

# Senior News

Serving **MACON** & CENTRAL GEORGIA



*Silver Spurs just keep on dancing!*

*Story on page 6*

May 2014 • Vol. 28, No. 5

## Taking Care

# Is it time to get help? Don't try to go it alone.

by LISA M. PETSCHÉ

If you are looking after an aging relative, chances are good that a time will come when you need help to manage all of their needs.



Lisa Petsche

Many people are aware of the signs that a loved one needs help looking after their day-to-day needs; changes in grooming and hygiene and difficulty with medication management are some examples. What is not so well known are the signs that a caregiver needs help carrying out the responsibilities involved in their role.

Read on to see if you can relate to any of the following statements.

### Caregiver circumstances and needs:

#### Physical health

- Your own health is being neg-

lected – for example, you are not eating nutritiously or you are long overdue for a medical checkup.

- You are experiencing sleep deprivation – due to the care receiver waking in the night or having their days and nights reversed as can happen with dementia.
- You have frequent acute health problems, such as colds or the flu.
- You have a chronic health condition that is getting worse – for example, arthritis, or you have recently been diagnosed with a health condition that requires lifestyle changes – diabetes or heart disease, for instance.

#### Mental health

- You feel overwhelmed or trapped.
- Friends have noticed changes in your personality or expressed concern about your stress level.
- You have a pre-existing mental illness.
- You have recently been diagnosed with clinical depression,
- You have a strained relationship with the care receiver and it is taking a toll on you.

- You have thoughts of harming the care receiver or have been verbally or physically aggressive towards them.

#### Role overload

- It is difficult or impossible to stay on top of household chores or paying bills.
- If you are employed outside of home: you have had to take numerous unscheduled days off work to deal with your relative's needs. Your job may even be in jeopardy.
- Another family member also has special needs and relies on you for assistance.

#### Other

- You do not have any time to yourself.
- Your relationship with a significant other is strained due to the amount of time and perhaps also resources you devote to caregiving.
- You do not see your friends anymore, or hardly ever.
- Your finances are stretched and you need to go back to work (or increase the hours you work if you are already employed).

#### Getting help:

There are two types of help: formal and informal. The latter involves getting other family members to share the responsibility for caregiving. It is important to be specific about the kind of help you need. If relatives live in another area and are not able to pitch in, explore whether they are able and willing to contribute to

the cost of hiring help to make caregiving more manageable.

Formal help is the type of structured assistance that is offered through community programs and services. Check with the local office on aging to find out what is available in your area, especially services that are free of charge or subsidized.

A prerequisite to seeking help is acknowledging that you cannot, and should not, do it all alone when it comes to caregiving. Accepting help is not a sign of weakness, it is a sign of strength and wisdom because it will help you to be more effective in your role and provide care for a longer period of time than you otherwise might be able to do.

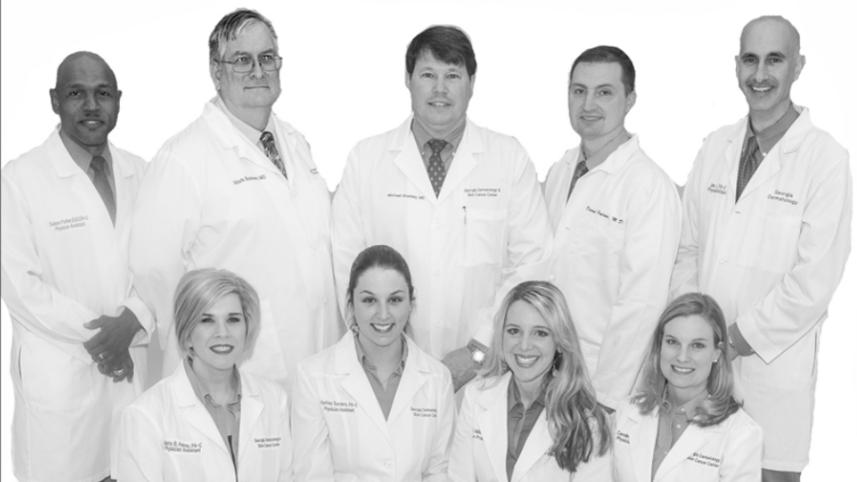
If people you know have been offering help, take them up on it. Otherwise, speak up and ask, or do some research about formal support options for the care receiver, such as meals on wheels, friendly visiting, volunteer driver programs, accessible transportation, recreational programs and home healthcare services. Be sure, too, to look into caregiver respite services – including adult day-care programs and nursing facilities that offer short-term residential care – and take advantage of them. You need and deserve a break!

\*\*\*\*\*

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



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Ken Asbury (left) and Bob Griggers (center) were recently recognized and honored by the Centerville Rotary Club as multiple-Paul Harris Fellows. The recognition presentation was made by club president Kenny Kitchens (right). Paul Harris Fellow recognition is presented to each Rotary member for each \$1,000.00 contribution made to Rotary International's Paul Harris Foundation. Funds generated through the Foundation are used by the Rotary organization to meet the needs of people locally and around the world, such as drilling "clean water" wells in Africa and other locations, distributing food locally, and leading the way in efforts to eliminate Polo worldwide.

# Let us entertain you

by CLAIRE HOUSER DODD

We have been having way too much fun lately this last month. Not the least of these fun times being a trip to Pine Mountain, GA, a little over an hour from Fort Valley. Besides, the big garden show at Callaway Gardens, we went to several restaurants. Carriage & Horse in Pine Mountain was an interesting old Victorian home refurbished to accommodate a restaurant. As you enter you are greeted by a wrought-iron gate preventing you from falling down the very steep stairs which we presume lead to the wine cellar. Very effective, I must say. The large formal dining room which was added on the back of the house was filled with people from not only Middle Georgia and the Columbus area, but Atlanta and parts of Alabama. The buffet was elegant and the desserts unbelievable! The Carriage & Horse Restaurant's motto is: "A Place of Heaven on Earth."

We then took a trip to Warm Springs by President Franklin D. Roosevelt's Memorials and then on for a real Southern lunch in the beautiful Bulloch House which was built in 1893 by Benjamin Bulloch, the co-founder of Bullochville, now Warm Springs. The Bulloch House prides its self by saying: "Southern hospitality is just not a saying, it is a way of life at the Bulloch House."

The Dogwood Festival in Perry was perfect. The day, the weather, the dog show, the vendors, and all the art work was certainly overwhelming. We met up with daughter, Emily, son-in-law, Mike and friends Luwana and Lynn for a delightful dinner at Rusty's.

On Sunday, we went to the dog show at the Ag Center to meet a friend, Dr. Carmen Battaglia, President of the American Kennel Club and his wife Nancy, a long time Atlanta friend. She'd just spent 16 days setting up a new condo in the St. Petersburg area in Florida and was picking up her husband who was

judging the dog show. Nancy and I drove up almost simultaneously at the back gates and Carmen had huge boxes of fresh spring flowers for us. They were just beautiful. You suggest the flowers and we'll guarantee that they were included in the box. We've never seen so many spring colors. Since the Fort Valley Study had their regular meeting on Tuesday, we let Betty Lynn Slappey use them as she was the hostess for the meeting. The flowers were too wonderful to hide! They had to be shared! Many thanks to good old friends for providing us with these beautiful spring flowers!

Speaking of flowers, we had grandbaby Matthew over for the Spring Holidays and he was really busy drawing chalk pictures on the sidewalk, all kinds, portraits of both of us, angels, houses, streets, trees, and even a few monsters. He had already brought us a few of those adorable white "Bells of Bethlehem," flowers when dusk descended upon us and Matthew noticed they were folding up and going night-night. Imagine our astonishment when he starts running around and kissing their little faces and saying... "night-night pretty little flowers!"

Easter was a wonderful family get-together as usual. We had another pork loin barbecued to perfection by friend Phil Jeddors and his group of Masonic Brothers who cook the delectable delights to raise money for their Masonic Lodge. We have had them before and asked that we be put on the list again when they cooked them.

The Wesleyan Reunion came and went without us. Actually it was exactly our reunion year and we had planned a big weekend to do at our house, when one got sick, one could not drive, one could not find any dog sitters; and, one could only come for one day... not a very good start for a Wesleyan weekend.

As we had an invitation to go to the beach that weekend, Joyce and I joined that group, and as usual, had a blast. We don't care, but the weather

was great. When a half-dozen or so girls get together... who notices? We have so much fun when we get together and let nothing rain on our parade. As it was, the Wesleyan girls who couldn't drive live close by, so we had a mini-Wesleyan Reunion any way!

This is the time of the year, when Fort Valley is gearing up for the Annual Georgia Peach Festival in Georgia's Peach cities – Byron and Fort Valley, GA. The Georgia Peach Festival was created in 1986 to honor the peach growers for their contribution to our state's economy and to the food industry nationwide. The Georgia Peach Festival holds the distinction of being the only state-sanctioned food festival. The State of Georgia ranks third in the production of peaches with more than 15,000 acres of peach tree yielding 2.5 million bushels of peaches each year. More than half the peaches produced come from Peach County.

Many of us probably don't remember that the peach is a member of the rose family and should have a pleasantly sweet fragrance. Handle with care as they bruise easily. When buying Georgia peaches look for a creamy or yellow to gold color. The blush or red color on a peach is an indication of the variety of the peach. There are more than 40 varieties of peaches. Notice the crease on the peach; it should be well defined and run from the stem to the point.

Womanless Beauty Pageant, sponsored by the Georgia Peach Festival and the Fort Valley Arts Alliance, is scheduled for Thursday, June 5th at 7:00 p.m. It will be held at the Historic Austin Theater in downtown Fort Valley. Tickets are \$10.00 each. Contestants and judges will be prominent members of the community.

*If it smells and looks like a peach, it probably is one.*

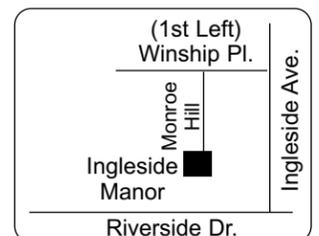
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## Publisher

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

## Editor

**Ann Tunali**  
seniornews@msn.com

## Advertising Account

### Executives

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

**Jane Winston**  
Phone: 478-542-1642  
Email: jwins1939@gmail.com

**Jan Tassitano**  
Phone: 770-993-2943  
Email: jan@jjmconsulting.com

### Columnists

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

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### CORPORATE OFFICE

Billy R. Tucker, President/Publisher  
Phone: 478-929-3636  
FAX: 478-929-4258  
E-mail: seniornewsga@cox.net  
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## Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

\*\*\*\*\*

### POET'S HEART

by Thomas A. Garman

*I have longed to have a poet's heart...  
To find the words to paint a precious thought,  
To tell of how a smile or tears can start,  
Or tell of all the joy that love has brought.*

*How can I write of tumult deep in me  
When autumn fires the leaves to orange and gold,  
Or, standing awed and humble by the sea,  
I watch and hear the sun's new day unfold?*

*Oh, I will seek the poet's heart forever,  
But find the words to tell you? –  
I think... never.*

\*\*\*\*\*

### A MOTHER'S GIFT

by Kathleen Eidson

*My mother lived a life of prayer,  
And I can see her now.  
Each night before she went to bed  
She'd kneel and humbly bow.  
While yet a child I asked her why  
She lingered there so long.  
She answered with a radiant smile,  
"Prayer keeps my spirit strong..."*

*"I couldn't face a single day  
Just going on my own,  
But with the presence of the Lord  
I know I'm not alone.  
I thank him for the gift of life,*

*And for his loving care.  
I pray that I might know his will  
And follow... anywhere...*

*"I lift my children up to him  
And ask he keep them near;  
That they may lead a Godly life  
And know no earthly fear.  
I pray that he will bless our home  
And all we strive to do.  
While we believe and trust in him,  
I know that we'll come through."*

*This tribute which I offer now  
Is from my heart today  
In honor of my mother,  
For she taught me how to pray.  
I try to follow as she lived  
And do no conscious wrong,  
For I, like her, have found it true;  
Prayer keeps my spirit strong.*

\*\*\*\*\*

### LOVE, HOPE AND FAITH

by Jennifer Gallagher

*Love is the reason that keeps us alive,  
It keeps our heart beating for us to survive.  
We first know love from our mother at birth,  
From this we have one another while on the earth.*

*With hope we have the key to keep us strong,  
Hope strengthens our heart to keep going on.  
Like a lighthouse beacon at the end of the day,  
Hope is the light that shines our way.*

*Faith is the joining of hope and love,  
With faith we find comfort from above.  
Faith in Jesus shows us the way,  
He gives us love and hope everyday.*

\*\*\*\*\*

### SADNESS

by Mary Elliott

*As I sit here looking out my window,*

*At the trees and sky,  
I feel sad and don't know why.  
Some days are like that, you know,  
As sad feelings come and go.  
Then time passes to another day,  
Thank God the Sadness has gone away.  
These feelings are not always bad,  
There's no such thing as always being glad.  
Even though the Sadness slips in,  
It doesn't mean that I'm unhappy within.  
I'm just drifting to another place in time,  
But I come back and all is fine.*

\*\*\*\*\*

### RICHES UNKNOWN

by Henry Newton Goldman

*Set your affection on things above,  
not on things on the earth. Col. 3:2*

*In darkness this earth I did tread,  
Walking with an unknown god.  
Riches mine unbeknown to me,  
My blindness would not let me see.  
Wealth sought I down through the years,  
Knowing not that One who cares.  
Who took my place on Calvary's tree.  
To die and suffer there for me.*

*But now my eyes are opened wide,  
By Him from which I could not hide.  
His grace over me did gently fall,  
My sins fell off, forgiven all.  
By faith I came to Him alone,  
Giving up my god unknown.  
Walking in His lighted path,  
Kneeling before His throne at last.*

*Now I see through unveiled eyes,  
Where true wealth really lies.  
Not on this earth could ever be,  
The wealth he has for you and me.  
How can we from Him turn away,  
To seek world's wealth from day to day?  
When here in Him is wealth untold,  
All that we can ever behold.*

\*\*\*\*\*

## Spiritual Notes

# Easter... A Time for Rejoicing!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

Christians around the world rejoice at Easter time. The great

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hymns of the Christian faith proclaim the risen Lord and there are greater numbers attending church on Easter Sunday than an Sabbath except for Christmas. It is good that we celebrate this Holy time with music, rejoicing and proclaiming the rededication of our faith. Regrettably, many are caught up in the trimmings of the season. Pretty new clothes, egg hunts, and cute bunnies are central to the celebration of Easter. When it is over, it is over until next year.

Easter should be a time of rejoicing every day! Helen Keller said, "The best and most beautiful things

in this world cannot be seen or even touched. They must be felt in the heart." So many people respond only to the external beauty of the season and never internalize the true essence and joy of Easter. The real meaning occurs in our hearts. As the hymn says, "He lives, He lives, Christ Jesus lives today. You ask me how I know He lives, He lives within my heart."

\*\*\*\*\*

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

## The Next Chapter

### Book Recommendations by ANNE B. JONES, PhD

- *Suspect*, Robert Crais, G. P. Putnam's Sons, 2013
- *Hearts on Pilgrimage*, CD, Sara Singleton Producer, Oasis Audio, 2002
- *All Around the Track*, Rex White and Anne B. Jones, McFarland & Co. Publishers, 2007

Many are tired of being mired in the same old formulaic mysteries. Sometimes, it seems as if only the titles and names of characters are changed, leaving repetitive over-used plots. In my search for something different, I happened upon *Suspect* by Robert Crais. A breath of fresh air in a stale genre, *Suspect* is an entertaining well-paced mystery. But, more than that, it is the story of the bonding of two shell-shocked traumatized beings... an LA police officer and a military dog sent home from Afghanistan.

This work is powerful in its portrayal of how two damaged beings can help each other, not only in solving a horrendous crime, but in recovering their sense of self and ability to love. This is a timely contribution, considering recent true-life research into the pairing of animals with those suffering from Post-Traumatic Stress Disorder and the training of dogs in prisons.

*Suspect* offers insight into how intra-species bonds occur, the training of military and police dogs, and the differences between the two, although some of the facts have been altered for the sake of the story.

The tale begins with individual portrayals of horrific experiences. First a German shepherd named Maggie attempts to save Pete, her U.S. military

handler, from an ambush in Afghanistan. Bound to him, whom she considers the other half of her "pack," Maggie barely survives her failed effort to protect him. No longer fit for duty, she is sent home.

Meanwhile, LAPD cop Scott James loses a partner in an attack in which he is almost mortally wounded. In an attempt to somehow keep him on duty, he is assigned to the K-9 unit, where Maggie has been placed. The two pair up and their resultant story is well worth reading.

I discovered *Hearts on Pilgrimage* while searching for a CD

suitable as a gift for friends in nursing homes. Produced by Sara Singleton, the audio is divided into twenty fifteen-minute devotionals, designed to span four weeks. Described as a daily practice of meditative worship, the programs contain Scripture readings from the Gospel of John and other Old and New Testament passages, ancient and modern prayers, and sacred music. The music alone is worth the purchase of this beautiful CD. Among the featured prayers are those of Mother Teresa, Martin Luther and St. Augustine.

We all suffer from the loss of

Captain Herb Emory, Channel 2's beloved traffic reporter. He was a special friend to me, promoting the racing books I co-authored with NASCAR Champion Rex White through his radio programs. He offered so much insight into motorsports and broadcasting, we devoted a chapter to him in our book, *All Around the Track*. You may want to check out the book from your local library to learn more about him.

\*\*\*\*\*

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

## Seniors – Be informed and in control

### Special to Senior News

As we get older we are inundated with new and different challenges. Learning the Medicare system can be especially confusing for first-time users. Coliseum is offering classes specifically for senior adults and their caregivers to help them understand their Medicare benefits and make wise, well-thought-out plans for their final health care wishes: Medicare Made Easy and Advance Directives. Join us at Coliseum Northside Hospital, 400 Charter Blvd. on Monday, May 12, 2014, 10-11:30am and 12-1pm, respectively.

The Medicare Made Easy class provides a full overview of the Medicare health insurance program, changes in deductibles, co-pays and premiums, and other coverage changes. Attendees will learn the differences between Part A and Part B

and what services each covers. They will learn about home health, hospice, and skilled nursing covered services. The program provides information on financial assistance to qualifying Medicare enrollees. Resources are also provided to assist participants make informed decisions for purchasing Medicare supplemental plans, long term care insurance, and Medicare Part D drug plans.

The Advance Directives class highlights the basics about final health care issues, and provides legal forms to record your final health care wishes. Making decisions about your final health care means a lot to the people who matter the most to you. They will be the ones who will honor your wish-

es. If those wishes are not spelled out correctly, then they will be the ones who will have to live with the choices they made because you never made them for yourself. Have you thought about talking to your loved ones – perhaps even appointed someone, a personal agent, to make decisions for you – but don't know what to do next? Then join us for this free program that is consistent with the Georgia law. You do not need a lawyer to create your Directives for Final Healthcare – a document that combines the Living Will and Durable Power of Attorney. This workshop will provide you with all you need.

Reservations are required. Call 478-746-4646 to reserve your spot.



Ocmulgee National Monument, Macon, Georgia

Archeology month Program: *British Trading Post* to be presented by Jim Branan, Park Staff, Sunday, May 18, at 3:00 p.m. Weather permitting, presentation will be held at the site of the first Trading Post in Central Georgia located on the grounds of Ocmulgee National Monument in Macon. (Inside Visitor Center if raining) Come learn of the Spanish, English, and Creek Indian trade and conflict in the colonial southeast before the establishment of Georgia. The stockade Post was in use from 1690 until 1715 and provided European goods desired by the Indians and deerskins needed by the traders. Visualize the Park without railroads, highways, and the city. Change came to the Indian culture with the new economy of trade with outsiders. Try to understand the influence of external trade then and today.

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## On the Cover

# Silver Spurs just keep on dancing!

by JANE WINSTON

### COVER

**Silver Spurs: Front row, left to right – Gaynelle Gordon, Shirley Giles; back row, left to right – Joan Wood, Margaret Fordham, Katherine Woodward**

**F**ive women... Katherine Woodward, Gaynelle Gordon, Joan Wood, Margaret Fordham and Shirley Giles, four Octogenarians and one Septuagenarian, line dance under the name of the Silver Spurs. I met up with them on a Friday morning at Tim's Fitness Center



in Byron, GA. The instructor of an existing weekly line-dancing class invited the Silver Spurs to teach her group some new "moves." The ladies in turn invited me to come watch them perform prior to my interview with them. I did, and I ended up dancing with them. And what followed is... they would love to have me join their group!! You see, with a dearth of new members, the Silver Spurs is close to its end.

The group began in 1996 when Margaret Fordham, the founder of the group, received an invitation for them to dance at Swamp Land Opera House in Toombsboro, GA., and they accepted. There were 11 of them at that time and the numbers have fluctuated during the years with only five ladies active now.

That 1996 invitation was the beginning for the Silver Spurs. During the past 18 years, they have danced at the Douglas Theatre during Black History Month, for a Black Entourage at

the Centreplex, at the Georgia State and National Fair, the Music Hall of Fame in Atlanta, the Cotton Pickin' Fair, the Cherry Blossom Festival, for the Older American Council, the Music Hall of Fame in Atlanta and the Senior Center at Tattnell Square to name a few. This dedicated group performed 102 times in 2013 alone, and that included dancing at every nursing home in Macon (some more than once), nursing homes and the Veteran's Home in Milledgeville as well as the Veteran's Hospital in Dublin.

These ladies... a homemaker, a retired accountant, a nurse, a secretary and a librarian... have 29 grandchildren and 29 great-grandchildren, and have collectively conquered cancer, a broken hip, broken shoulder, foot surgery, hip and knee replacements and gall bladder removal; as well as a heart valve replacement. Because they dance and stay active, they manage to stay young at heart and physically strong. Two of the five have been unable to dance of late as a result of injury and surgery, but both vow to be back on the floor soon!

The group is determined in their mission to give back to their communities, so they "Dance for Smiles." They pay all of their own expenses from gas for the many trips to the multiple costumes they wear and the fancy boots sported by them all. Margaret Fordham is the founder, Katherine Woodward the promoter, and Shirley Giles the teacher.



Gaynelle Gordon (l) and Joan Wood

They are continually learning new dances, and they practice, practice, practice. The ladies typically perform eight dances and then do two dances with audience members. The Silver Spurs love performing as do the folks who join in with the dancing.

\*\*\*\*\*

Jane Winston is a freelance writer in the local area and would join the group if she were more coordinated! Contact Jane at 478-542-1642 or [jwins1939@gmail.com](mailto:jwins1939@gmail.com) if you want to become the first new member of the Silver Spurs where you can learn the Charleston, Electric Slide, waltzes and much more!



Left to right: Katherine Woodward, Gaynelle Gordon and Joan Wood

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SINCE 1970

# The Old Zenith Farm House



Peggy Pearson Jerles



Wood and nails from the original porch

by CLAIRE HOUSER-DODD

Imagine our excitement to step back in history at the old Moses (Locky) Winlock Pearson House in Zenith, Georgia... about 7 miles out Highway 341 north of Fort Valley on Zenith Mill Road. Peggy Pearson Jerles totally repaired the home of her great-grandfather, Moses Pearson and his wife, Cornelia Emory (Emma) Carroll Pearson, who had twelve children, one of whom was John, her grandfather.

This house was built in 1900 and is an old plantation type home, big and spacious enough to hold those twelve children. Peggy moved there when she was five years old with her parents, John's son, Langston and his wife Laurie Lanier Pearson. Laurie had moved from Metter, Georgia to Roberta to teach, met Langston, married, and had three children; Peggy, Ann and Al. Peggy lived in this home until she was nineteen and married Bill Jerles of Adrian, Georgia who became a dentist in Perry.

The house had been used as a house for the overseers, bookkeeper or people who worked for the farm and had been vacant for several years. So in 2008, when the children decided to divide up the property of their parents, it was natural for Peggy to get the old family farm

house of her great-grandparents as she had grown up there as the oldest daughter and loved the place. She said; "the main thing they all wanted to happen was to make this division a happy one that would not interfere with the good relationship we all had... and we were successful!"

Consequently in 2009, the very next year, Peggy began her renovation... paint and fix! A part of the porch that had to be cut out was saved... an 8x8 heavy piece of lumber with the huge wooden peg driven through. What an interesting piece of history sitting on the counter.

The entire house is like this. It is a delightful mixture of old and new and mainly happy! Peggy uses lots of colors; and, her collection of history... her history and combined with others... makes for an artist tour of an exceptional home.

There is no way to go into every



Historically decorated

interesting item in this universal home, but we'll try to hit the highlights.

Upon entering the back door

unto a small porch/sitting area are two love seats facing each other. You

continued on page 8



Zenithland

## THE GEORGIA RENAISSANCE FESTIVAL

EIGHT FESTIVE WEEKENDS!  
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# “Historic Railroads of Georgia” photography contest announced

Special to Senior News

The "Historic Railroads of Georgia" photography contest seeks photos of historic buildings or structures associated with the railroad industry in Georgia. This is the 5th-annual online photo contest held by the Historic Preservation Division of the Georgia Department of Natural Resources (HPD) to coincide with National Preservation Month in May. The contest is held in partnership with RailGA.com, an encyclopedic resource on the state's railroad history. Submitted photos may be used (with credit) to provide updated imagery for the site. Entries will be posted to the Division's Facebook page here (<http://goo.gl/YM08tJ>) as they are received.

Georgia's railroad industry dates back to the 1830s, and by the 1850s the state had more rail miles than any other in the "Deep South." The rail network spans the state and has played a key role in shaping its history and growth. Along with the construction of many miles of rail came a vast collection of supporting infrastructure: depots, office buildings, shops, signal towers, bridges, tunnels, and more. Many of these resources survive today.

Entries will be judged by a panel of experts based on creativity, choice of subject matter, and composition. Submitted photos must depict historic resources associated with the railroad industry in Georgia. This includes depots and other buildings as well as structures like bridges or tunnels. A comprehensive list of depots is available at [www.railga.com/depotlist1.html](http://www.railga.com/depotlist1.html).

The top entry will receive the following prizes:

- A copy of *The Courthouse and the Depot* by Wilber W. Caldwell, a narrative catalog of Georgia's nineteenth century public architecture and a complete history of the hundreds of rural railroad lines that covered the state in this period.
- A copy of *O. Winston Link: Life Along the Line*. Link's pioneering night photography

documented the Norfolk and Western Railway as it converted its operations from steam to diesel in the late 1950s.

Photos may be submitted via email to [georgiashpo@gmail.com](mailto:georgiashpo@gmail.com). Limit two submissions per photographer. Submissions must be received by May 25, 2014.

Photos must:

- Be 1200x800 pixels at 300 ppi (pixels per inch) or larger.
- Be the photographer's original work, submitted under a Creative Commons license.

Along with the photograph, please provide the following information:

- Photographer and hometown
- Photo location and description of the building or site depicted

Winners will be announced in a press release and on the HPD website <<http://www.georgiashpo.org/>> and Facebook page. A slideshow of contest entries will be shown on Thursday, May 29 at R

odes Hall in Atlanta as part of the free Preservation Month Lecture Series. Details will be provided on the HPD website as they become available.

The Historic Preservation Division (HPD) of the Georgia Department of Natural Resources serves as Georgia's state historic preservation office.

Its mission is to promote the preservation and use of historic places for a better Georgia. HPD's programs include archaeology protection and education, environmental review, grants, historic resource surveys, tax incentives, the National Register of Historic Places, community planning and technical assistance.

The mission of the Department of Natural Resources is to sustain, enhance, protect and conserve Georgia's natural, historic and cultural resources for present and future generations, while recognizing the importance of promoting the development of commerce and industry that utilize sound environmental practices.

## ZENITHLAND from page 7

are immediately drawn to a picture of the "Goat Man," Chess McCartney, his goats and carts done on tin by Jake Sperry, at Scott Antique Market in Atlanta. It was just lying there, like a castaway, and Peggy immediately recognized the Goat Man, one of our childhood idols. Remembering when he came by and spend the night on old Dixie Highway, US 41, or any other highway that was close by, our parents would take us out to see him and his goats. It was a sight to behold and a scent also! The picture is perfectly placed over the colorful sofa with inviting pillows.

On to the kitchen, with its big farm table in the center and three round red ringers placed high on the wall. What's that you ask? If you are not from the Valley and did not grow up working in peaches you would have no way of knowing. But as all us children in these parts did, we knew immediately. Ringer were the vehicles which held the perfectly shaped and colored peaches on the top of every bushel shipped from Pearson's Farms.

There are sayings and poems framed and placed all over the house. One is the song that was sung while growing up at Zenith. Peggy would be at the piano and the whole family would sing "Zenithland:"

*O my pretty monkey, my heart longs for you.*

*Though you treat me like a donkey,*

*You know I love you true.*

*Please come down and love me, for I think you're simply grand;*

*I've got a home built for you,*

*built for two,  
Right here in Zenithland.*

And, how exactly, did Zenith come to be named Zenith? Peggy answered: "A Frenchman, Monsieur Galliard, who surveyed the Panama Canal, also surveyed South Crawford County for the railroad and as Zenith happened to be the highest point; hence the name."

What is this house mainly used for? Peggy said: "We love weddings, parties here; big family gatherings, Christmas parties, political rallies, and just recently descendants of Moses W. Pearson had a family reunion at Thanksgiving along with a memorial for Laine and John Edwards who were also great-grand's of Moses and Emma.

The bedrooms are picture perfect and have huge quilts hanging on the walls above the beds and all the appropriate brick-bract that belongs in rooms of days gone by. One little ditty we were reminded of was a warning;

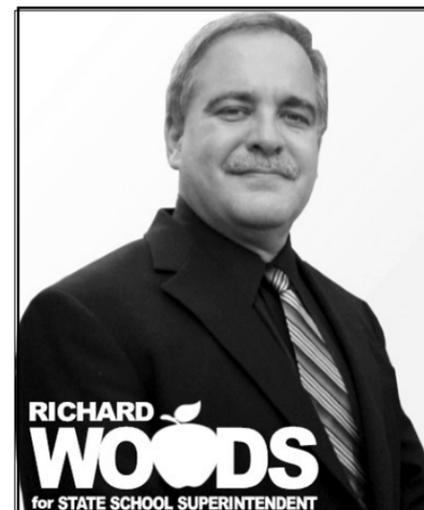
*Me had a her, her did me dirt  
Me did not know, her was a flirt.  
To those in love, let I forbid  
Less they be dood, like I been did.*

A large armoire in the living room must have been delivered by train because it was stamped only "PO Zenith, Georgia." How fascinating, how simple things were done in by-gone days.

This house is a treasure trove and Peggy deserves kudos for having gathered all this lovely history and saving it for posterity. Everywhere you look, you see a picture perfect scene... no matter where you are; bedrooms, bathrooms, living room or the huge sun room added on the

back and the most lived in space in the house.

It was all picture perfect and we thank you Peggy for the wonderful tour.



**READY TO LEAD**

*Richard Woods has over twenty-two years of Pre-K through 12<sup>th</sup> grade experience in public education.*

### Classroom Experience

- Social Studies Teacher, 14 years
- Department Chairperson
- Statewide and regional recognition for teaching strategies

### Administration Experience

- Assistant Principal
- Principal
- K-5 Curriculum Director
- Home School Director

### Business Experience

- Small Business Owner
- Purchasing agent for domestic and international laser company

# Know what's involved before co-signing a loan

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

**W**hat if you were asked to cosign a loan for a family member or friend? Would you do it? Before you give your answer, make sure you understand what co-signing involves. Under a Federal Trade Commission rule, creditors are required to give you a notice to help explain your obligations. The cosigner's notice says:

You are being asked to guarantee a debt. If the borrower doesn't pay the debt, you will have to. Be sure you can afford to pay if you have to, and that you want to accept the responsibility. You may have to pay up to the full amount of the debt if the borrower does not pay. You may also have to pay late fees or collection costs. The creditor can collect the debt from you without first trying to collect from the borrower. The creditor can use the same collection methods against you that can be used against the borrower, such as suing you, garnishing your wages, etc. If

the debt is ever in default, that fact may become a part of your credit record.

What are the chances that the borrower will default? Some studies of certain types of lenders show that as many as three out of four cosigners are asked to repay the loan.

Despite the risks, there may be times when you decide to cosign. Perhaps your son or daughter needs a first time loan. The Better Business Bureau, along with the Federal Trade Commission recommends that you consider the following before you cosign.

- Be sure you can afford to pay the loan. If you are asked to pay and you cannot, you could be sued or your credit rating could be damaged.

- Before you cosign a loan, consider that even if you are not asked to repay the debt, your liability for this loan may keep you from getting other credit you may want or need and it could also hurt your credit score.

- Before you pledge property, such as your car or home, to secure the loan, make sure you understand the consequences.

- Ask the lender to agree, in writing, to notify you if the borrower misses a payment. This will give you time to deal with the problem or make back payments.

- Obtain copies of important papers, such as the loan contract, the Truth-in-Lending Disclosure Statement, and any warranties if you are cosigning for a purchase. The lender is not required to give you these papers; you may have to get copies from the borrower.

Just remember, when you cosign for a loan, you are taking a risk that the lender is not willing to take so be sure you are comfortable with all of the terms and conditions.

For more tips you can trust, please visit [www.bbb.org](http://www.bbb.org).

\*\*\*\*\*

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



**Office/Fax: 478-845-3015/3016 (Macon)**  
[info@communityhorizon.com](mailto:info@communityhorizon.com)  
[www.communityhorizon.com](http://www.communityhorizon.com)

**Private Home Care Service:**

- **Nursing:** meds, wound and ventilator care – tracheotomy and g-tube care
- **Personal care:** daily living, nutrition, home management, ambulation/transfer
- **Companion/sitter:** transportation/escort, meal prep, socialization, some tasks

**Developmental Disability Service:** (adults and children)

- **Community-based services:** not limited to centers/museums/organizations
- **Employment services:** individualized to skills and hobbies of the client

## Macon/Central Georgia

# CALENDAR

**MACON METRO AREA Opportunities Directory**  
For additional *Opportunities* listings, please visit our website at: [seniornewsga.com](http://seniornewsga.com).

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**Coliseum Health System**  
"Medicare Made Easy and Advanced Directives"

Coliseum Northside Hospital, 400 Charter Blvd. For complete information call 478-746-4646.

**Support Groups**

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.

- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.

continued on page 10

**Dempsey Apartments**  
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[www.thedempsey.com](http://www.thedempsey.com)



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## Tired of Retirement?



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Senior News newspaper is adding to our team of advertising sales representatives!

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[seniornewsga@cox.net](mailto:seniornewsga@cox.net)  
or mail to  
Senior News, P.O. Box 8389  
Warner Robins, GA 31095-8389

## CALENDAR

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- 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
  - Smoking Cessation: 478-633-9090
  - CPR Classes: 478-474-3348
  - Spinal Cord Injury Support Group: 478-201-6500
  - Brain Injury Support Group: 478-201-6500
  - Parkinson's Disease Support Group: 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
  - Lymphedema Therapy: Ask physician to call 478-201-6748 for referral.
- Cancer Life Center  
 Information and Reservations: 478-633-8537;  
 www.cancerlifecenter.org
- The Pink Alliance: 478-633-8537
  - The Pink Alliance HoPe Chapter: 478-719-8528
  - Look Good, Feel Better: 478-633-8537
  - Prostate Cancer 101: 478-633-8537
  - Man-to-Man Support Group: 478-633-6349
  - Chemotherapy Orientation Classes: 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.  
 \*\*\*\*\*

**Alzheimer's Association, Central Georgia**

- Groups**  
 Call 478-746-7050 or 800-272-3900 for details.
- Bibb County
- 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050
  - 1st Wed., 10 a.m., Martha Bowman UMC, 500 Bass Rd., Macon, 478-743-7050
- Houston County
- 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
- Dodge County
- 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600
- Lamar County
- 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516
- Laurens County
- 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 12-A Family Room, 1826 Veterans Blvd., Dublin, 478-272-1210, x2328
- Monroe County
- 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754
- Peach County
- 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613
- 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. To learn more about "Caring Connection" call 800-272-3900.

\*\*\*\*\*  
**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

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 McCord 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 Senior Citizen Services (50+ Years Old)**  
**Warner Robins Recreation Department - Melanie Lewis**  
 Email: mlewis@wrga.gov; 478-293-1066

Senior Activity Center  
 152 Maple Street, Warner Robins  
 Office: 478-293-1066

- Ceramics: Tuesday and Friday from 10:30 am-4 pm, and 1 pm-4 pm. Charges are for greenware, lights, music boxes, etc. No charge for firing or paint. Brushes and cleaning tools are available for purchase.
- Aerobics: Monday, Wednesday, Friday at 9 a.m. Cost is \$2 a class or \$20 a month. Join us for low-impact aerobics for seniors. For more information contact 478-293-1066.
- Prime Painters: Open to anyone who wants to come and paint. Bring your own supplies. Thursday afternoon from 1:30 pm -4:00 pm. Please call 478-293-1066 for more information.
- Quilting Party: Wednesdays, 10 am-2 pm. Bring your own (small) scissors and personal thimble. Quilting materials supplied.

\*NOTE: We hand quilt for the public and also have

continued on page 11

# General Business Directory For Seniors

Regional Area Caregivers' Support and a positive attitude. If you can

**The Medicine Shoppe**  
**Barry M. Bilbro, R.Ph.**  
 Compounding Pharmacist  
 Your Bio-Identical Hormone Specialist  
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 www.medshoppe.com  
 478-922-2067  
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 Home Inspector  
**(478) 213-5986**  
 VAMktPub@aol.com

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 Phone: 478-745-5431 Fax: 478-765-4359  
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 • Short & Long Term Home Care Providers  
 8030 Spivey Road, Jonesboro, GA 30236  
 www.familybridgehealthcare.com  
 Jonesboro Columbus  
 (770) 473-4600 (706) 705-3076

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

**Home Instead**  
 SENIOR CARE®  
 To us, it's personal.  
 The world's trusted source for non-medical companionship and homecare for the seniors.

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

## CALENDAR

from page 10

quilts for sale. Currently has a waiting list for the class.

- Woodworking Shop: Daily (except on Thursdays) at 9 am. "Woodworking Safety Orientation" is a prerequisite for participation and is scheduled upon request. What would you like to make?
- Ikebana: Japanese flower arranging, Mondays at 2 pm. Please contact Yuko Hancock at 478-923-7312 or Dee Boren at 478-987-0493 for more information.
- Line Dancing: On Wednesdays – New Beginners Class at the Wellston Center from 1-2 pm. \$2 admission. The Intermediate Class at the Wellston Center from 2:30-4:00 pm – \$3 admission. For more information please contact Julia Juarez at 478-918-5635.
- Yoga: Tuesday 2 p.m. & Thursday, 11 a.m. in the Senior Center. \$5 per class. For information call teacher Dena Hobbs at 478-225-0133.
- Tai Chi: On Monday and Thursday mornings from 10-11 am in the Senior Center. If you are looking for a way to reduce stress and a variety of other health conditions, Tai Chi promotes serenity through gentle, flowing movements. The class is free. For information call instructor Ron Shively at 478-719-9944.
- Senior Water Aerobics: Monday, Tuesday, Thursday and Friday, 9 am-10 am at Fountain Park. The cost is \$25.00 per month. Please contact Miranda at 478-293-1071 if interested.
- Self Defense: Monday and Thursday, 10-11 a.m. in the Senior Center. \$2 per class. Call Art O-Reilly at 786-423-5303.

### Wellston Center

- Regular Meetings and Programs
- AARP: The 4th Wednesday of the month, 10 am-1 p.m. Trudy Deep, President, 478-333-2203.
- AARP Driver Training: Please contact Robert Woodall at 478-397-6690 for information and reservations.
- NARFE: 2nd Wednesday of the month, 10

am-12 noon. Charles Farmer, President, 478-333-2972.

- Ted Wright Senior Citizens Social Club: Information, call Betty Lou Lovain, President, at 478-922-7774.
- Warner Robins Senior Citizens Social Club: Information, call Van Adams, President, 478-923-2174.
- LMNO (Ladies and Men's Night Out): For information call 478-293-1066.
- MGCAA Senior Center: Located at 155 Maple St., Warner Robins. Mon.-Fri., 8 a.m.-3 p.m.; closed Wed. Lunch (by appointment only), transportation, information, & referral services. For information call 478-923-0229.

### 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.

### 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.

**Central Georgia Genealogical Society**  
Meets 2nd Mon., 7 p.m., Flint Energies Conference Room, 900 Hwy. 96, Warner Robins. For complete details call 478-987-7260 or visit [www.cggs.org](http://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.

### Theatre Macon

438 Cherry Street, Macon  
478-746-9485

• *The Philadelphia Story*: May 23-31

**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.

### New Dimension of Praise International Ministries, Inc.

Uletha Durham, Pastor, 207 S. Davis Dr., Warner Robins, Church: 478-329-8780, Cell: 478-283-9494

### 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](mailto: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](mailto:chiefstrib@cox.net).

### Bare Bulb Coffee

1117 Highway 96, Suite 100, Kathleen. For schedule of events and information call 478-787-3482 or email [nikki@barebulbcoffee.org](mailto:nikki@barebulbcoffee.org).

# General Business Directory For Seniors

**BUSINESS CARD SECTION**

For Advertising Information Call  
David VonAlmen at 478-213-5986  
Jane Winston at 478-542-1642  
Jan Tassitano at 770-993-2943

**SCOTT ANTIQUE MARKETS**  
Free Admission to Moms on Mother's Day!  
3500 Booths! **MAY 8, 9, 10 & 11**  
Atlanta Expo Centers Atlanta, GA  
• Show Hours: Thurs. 12:45pm-6pm, Fri. & Sat. 9am-6pm, Sun. 10am-4pm  
• Directions: 3 miles East of Atlanta Airport, I-285 at Exit 55 (3650 & 3850 Jonesboro Rd.)  
740-569-2800  
ONE coupon per person. Expires 5-12-14  
www.scottantiquemarkets.com

**HAVE DIABETES? FEET HURT?**

You may qualify for Diabetic Shoes at NO Cost To You!

IN-HOME FITTING AND DELIVERY! We'll bill Medicare for you!  
ASK ME HOW: KAREN FLOYD, Therapeutic Shoe Fitter  
478-955-1150

**Goodwill NEEDS YOU!**

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

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

CALL: Mid GA: 478.957.9741  
OR CSRA: 706.790.5350

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

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

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

**Know an Exhausted Caregiver?**

Invite them to the **Caregiver Support Workshop!**

2:00pm-3:30pm every 3rd Thursday  
RSVP to (478) 328-3800

Summer's Landing Senior Living  
600 S. Kimberly Rd. (off Russell Pkwy)

Sponsors:  
OPTUM  
Home Instead Senior Care  
Summer's Landing of Warner Robins

**Vineville Christian Towers**

An Affordable Apartment Community for Seniors

**Now Accepting Applications**

Applicants must be at least 62, meet income guidelines, have good rental and credit history & an acceptable background screening.

**Two Months FREE Rent On Studio Apartments!**

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

Owned & Managed by CCH  
Equal Housing Opportunity

# Springtime scams

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

**S**pring is here and so are con artists who prey on homeowners, especially senior citizens. These con artists show up at your door offering a variety of products and services from household products to magazines, from tree trimming to roof repair. Some may offer to pave your driveway with leftover materials from a previous job, cut your grass, or remodel your home for a very low price. Oftentimes, these fly-by-night operators may drive vehicles with out-of-state license plates, or set up temporary offices from which they can move quickly once authorities start looking for them.

Before you pay anyone who uses this type of approach, and especially before you allow any unknown individual into your home, the Better Business Bureau suggests that you do

the following:

- Obtain the name and address of the company the person allegedly represents. If the person does not represent a known business and the circumstances suggest an itinerant contractor or sales representative, ask for references and contact each one.

- Get all details of the offer in writing and carefully review it. Make sure you understand everything in the contract. Any verbal promises should be included in the contract.

- Make sure the salesperson has provided you with the proper "notice of cancellation" form as required under the FTC's "Three Day Cooling Off Rule" for contracts signed in the home.

- Verify that the contractor is properly licensed, bonded and insured.

- Determine how long the company has been in business and call your Better Business Bureau for the company's

Business Review.

- If you've checked references and the company's reputation and decide to hire the company, either use a credit card or make the check payable to the company and not to the salesperson or any other individual's name. Do not pay in cash.

- Remember, any legitimate company that wants your business will be more than willing to allow you the time to "check them out." Don't fall prey to high pressure tactics such as "this is the only chance you have" or "by tomorrow the extra materials will be gone." If you have an expensive repair, be especially cautious of these offers. Obtain bids from several companies. Don't always go for the lowest bid - in many cases, you will get exactly what you pay for.

- Finally, be very cautious of any individual who tries to lure you out of your house to inspect an electric meter, point

out property lines or any multitude of other excuses. This could just be a ploy to get you out of the house long enough for a partner to sneak in to steal your valuables. Remember, this is your home so you get to set the rules.

For more tips you can trust, visit [www.bbb.org](http://www.bbb.org).

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



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

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

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

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



Spend less time in  
the waiting room...  
and more time  
at home!