.

- Look for ways to make entries safe. Make sure that railings into a home are in good repair and that steps and sidewalks are not damaged. Or eliminate steps altogether. Make sure that doors into a home can be set to stay open for carrying groceries and other items in and out. Install remote control locks.

- Is clutter taking over? Messy conditions and broken items are important warning signs. Remove area rugs and stacks of newspapers and magazines, or other potential obstacles.

- Contact a professional senior-care service, such as Home Instead Senior Care, which can conduct a home safety assessment and serve as a second set of eyes for older adults.

This list was adapted from the home safety checklist developed by Home Instead Senior Care and enhanced in cooperation with the SUNY Buffalo School of Architecture IDEA Center, the National Association of Home Builders – Remodelers CAPS (Certified Aging in Place Specialists), the National Aging in Place Council, and aging-in-place consultant Louis Tenenbaum.

For more information contact the local Home Instead Senior Care Office at 478-477-5501.

Spiritual Notes

Don't embarrass the family

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

When I was growing up, my parents would often say to me as I was leaving home to attend an event or participate in any activity, "Don't embarrass the family." Perhaps this was in jest; however, it was a good reminder that I have never forgotten. As our children grew up, I would parrot my folks by admonishing them with the same

directive. We now hear our children saying these same words to our grandchildren.

Perhaps the phrase has become meaningless in some ways but, when you give it some thought, there is a great deal of value to be gained if the message sinks in. There is a great human temptation, depending on the occasion, to role play. In other words, we appear to be a different person outwardly without the corresponding inward reality. It is often difficult to be honest before others if we believe they would think poorly of us. The need to be accepted is very strong at all stages of life.

The great preacher, D. L. Moody, addressed this temptation when he said, "Whitewashing the pump won't make the water pure!" Mohandas Gandhi mirrored this thought when he said, "There is nothing worse than being something on the outside that you are not on the inside."

The Apostle Paul, speaking to the Church at Colossae in the book of Colossians, warned that there were things we could do to look godly but have little value if we were not living a godly life. Paul also wrote about religious rules that were man-made. Though having the appearance of godliness, obedience to these rules did not help in the journey of faith.

The lessons to be learned, as was taught to me when growing up, don't embarrass the family, and more importantly, don't embarrass God. The ability to do the things we should do is totally dependent on our staying connected to our resurrected Lord. It is through this relationship that we are able to draw strength and wisdom for this life's journey.

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

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Poets' Corner

SINGLE

by Frederic Holland, Sr.

*I think marriage is wonderful;
Too bad I didn't have God in my life
to make it successful.*

*Now I don't have a girl friend, "boo"
or mistress;
I'm what you would call non-
committed, I confess.*

*I don't want to get serious, I just like
having fun;
So for a serious relationship... I'm
not the one!*

*I use to have girl friends by the ton;
Now I don't even have one.*

*The women come and the women
go;
Having a girl fiend... money you
will blow;
Take it from me, I really know!*

*I love the way women look and how
they make you feel;
And man there's nothing like a
woman who can cook a real good
meal!*

*But to have those luxuries you have
to deal with a lot of consequences;
Once you commit to someone you
must deal with responsibilities and
fences.*

*It's not like I'm a dog... no, I'm not
buck wild;
But being fenced in is not my style.*

*We can be friends with benefits on a
no contract term;
Cause in reality, I'm a bachelor
confirmed.*

SPRING TIME GARDEN

by Eleanor R. Hampton

*There is a Garden growing in my
year this spring,
People are coming from far and*

*near.
We are going to praise God in my
Garden.
There will be beautiful flowers and
food to share.
Senior citizens are the most
welcomed,
To share their wisdom, to enjoy
peace and quietness.
We seniors do not have to judge
each other,
As to what we wear or how gray
our hair is.
We have overcome many obstacles,
And with God on our side,
We can go forward in the beautiful
Garden that each of us can plant.
And show love to others*

THE BEST IN YOU

by Ms. Frankie Lee

*Life can change some people
Some for good, some for bad
Some make you happy and others
sad
Makes you wonder what went wrong
In the journey, that was long...*

*You think you know how people are
But mostly you saw them from afar
As you got closer to their heart
You realized they missed an
important part*

*The part filled with love and care
The part that first made you admire
and stare
The part that made your own heart
beat
With dreams you felt they would
meet*

*But life can change some people
Some for good and others bad
Makes you wonder what happened
In the life they have or had*

*The biggest part of the heart
Is the love that helps it beat
Compassion and caring and love
for all
That's what makes you stand up
proud and tall*

*That's the part missing in a few
That's the part I miss in you
Life can change some people
Some for good and some for bad
Thank God it's only a few*

*But it seems to have happened to you
There is something you can do
Fill that part with love again
Not for me... But for you*

Just for Fun

Special to Senior News

Author Unknown

Here's Exactly Why I Like Retirement:

- Question: How many days in a week? Answer: 6 Saturdays, 1 Sunday
- Question: When is a retiree's bedtime? Answer: * Two hours after he falls asleep on the couch.
- Question: How many retirees to change a light bulb? Answer: Only one, but it might take all day.
- Question: What's the biggest gripe of retirees? Answer: There is not enough time to get everything done.
- Question: Why don't retirees mind being called Seniors? Answer: The term comes with a 10% discount.
- Question: Among retirees, what is considered formal attire? Answer: Tied shoes.
- Question: Why do retirees count pennies? Answer: They are the only ones who have the time.

- Question: What is the common term for someone who enjoys work and refuses to retire? Answer: NUTS!
- Question: Why are retirees so slow to clean out the basement, attic or garage? Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.
- Question: What do retirees call a long lunch? Answer: Normal.
- Question: What is the best way to describe retirement? Answer: The never ending Coffee Break.
- Question: What's the biggest advantage of going back to school as a retiree? Answer: If you cut classes, no one calls your parents.
- Question: Why does a retiree often say he doesn't miss work, but misses the people he used to work with? Answer: He is too polite to tell the whole truth.
And, my very favorite....
- QUESTION: What do you do all week? Answer: Monday through Friday, NOTHING... Saturday & Sunday, I rest.



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*Source: National Funeral Director's Association (2009)



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On the Cover

The WALL... Wesleyan Academy for Lifelong Learning

by JANE WINSTON

COVER
Vince Coughlin is the WALL
President

Wesleyan College in Macon, Georgia last year began a program for mature learners of central Georgia. The program, operating under the name of The Wesleyan Academy for Lifelong Learning (The WALL), offers a wide variety of courses for mature learners of central Georgia designed to expose seniors to new ideas and activities in a relaxed and congenial setting. There are no tests, grades or requirements, other than participation!! Regardless of prior educational experience, this program has something for everyone; all that is needed is curiosity and a willingness to learn.

Membership in the Academy allows central Georgia seniors an

opportunity to share ideas and life experiences with like-minded people while being exposed to new ideas and interesting, sometimes controversial, topics. Courses typically meet one day a week for one to two hours for four weeks. The courses are offered spring and fall semester and are taught by Wesleyan College Faculty as well as experts from the community at large. The 18 courses being offered this fall will begin early September and conclude the end of November.

Certain to catch many an eye is the Nuclear Weapons course being taught by Dr. Tom Ellington, a Wesleyan College Associate Professor of Political Science. The course is designed to introduce class members to the subject of nuclear weapons. An optional trip to Albuquerque, NM to visit the Atomic Weapons Museum and the Trinity site located near Los Alamos where the first Atom Bomb was detonated will be available to class members.

One can learn all about Chinese culture as a course is being offered by



Jim Crisp meeting with his Anatomy of Play Production.

WALL, and facilitated by Chinese instructors from main-land China. This is also the time to learn all about Trees and Shrubs of the Southeast as well as Georgia History: 1861 to the present. Two computer-related courses will be available: An Introduction to Facebook as well as An Introduction to Windows. Additionally, one can learn how to research, write and publish a novel, how to line dance, how to appreciate football and how to become a better negotiator.

One can become a member of the Academy and enroll in as many courses as desired for a full year at a discounted membership rate of \$140, or enroll in courses for only one semester for \$75.00. For more information on how to join the Academy, contact Lindsay Timms at 478-575 5233 or visit her on line at LifelongLearning@wesleyancollege.edu. A visit to The Wall website at <http://pierce.wesleyancollege.edu/wall/>

will yield in-depth information on course offerings, times and locations.

The staff of *Senior News* urges you to get out there, enroll in classes and become a part of the middle-Georgia adult learning community

Jane Winston is a free-lance writer in the middle Georgia area, and she asks that you share with her your ideas for future Senior News articles. She can be reached at jwins1939@gmail.com.



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Nan Cleveland took four courses spring semester as a member of the Academy.



Bob Berlin is teaching a Negotiations Class fall semester.

Coliseum Health System welcomes new Chief Medical Officer

Special to Senior News

Roy Thomas Smoot, Jr., M.D., F.A.C.S. has recently joined CHS as the Chief Medical Officer for Coliseum Health System. In this role, he is responsible for quality and patient safety, medical education, strategic vision and physician executive leadership for Coliseum Health System's three

Macon facilities. Dr. Smoot is a board certified general surgeon with 28 years of experience in clinical research, medical education, surgical innovation, business development, administration, and patient care. He is a recognized lecturer and guest professor both nationally and internationally and has published numerous medical articles and book chapters.

Dr. Smoot most recently served as Cogent HMG's Chief Development Officer in Brentwood TN. Prior to this, he served as Chief Medical Officer for hospitals in Maryland and North Carolina. His background includes leadership roles in many facets of the healthcare domain – from clinical leadership in bariatric surgery, academic appointments at University of Maryland School of Medicine, to business development and ownership. Dr. Smoot led the development of several endoscopic surgical instruments that received U.S. patents in 1996 and 1997.

Dr. Smoot did his undergraduate studies at the University of Maryland, Baltimore County, where he graduated with honors. He is a graduate of the University of Maryland School of Medicine and completed his surgical training there at the University Hospital. While at the University of Maryland, School of Medicine he was elected to the Alpha Omega Alpha

Medical Honor Society. He served as Chief Resident in General Surgery at the University of Maryland Hospital from July 1984 to July 1985. Dr. Smoot has completed the Academy GE Fellows Program for Physician Executives and is a fellow of the American College of Surgeons and a member of the American College of Physician Executives.



Dr. Roy Thomas Smoot, Jr.

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Gift-giving Clubs are Pyramid Schemes!

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

BBBs are detecting a rise in gift-giving clubs, groups that manage to convince newcomers that they will receive thousands of dollars if they make a "gift" to participate in a private, invitation-only network.

The clubs go by various names. In prior years, groups were organized under the names of The Airplane, Friends Helping Friends, The Pit Stop and the Original Dinner Club. Today's groups methods are similar. The groups target those with an affinity – such as women's clubs, community groups, church congregations, social clubs and special interest groups. Participants are invited to attend private meetings. While invitees initially may not be asked to pay any money upfront, eventually participants are asked to contribute \$500-\$5,000.

The philosophy of charitable giving is often used to draw people in. Organizers may cloak their schemes in religious terms, using the love of God as a sales pitch or employing feel-good words like renewal celebrations. Some clubs are touted as fund-raisers for a good cause or as an empowerment program to help people help themselves. However, gift-giving clubs are nothing more than pyramid schemes that separate people from

their money.

Participants put their money into a pool and must find new contributors to keep the pool growing. Recruits add cash and go out to find more folks. There are typically "levels" of participation that you can rise to as you and your recruits bring in more players. Players who get in early, walk away "winners." However, experience shows that such pyramids always collapse and latecomers lose their entire investments.

The club organizers advise recruits that the operation is legal; it is not. Almost every state has laws prohibiting pyramid schemes and/or assessing penalties on those who participate.

If you are approached to join such a club, the BBB advises you to ask yourself three questions:

- Do I have to make an "investment" or give money to get the right to recruit others into the program?
- When I recruit another person into the program, will I receive what the law calls "consideration" (that usually means money) as a result?
- Will the person I recruit have to make an "investment" or give money to get the right to recruit and receive "consideration" for getting other people to join?

If the answers are "yes," steer clear of the scheme. Never buckle under to high-pressure sales pitches, even when they come from the mouth of a trusted friend, co-worker, neighbor or church member!

For more tips you can trust, visit 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 or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

Lending advice from lessons learned

by **SUSAN LARSON**

I was never one to give much advice, but I thought I might share some that I've been given whether I listened to it or not.

When ear piercing became popular back in college, the word of advice was to have a professional do it. That really didn't apply to me since I saw ear piercing as something for third world peasants like my grandmother and her friends. No way I was going to do that. Well, not until I went to New York City with my friend Carol. Jewelry shops in Greenwich Village showcased thousands of earrings. For pierced ears only. Carol came home with a suitcase full of earrings while I came home with nothing but a case of envy.

As I was moping back in the dorm, a friend offered to put me out of my misery and pierce my ears for me. The only problem was that she poked the holes at different angles and unless I tilt my head five degrees to the right, my left earring hangs about a quarter inch too low. Should have listened.

Back when the Renaissance was part of the Georgia middle school curriculum, our school had a big Medieval Festival. I went to great pains and expense to come up with a costume. My friend Snow showed up as a gypsy.

"It's the only costume I own," she said. "No matter what the occasion, I always fit in. Gypsies go everywhere."

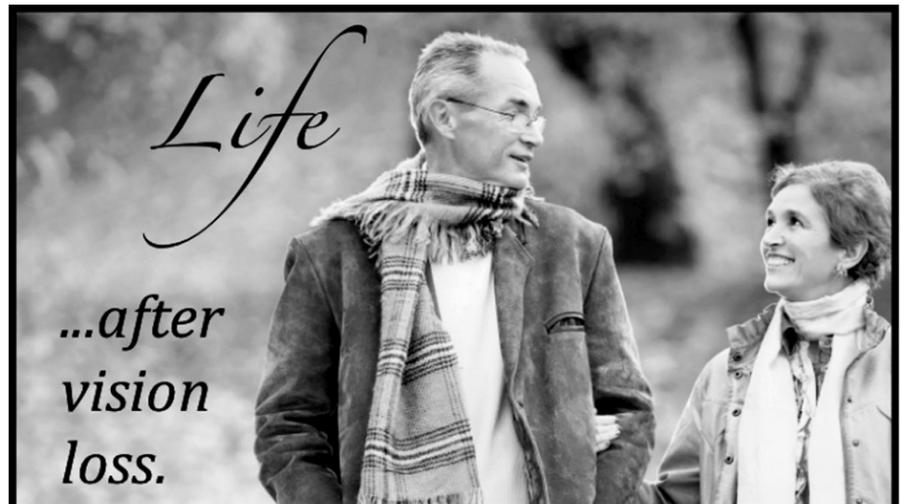
The funny thing was that her shawl looked pretty much like one I have that my grandmother brought over from the old country. And now that my ears were pierced, I was good to go.

Then there's the advice I wish we'd had. Back in the 80's we took videos of every move our kids made. We have stacks of them that my husband planned to edit and convert one day. That day recently came. Through hours of tedium, he discovered the footage fell into three categories: Treasured memories like our

Kiawah Island trip in 1985 with the boys playing harmonicas in the back seat, mystery moments like three unidentifiable little girls reading books on a couch I didn't even recognize and miles of memories never to be recaptured where the magnetic material flecked off the tape, leaving it totally transparent.

So my advice is, if you plan to convert your old videos, either do it soon enough so everything is still distinguishable or wait long enough that you don't even remember what you're missing.

Susan Larson is a writer from Lilburn. E-mail her at susanlsarson79@gmail.com.



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Macon/Central Georgia CALENDAR

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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
- **Implantable Cardioverter Defibrillator (ICD) Support Group:** 478-633-7157
- **Empower Seniors Fall Risk Assessment:** 478-757-7817
- **Stroke Support Group:** 478-201-6500
- **Spinal Cord Injury Support Group:** 478-201-6500
- **Brain Injury Support Group:** 478-201-6500
- **Parkinson's Disease Support Group:** April 18, 2:30-3:30 p.m., 478-743-7092, ext. 254
- **Parkinson's Disease Caregivers Support Group:** 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:** 478-633-1865
- **Central Georgia Autism Support Group:** For information call 478-633-8088
- **Pine Point Adult Grief Support Group:** 478-633-5615
- **Cancer Life Center**
Information and Reservations: 478-633-8537; www.cancerlifecenter.org
- **The Pink Alliance:** Thurs., June 20, 12 noon-1 p.m., 478-633-8537
- **The Pink Alliance HoPe Chapter:** Wed., June 19, 12 noon-1 p.m., 478-719-8528
- **Look Good, Feel Better:** Thurs., June 13, 5:30-7 p.m., 478-633-8537
- **Prostate Cancer 101:** Mon., June 10, 12 noon, 478-633-8537

- **Man-to-Man Support Group:** Tues., June 4, 7 p.m., 478-633-6349
- **Chemotherapy Orientation Classes:** Mon., June 10 & 24, 10-11:30 a.m., 478-633-8537
- **Cancer WellFit:** 12-week oncology recovery program. 478-757-7847
- **Genetic Counseling:** 478-633-6270
- **Cancer Clinical Trials:** 478-633-1738 or www.mccgclinicaltrials.org.

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.

continued on page 10



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CALENDAR

from page 9

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

Upton 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 Wright at 478-751-2796.

• Choir - "Band of Angels:" Practice

Mondays at 10 a.m. Call Brenda at 478-751-2790

• Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.

• More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238

• Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790

• Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238

• Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.

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.

Support Group for Caregivers

of Frail Elderly Family Members
First & third Tuesdays of each month, 3:30-5 p.m., 6060 Lakeside Commons Place (off Bass Rd.), Macon. Call Martha Duke at 478-808-6957.

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.

Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month at Geico on Weaver Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315, Tom Maldonado.

continued on page 11

BUSINESS CARD SECTION

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

General Business Directory For Seniors



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Macon and Middle Georgia

477-5501

CALENDAR from page 10

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.cggs.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. 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

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: bswinney@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 Thursday 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.

Volunteers Needed!!!
 Looking to help out in the community... you are needed as a volunteer at the Perry Hospital. Volunteer help is needed at the gift shop and in other departments at the hospital. For complete details call 478-542-7753.

First Baptist Church Haynesville Vacation Bible School
 Nursery through the 12th grade, Sunday-Thursday, June 23 - 27. Supper at

5:30 p.m. Bible activities, 6-9 p.m. This year's theme - "Colossal Coaster World." Through every twist, turn and dive, Colossal Coaster World will challenge kids to face their fears and trust in God. With excitement around every curve, kids learn that God has given them a spirit of power, love and sound judgment. This Vacation Bible School is the ultimate ride. Forms are available in the church at the Welcome Center or at the church office open Monday through Friday from 9 a.m. until 4 p.m. The church is located at 2953 Highway 341 Haynesville. For more information call 478-987-3747.

Perry Chamber of Commerce Independence Parade & Fireworks
 Sun., June 10th, 6 p.m., Washington, Main, Courtney Hodges. For details visit www.perrychamber.com.

2013 Celebration of Life Art Exhibit
 Exhibit on display June 7-28 at the Middle Georgia Art Association Gallery, 2330 Ingleside Ave., Macon, and is free to the public. Opening reception, Fri., June 7, 5:30-7:30 p.m. Sponsored by The Cancer Life Center of the Medical Center of Central Georgia. For details visit www.middlegeorgiaart.org.

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Dr. Howard Williams, M.D.... A Very Good Friend

by CLAIRE HOUSER DODD

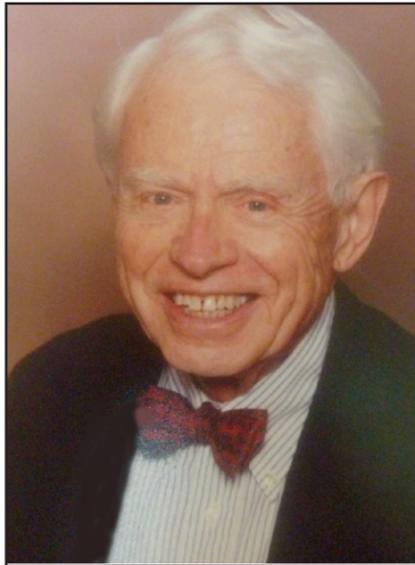
How lucky for Macon to have a New Jersey and Pennsylvania transplant! Howard Williams, M.D. was born in Harrisburg, Pennsylvania on October 5 1923, then moved to Millville, New Jersey at the age of 5, graduated high school there and was then off to Penn State University where he joined the US Navy Reserve.

After Penn State, Howard was accepted to Temple University Science of Medicine from whence he graduated in 1948. He then elected to do his internship at Children's Hospital in Philadelphia. At that time, the Navy needed a doctor, and he was called up from the US Naval Reserve to serve in the Korean Conflict.

A grievous error was made at that time. Dr. Williams was sent to a recruiting station in Macon, Georgia. A doctor to sign up sailors; but, hold on, it'll all work out for the best!

Howard's mother and father had been on a trip to Cuba where they met the W. J. Tidwell's. His mother remembered that the Douglasville couple had a daughter who was a freshman at Wesleyan and encouraged her son to look her up. Now, picture this; a handsome Lieutenant JG in his good looking naval uniform appearing at an all girl school. You guessed it. All the girls came down to sneak a peek; and, he must have passed muster with flying colors, as the dates with Mary turned into an engagement, but only on the grounds that she finish Wesleyan first.

Howard said, "She was a lovely, lovely, person and I proposed almost immediately,



Dr. Howard Williams, M.D.

but did not want to interfere with her college education." He was at the Recruiting Station for two weeks. His only recruit was his wife!

By that time, the Navy had rectified their error and young Howard was off to Beaufort, South Carolina on duty for the

Marines on Paris Island who were served by the US Navy hospital in Beaufort.

Mary graduated in 1953, the wedding was held in Douglasville, and they made a trip to Macon to visit Dr. Jule Neel who said he'd send this pediatrician as many new borns as he could. Howard entered into internship with Dr. Edwin R. Watson for two years and

then opened his own office in Tattnall Square. He practiced for 43 years, retiring in 1993. Unfortunately, his wife of 45 years passed away five weeks later.

Now retired for 20 years, Dr. Williams is still seen attending functions around Macon, playing bridge, and doing a lot of things with his good friend Corky Holiday; and, constantly running into his beloved patients and friends of yesteryear.

Howard is active in the Vineville United Methodist Church and we wish him many more successful and happy years to come. We send many thanks for the many times he's helped us out in a pinch.

Howard, we're honored to count you as a good friend. Dr. Williams told us, "If everybody knew how nice the people are down here, they'd all move down, and there would always be room for one more person in this area." Quite a compliment for a Yankee who moved south!

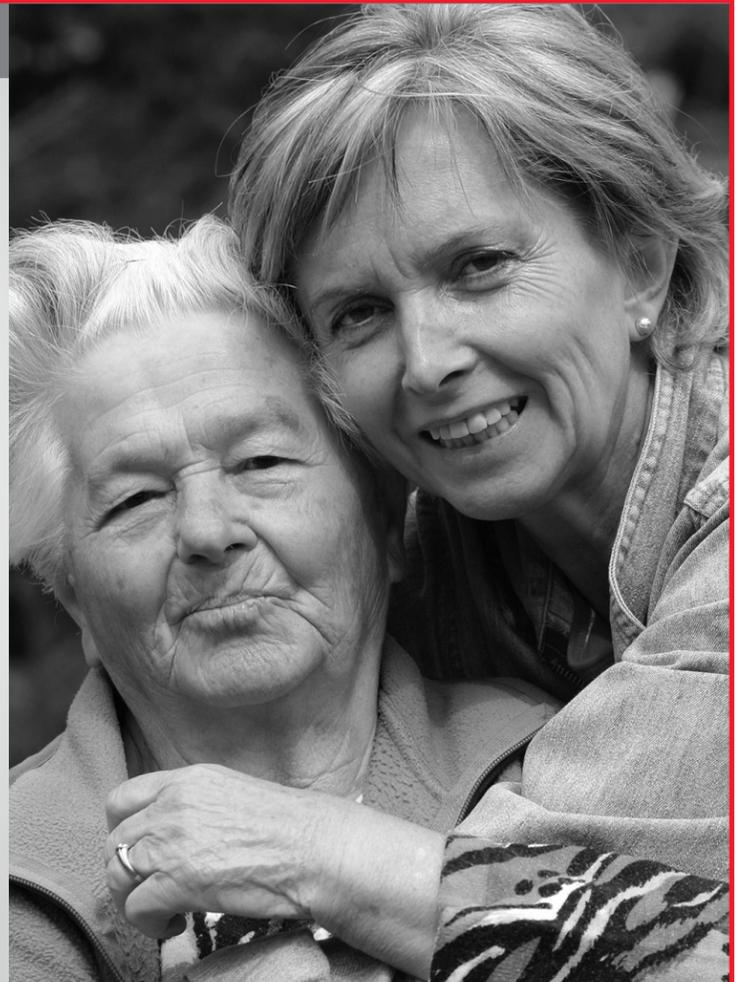


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