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***You Can
Go Home Again!***

Story on page 2

July 2015
Vol. 29, No. 7

On the Cover

You Can Go Home Again!

by CLAIRE HOUSER-DODD

Cover: Mr. Willie D. Sneed

And how do we know? Because we too returned to the home of our birth, Fort Valley Georgia, in 1988. And now, Mr Willie D. Sneed has just made a come back.

He was born here on Waldon Street in the Vineville community in 1945, attended school here, graduated from H.A. Hunt High School, received two degrees from what was then Fort Valley State College, a Bachelor of Arts, Sociology and pre-professional Social Work plus a Masters of Science in Guidance and Counseling and started his very impressive career in education.

Before exploring his educational prowess, let's establish that he was first a musician at heart which we think always aids and abets memory. Almost every musician we know has an exceptional non-forgetter! It will be completely astounding that they can tell you exactly where they played on August 1, 1958, with

whom, why and who played what. An outstanding feat in itself.

When asked what was his favorite music, he answered rather quickly, "Jazz, but I love all music just so long as it's good." And he should know, as he is an accomplished musician on piano, guitar, and drums. He is also a singer. Singing now at Central Union Missionary Baptist Church, celebrating its 137th anniversary this year.

Our next question was, "What's your greatest musical thrill? Where played? With whom?" Mr. Sneed said, "Our Quartet from H.A. Hunt High School performance for the Ted Mack Amateur Hour in Miami, Florida and in Atlanta, Georgia. What an honor. We also won the State of Georgia Quartet Singers in the State for three years: 1960, 61, 62."

Back to an outstanding teaching career. First, Sumpter County High School in Americus, Georgia where he coached football and baseball, plus starting an acappella quartet that went on to win the state meet.



Willie Sneed in College – Base Drummer

After this stint and finishing his Masters Degree, he headed for South Carolina, Allendale County, where he taught for nine years before going with the State Department of Education. He was Project Supervisor watching over Federal Programs, Title I, Title IV B for 6 years.

Timmonsville South Carolina was his next tour of duty for about five years. He was principal of two schools simultaneously: Timmonsville Elementary and Johnson's Middle School. The superintendent, Mr. Henry L. White, called Willie his, "Racehorse." Willis corrected him and said, "No, you're trying to make a jackass out of me!" He was only paid an extra \$100.00 for the 2nd school.

After this outstanding teaching and supervisory career, Mr. Sneed retired from Dillon County, South Carolina, District 3, as Assistant Superintendent, Director of Special Projects, principal evaluations, new teachers orientation, etc.

Mr. Willie D. Sneed is the father of three, two sons and one daughter. He has two grands, both girls whom he fondly calls Turkey, 11 (runs her mouth), and Ham, 8 (because she is one). Sounds like a loving and fun family.

Another successful return home. Perhaps everywhere is not as welcoming as Fort Valley, but Thomas Wolfe is not always correct; some of us can go home again. Welcome home Willie!

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Georgia Writers Museum sponsors third annual contest

by SUSAN LARSON

The Georgia Writers Museum is accepting entries for its third annual amateur creative writing contest through Aug. 7. Entries must be original, unpublished literary works in the genre of a short story, flash prose, essay, biography or memoir. No poetry will be accepted. Entries, limited to 750 words, must be in the form of a word document, not a PDF. The fee is \$20 per entry, with a limit of three entries per author.

Detailed rules and entry forms are available online at www.georgiawritersmuseum.com

When registration and payment are received, authors will

then receive information on where to forward an electronic copy of the work(s) as an attachment to email. This year submissions, payments, and entries can be made online. Rules are listed on the Web site under "EVENTS."

First prize is \$125 with publication in *Lakelife* magazine and *The Eatonton Messenger*. Second prize is \$75 and third prize, \$25, with gifts awarded to the honorable mention. An awards reception is set for 6 p.m. Oct. 9 at the temporary home of the Georgia Writers Museum, 109 S. Jefferson Ave., Eatonton.

Last year, several *Senior News* readers placed in the finals. Let's hope that this year our senior population is represented at the awards reception.

Let us entertain you

by CLAIRE HOUSER DODD

For those working on or at the Georgia Peach Festival, it was kind-a-like it used to be when Peach Season was over. Everybody escaped to the beach – any beach – for much needed R&R. Soooo – a bunch of us drifted on down to St. Simons Island, rented a house for 12 or so and began enjoying the beach, the food and the pool and the wonderful “ocean breeze.” Just wish we could carry it with us wherever we go! Especially bring it back to Fort Valley!

At The Red Barn (as good as ever), we met some long time Fort Valleyans, Corbin and Nita Davis, and their youngest daughter. So nice to hook up with old neighbors and friends. All looking good, especially we must mention Corbin, who is 93 years young.

The resort on Jekyll is very nice, owned and operated by Westin. It gives a whole new look to the Island. To us, the Jekyll Inn is still our favorite.

Back in 1961, when Eugenia Price visited St. Simons Island, a trilogy was born. She was so impressed by the Island and its history, she wrote “Beloved Invader,” “New Moon Rising,” and “Lighthouse,” all based on actual history and people. If you haven’t read these books, do, they’ll take you on a great trip back in time.

St. Simons is the longest of these Barrier Islands of Georgia. It is approximately the size of Manhattan, 14 miles long and 4 miles across. We were staying on East Beach close to Gould’s Inlet. Two dead beached whales were out in the water on Friday A.M. and it looked as though you could walk over to Sea Island. The beach is so wide you’d get all the exercise you need just walking from the house to the water’s edge. And did you know that the tidal swings on St. Simons can be from 6-9 ft.? All due to its location (westernmost) on the South Atlantic Bite. The waters from North & South Carolina begin to flow south and east and pile up along the Georgia

Coastline.

All in all a wonderful vacation. We’ll all come back tanner, better fed, more relaxed and fatter. This due to Dennis’ Egg Benedict, James’ Peach Festival blueberry pancakes, Mike’s shrimp boil, and Dave’s all around efficiency in the kitchen and at the pool. The old King & Prince has been renovated again, but the food is even better!

Hey! We coulda been in Alexandria, Egypt – both located at 31 degrees latitude, but we would still choose St. Simons.

Although fantastic to leave home for a while, vacate and enjoy a very different environment, it’s a

hard thing to give up your daily happenings, miss your homefolk, parties and especially (this time) the dedication of the GA 96 Bridge over I-75 at Houser’s Mill Rd. Exit to the late Duke Lane, Sr. After the dedication, the group retired to Lane’s Southern Orchard for refreshments and remarks by family and dignitaries. An important day indeed. Hail to “Big Duke.”

We also missed the gathering on Father’s Day at the home of Duke Lane, Jr. Debbie and Jimbo Liipfert from Marshallville, and their son James and his wife. Everyone got to see that fabulous Super Bowl ring he received after

the Patriots won the 2015 Super Bowl. Just to see “the ring” and to hold it is a winning moment in itself. Congratulations to you, James.

Hey, we did make it back for State Representative Robert Dickey’s annual “Peaches and Politics” held at the Dickey’s packing shed in Musella, Georgia.

We hope everyone has gotten the message about the 4th of July concert change to Robin Air Force Base Museum. Looks like same venue with some SHADE!

Theater Macon presents 9 to 5 from July 10-25 except for the 13th & 14th. Call (478) 746-9485.

Hospital ER Staff offer advice on staying cool this summer

Special to Senior News

Extrême temperatures often cause heat-related emergencies. Even though Coliseum Medical Centers and Coliseum Northside Hospital have not seen patients with heat stroke yet this summer, the emergency room directors both hospitals say that hot, Macon summers unfortunately lead to emergency room visits. They agree that education can be one of the most important tools to beating the heat.

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications.

Warning signs of heat stroke vary but may include: an extremely high body temperature (above 103°F); red, hot, and dry skin (no sweating); rapid, strong pulse; throbbing headache; dizziness; nausea; confusion; and unconsciousness.

If you suspect you or someone you know is experiencing a heat stroke, this is a medical emergency. You should call 911 or drive the person to your nearest emergency room. While help arrives, get the victim to

a shady area and try to keep them cool.

ER personnel say that this information is important to those who fall into the high risk categories, but also individuals who work outdoors or who live in homes without air conditioning. For more information on heat-related illness or the emergency services available at Coliseum Medical Centers or Coliseum Northside Hospital, call Consult-a-Nurse at 478-746-4646.

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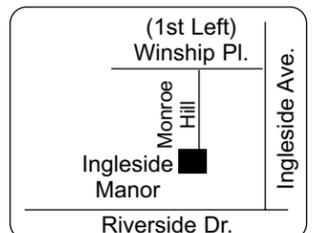


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Publisher

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

Jan Tassitano
Phone: 678-575-4184
Email: jan@jjmconsulting.com

Columnists

Claire Houser-Dodd
Lisa Petsche
Dr. Anne Jones

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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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Senior News & Views of Georgia

Poets' Corner

ONCE UPON A TIME by Mary Elliott

Once upon a time, I was at wits end.
You came to comfort me; you were my friend.
Then, as time went on, we became more,
I let you in; I opened a door.
Not the kind of door you walk through.
It's a door to my feelings I opened for you.
Will I be sorry I let my feelings out?
I guess taking chances is what life's all about.
So this is the end of this fairy tale of mine.
This is what happened once upon a time.

MY PRAYER by Paul R. Goniea, Sr.

Dear God...
I deserve hell, you give me salvation.
How dare I to ask, that you save this nation.

You gave your blood, to sanctify me.
Many have bled for this land, from sea to sea.

Let not your sacrifice, or theirs, be in vain.
Help us, to be on your side, and always remain.

Many of us have wandered, and lost our way.
Correct, lead, and guide us, I fervently pray.
And, may we forever, in your loving arms, stay.

THE GOLDEN YEARS by Dot A. Jones

Have you ever wondered why they are called our golden years?

Perhaps it's because we are blessed with the gift of each day. A gift from God to use in our own way.

We have been promised three score and ten; and, each extra day is a precious win.

We can be happy, smile and give love to family and friends; or, we can whine, frown and groan all the while.

These dear gifts are to be treasured each day, so don't wish the time away.

May others look at you and say, "She's a beautiful treasure of life to behold." She is molded in God's perfect mold.

Then when you are called to your heavenly home, family and friends will remember a life of gold, years of beauty and faith untold.

Each year remains a golden treasure. You have used the gift of the day in a special way. The golden years are blessing our lives and dear beyond measure.

AMERICAN MOTHERS from The Writings of EMM aka Elizabeth Magdalene Murray Poetess

This poem is written for parents, grandparents, guardians and anyone else that has influence in the life of a child.

We are the American Mothers
Giving birth to the free and the brave
Our seeds sown in the goodness of

God
And may thrive where-ever they lay

The young will rest upon our knee
And when older upon our hearts
Their success in life means the world to us
And a solid foundation is their best start

As the mothers of this nation
We will never cease to share
The bonds of unconditional love to any child
That lives in physical and emotional despair

We will continue to search for ways to cure our children's ills
By not allowing an idle mind to shorten their lives
With bullets and cheap thrills

As true mothers, we can never say, "This child cannot be loved"
For there is nothing that money can buy
To take the place of just one sincere hug

We light the path that leads to their prosperity and self-worth
A strong back they'll need
A clear head to heed
And full breasts upon which to nurse

The present of love, hope, and glory
Some cherished honors we bear
Blessed with the throne of mother
And ever our duty to care

To the Mothers of America
And mothers throughout the earth
Patience and time to listen is forever giving birth.

EMM©91

2015 Georgia Golden Olympics dates set

Special to Senior News

The 2015 dates for the 33rd Georgia Golden Olympics have been set for September 16-19, 2015. The games will be held in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department.

Information about the games, registration forms and schedules are available at www.georgiagoldenolympics.org. On the website you'll also find information about volunteering for the event, making a financial contribution and a media kit for use by athletes and others interested in promoting the event. Also, follow the Georgia Golden Olympics on facebook and twitter for additional information and updates.

2014 Georgia Golden Olympics

The 2014 Georgia Golden Olympics was held September 17-20, 2014 in Warner Robins. Over 650 athletes competed in over 20 sports and hundreds qualified for the 2015 National Senior Games to be held in Minnesota.

2015 National Senior Games

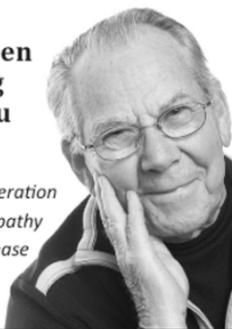
The National Senior Games, presented by Humana is scheduled for July 3-16, 2015 in Bloomington/ Minneapolis/St. Paul, Minnesota. For more information about the National Senior Games please go to www.nsga.com.

To make a tax deductible contribution to the Georgia Golden Olympics please find more information on the website: www.georgiagoldenolympics.org or send to GGO, P.O. Box 958, Winder, GA. 30680.

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Taking Care

How to Combat Summer Cabin Fever

by LISA M. PETSCHÉ

When we think of summer, we usually envision spending plenty of time outdoors, at home and visiting at friends, homes as well as in parks and other public places.



Lisa Petsche

Unfortunately, allergens, poor air quality, intense heat, rain showers and thunderstorms can end up keeping us indoors more often than we would like.

The following are some ideas for warding off cabin fever for you and the person you care for, when the weather is less than favorable.

Ideas for Enjoyment

- Prepare or purchase special summer treats to enjoy – for example, lemonade, iced tea, strawberry shortcake and blueberry pie.
- Buy colorful, acrylic dishes and matching placemats for serving food and beverages. You don't need to spend much: check out the offerings at the local dollar store or discount department store.
- Snack on fresh fruit and vegetables from your garden or the local farmers' market. Or pick up pre-sliced, ready-

to-serve watermelon, pineapple and other refreshing offerings in your supermarket's produce section.

- Enjoy ice cream novelties, such as popsicles and ice cream sandwiches, purchased in bulk from the grocery store or individually from the local convenience store. Or make your own ice cream floats and sundaes.
- Order take-out food for a change of cuisine. Try something different, but not too heavy, such as an apple pecan chicken salad, for example.
- Bring a bit of nature into your home: nurture some plants, keep vases filled with flowers from your garden or buy fresh flowers.
- Burn candles with novel summer scents, such as raspberry lemonade and peach Bellini.
- Read a magazine about a favorite summer pastime – gardening or golf, for example.
- Listen to relaxation CDs that feature your favorite summer sounds – for example, waves lapping at the shore, a babbling brook, a waterfall, birds or other wildlife.
- Look through photo collections or watch home movies from past summers. Reminisce about family traditions, special people and places and humorous moments.
- Read a new book or acquaint yourself with an old favorite you have on hand.

- Start a daily journal.
- Watch a summer-themed movie.
- Try out a new recipe.
- Work on a jigsaw puzzle or word puzzles.
- Play card games or board games together. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings on the market. For even more fun, invite friends over for an afternoon or evening of games and socializing.
- Start a new hobby, such as sketching or scrapbooking, or revive an old pastime – for example, knitting or crocheting.
- Get a bird feeder and seed, binoculars and a bird watching guide.
- Go to the mall, even if you're not looking to buy anything. Window shopping and people watching can be enjoyable pastimes. Have a snack or a meal while you're there.
- Plan an outing to a favorite restaurant or an indoor concert or play. Take a taxi – or book accessible transportation if necessary – to ensure door to door service.

Practical Activities

Accomplishment, especially when it involves tackling long-postponed projects, brings satisfaction and a sense of renewal. Involve the care receiver as appropriate.

Some ideas for projects

- Organize your collection of photos, music or movies.
- Do some de-cluttering around your home (kitchen drawers, closets, spare rooms, basements and -attics are typical hot spots). Pack up unwanted items for donation to a local charity.
- Organize paperwork – bills, medical documents and so on – in portable file boxes or three-ringed binders equipped with dividers.
- Rearrange the furniture in one or more rooms, or swap furnishings and accessories among rooms. Or start planning a major room redecorating or home renovation project.
- Make an extra effort to look after your health, including exercising regularly – good for both your physical and mental well-being. A stationary bike or treadmill is a good choice – you can use it year-round, regardless of the weather.
- Research community support services, including respite care options, and begin to take advantage of them. Information can be obtained from the local office on aging.

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

You're in Great Hands at Coliseum Medical Centers' Accredited Chest Pain Center

Everyone knows that if you experience chest pain, you should get to your nearest Emergency Department immediately! No one should ever take a chance that the pain might be something less serious. It should be treated like it might be a heart attack! Getting the best, most experienced care as quickly as possible will make a difference in the outcome. It's been said among healthcare professionals that "time equals muscle," meaning that every second counts in saving precious heart muscle and giving you the best shot at a recovery.

Patients experiencing chest pain and heart issues often look for a hospital with doctors, nurses, and support personnel who have gone through a rigorous process of earning Chest Pain Accreditation. Coliseum Medical Centers is a fully accredited Chest Pain Center, committed to a process that is recommended by The Society of Chest Pain Centers (SCPC), an organization dedicated to eliminating heart disease as a leading cause of death. The SCPC developed a chest pain accreditation process to ensure that hospitals provide patients with the right kind of care from admission through discharge.

Here are some of the characteristics the SCPC identifies in hospitals like Coliseum that have earned chest pain accreditation:

- Integrating the emergency department with the local emergency medical system
- Assessing, diagnosing and treating patients quickly
- Effectively treating patients with low risk

for acute coronary syndrome and no assignable cause for their symptoms

- Continually seeking to improve processes and procedures
- Ensuring Chest Pain Center personnel competency and training
- Maintaining organizational structure and commitment
- Having a functional design that promotes optimal patient care
- Supporting community outreach programs that educate the public to promptly seek medical care if they display symptoms of a possible heart attack

Coliseum Medical Centers offers a level of care that improves outcomes for patients compared to hospitals who have not gone through the accreditation process. Maintaining accreditation is an ongoing process requiring constant systems review and Coliseum is committed to undergoing accreditation review on a regular basis as outlined by the SCPC. This is Coliseum's commitment to the good heart health of our community.

For more information about the Emergency Room or the heart services offered at Coliseum, call Consult-A-Nurse, a free health information and physician line, at (478) 746-4646.



**MACON METRO AREA
Senior Services & Events Directory**

**Additional
Senior Services &
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www.seniornewsga.com**

Coliseum Health System
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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.
- **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 478-757-6092

- **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 Navicent Health – 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 kjh-ague@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.

continued on page 7

– NOTICE –

Senior News has an interest in offering email delivery of our Atlanta, Augusta and Macon newspapers in the near future. To be considered for email delivery of your "pdf" copy of our newspaper, please forward your email address to: seniornewsga@cox.net. Please indicate which metro area copy you desire to received.

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EVENTS
from page 6

- Men-to-Men Support Group: 478-633-6349
- Chemotherapy Orientation Classes: 478-633-8537
- Genetic Counseling: 478-633-6270
- Cancer Clinical Trials: 478-633-1738 or www.mccgclinicaltrials.org.
- Lymphedema Therapy: 478-757-0884
- Mammo Marathon Day: Call 478-633-8537 for date and details

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 of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

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

Macon-Bibb County Parks & Recreation Department Senior Center

1283 Adams Street Macon, Georgia

31201; Phone: 478-751-2790, 478-751-9238

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

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.

Theatre Macon
438 Cherry Street, Macon
478-746-9485

- 9 to 5: July 10-12 & 15-25

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.

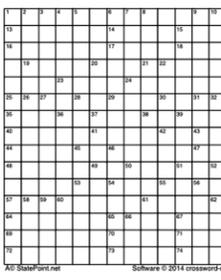
Alzheimer's Association Neighborhood Memory Café

Meets every 3rd Thurs., 2-3:30 p.m., 105 Westcliff Blvd., Warner Robins. For people with early stage memory loss and their spouses.

Alzheimer's Association 2015 Walk to End Alzheimer's

Sept. 26, 5 p.m., Bridle Farms, Perry. To start or join a team today, visit Walk to End Alzheimer's at alz.org/walk. For more information about Alzheimer's disease, visit the www.alz.org or call the 24/7 Helpline at 800-272-3900.

**Crossword Puzzles
Sudoku Puzzles
Informational Articles**

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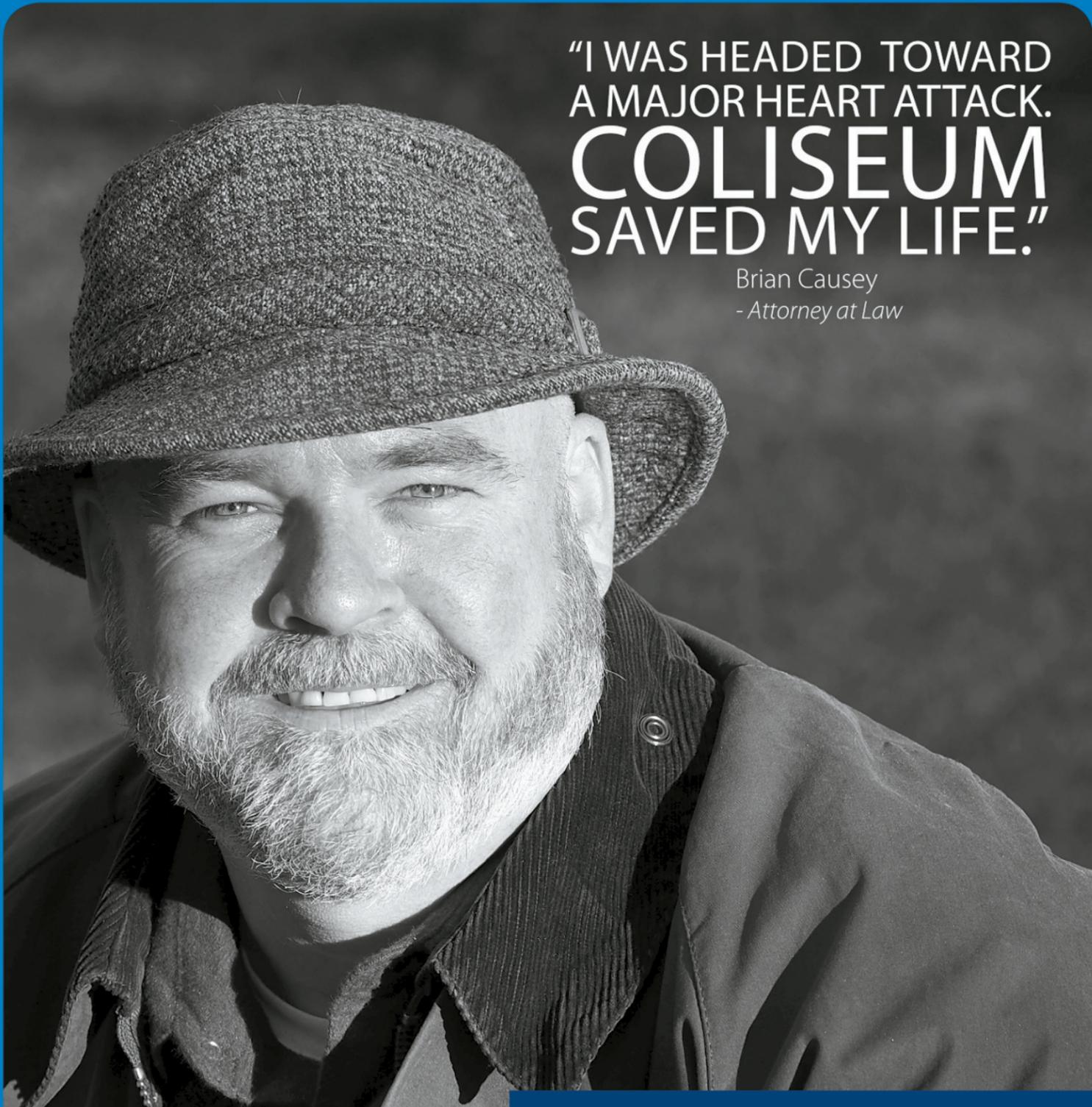
When: 2pm-3:30pm every 3rd Thursday
Where: Serenity Adult Day Health, Inc., Warner Robins, 105 Westcliff Blvd.
Who: people with early-stage memory loss AND their spouse. Join us for a fun time together!

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