

Senior News

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Information For Ages **50 PLUS!**

A Healthy Buster Beck

by **CLAIRE HOUSER-DODD**

Here is Buster Beck at 93 years young going strong on the treadmill doing his daily 3 miles at Destiny Gym. It takes him about 2 hours, he takes a rest after each mile, but he doesn't miss a day.

Although born in Cochran in Bleckley Co, GA, he has been living in FV for 70 years.

Just how did he make those 42 miles north, you ask. Well, it was like this. He was working for National Linen Company and serviced a store where his future wife worked. It looks like it was love at first sight to us. It appears Evelyn Rowland took one look at Buster Beck and Buster Beck took one look at Evelyn Rowland and it was time to call the chickens home and set up a

wedding! They were married for 61 years until she departed this earth. How does he keep her with him? He has her picture in his cell phone.

Buster grew up during the Depression, the 20's & 30's; he did not graduate from high school as he had to help his daddy farm, but he said, "An ax handle and a hoe handle just don't fit my hand so I joined the CCC camp in Cochran, was sent to Camp Wheeler in Macon, then to Ft. McPherson in Atlanta and on to Utah for one year."

We can see he was real glad to get back to Cochran as he'd never been away from home or at least out of Georgia.

After Buster married and moved to FV, "I went to work for Blue Bird Body Company in 1945. That is the year the building burned down on December 5th. Somebody built a fire in a pot belly stove and got it too hot. Mr. Luce almost lost his life in that fire and would have if someone had not pulled him out. We did save all the busses on rubber." At that time he made 55cents an hour. Later, as foreman, he made \$50,000, but said he had more to spend at the beginning. He was one who put the busses in the crates to send to South American countries. Buster and another guy put one together from the crate in a barn in Marshallville to be sure it worked. It did and from then on, all but the chassis were sent by crate (a cheaper way to transport them).

"When I was young there were not many things to do. Just like other families on farms, we would go visit on Sundays with our uncles and aunts. I was born and raised as a Baptist. My mom was a Missionary Baptist and my dad was a Primitive Baptist. My mom's church had church every Sunday, but my dad's church had church only once a month. I hated to go to church with daddy. They would have 4 or 5 preachers who would preach for more than

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December 2015
Vol. 29, No. 12

Taking Care

Holiday Hints for Alzheimer's Caregivers!

by LISA M. PETSCHÉ

Many people are filled with joyful anticipation and festive good cheer right now. But some are apprehensive and may also experience heightened feelings of loneliness as Christmas approaches. Or perhaps they feel empty inside. This type of reaction is commonly referred to as the holiday blues.

Older adults are particularly susceptible because they are more likely to experience losses, such as a spouse or other companion, a long-time home, financial security, health and physical functioning and the independence associated with it. As a result, they are not able to celebrate the holiday the way they always have.

Feelings of grief may include sadness, frustration, anger, anxiety and guilt – emotions that sap energy and create stress. Fortunately, there are many things that relatives can do to help seniors in this situation experience enjoyment during this holiday season.

If you have a family member who

is widowed or living with illness or disability, read on for some ways to lift their spirits and lighten their load.

Addressing Stress

- Bake extra holiday treats to share with your relative.
- Offer to help decorate, wrap gifts, address greeting cards and take them to the post office or perform other holiday-related tasks.
- Take your relative out to the mall for gift shopping and lunch. Arrange accessible transportation if necessary.
- Let them know when you are heading out to the grocery store or on other errands, and ask what you can drop off or pick up to make things easier.
- If they do not drive, offer transportation so they can get to a hair appointment, do banking or attend a holiday event.

Giving Gifts

- Resist the urge to go overboard with gifting, so your relative does not feel the need to reciprocate. If the two of you are part of a large extended family, suggest a new tradition of drawing names, giving family presents instead of individual gifts or buying only for the children.
- Ask, rather than guess, what kind of gifts your relative would prefer. Practical presents, such as grocery store or pharmacy gift cards, toiletries,

clothing, home safety equipment and adaptive aids, may be most appreciated.

- Consider, too, gifts of time and talent. Create a book or IOUs for home-cooked meals, baked goods, household chores or repairs, yard work, chauffeuring, running errands or teaching a skill such as computers.
- If your relative does not need anything, give a charitable gift in their name. Knowing someone in need is being helped may give them some satisfaction.

Planning Ahead

- Be prepared to modify or forego traditions that are not practical for your relative, such as a late-night gathering or an event at their home. It may be time to start a new ritual; brainstorm ideas with other family members.
- Be sensitive to your relative's healthcare needs when considering the time period for a family event. Before deciding on a venue, determine their environmental needs, addressing accessibility and safety issues.
- When you extend an invitation, do so with the understanding that your relative may back out if they do not feel up to the occasion. Encourage them to take things on day at a time and to ensure plenty of time for self-care.

Staying Connected

The following are some ideas for spending quality time together and creating lasting memories:

- Invite your relative over for a baking or tree decorating party or to watch a favorite holiday movie.
- Invite them to your children's or grandchildren's school Christmas pageant or holiday recital and provide transportation.
- Take them out to a concert or theater production. Or go on a holiday light tour, followed by dessert at a restaurant.
- Invite them to share recipes for special dishes or sweets. Offer to coordinate a cooking or baking demonstration. Even if they are not physically able to participate, they can still provide instruction and supervision to family members.
- If applicable, ask your relative to join your family in attending a worship service. Invite them to sleep over so they can be part of the Christmas morning excitement in your household.
- Encourage them to reminisce about holidays from their youth, including family customs, special people and places, memorable gifts and touching or humorous moments.

Lisa M. Petsche is a social worker with many years of experience in grief counseling.

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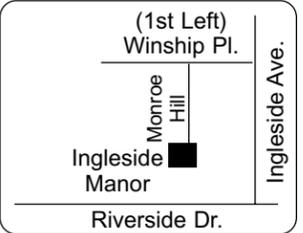



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Let us entertain you

by CLAIRE HOUSER DODD

Do we ever love to report on miracles! – especially when they happen to us. And two did. Get ready, here we go: The first one happened at the home of Wilbur Rumph soon after he had passed. We went down to speak with Mary and their boys Burt, Sam, Malcolm and Lewis. It was a warm night and iced tea and water were set up in beautiful shiny crystal pitchers on the back terrace. We got thirsty as we talked a lot. We maneuvered the first step just fine, but due to glaucoma (can't see straight down) we missed the bottom step entirely. Consequently, we sailed out into open space. A friend from childhood whom we had not seen since was there and witnessed our flight. Bette Forbes said, "Claire, you flew out face first and in slow motion, you turned and hit the bricks on your side and back and head." We denied hitting our head until much later. Oh, yes we did! Had a small headache. Now, to the miracle part. We had on a real fancy shirt with appliques on voile. It was torn, ragged and looked sandpapered on the appliques. We had not a scratch, not a bruise, even we couldn't believe it. Our angels again!

Next, we left our Dooney and Burke red pocketbook in the shopping cart in the front of Food Depot on Friday night around 6 bells, noticed it when we unloaded groceries, yelled at neighbors Ed and Leigh to call Food Depot and tell them. They said it had already been turned in! Miracle? Yes. We keep our 17 angels on each shoulder busy. Ed said, "That's not a good place to leave a pocketbook on a Friday night." Right, however, we have found most people in FV to be honest to a fault. Since we are the absent minded professor, we should know. Even at FVSU, we always had our wonderful students running after us, laughing and getting a charge out of our leaving a jacket or pocketbook behind!

Daughter, Emily had a birthday on the 19th of Nov and Amy (of A&E in Byron) had a party at Rusty's in Perry for her on the following Monday. We took an 18 layer cake. Fun for an outing before Thanksgiving. Especially since she had volunteered to have the family for Thanksgiving!

As *Senior News* comes out on the fourth of December, and you are reading this, we can only hope you're well on your way to orchestrating your

Christmas and gifts and travels, it is almost impossible to shop and wrap and clean and cook. But we tarry on- just never lose track of the real reason for the Holiday.

We received an invitation to the (Retired Military Full Gospel Fellowship) Christmas dinner in Forsyth on Dec 5 from President and Founder, Daniel W. Gatlyn. He enclosed a copy of the Banner which opened with these words

"The Marvel of Christmas"

December 2015

One never grows weary of the Miracle of Christmas – for within its veil lives the Hope and Progress of all humanity! Wrapped in the humblest of covering: A Savior grew to span the ages and obstacles with victory and jubilation: and would rise to conquer all foes, by power, and love! The story transcends all woe- extending to every living being " joy unspeakable and full of Glory! Have a Blessed Christmas!

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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.

WAITING

by Dr. Beatryce T. Newton

*Why is the sun red at sunrise?
What makes it turn yellow as
it begins to cover the skies? It
turns red again at sunset.*

*Why do birds sing only at
springtime? I know. During
winter they migrate to warmer
climates. They hide from winter
weather. Most importantly, it is
their mating season.*

*Cars, lights, coming into the city,
early in the morning. They
blend with city lights. In the
evening, they go back to their*

*homes in the suburbs. I watch
them at night, in my bed –
coming, moving with their
lights shining. They are like
ants working, toiling all day
long, finding food, taking it
home to the queen, building
mounds for their homes.*

*City lights, cars moving in a
procession – around the curve
of the highways, coming, going,
busy!*

*Where am I? Watching!
Thinking! Wondering!
Enjoying! Relaxing! Waiting!*

NOT ONLY AT CHRISTMAS
by Allie Morris

*Why not give and show love, all
year long?
Not only at Christmas.*

*Why not love your family, all
year long?
Not only at Christmas.*

*Why not share and care, all
year long?
Not only at Christmas.*

*Why not check in on your
neighbors, all year long?
Not only at Christmas.*

*Why not give an encouraging
word to other, all year long?
Not only at Christmas.*

*Why not put a smile on your
face, all year long?
Not only at Christmas.*

*Why not forgive others,
all year long?
Not only at Christmas.*

*Why not pray for others,
all year long?
Not only at Christmas.*

*Why not go to church,
all year long?
Not only at Christmas.*

*Wouldn't your life be better,
all year long?
Not only at Christmas.*

*OK, let's start, on your mark,
get set, go, all year long!
Not only at Christmas..*

CLOSET POET
by Kelly Baldwin

*Are you a closet poet?
Does anybody know it?
Do your poems ever see the
light of day?
Do people know you have
something to say?*

*Words can be so powerful,
But only if they're heard!
So you've got to get them
out there,
You've got to spread the word.*

*Words can do so many thing,
Maybe change a point of view.
So let the whole world know,
The words inside of you.*

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BECK
from page 1

an hour each. There would eat dinner on the grounds and then they would go back and start preaching again. And, they didn't have any music. But, my momma's church would have singing with piano and gospel quartets. I know you have heard of Hovie Lister- he is from Bleckley County. I can't sing and I can't play music, but I sure like to listen to it. I go out to



Buddy Luce

Powersville once a month. I am friends with the guys in the band who play there. The guy who plays lead guitar, I went to school with his mother. Sometimes there will be as many as 100 people there."

"I accepted Jesus Christ into my life twice. Once as a teenager and once when I joined the FV United Methodist church here. I didn't join the church as a child although I went to church every Sunday. In fact I was headed to Sunday school when I was 14 years old when a car ran over me. The doctor told my daddy when he got to the hospital that I wouldn't make it. I broke my arm in four places and dislocated my knees I stayed in the hospital for 30 days. When I got well enough to go home, I couldn't walk. I had to learn to walk all over again. I don't have any problems with the arm now."

Or your walking, we see!

"When I first moved to Fort Valley we had three drug stores,

three restaurants, three barber shops and three department stores. Buddy Luce is the oldest person in our church right now, he is 93 and only three months older than I am."

Do you have any advice for living a good life today and staying in good health?

"I have always thought I lived a decent life. I never drank and never smoked. I try not to do the same thing wrong twice. And, I worked. What advice would I give to today's generation? Well, it wouldn't be one they would want. I will tell you today it is not altogether the kids- it is the parents. Parents have got to start parenting. I would say 75% of the kids would be OK if there was parenting at home. Need to give the parents a rod back in their hand and the teachers a paddle back in their hand. If I did something wrong in school, my daddy knew it before I got home. Kids need to have a job. They don't have to get out and work, it can be a job at home. Today they are idle and idle time is the devil's workshop"



Albert L. Luce, 1888-1962

We'd like to add, "Put prayer back in school." Buster has been Secretary / Treasurer of the Fellowship Class now ever since Sanford Brown was here. That is close to 50 years. As Treasurer, Buster will be going up to the Meth. Children's Home on Pierce Ave. in Macon to take each child a \$10 bill for Christmas. What a good Merry Christmas to them, and one to you too, Mr. Beck!

Specialized Wound Care at Coliseum Northside Hospital



Since 1997, the experts at the Wound Healing Center at Coliseum Northside Hospital have been respected for their success in treating the most difficult to heal wounds. Non-healing wounds that have caused patients to suffer for months and resisted other forms of treatment respond to the latest in therapeutic procedures offered by specially trained physicians and nurses.

Now the Center is taking treatment of chronic wounds to a new level with Hyperbaric Oxygen Therapy. Hyper means increased and baric refers to pressure. Hyperbaric Oxygen Therapy increases the amount of oxygen a patient is breathing in a pressurized chamber. The air we breathe contains 21% oxygen. Patients can get

100% oxygen breathing into a face mask. By going into a pressurized Hyperbaric Oxygen chamber individuals can get two to three times the amount of oxygen they would get using a mask.

Why does that matter? When a patient gets treatment in a hyperbaric chamber, it greatly increases the amount of oxygen that can be delivered to body tissue by the blood. All of the benefits provided by hyperbaric oxygen therapy are the result of this extra oxygen within the chamber coming in direct contact with wounds. Increased pressure, combined with an increase in oxygen to 100%, dissolves oxygen in the blood plasma and in all body cells and the increase in oxygenation increases the wound healing process.

Depending on the reason a patient received a referral from a physician for hyperbaric oxygen therapy, here are some of the effects of the treatment:

- Increased oxygen delivery to the injured tissue
- Greater blood vessel formation
- Advanced wound healing
- Improved infection control

- Preservation of damaged tissues
- Elimination of toxic substances
- Reduced effects from toxic substances
- Reduction or elimination of tissue obstruction by gas bubbles

Patients who have suffered with non-healing wounds should speak with their physician about whether this highly specialized treatment is right for them. For more information on the Wound Healing Center at Coliseum Northside Hospital call (478) 405-7996.

Wound Healing CENTER

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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

- **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 478-765-4116
- **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.

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

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare

two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals on Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

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

Macon-Bibb County Parks & Recreation Department Senior Center
1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478-751-9238; Daily activities 9:00-2:00

Warner Robins Senior Citizen Services (50+ Years Old)
Warner Robins Recreation Department - Felicia Wright, Director
Email: FWRIGHT@wrga.gov; 478-293-1066

Senior Activity Center

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

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

continued on page 7

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EVENTS
from page 6

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.

Georgia Leathercrafters Guild
 The Guild meets every second Sunday

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

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.

Theatre Macon
 438 Cherry Street, Macon 478-746-9485
 • *A Christmas Story, the Musical*: Dec. 4-5, 9 & 10, 11 & 12

Warner Robins Little Theatre
 South Pleasant Hill Drive 478-929-4579; www.wrlt.org
 • *Saving Christmas, A Christmas Play*: Dec. 12

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.

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.

Volunteer Advocates Needed for Ombudsman Program

The Middle Georgia Ombudsman Program is seeking volunteers to train as advocates for residents of personal care homes and assisted living homes. Trained volunteers will visit residents at least once a month to have friendly conversations and to participate in ensuring that their rights are protected. Ombudsmen volunteer candidates will need to complete a training course to be offered in the Macon/Warner Robins area in the near future. If you are interested in becoming a volunteer advocate with the Ombudsman Program and would like more information about the program, please contact Nancy Hill at 478-922-4464 or nhill@mgcaa.org.

Alzheimer's Association Neighborhood Memory Café
 Have concerns about your memory? So do we. The Café is a time of socialization and support for people with early to mid-stage memory loss AND their spouses and friends. Meets every 3rd Thursday, from 2 pm-3:30 pm. Call Allison at (478) 328-3800, x24 for location and information. The Memory Café is made possible by Summer's Landing of WR and The Alzheimer's Association of Central GA.

General Business Directory For Seniors

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Happy Holidays

The staff of Coliseum Health System wish you and your family the happiest and healthiest holiday season. As we reflect on 2015, we are thankful for the opportunity to improve the health of the members of our community.

The end of the year is approaching fast; if you've been putting off a visit to the doctor, it might be time to take advantage of those deductibles being met. Discuss with your physician and call to schedule an appointment or screening. Give yourself the gift of good health.

For a physician referral or more information, call our Consult-A-Nurse line at **(478) 746-4646**.

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