

Senior News

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*Leland
Collins...
The Preacher Man!*

Story on page 6

March 2013
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Taking Care

Attitude is everything as we age

by LISA M. PETSCHÉ

There is no shortage of information in the media about how to improve your health through positive lifestyle changes such as eating more nutritiously, exercising and not smoking. Did you know, though, that changing your mental attitude can go a long way toward improving your well being?



Lisa Petsche

Even if you do not consider yourself a naysayer, make it a point over the next few days to scrutinize everything you think and say; you might be surprised.

For instance, how much of your self-talk and communication with others contains the words “can’t,” “don’t,” “shouldn’t,” “couldn’t” and “never?” Do you frequently start sentences with “if only,” “I cannot believe” or “I hate it when?” And do you use phrases such as, “it’s impossible,” “I have no choice,” “that’s terrible” and “why me?”

Unfortunately, it is much easier to be pessimistic and critical of yourself, others and the world in general than to be optimistic and enthusiastic.

It does not help that the mass media thrive on disaster, failure and discord. All this publicity not only perpetuates the negativity but also creates more. And it is true that misery loves company: when we complain aloud, other people usually join in, reinforcing the gloom.

Negative thinking takes many insidious forms: doubt, worry, catastrophizing (magnifying the importance of upsetting events), focusing on our own shortcomings or those of others, seeing only the flaws in proposed plans, dwelling on what we perceive to be lacking in our lives, approaching life from the perspective of entitlement (believing that we are owed certain things), denial, inflexibility, hopelessness, and regarding the world as an uncaring, even hostile place.

By-products of such thinking include self-absorption, depression, defensiveness, self-criticism, destructive criticism of others, sarcasm, distrust, blame, jealousy, bitterness, self-pity, avoidance, indecision, chronic complaining, low self-esteem, resistance to change, helplessness and passivity.

Negativity is harmful not only to your physical and mental health – generating stress that can lead to illness – but also to your spiritual well-being and the well-being of people around

you.

Accentuate the positive

Here are some ways to accentuate the positive instead:

- Limit your exposure to the news
- Use positive self-talk. Emphasize phrases such as “I can,” “I will,” “I choose.”
- Be generous with praise and encouragement and cautious with criticism (giving only the constructive type)>
- Cultivate a healthy sense of humor.
- Accept realities you cannot change and focus instead on those you can influence.
- Seek out inspirational stories of people who have beat the odds.
- Trust that there is a valuable lesson in every type of adversity. And remember that no matter what happens, you always have a choice about how to respond.
- Stay connected to people who care. Minimize contact with those who are negative or self-centered.
- Find an outlet for expressing your thoughts and feelings, such as talking with a friend or keeping a journal.
- Pick your battles; do not make a major issue out of every concern.
- Do not dwell on past mistakes, hurts or other unpleasant events.
- Look for the good in people and situations. Demonstrate empathy; give

others the benefit of the doubt and practice forgiveness.

- Do something you enjoy each day; read, listen to music or take up a hobby.
- Identify sources of stress in your life then eliminate as many as possible and learn to manage the rest. Practice relaxation techniques, such as deep breathing.
- Seek help from your primary physician or a counselor if you continually feel sad, angry or overwhelmed. Depression is treatable.
- Let go of the need for perfection and be flexible about plans and expectations. Take things one day at a time.
- Be receptive to learning new ways of doing things and try new activities.
- Practice random acts of kindness.
- Set aside some quiet time each day; it nurtures your spirituality and helps to keep you grounded.
- Finally focus on the good things in your life, such as supportive relationships, and seek beauty and tranquility through appreciation of various kinds of art as well as nature. Be sure to count your blessing and learn to live in the moment, enjoying life’s simpler pleasures. It makes for a happier and healthier you.

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

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Nag That Man!

Special to *Senior News*

Nagging is a good thing if it gets your man to focus on prostate health. Each year, many men ignore symptoms. That’s a shame because prostate cancer caught early is very treatable. The Coliseum Cancer Institute is offering a FREE Prostate Screening (PSA blood test) on Wednesday, March 6th from 9:00 am -1:00 pm at the American Legion in Warner Robins.

Men at high risk for developing prostate cancer should begin screening at age 45 (African-Americans and men with a family history of prostate cancer before age 65). Screening should start at age 40 for men with more than one family member diagnosed with prostate cancer before age 65.

FREE Prostate Screening (PSA Blood Test): Wednesday, March 6, 9:00 a.m. - 1:00 p.m., American Legion, Warner Robins.

No reservations required. Call 478-765-4805 for more information.

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Let us entertain you

by **CLAIRE HOUSER DODD**

"For every person with a spark of genius, there are a hundred with imagination troubles.

Kurt Hanks

Thank goodness we have a reprieve to NOT eat all that good candy. Maybe we can let a few pounds drop off before another onslaught comes our way. Now, we're not complaining, we appreciate every card, letter, present and candy cane that gets to us. The problem wins. We have a finishing complex, and have to eat the whole box, and we suspect some of our givers get a charge out of watching a whole box of candy disappear in one setting. Course, then we accuse them of eating half of it (which they did not).

Grand Denver always gives the very best gifts. Usually two part: glamorous and eatable! What could be better? And she knows our taste in both. She also does manicures and keeps us apprised on what's

"in" and what's "out" or "what is" and "what ain't;" all nails are red except for each ring finger which must be different. So... all are leopard print which she tore off a board and applied to those nails. Cute! Then she put them on Facebook, and we got an immediate response from Cindy Griffin! These modern, up-to-date folks keep up – and fast! It's good we have them around, or we'd be so far behind the 8-ball, we'd never be seen or heard from again.

Speaking of candy-holics, we were reading an article about Julia Child, and loved her comment, "I started cooking at 30, before that I just ate!" Hey! Can't you do both?

We must tell you about one of our birthday cards. These are made simply, black and white, by a lawyer who says she just writes down what her sister says. This card simply says, "I'm sorry you're old." We have laughed ourselves silly, but sobered up when she told us she gave the same card to a lawyer friend who hasn't cracked a smile yet! Maybe it's a female thing!

We had to see "Skyfall" 'cause we love Daniel Craig, but we complain that it was that derrerege type, then changed to black and white syloquist, then burnt sienna. In short, we couldn't see it all that well, and may go again to squint some more. We still love Daniel Craig, but would have loved to see the Scottish manor. Maybe it was all mood in the European fog? Or, film noir?

For you "Dukes of Hazzard" fans, a Georgian Reunion, Closed Car Show and Music Festival will be held March 8-10 at the Old Middle Georgia Raceway at 4015 US Highway 41 North, Byron. On the 8th, will be a concert by David Allen Cae. On March 7th the original cast member John Schneider, Tom Wopat Catherine Bach, John Best, Sonny Shroyer, Ben Jones and Rick Hurst will be on hand to sign autographs. The closed car show includes cars, jump horses for kids, army vehicles, monster truck and helicopter rides. Wanna know more? Visit www.dukesofhazzardgareunion.com.

One of the best entertainment items on the calendar this month is the Big Peach Dance at Camp John Hope on March 16. It is a huge event where the Georgia Peach

Festival is partnering with Jay's Hope Foundation to raise money to help children with cancer. Tables are being sold, six persons \$150, eight persons \$200, twelve persons for \$300. This dance will also be replacing the Mercer Big Dance, so reserve your tables now by buying your tickets online at gapeachfestival.com, or call (478) 955-4138 and come on out to Camp John Hope Road located between Perry and Fort Valley on Highway 341. You'll enjoy the sounds of "The Fabulous Boomers."

This is also Saint Patrick's Day weekend, so consider decorating your table accordingly. And, there is a \$100 prize for the best dressed table. You may also bring your own refreshments, both food and drink. Come dance the night away, enjoy your friends and be charitable at the same time. A win-win situation! See you there!

On March 20 at 8 p.m., Elton John will perform at the Coliseum on 200 Coliseum Drive, Macon! \$39, \$79 and \$139. Visit www.ticketmaster.com.

The trouble with the world is that the stupid are cocksure and the intelligent are full of doubt.

Bertrand Russell.

Community Health Works receives a second grant to provide dental care to Macon's underserved

Special to *Senior News*

Health Care Central Georgia, Inc. d/b/a Community Health Works (CHW) was awarded \$15,000 by the City of Macon's Community Development Block Grant (CDBG) program to provide dental care assistance to Macon's underserved. The grant will provide basic cleanings and extractions to eligible residents within the city limits of Macon.

Those seeking to participate in this service may call the Community Health Works office at 478-254-5205. Once income and residency eligibility is determined, dental care services will be prioritized on a needs basis. Participants will receive a dental care voucher and CHW will coordinate the dental appointment with local dentists.

Community Health Works previously implemented this grant in March of 2012. Upon implementation, CHW was met with an overwhelming need in the community and quickly exceeded the dental program's expectations. Last year CHW received nearly 1,000 phone calls about the program on the day it was announced. CHW provided dental care services to over 75 people

before all funds were expended. Community Health Works would like to thank the City of Macon, Macon City Council, and the Mayor Robert Reichert for the continued funding of this important work in our community.

Studies show a correlation between poor oral health and several health consequences such as heart disease, stroke, low birth-weight babies, and respiratory problems. Additionally, the economic factors that often relate to poor oral health include access to health services and an individual's ability to get dental insurance. According to the United States Department of Health and Human Services' Healthy People 2020, approximately 57% of those with family incomes well above the federal poverty level had a dental visit within the last year, whereas only 27.1% among those with family incomes less than the federal poverty level received dental visits.

Community Health Works is a non-profit, community-based health organization that serves all of Central Georgia. For more information, please contact Chief Executive Officer Fred Ammons at 478-254-5210 or fammons@chwg.org. Learn more about Community Health Works at www.chwg.org.



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The Next Chapter

Book Recommendations by
ANNE B. JONES, PhD

Spirit Horses, Alan S. Evans, Oceanview Publishing 2009
The Trouble With Charlie, Merry Jones, Oceanview Publishing 2013
The Devil's Madonna, Sharon Potts, Oceanview Publishing 2012

This month, Senior News is spotlighting Oceanview Publishing. This publishing house drew my attention when I read praise for *Spirit Horses*. The book was so appealing I chose it as the March selection for my local book-club.

As a reviewer, I wondered why I had not previously come across Oceanview. Suddenly, I felt instant identification. As a regional author, I face an uphill battle against the best-selling author-giants. I feel like David in Goliath's territory. On the national average, ninety percent of the money for book promotion goes to the top ten percent of authors. Anyone not a John Grisham, Tom Clancy or James Patterson can face marketing problems.

Like authors, independent publishers also have a difficult road. Most of us know the big publishing houses as well as we know the Grishams and

Pattersons. Some of the best books, and publishers, can be overlooked in the shadows of the giants.

According to its website, Oceanview focuses on "works that exhibit a strong sense of place and setting; compelling protagonists and supporting characters; tension that builds throughout a book's narrative; seamless, gripping, and suspenseful story lines; and authenticity." This proves true with *Spirit Horses*. An unusual work, it provides a ride through an inspiring story of resilience and triumph.

The setting begins in Tennessee where Shane Carson, a nationally-recognized horse trainer finds a wild mustang on his farm. Identifying the horse by its brand, Carson realizes the creature is a "spirit horse," somehow separated from the herd that runs free on a Wyoming Shoshone reservation. Mythically linked to the afterlife, the horse's unexplained presence is startling.

When tragedy strikes, Carson becomes determined to honor a promise to his son and return the horse to its home. His saga is filled with vivid descriptions, suspense, and insight into native-American culture.

Local reader Brenda

Bozeman describes the book as emotional from beginning to end. "What Carson learns on his journey changes him. He learns lessons in dealing with loss and finding purpose. It's as vivid as a movie and the author is a master of imagery."

The following are other books from Oceanview:

The Trouble With Charlie by Merry Jones, is a mystery in which a woman trying to cope with the ending of her marriage discovers her husband dead on her couch. Her pain intensifies with his death. At the same time, she's seen as a suspect. This entertaining story involves the supernatural, the bonds of friendship, and the solving of murder.

Do we really want to know our family history? *The Devil's Madonna* by Sharon Potts is the story of what happens when a young woman seeks answers in a determined quest for truth. Her obsession with uncovering her grandmother's secrets leads to discoveries that are not only unexpected but may prove deadly.

You may contact Anne at annebjones@msn.com; annebjones.com.

Spiritual Notes

Called to Discipleship

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

On March 17th many Americans will celebrate St. Patrick's Day. St. Patrick is the Catholic Patron Saint of Ireland. Historians tell us that he was an Englishman who became a missionary to the people of Ireland.

There are many legends attributed to the saint. One of the tales was that St. Patrick drove all the snakes out of Ireland; when, in reality, there were no snakes in Ireland. There are other symbols that have emerged around this celebration. The Shamrock is used to explain the Holy Trinity. The leprechauns, dressed in green, are tiny creatures with magical powers for good and evil. Popular food for this day is corn beef and cabbage as well as the green beverages.

Cities and towns around the world have created their own ways of celebrating this holiday. Rivers and streams are turned green, religious services are held by many faith groups, and numerous other activities are reported each year. St. Patrick's Day Parades are held in numerous cities, the first one in New York City on March 17, 1762.

While all the celebrative events and symbols are significant to the Irish and to descendants of Ireland worldwide, we should not forget Patrick's calling. His reason for being in Ireland was to convert pagans to Christianity. His sacrificial and selfless ministry was the reason for his ultimate Sainthood.

In the book of Matthew 28: 19-20, Jesus instructed His disciples to: "Go and make disciples of all nations, baptizing them in the name of the Father and the Son and of the Holy Spirit, and teaching them to

obey everything I have commanded you. And surely I am with you always, to the very end of the age."

I believe Patrick understood these words of our Lord and followed His command. There are many present day disciples, like St. Patrick, who are called to be missionaries in foreign lands. Obviously, we are not all commissioned into foreign service; however, we are called to be disciples of Christ. A disciple is defined as "One who subscribes to the teaching of a master and assists in spreading his teaching."

Enjoy Saint Patrick's Day and give thought and prayer to your personal discipleship.

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

Poets' Corner

CHERRY BLOSSOM TIME IN MACON, GEORGIA

by Marion Jones

Can you imagine how it would be,
If trees with only green leaves was
all you could see?

But no! Pink flowers are all over,
And from the sky, it looks like beds
of clover.

Mail boxes are pink, pink flowers on
the doors,
In some cafeterias, pink flowers on
the floors.

Grandmas clogging, and competing
as twins,
Even babies competing, all showing
their grins.

Dog shows and goat shows for
which is the best,
Some of them just lying, getting day
time rest.

So, just come to Macon and join in
the fun,
People from everywhere come and
enjoy the sun,

That shines in the South for most of
the day,
By bedtime, you'll feel so good,
you'll want to stay.

HOW QUICKLY TIME GOES BY

by Frankie Lee

Times passes much to fast
It seems so unreal
You're young and energetic and
having fun
You think it will stand still

But soon the journey begins to
happen
And much to quickly too
And you celebrate your 50th
birthday
Where did the time go by?

You never even though time goes
away
You only had fun and used to play
The future, My God, seems so far
away
You really felt that time was on your
side
Until this very day

A birthday and a card from AARP
You look in the mirror
And say, This can't be me?
Where did it go, and how so fast
I thought this youth
Would last and last

And suddenly, here I am
Feeling fine and well until
I look out of my eyes
And the mirror did tell

I am older not old, just older that's
all
I am wiser not shorter and just as
tall
I think I look fine

Different as I used to be
But still the same person
In the mirror looks back at me

It's funny we seem the same
But know deep inside that we aren't
We are now older and things have
changed

Another birthday
I should be glad
But in reality
I am a little sad

I wanted this life to last and last
And now it goes by
Not slowly but so FAST

I want my youth back
And how it used to be
And then I thank God
For just being me

NOBODY KNOWS

by Minnie Pearl Ellis

Nobody knows what the Lord has for
you.
You just have to wait and see.
You have to open up your heart.
In order for the Lord to help you.
You just have to wait and see.

My life was in a real mess.
He came along one day and
surprised me.
He filled my heart full of joy,
And saved my soul.
That's what the Lord did for me that
day.

Nobody knows.

ON GOD'S HEALING

BALM WE CALL

by Henry N. Goldman

When illness our frail form over
takes,
These mortals, some unknown
sickness rakes,
And no cure be found to heal our
soul;
Then to God we turn to make us
whole.

this His way of testing us,
To see if we in Him do trust?
Or, is it some forgotten pledge,
Makes Him, remove from us His
hedge?

If it be, Lord, I've failed some task,
Then Your forgiveness I ask.
Whatever the reason my illness be,
I pray Your healing hand on me.

Only You can heal this weakened
soul,
May Your sweet balm this frame
enfold.
Give me strength and renewed
health,
Restore me Lord to my normal self.

And when Your healing is complete,
And I'm once more upon my feet,
I'll not forget Your lifting me,
With all my heart I will praise Thee.

THE PRECIOUS GIFT OF KINDNESS

by Frankie Lee

Treat each day as a holiday
And you will have the best year ever.
Treat each word you say as special
And your regrets will be almost
never

Find the best in everyone
And look only for the good
In a long way you will shine
Just the way you always should

Start the day with a smile
And kindness in your step
Makes you walk an extra mile
Not shouldering any regret

Life is what you make it
It is up to you
In a long way what you reap
Always comes back to you

Plant a garden filled with flowers
Water it each day
Fills your life with beauty
As you go on through your way

Life goes quickly and things happen
But what we feel makes it better
It's about the heart inside
That conquers any weather

Even if it's cold outside
And you feel alone
Make a special effort in life
Pick up that phone

Call the ones you love so much
Send a card or two
Fill your day with kindness
In everything you do
In a long way what you reap
Always comes back to you.

HOMEWARD BOUND

by Vera King

"Welcome to my world" and
The elderly masses of Medicare
To the ramps and slopes for sliding
On the slippery ice of age
Like toddlers taking careful steps
With approval hanging in the
balance

Welcome to our wealth of wisdom
Once sought by schools of
knowledge
And now ignored for almost naught
By well-meaning family members
And high priced places of placement
"While the days dwindle down"
To the end of our days and nights
For a far better place to abide
And the Welcome Mat waits
To welcome us back Home.

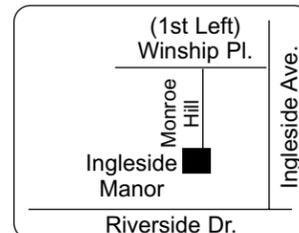
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On the Cover

Leland Collins... The Preacher Man!

by JANE WINSTON

COVER: Leland Collins

“Growing up I had two ambitions: to fly airplanes in the Air Force or Marines and to make a lot of money. However, during my senior year in high school, The Lord made it very clear to me that he was calling me to preach and pastor a church.” He never flew a plane and does not consider himself materially rich, but realizes he is richer in more important ways! Leland Collins is a United Methodist Minister who has



Leland Collins at church.

been sharing the good news every week for 51 years with his high school sweetheart, Louise, by his side.

He has served as pastor of churches in Barwick, Bellville, Cordele, Brunswick, Perry, Glennville, Cochran, Plains and now Macon. Since 1994 he has also been the director of the Georgia Christian Council. In 1996 Bishop Richard Looney appointed him as pastor of Swift Creek Church in Macon. Leland jokingly tells folks, “He sent me to Swift Creek with directions for them to straighten me out, but our current bishop keeps telling them they haven’t finished the job yet!” This June, Swift Creek UMC and Leland will mark 17 years together!

Swift Creek UMC is a small congregation with members from close to 90 years of age to babes in arms. In a day when it is often difficult for a small church to grow and continue its ministry, his church is the exception! The church members seldom see an idea they are afraid to try; and, as a congregation, through the 17 years they have learned as well as taught. But most of all, they have loved each other as Christ loves them. They are family, but the family



Leland at Toastmasters International.

remains open to others who will give them a try!

Leland was born the middle child of five to Aubrey and Sallie Kate Collins in Cairo, Grady County, Georgia. Leland graduated from Cairo High School in 1960, attended Emory at Oxford and Valdosta State Colleges, did some graduate studies at FSU and went to Candler Theological Seminary of Emory University. Later, he earned a Master of Arts in History from Georgia College.

Leland is also a Georgia Registered Mediator, and has been since 1994, the first year the state began registering mediators. He finds the work rewarding as he knows he makes a difference in people’s lives by helping them resolve issues which are creating chaos, and through this he often helps them change the direction of their lives. And that is what Leland Collins is all about... helping other people!

Leland is a terrific speaker, and he credits his 8:00 a.m. Wednesday morning Toastmaster International group which meets at Middle Georgia State College for helping him polish his speaking skills. He joined the group two years ago, and

he recommends that every young preacher find their nearest Toastmasters International and join “Muy Pronto!!!”

In what spare time he has, he does a LITTLE fishing, hunting, wood working and yard metal detecting. However, he admits to doing A LOT of reading, talking to people and enjoying life as it comes his way.

I leave you with lessons learned from Leland Collins: “Behave! But if you MUST misbehave, be sure you do it in a Christian Manner!” Plus: “Learning is a never-ending task. The more I have learned, the more I realize I don’t know.”

Jane Winston is a freelance writer in the local area. Should you wish to suggest a senior for an interview, contact her at jwins1939@gmail.com.



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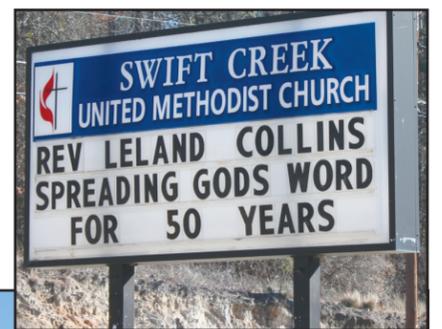
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Swift Creek United Methodist Church on Jeffersonville Road in Macon.

Wise Blood comes to those who wait!

by CLAIRE HOUSER DODD

A funny thing happened on the way to the restaurant – a 34-year-old picture showed up of Betty Lou Groover when she was in the 1979 production of *Wise Blood* by Flannery O'Connor, which was directed and produced here in Middle Georgia by John Huston. It was a grand, though strange, show and Betty Lou Groover had the first speaking scene in the train. This has been called a pivotal point.

Whatever you would like to call it, Betty Lou was right in character, hat and all. By the way, she had to go to the Salvation Army to get just-the-right costume, and she definitely did. Even John Huston was impressed as they finished shooting his scene. Not one to be overly complimenting, he threw his arms up and screamed, "It's wonderful, honey." Betty Lou then got, "It doesn't get any better than this."

A more in depth rendition of her costume comes to be, Sally Fitzgerald, Flannery's friend and writer of many articles and books about her, who was in charge of costuming. Her costume wasn't exactly "right" by Dr. Huston's standards, as in maybe too right. "It needed to be more – tacky?" Betty Lou asked. He loved the word tacky, hence Betty Lou's trip to find something less "right."

By the way, she kept the hat! And – our hat is tipped to her for a very long and exemplary career in teaching and acting.

Mrs. Groover was a well known actress and a beloved teacher at Willingham High School in Macon. She performed in many plays at Macon Little Theatre and to rave reviews from the 50s through the 70s. But, the astounding picture showed up on Facebook? There were immediate postings from former students complimenting and

praising her teaching, remembering her and sending loving memories after all those years. It's nice to be remembered, and especially in all these lovely ways.

The picture showed up on the Internet because Macon is doing a series on vintage Macon and having had a movie filmed here and directed by such an award winning director as John Huston, who also directed *The Treasure of the Sierra Madre* starring his former actor and father, Walter, and *African Queen* with Katharine Hepburn and Humphrey Bogart.

Mr. Huston may be the catalyst for several later pictures filmed here. *Wise Blood* is considered such a gem of a movie that is studied at the Museum of Modern Art in New York. John Huston is considered the consummate director.

How did she get the part? Betty Lou read in the paper that John Huston was doing a movie based on *Wise Blood* in Macon and holding an audition at the Hilton Hotel. She decided to go as he was her favorite director and *Wise Blood* a favorite book. As she walked in she observed women from all over the South replete with agents. Of course she didn't have an agent but was armed with an acting degree from Wesleyan, had read the book, and spent the day with Flannery at her Andalusia farm in Milledgeville. What else did she need?

Betty Lou was shown into a very large room with a lawn chair in the center and people all around. She immediately recognized Mr. Huston, because of his extreme height, went over and shook his hand.

She was "insinuated" into "The Chair" and not given anything to read as he asked a question. So, what does any good Wesleyan girl do? Start talking. And she did – about Flannery, the book and about an ill fated book review in Macon.



Betty Lou Groover in costume for *Wise Blood*.

It seems "the people" thought O'Connor's *Wise Blood* not suitable for a review. Betty Lou says, "John Huston doesn't ask questions – he studies eyes and character." Mrs. Groover got the part. And we've heard she could have had any part she wanted of the three female ones.

So now – years later, this picture pops up on Facebook and we are reminded of lots of good things still happening to a very talented and deserving lady. Besides the students and friends and theatre audiences, we, too, tip our hats to Mrs. Betty Lou Groover.



Betty Lou Groover on left at a family outing.



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Georgia Women of Achievement recognizes Lollie Belle Wylie

Special to Senior News

This year, Lollie Belle Wylie (1858-1923) is one of three women to be recognized by the Georgia Women of Achievement. The women chosen for this annual honor are either native to the state or clearly identified with Georgia and have made extraordinary contributions within their chosen field, inspiring future generations to excel in their own talents.

Though born near Mobile, Ala., writer and musician Lollie Belle Wylie lived most of her life in Atlanta. She married her husband, Hart Wylie, when she was 19 years old, and the couple had two daughters, Augusta and Hart. Sadly, Wylie was widowed at the age of 27 and found herself tasked with supporting

her two children. She turned to writing.

In 1887 she published her first book, "Legend of the Cherokee Rose and Other Poems." The book sold well and, shortly thereafter, The Atlanta Journal offered Wylie a position as the newspaper's society editor. She became the first salaried female newspaper reporter in the state, a position she held for three years.

In 1890, Wylie became an organizer and the first vice president of the Woman Press Club of Georgia and later was named president of the Atlanta Writers' Club. She was involved in numerous other organizations throughout her lifetime, including the Atlanta Woman's Club, the Woman's Pioneer Society, Daughters of the Confederacy, Daughters of the American

Revolution and the Georgia Forestry Commission, among others.

Wylie published another book of verses, "The Arcades," in 1916. Some of her other works include "Ashes of Love," and "Memoirs of Judge Richard H. Clark." She also wrote the music for the song "Georgia" in 1922, which became the state's official song.

Throughout her literary career, Wylie remained passionately devoted to her children. When asked to name her most noteworthy achievement, she replied, "The success I have in developing the spiritual, mental, moral and physical growth of my little girls, Augusta and Hart."

Wylie also was dedicated to mentoring young female journalists, and she made a point of honoring fellow writers, too, through tree-planting ceremonies, which she

organized. In 1926, three years after her passing, the Atlanta Press Club planted a tree honoring Wylie for her contributions as a "Georgia poet, journalist, historian and club-woman."

Wylie and two other inspirational women will be honored during the Georgia Women of Achievement's annual induction ceremony and luncheon, starting at 11:00 a.m., Thursday, March 14, at Wesleyan College in Macon, Ga. They will join the 74 other exceptional women who have been honored by the Georgia Women of Achievement.

Professional golfer and Georgia native Hollis Stacy is the keynote speaker for the event. She was inducted into the World Golf Hall of Fame in 2012. For more, visit www.georgiawomen.org.

Avoiding fraudulent tax preparers

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

Tax evasion scams, including fraudulent tax return preparation, cost taxpayers billions of dollars every year. The Internal Revenue Service (IRS) reports that criminal investigations into fraudulent tax return preparers continue to rise.

Dishonest tax preparers can commit fraud in a number of ways. They can claim inflated personal or business expenses, false deductions, unallowable credits or excessive exemptions on returns prepared for their clients. Fraudulent preparers also may manipulate income figures to obtain fraudulent tax credits, such as the Earned Income Tax Credit.

Missing the signs that a preparer could be abusive could cause the taxpayer considerable financial problems. Some of the most common signs include:

- Claiming that they can obtain larger refunds than other preparers.
- Basing their fee on a percentage of the amount of the refund. Fees should be based on the complexity of the return, never on the size of the tax savings or refund.
- Claiming they can get you immediate payment of your return. Keep in mind that this is a loan. Fraudulent tax preparers often pad their pockets by giving cash up front at a high interest rate while presenting it as an instant refund from the federal government.
- Refusing to sign the tax return or provide the taxpayer a copy for his or her records. Always make sure that you have something in hand that shows proof of what transpired and you should have a receipt for services rendered.

Taxpayers should be very careful when choosing tax preparers. While most preparers provide good service to their clients, a few unscrupulous tax preparers file false and fraudulent tax returns and ultimately defraud their clients. It is important for taxpayers to know that even if someone else prepares their return, they are ultimately responsible for all the information on the tax

return. The Better Business Bureau, along with the IRS, recommends that taxpayers follow these tips when hiring a preparer:

- Get referrals from satisfied clients and check their BBB Business Review.
- Ask the preparer about their training, experience and current knowledge of tax law.
- Find out whether the preparer has ever represented taxpayers in an audit, or has ever been denied eligibility to do so.
- Consider whether the individual or firm will be around to answer questions about the preparation of the tax return months or even years after the return has been filed.

Most importantly, taxpayers should always review their return before signing, ask questions on entries they do not understand, and get a copy of the return for their records. Finally, do not ever sign a blank tax form or one filled out in pencil!

For more trustworthy consumer tips,

visit 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 or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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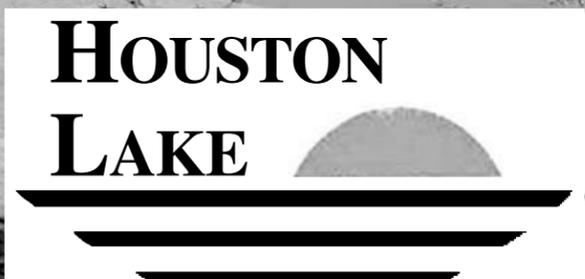
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Macon/Central Georgia CALENDAR

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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:** Thurs., March 7, 9 a.m.-1 p.m., 478-757-7817
- **Stroke Support Group:** Tues., March 19, 4 p.m., 478-201-6500
- **Spinal Cord Injury Support Group:** Tues., March 5, 4 p.m., 478-201-6500
- **Brain Injury Support Group:** Tues., March 19, 6:30 p.m., 478-201-6500
- **Parkinson's Disease Support Group:** Thurs., March 21, 2:30-3:30 p.m., 478-743-7092, ext. 254
- **Parkinson's Disease Caregivers Support Group:** Thurs., March 21, 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., March 8, 1:30 p.m., 478-633-1865
- **Central Georgia Autism Support Group:** For information call 478-633-8088

- **Pine Point Adult Grief Support Group:** Tues., March 5-March 26, 9-10:30 a.m., 478-633-5615
Cancer Life Center
Information and Reservations: 478-633-8537; www.cancerlifecenter.org
- **The Pink Alliance:** Thurs., March 21, 12-1 p.m., 478-633-8537
- **The Pink Alliance HoPe Chapter:** Wed., March 20, 12-1 p.m., Houston & Peach Counties, 478-719-8528
- **Look Good, Feel Better:** Thurs., March 14, 5:30-7 p.m., 478-633-8537
- **Prostate Cancer 101:** Mon., March 11, 12 p.m., 478-633-8537

- **Man-to-Man Support Group:** Tues., March 5, 7 p.m., 478-633-6349
- **Chemotherapy Orientation Classes:** Mon., March 11 & March 25, 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.

continued on page 10

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CALENDAR

from page 9

SeniorCare

A service of Houston Healthcare promoting wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

Warner Robins SeniorCare

Centerville SeniorCare

Perry SeniorCare

TOPS Club, Inc.

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

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

Call 478-746-7050 for details.

Bibb County

• 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050

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

• 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon, 478-746-7050

Houston County

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

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

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

Bleckley County

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

Lamar County

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

Laurens County

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

• 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-275-4460

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

Monroe County

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

Putnam County

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

Upson County

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

Telephone Support Group

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

Free Legal Services

Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY:

Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

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

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We espe-

cially 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

continued on page 11

General Business Directory For Seniors

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CALENDAR from page 10

expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315, Tom Maldonado.

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.

Health Education

The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses, community-based organizations, and faith-based organizations upon request.

For additional information call 478-749-0113.

The Macon Arts Alliance's Arts Art Gallery

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

Massee Lane Gardens

For information call 478-967-2358 or www.camellias-accs.com (The American Camellia Society.)

Macon Little Theatre

4220 Forsyth Road, Macon
Reservations: 478-471-PLAY

Museum of Arts & Sciences

4182 Forsyth Road, Macon
478-477-3232 or visit website www.mas-macon.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• **Little Shop of Horrors:** March 2-10

Warner Robins Little Theatre

South Pleasant Hill Drive
478-929-4579; www.wrlt.org

Douglass Theatre

355 Martin Luther King, Jr. Boulevard,
478-742-2000

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

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.

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Centerville Rotarians deliver food and hope to those in need

by JACK STEED

A cold morning did not deter members of the Rotary Club of Centerville as they helped nearly 100 families and individuals in the Warner Robins area receive an assortment of fresh and frozen food items recently on a Saturday morning in February. Members of the club sorted, bagged and delivered the food boxes to needy families selected by the Trinity UMC Food Pantry.

President-elect Kenny Kitchens thanked members of the club for their generous donation of funds (over \$1,600) for the food baskets and applauded Rotarians for participating in this major project which the club has undertaken for the past eight years.

"It's an opportunity to help people, to give encouragement and extend a little



grace," said club member and Assistant District Governor Joy Hurst. She added "it's a good opportunity for our Rotarians to have hands-on interactions with members of our community who are in need. The families are so grateful to receive the food

baskets. This is a year round need, but this is what we can do now and we hope our actions will inspire others to participate."

Rotarians are improving the lives in communities around the world every day through thousands of service

projects. The Rotary Club of Centerville is also active in promoting literacy through a weekly book donation program, providing GED scholarships; and, providing major support for an annual appreciation program for area Adult Literacy Volunteers.



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