

# Senior News

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## *Guitar Heroes!*

*Story on page 6*

September 2012  
Vol. 26, No. 9

## Taking Care

# Community connections: Overcoming isolation

by LISA M. PETSCHÉ

**I**t is easy for family caregivers to become isolated as a result of their chronically ill relative's ongoing need for practical help or supervision due to physical or mental impairment.



**Lisa Petsche**

For instance, caregivers may have to give up a job, volunteer work or group recreational activities in order to provide full-time care. Over time they also may lose touch with friends because the heavy demands of caregiving limit their time and energy for nurturing relationships and their ability to get out of the house. All too easily, they become disengaged from formal and informal social networks and stress-relieving leisure activities.

Unfortunately, family support is often minimal or absent, due to societal trends that include delayed marriage, decreased family size and increased mobility. Even if adult children live nearby, they are likely to be raising a family and holding down a job, and therefore have limited time to help mom and dad.

Separation from others fosters loneliness and may precipitate depression, a common affliction among caregivers. While sustaining all relationships may be impossible, close relationships – a vital source of pleasure, validation and practical support – need to be nurtured.

The following are some ways to prevent or overcome isolation, in order to avoid burnout.

- Take the initiative and invite friends over. Do not wait for them to call or drop in.
- Accept offers of help and ask other family members to share the load. Do not try to shield them from the reality of your situation. Give them the opportunity to pitch in and be specific about what you need.
- Keep in touch with out-of-area loved ones through phone calls (find a good long-distance savings plan), letters or email.
- Get a portable phone so you do not miss calls and can multi-task while conversing. Or get an answering machine so friends can leave messages when you are not available.
- Join a community support group (some offer concurrent care) to connect with other caregivers. Information on caregiver groups can be obtained from your local hospital, community

social workers and your local community information service. Online caregiver message boards and chat rooms, and electronic mailing lists or discussion forums, are some at-home alternatives. At the very least, subscribe to a caregiving magazine or caregiving website newsletter that offers practical advice and the assurance that you are not alone in the challenges you face.

- Consider in-home respite provided by a health care aide employed by a government agency or hired directly through a home health care agency; an individual hired under a private arrangement; or a trained volunteer (for example, from the Alzheimer's Association).

- Investigate adult day care programs as well as residential care homes that have a short-stay program (the latter so you can attend out-of-town events or take a vacation). To locate such resources, contact your

local office on aging or the non-profit organization associated with your loved one's disease.

- If mobility issues prevent your relative from accessing day programming or accompanying you out into the community, rent or by a walker or wheelchair if necessary. Get an adapted van that will accommodate a wheelchair, or register with the local accessible transportation service.

- If your loved one can safely be left alone but you are anxious about the prospect, supply him or her with a portable phone and get yourself a cell phone so you can stay in touch. An emergency response system may also help to put your mind at ease.

\*\*\*\*\*

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

## Ten thousand patients get InQuicker at The Medical Center of Central Georgia

### Online Check-In Service for Emergency Room and QuickMed centers Assists Thousands

Special to Senior News

**T**en thousand patients in need of emergency or urgent care have utilized The Medical Center of Central Georgia's (MCCG) InQuicker program.

With 10,000 reasons to celebrate, MCCG will host receptions at the emergency center and QuickMed location on Tuesday, August 14. The reception at the emergency center will take place at 12:30 p.m., QuickMed Gray Highway at 2:00 p.m., QuickMed Riverside Drive at 3:30 p.m. and QuickMed Zebulon Road at 5:00 p.m. These are not a public events, but media are invited to attend.

InQuicker is an innovative online waiting room that has revolutionized the patient experience in MCCG's emergency center and QuickMed urgent care centers since its launch in October. Using InQuicker.com, individuals can hold their place in the lines at the emergency center at MCCG or the nearest QuickMed center, arrive at their projected treatment time and be seen by a health care professional within 15 minutes of the projected time.

"InQuicker is a fantastic service provided by The Medical Center of Central Georgia for people in the Central Georgia area with minor emergencies and illnesses. It is a service like no other for timely diagnosis and treatment," said Dr. Tim Longaker, MCCG Medical Director

of Urgent Care.

InQuicker is not an appointment or reservation service, as the nature of emergency room triage does not allow for the scheduling of medical treatment. Rather, InQuicker provides estimated treatment times based on patient traffic conditions and enables its users to wait in line from home rather than the waiting room. InQuicker users do not skip the emergency room waiting line; they simply wait in the convenience of their own residence.

In order to be seen by a health care professional within 15 minutes, InQuicker users must provide all requested information during the online check-in process and arrive at the emergency center at MCCG or the nearest QuickMed center promptly at their projected treatment time. In the event of a delay, InQuicker users are sent real-time notifications via phone call and email.

This service is only intended for persons who have non-life threatening medical conditions. The InQuicker system is designed to filter certain symptom keywords that may indicate a life-threatening medical condition. Users indicating a life-threatening medical condition are prompted to dial 911 or go immediately to the nearest emergency room.

QuickMeds, MCCG's urgent care centers, are located throughout Macon. They are located at 5925 Zebulon Rd. (7 a.m. – 11 p.m.), 3400 Riverside Dr. (8 a.m. – 8 p.m.) and 1339 Gray Highway (8 a.m. – 8 p.m.). The MCCG emergency center is located at 777 Hemlock Street.

For more information about the InQuicker online waiting room, visit [www.InQuicker.com/press](http://www.InQuicker.com/press).

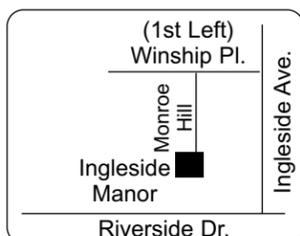
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# Let us entertain you

by CLAIRE HOUSER DODD

*Is it hot out there? Or is it just me?*

Anonymous

**W**e've been busy entertaining ourselves lately... a trip to Jekyll Island with some friends from Byron and Fort Valley. Daughter Emily rented a beach house and everybody wanted to go. Some couples wanted to be there for the yearly Shag-a-ganza 22, an annual Jekyll Island Beach Music Festival.

It was held this year in the new Jekyll Island Convention Center. Really big, both the Beach Party and the Convention Center. Shaggers from all over the southeast, including the Carolina's where the dance was invented. Those folks are really serious about their dancing. Dr. Dodd and yours truly unwillingly got in the middle of a couple of shag parties – one in Myrtle Beach, SC and one in Southern Pines NC. They were really friendly people, but dead serious about shagging!

The next 6 weeks of entertainment will be in Perry. Read "The Smithsonian is Coming to Perry" and you'll learn about a few of the venues. The first not to miss is 6 p.m. September 8th – Bobby McDuffie with his violin, The Mercer String Orchestra, and the member of the Atlanta Symphony doing "Vivaldi's Four Season's" at the Perry High School Auditorium. There are 60 plus

acts following Robert, a Maconite and Grammy nominated artist. To keep apprized of all the action in Perry visit [www.georgiahumancities.org/newharmonies](http://www.georgiahumancities.org/newharmonies) or [www.facebook.com/harmoniesperry](http://www.facebook.com/harmoniesperry).

As always, several good things are happening at once. In Fort Valley The Georgia BBQ State Championship Cookoff & ComSouth Hambone Jam will be in full swing the 7th and 8th with Uncle Earl & Friends delivering dance music from 8-11 Friday night. After the concert, a movie will be showing on the large screen – all free: however, there will be food to buy and crafts & gifts for sale.

The Peach County Historical Society will hold their Annual Silent Auction in the Passenger Depot right by the railroad tracks in town. It will end Saturday afternoon around 3 p.m. just before the Hambone Jam State Champion is announced. The Central of Georgia Model Railroad Club will be presenting their model layouts Friday & Saturday, plus the Northfork Southern Exhibit & Simulator opens for touring and photographs Saturday afternoon the 8th. All that should be over by 5 p.m. in time to go over to Perry to hear Bobby play the sweetest Violin this side of heaven.

Then... we're thinking everybody can run on up to Forsyth for one of their FREE Street Parties in the Middle of town and hear Eddie Byrd, a local and loved musician and his band from 8-11 p.m. This is always a fun show!

There are so many things going on in September plus Football season starting. And did you know Mercer has, after a 70 year hiatus, started a football team and you may be able to catch a practice session! The first game will be played August 31, 2013.

The Paranormals, or Ghost Busters as lots of people love to call them, are hanging around the Villa Capriccio late at night taking pictures, recording noises and watching light waves work their magic, especially on the 3rd floor. When asked what he thought; Nick the 6 year old son of the owner said, "Oh I know it's a young girl." His daddy asked if he saw her? "Oh no, I can just tell, but I'm still not going up there!" he replied. And that was that!

But will you be brave enough to go up on October the 20th when the Ghost Busters show this film and the party begins?

Who among you were out

at the Byron Pop Festival in the 70's? Those of you who were will get another chance and those who were not will get a taste of that Southern Fried Festival that rivaled Woodstock! This will be in pictures, movies, magazines and the like.

Make plans to go and wear your 70's garb if you like, it was a really hot summer and some of the attendees didn't wear much and those that did lost what they had on, or so we hear! Consequently, this venue will be for mature audience only. It is slated for September 14 with the time to be announced as will be the price. There will be film footage, stories from stage mangers, local law enforcement people and documentary makers. Be listening for more concert information or call, 478-988-8000.

*Always do right. This will gratify some people and astonish the rest.*

Mark Twain

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## The Next Chapter

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

*The Greatest Champion That Never Was: The Life of W. L. "Young" Stribling*, Jaclyn Weldon White, Mercer University Press, 2012

*Drifting Into Darien: A Personal and Natural History of the Altamaha River*, Janisse Ray, Wormsloe Foundation Nature Book, University of Georgia Press

**J**aclyn Weldon White is a fascinating local author who was once a police officer. An eclectic writer, her books range from true crime to biography to novel. *The Greatest Champion That Never Was: The Life of W. L. "Young" Stribling* is the story of a Georgia man who tasted fame at the age of four while performing in Vaudeville and went on to become one of the most talented boxers in the world, fighting professionally by the age of sixteen. In his twelve year career he fought 287 matches, winning 224 and losing only 12. The remaining were draws.

William Lawrence Stribling, known as "Young" Stribling was famous for his wins, but also for his

sportsmanship and unquenchable desire to do his best. Born of a store clerk and a farmer's daughter, he startled the world with his fast rise to fame. His career was a passport, not only to travel, but to experiences beyond his dreams. He was a close friend to Jack Dempsey and his winnings attracted the attention of Al Capone.

In addition to his boxing success he was a championship basketball player, accomplished golfer, exceptional tennis player, pilot, and speedboat racer. He was considered to star in a movie about his life. Despite the host of opportunities at his doorstep, his greatest love was his home in Macon, Georgia, his friends and his family.

Janisse Ray has the rare ability to take personal experiences and turn them into riveting stories with which her readers can identify. She speaks to them through her pages, teaching them as she writes. She is an author, naturalist and activist who has written five literary nonfiction books and a collection of poetry. Her numerous awards include an honorary doctorate from Unity College in Maine. *Drifting Into Darien: A Personal and Natural History of the Altamaha River* is a Wormsloe Foundation Nature Book. Those who love our environment will be especially drawn to it.

Ray was an infant when her father's boat sank in the mighty

Altamaha River. Saved by her life preserver, she floated onto a sandbar. "That first baptism began a lifelong relationship with a stunning and powerful river which almost nobody knows."

Designated by the Nature Conservancy as one of the world's last great places, the Altamaha is Georgia's best kept secret. In many ways it's a no man's land, threading through swamps and pine forests as it makes its way to the sea. Always having wanted to paddle its length, Ray embarks on a kayaking journey from its beginning to end.

Ray has produced an entertaining and provocative work with vivid descriptions. The book leads readers into thinking about their interactions with the world around them as it provides rich historical and cultural insight into this remarkable geographical feature. It also presents a compelling argument for preservation as opposed to greed. Using the river as a backdrop for her philosophical and life experiences, *Drifting into Darien* includes "meditations on the many ways we accept a world that contains both good and evil."

As a former teacher who taught students the impact of geography on cultural development and vice versa, I can say enthusiastically, Ray "gets it."  
\*\*\*\*\*

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

## Spiritual Notes

# Graying, Growth, Growing Older With God

by **Dr. Bill Baggett**  
Minister to Seniors  
Dunwoody Baptist Church

**W**hen in the company of senior adults you often hear discussions regarding aches and pains, doctors' visits and sometimes depressing and despondent views for the future. However, there seems to be a resurgence of positive thinking among the aging population in our country. There is a proliferation of senior centers as well as church and civic activities that offer courses of study on various topics, exercise classes

and travel for seniors. There are also numerous ads and programs in the media directed at the senior population.

Gerontological Studies reveal that the U.S. population is living longer each year. Good medical care, an improved standard of living and more financial security has been significant factors in these revealing statistics.

There are still those who fear the aging process. Once they have reached "retirement age" they throw in the proverbial towel. General Douglas MacArthur stated: "A man doesn't grow old because he has

lived a certain number of years, he grows old when he deserts his ideal. The years may wrinkle his skin, but deserting his ideals wrinkles his soul. Preoccupations, fears, doubts, and despair are the dust before death. You will remain young as long as you are open to what is beautiful, good, and great, receptive to the messages of other men and women, of nature and of God. If one day you should become bitter, pessimistic and gnawed by despair, may God have mercy on your old man's soul."

God created us and will take care of us as we grow older. If we desert our life's goals and ideals, as we age, our self esteem and value to this world will be minimized.

The Bible is filled with verses regarding growing up spiritually, i.e., Proverbs 16:31: "Gray hair is a crown of splendor: it is attained by a righteous life." Isaiah 46:3-4: "I have cared for you since you were born, Yes, I carried you before you were born. I will be your God throughout your lifetime – until your hair is white with age. I made you, and will care for you. I will carry you along and save you."

What pathway have you chosen? Are you experiencing true joy in your senior years? God built you for a purpose. Search for it!  
\*\*\*\*\*

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

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# Poets' Corner

## SILENT AFFAIR by Marion Jones

Life was seeming so empty to me,  
Something was missing, what could  
it be?

Maybe being a long way from home,  
But that's what I get for wanting to  
roam.

Then he came along, the man with  
no name,  
"Who is he?" someone asked, I  
wondered the same.  
An awesome feeling suddenly came  
over me,  
A thread of sunshine as if through a  
tree.

Warmed my body and lit up my day,  
Am I dreaming, why am I feeling  
this way?  
I felt as though fetters were on my  
feet,  
And my face became crimson as  
this man I did meet.

His hair was graying, his shoulders  
were broad,  
His eyes were bewitching as if like a  
sword.  
They penetrated to the depths of  
desire,  
And did nothing but set me afire.

The feelings grew deeper as I  
learned to control,  
The actions that wanted to come  
from my soul.  
I'll go on loving each moment we  
share,  
Unknown to you will be this silent  
affair.

\*\*\*\*\*

## TAKE TIME by Frankie Lee

Take Time to smell the roses  
You often hear them say  
Until the time comes and you  
Finally understand that day

It means so much, is in front of you  
And yet you hurry by and don't see  
The flowers, grass and sky and all  
And that beautiful green, green tree

Did you see the cardinal pretty and  
red  
Or the rabbit hopping by  
Did you see the roses blooming  
Or hear the eagle cry

Oh look, there is a turtle

Where did he come from  
And why didn't I notice the bee hive  
Or even hear that hum

Take time to look around  
And see all you can see  
You'll find you're missing a lot  
And all of it is free

We have to slow down because soon  
it  
Will all go much too fast  
We have to build memories  
As we get older to make them last

Time races by and doesn't stand still  
If we don't take the time, who will?  
\*\*\*\*\*

## FUNNY HOW TIME SLIPS AWAY

by Mrs. Geri Noel

You've gain weight, it's hard to lose  
You can't always have the food you  
choose  
You can't fit into the pants you  
bought only yesterday  
Ain't it funny how time slips away?

Yesterday you could jump in and out  
of the tub  
Today you need a grip handle to give  
you a shove  
You could vault out of bed like a gun  
shooting nails  
Now you turn over to a couple of  
support rails  
Ain't it funny how time slips away?

Yesterday you'd seen a girl, you  
became a stalker  
Now you slide pass her house and  
your ride is a walker  
Remember how you use to wrestle  
on the floor with your mutt  
Now you have fallen and you can't  
get up  
Ain't it funny how time slips away?

Yesterday you were on the dance  
floor shaking your hair  
Now your hair comes prepaid and  
ready to wear  
Yesterday you colored your hair to  
be in the fray  
Today you color your hair to cover  
all the grey  
Ain't it funny how time slips away?

Yesterday you ran up and down the  
steps hurling the last four  
Now you take them one by one  
afraid of a fall to the floor  
Yesterday you would run and jump  
into the pool

Now you sit by the pool in a beach  
chair... sleep and drool  
Ain't it funny how time slips away?

All those old memories, how soon  
are we to forget  
We are at an age closer to God but  
he ain't ready for us yet  
Unlike Ottis Redding sitting at the  
dock of the bay  
Get up... do something with the rest  
of your life  
Don't let time slip away!  
\*\*\*\*\*

## FROST TOUCHED

He has made everything beautiful  
in its time. Eccl. 3:11  
by Henry N. Goldman

Stately Maple tree turns to red and  
gold,  
Lately I find that I am feeling old;  
And watching red and gold drift  
slowly down,  
Reminds me how my seasons quietly  
fold into yet another year that goes  
unbound.  
I marvel at these hues by God's own  
hand,  
As rustling leaves in downward  
courses land,  
Where Mother Earth's quiet breast  
forever holds;  
These leaves, touched by frost's  
magic wand of cold.  
As autumn's chill turns leaves to red

and gold,  
Life's passing seasons slowly take  
their toll.  
I dread the winter snows  
approaching fast,  
Another year has flown, and I grow  
old,  
These seasons that slow not, but  
quickly pass.  
And now these leaves of Maple  
quietly rest,  
Once more I've seen their beauty at  
its best,  
And will within my heart this beauty  
hold,  
These frost touched leaves of blazing  
red and gold.

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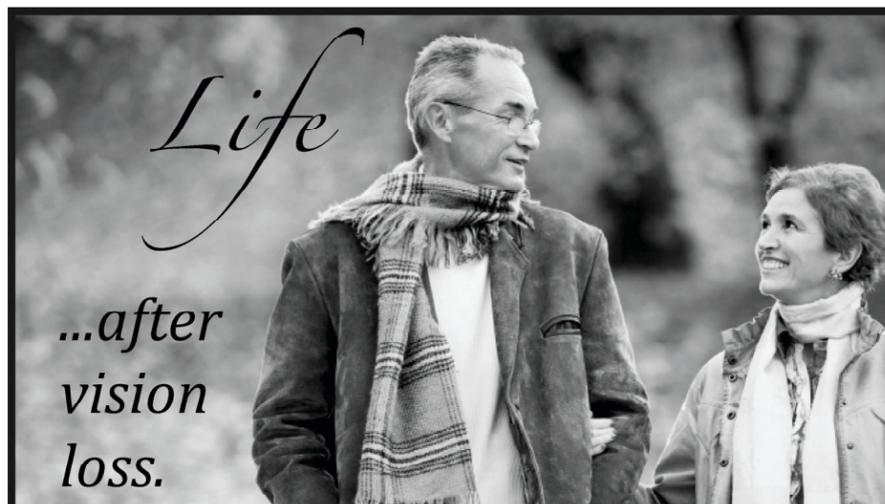
## POETRY by Vera King

Poetry  
the beauty  
of my life.

Poetry  
is music  
to my ears.

Poetry  
it keeps a smile  
upon my face.

Poetry  
the Holy Grail  
from which I sip.



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## On the Cover

# Guitar Heroes!

by JANE WINSTON

### COVER

Mickey Amberg on the left and Bill Cox on the right in their workshop in Mickey's garage.

Bring together a guitar maker and a guitar repairer, put them in a well-appointed workshop, and you have two luthiers... one who makes or repairs stringed instruments... who work as hobbyists under the moniker of Quality Hand Built Guitars. Mickey Amberg and Bill Cox are the luthiers of Perry, Georgia! Both retired, they have for about six years, pursued one of their many hobbies in Mickey's garage.

Being a Luthier is in itself an unusual hobby, but that isn't what drew me to these incredibly talented gentlemen. It is the fact that beyond making and repairing stringed instruments for folks all around Georgia,

they accept donated guitars, fix them up and send them through Myra Foskey and Hearts to Heroes to troops in Iraq and Afghanistan. Mickey recalls an Air Force Sergeant with him in Vietnam who would sit on the steps of the barracks and strum his guitar. His playing made time pass more quickly for all, and gave Mickey the desire to give back to the troops for what the Sergeant had done for him. And... as they say... the rest is history! They have, in fact, "worked," aka known as refurbished, 21 donated guitars. Most have been shipped, but some have not gone because it costs \$50.00 to ship each one!

Mickey has a myriad of hobbies... golf, photography, painting to name a few... but his hobby as a wood worker is what led him to building instruments. He still has the first guitar he built while living in Lakeland, Florida.



Bill Cox the actual guitar player and tuner

Bill, the guitar player of the two, had some experience in repairing acoustic guitars, but had never built one. Bill's hobby outside of Quality Hand Built Guitars is singing and playing in his band, the Powersville Cross Road Band. They play at the Powersville Opry, nursing homes, Cross Roads and other places around middle Georgia. Bill is the one who tunes the guitars they have refurbished or built from the ground up. So when the two of them met and decided to combine their hobbies, talents and interests, the perfect luthiering team for middle Georgia and for the troops was born!

One of their favorite things to do is to take in guitars which have been declared irreparable. They then trouble shoot the situation, roll up their sleeves, crank up their equipment and work at it till it is repaired and playable! By the way, their work is not just limited to guitar building and repairing. They work on all

stringed instruments, but have never built a banjo! These two talented men with delightful personalities are engaged in a hobby foreign to most but important to them, to the soldier who loves to strum a guitar and to the individual who needs a stringed instrument repaired!

If you would like to donate a used guitar for a soldier or have a stringed instrument repaired contact Mickey Amberg at 863-370-5154. If you would like to donate some money for the shipping of a repaired guitar to the troops, please contact Myra Foskey at Hearts to Heroes: myra\_foskey@yahoo.com.

\*\*\*\*\*

Jane Winston is a freelance writer who spent this summer on Mackinac Island.

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With options like multifocal lenses to correct both distance and near vision, or toric lenses to correct astigmatism, your doctor can help you find the best option for your eyes and your lifestyle

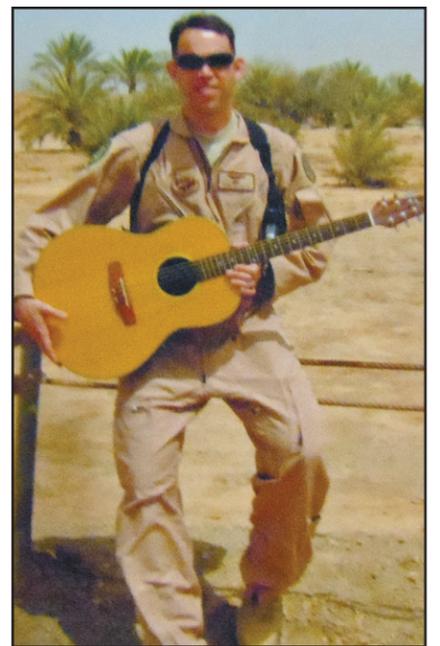
Set up an appointment today, and start seeing your best!



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A soldier in Iraq with a guitar repaired by Mickey and Bill and sent via Hearts to Heroes

# Chronic Disease diagnosis can be just an unexpected detour

by **CUIRSTAUN STROUD**  
Middle Georgia Area  
Agency on Aging

**O**n this journey that we call life, there are many twists and turns, directional changes, and bumps in the road. Often, when someone is diagnosed with a chronic disease, they feel that their journey has reached a dead end. However, with the Chronic Disease Self-Management Program (CDSMP), developed by Stanford University, we learn that being diagnosed with a chronic disease is not a sudden end to our journey – just an unexpected detour.

I decided to become a CDSMP lay leader in 2011 after experiencing my own “detour,” when I was diag-

nosed with a chronic disease. My diagnosis left me with a lot of questions and anxiety. I wondered if I would change. I imagined what my life would be like if I did not take my diagnosis seriously. Finally I realized the only way I would feel better about any of the new challenges I was facing was to take action. I wanted to learn ways in which I could avoid the negative consequences associated with my chronic disease. Although I was eager to gain knowledge of all I could do to help myself live a better life with a chronic disease, I could have never imagined the positive impact that CDSMP would have on me.

I completed my four-day training session in August of 2011 and have taught two CDSMP workshops over the

past year. This has been an incredibly rewarding experience as I have been able to learn a lot and share it with others who may have been just as lost as I was in the beginning of my chronic disease journey. I have learned techniques that allow me to: better communicate my needs, set and reach goals, recognize and deal with my emotions in a healthy way, and nourish myself, both physically and spiritually.

Despite the many personal accomplishments provided to me by CDSMP, my favorite part of being a lay leader for this program is being a witness to the positive change this program has on others. When the workshops begin, everyone is very leery of what is to come. Everyone expects a series of lectures full of fact sheets of

do’s and don’ts. No one expects the fully collaborative sessions that are fueled by encouragement. In a CDSMP workshop, every one has a voice, and every idea is considered legitimate. In week one, participants are usually unsure of if they want to be there; by week six, they are sure they do not want the workshops to end.

CDSMP workshops are a wonderful place to learn and share, and to find a supportive community of people who can understand what you are going through. The Middle Georgia Area Agency on Aging will be conducting CDSMP workshops throughout the fall of 2012. If you are interested in the rewarding experience of CDSMP, please contact Nicole Gaither at 478-751-6466 or at [ngaither@mg-rc.org](mailto:ngaither@mg-rc.org) for more information.

## ApplianceSmart®

www.ApplianceSmart.com

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 <p><b>\$599.98</b></p> <p><b>Washer and Dryer PAIR</b></p> <p><small>NTW5100XQ / NED5100TQ White only. 3.1 cubic foot washer. 16 cycles, 3 water levels. Extra large capacity dryer. Closeout, limited to supply on hand.</small></p>	 <p><b>\$1,099.98</b></p> <p><b>Front Load Washer &amp; Electric Dryer PAIR</b></p> <p><small>WCVH6800JWW / DCVH680EJWW Final pair price, after instant savings. Closeout, limited to supply on hand.</small></p>	 <p><b>\$899.98</b></p> <p><b>Side-by-Side Refrigerator</b></p> <p><small>ED5LVAXWQ - 25.3 cubic foot capacity. Adjustable glass door bins. Spill Guard glass shelves. Closeout, limited to supply on hand.</small></p>	 <p><b>\$399.98</b></p> <p><b>Built-In Dishwasher - Stainless Interior</b> Your Choice: Black or White</p> <p><small>MDB7749AWB / MDB7749AWW Closeout, limited to supply on hand.</small></p>	 <p><b>\$149.98</b></p> <p><b>Over-the-Range Microwave</b> Your Choice: Black or White</p> <p><small>JVM1840DRBB / JVM1840DRWW Closeout, limited to supply on hand.</small></p>	 <p><b>\$499.98</b></p> <p><b>Gas Range - Your Choice:</b> Black or White</p> <p><small>JGB3000ERBB / JGB3000ERWW / JGB3001ERSS Closeout, limited to supply on hand.</small></p> <p><b>Stainless Steel add \$100.00</b></p>
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## Tips on giving to police and firefighter organizations

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

**T**he police and firefighters in your community are people who put their lives on the line daily to protect you, your family, and your community. So when you get a call or a letter asking you to give to a police or firefighter group, your first reaction is probably a generous one.

But wait. There are a lot of hype merchants out there, fast talking hucksters only too happy to take your dollars without giving you all the facts needed to make an informed giving decision. If you donate to groups like these your hard-working local police or firefighters might not be helped much, if at all. And you'll have poured your hard-earned money down the drain. If you

are considering supporting police, firefighter and even veteran causes, the BBB advises you to consider the following.

1) Most police and firefighter groups are not charities. While some groups are 501(c)(3) tax-exempt charities, most are labor organizations, fraternal groups, or benevolent associations. Make sure to ask the group for its tax identification letter and a copy of their IRS 990 form to determine whether your contribution will be tax-deductible.

2) Local police officers and firefighters are not always involved. Don't make the assumptions based on the name alone; the words "police" and "firefighter" in an organization's name does not necessarily mean that local members are involved. If your goal is to help locally, contact your local police or fire departments to

ask how you can help.

3) Don't believe promises of special treatment. If such suggestions or threats are used, contact your local police department, the Federal Trade Commission, and the BBB.

4) Ask for written materials. Learn more about the organization's finances before giving. It should "raise a red flag" if the organization is unwilling or reluctant to provide this information.

5) Find out how much of your gift will be spent on fundraising costs. In some cases, fundraising expenses for police and firefighter organizations can be as high as 90% or more of the funds collected. That means that ninety cents or more of every dollar collected actually goes to the telemarketer, not the organization whose name is being used.

6) If asked to buy tickets to send needy kids to an entertainment event, ask how the children are chosen, how many will attend, how tickets will be distributed, and if transportation has been arranged for the children. Many times the soliciting organizations have not made arrangements with local children's charities, might not provide transportation for the children, or few children may actually attend the event. Many times, no venue has even been secured for the event.

7) If your business is asked

to buy advertising space in a police or firefighting journal, ask how many copies of the publication will be distributed, who will receive them, if there is a cover price, the estimated publication date and ask to see a copy of the draft and published version of the ad. In some cases few copies of the publication are ever distributed and those that are given out may be done haphazardly.

Giving is a personal decision. It is up to you to decide whether a police or firefighter group is worthy of your support. The bottom line? Always ask questions to make sure your donations will be used wisely.

For more consumer tips you can trust, 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) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*

## Ocmulgee National Monument to hold Annual Indian Celebration

Special to *Senior News*

**O**cmulgee National Monument will host the Annual Ocmulgee Indian Celebration September 15 and 16. This cultural experience provides an opportunity to interact with people from all of the Southeastern Native cultures, plus representatives of other tribes from throughout the nation. Over 300 Native People, artists, dancers, storytellers, musicians, and historic lifestyle demonstrators, will share their culture with the visiting public. The Celebration is open from 10:00 a.m. to 6:00 p.m. both days. The cost is \$5 for adults and \$2 for both children 6 to 12 and active duty military, children under 6 are free.

This year's Celebration will feature many of the popular artists, dancers, and storytellers returning from past years. Plus, with their popularity from last year at the dance arena, there will be "Two Warriors on Horseback," which is a choreographed dance on horseback symbolic of two warriors fighting. Native foods such as Indian tacos, fry bread, buffalo burgers, and roasted corn will be available along with drinks, ice cream, and hot dogs.

Superintendent Jim David

stated, "This is a great opportunity for people to come out to interact and learn from the people whose ancestors were on this site for thousands of years before the city of Macon was founded. It is an event that all members of the family can enjoy."

Ocmulgee National Monument is located at 1207 Emery Highway, Macon.



**Social & Golf Memberships Available**

**478-218-5253**

**[www.houstonlake.com](http://www.houstonlake.com)**

**HOUSTON LAKE**

# Macon/Central Georgia CALENDAR

## Coliseum Health System

“Medicare Made Easy,” and “Advance Directives for Final Healthcare.” For complete information call Consult-A-Nurse at 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
- **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

- **Stroke Support Group:** Tues., Sept. 18, 4 p.m., 478-201-6500
- **Spinal Cord Injury Support Group:** Tues., Sept. 4, 4 p.m., 478-201-6500
- **Brain Injury Support Group:** Tues., Sept. 18, 4 p.m., 478-201-6500
- **Parkinson’s Disease Support Group:** Thurs., Aug. 16, 2:30-3:30 p.m., 478-743-7092, ext. 254
- **Parkinson’s Disease Caregivers Support Group:** Thurs., Sept. 20, 1:30-2:30 p.m., 478-743-7092, ext. 254
- **Crohns and Colitis Support Group:** 3rd Sun., 3 p.m., 478-737-8788
- **Community Seminar for Arthritis, Knee & Hip Pain:** Fri., Sept. 14, 1:30 p.m., 478-633-

1865

## Cancer Life Center

Information and Reservations: 478-633-8537; www.cancerlifecenter.org

- **Mammo Marathon Day:** Thurs, Sept. 13, 7 a.m.-6 p.m., www.cgbreastcarecenter.org.
- **The Pink Alliance:** Thurs., Sept. 20, 12-1 p.m., 478-633-8537
- **The Pink Alliance HoPe Chapter:** Wed., Sept. 19, 12-1 p.m., Houston & Peach Counties, 478-719-8528
- **Prostate Cancer 101:** Mon., Sept. 10, 12 p.m., 478-633-8537
- **Man-to-Man Support Group:** Tues.,

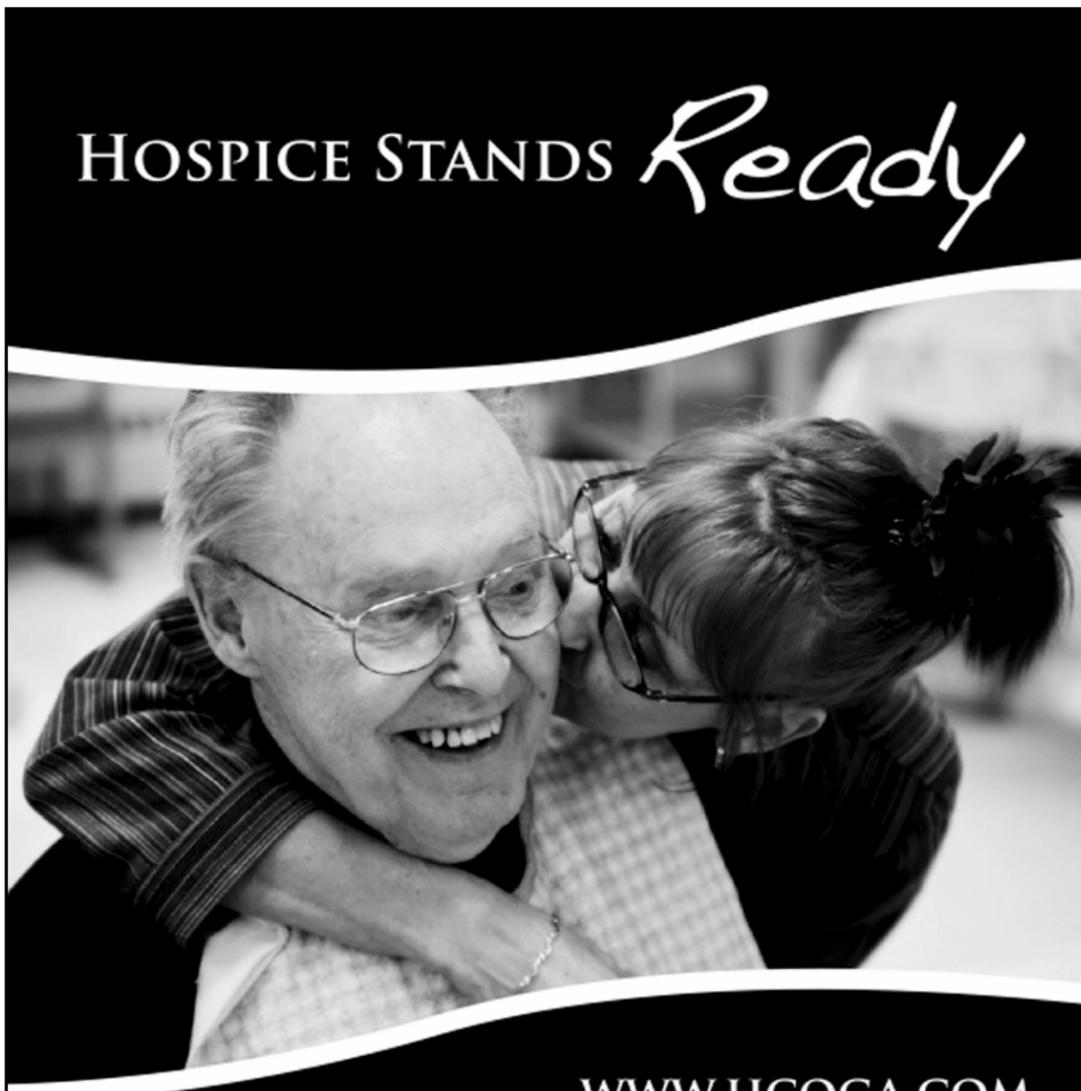
Sept. 4, 7 p.m., 478-633-6349

- **Chemotherapy Orientation Classes:** Mon., Sept. 10 & Sept. 24, 10-11:30 a.m., 478-633-8537
- **Cancer WellFit:** 12-week oncology recovery program, 478-757-7847

## Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

continued on page 10



## Hospice Care Options stands ready

as a team of professionals trained to provide support to loved ones and family members during this difficult time. We can help take on some of the daily responsibilities for your loved ones; caring for them in their home, your home or in a skilled nursing facility. Hospice Care Options will take some of the burden off family members and others who may need extra time to cope with the situation. We stand ready. Call Hospice Care Options today.

# Hospice Care Options™

## Macon

486 New Street

478.743.3033

800.563.8680

GA Lic # 011-100-H

## Warner Robins

136 Hospital Drive

478.922.0515

877.922.0515

GA Lic # 076-0351-H

Services provided regardless of the ability to pay

## CALENDAR

from page 9

### SeniorCare

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

### Warner Robins SeniorCare

### Centerville SeniorCare

### Perry SeniorCare

### TOPS Club, Inc.

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

\*\*\*\*\*

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

Call 478-746-7050 for details.

### Bibb County

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

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

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

### Houston County

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

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

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

### Bleckley County

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

### Lamar County

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

### Laurens County

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

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

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

### Monroe County

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

### Putnam County

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

### Upson County

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

### Telephone Support Group

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

\*\*\*\*\*

### Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

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

\*\*\*\*\*

### Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

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

\*\*\*\*\*

### Macon-Bibb County Parks & Recreation Department Senior Center

1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478-751-9238; Daily activities 9:00-2:00

• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry at 478-751-2790 for an appointment.

• Senior Citizen Choir: Mondays at 10:00, Macon-Bibb Senior Center, 1283 Adams St. Call Brenda for information at 478-751-2790

• Bowling: Fridays at Gold Cup Bowling Center, 10:30 to 12:30, \$2.50 per game, \$3.50 shoe rental

• Exercise: Monday, Wednesday & Thursday Evenings, 6:00 to 7:00 pm, Senior Center, 1283 Adams St. \$40.00 per month Instructor: Juanita "Poppi" James

• Needle Craft: Our fiber craft room is open daily for quilting, crocheting, knitting and sewing.

\*\*\*\*\*

### Warner Robins Recreation Department, Senior Citizens Services Wellston Center

• AARP: 4th Wednesday of each month. Jeanine Frey, President, 478-922-5489.

• NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.

• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Melanie Lewis, Program Director, 478-293-1066.

• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Helen Daly, President, 478-956-0214. Melanie Lewis, Program Director, 478-293-1066.

• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Stacy Colbert, Site Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more information call 478-293-1066. Senior Activity Center For information call 478-293-1066.

\*\*\*\*\*

### The Gospelaire Quartet Outreach Ministry

The Gospelaire Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

For additional information call 478-929-3816.

\*\*\*\*\*

### Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and

continued on page 11

# General Business Directory For Seniors

**The Medicine Shoppe**  
**Barry M. Bilbro, R.Ph.**  
 Compounding Pharmacist  
 Your Bio-Identical Hormone Specialist  
 1550 Watson Blvd. • Warner Robins  
 www.medshoppe.com  
 478-922-2067  
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 ATLANTA, GEORGIA October 12, 13 & 14

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 of Warner Robins

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**Assisted Living**  
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Retirement living for 62 years plus population

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6000 Plantation Way, Macon, Georgia  
**Phone: 478-405-6325**  
 Email: DHancock@baptistvillage.com

**BUSINESS CARD SECTION**

For Advertising Information Call  
 David VonAlmen at 478-213-5986  
 Cindy Arnold at 478-972-2821  
 Jan Tassitano at 770-993-2943

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

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*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

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. each month, 7 p.m., Flint Electric Building, 900 Highway 96, Warner Robins. For additional information call 478-987-1830 or visit [www.cggs.org](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.

\*\*\*\*\*

### The Macon Arts Alliance's Arts Art Gallery

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

\*\*\*\*\*

### Massee Lane Gardens

For information call 478-967-2358 or [www.camellias-ac.com](http://www.camellias-ac.com) (The American Camellia Society.)

\*\*\*\*\*

### Macon Little Theatre

4220 Forsyth Road, Macon

Reservations: 478-471-PLAY

\*\*\*\*\*

### Museum of Arts & Sciences

4182 Forsyth Road, Macon  
478-477-3232 or visit website  
[www.masmacon.com](http://www.masmacon.com).

\*\*\*\*\*

### Theatre Macon

438 Cherry Street, Macon  
478-746-9485

• *Becky's New Car*: Sept. 7-15

\*\*\*\*\*

### Warner Robins Little Theatre

South Pleasant Hill Drive  
478-929-4579; [www.wrlt.org](http://www.wrlt.org)

\*\*\*\*\*

### Douglass Theatre

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

\*\*\*\*\*

### Tubman Museum

340 Walnut St., Macon

[www.tubmanmuseum.com](http://www.tubmanmuseum.com)

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### Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village,  
Macon. 478-744-9557; [middlegeorgiaart.org](http://middlegeorgiaart.org). Tues.-Fri., Noon-5 p.m.; Sat.,  
Noon-3 p.m.

\*\*\*\*\*

### Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.

For additional information call the church office at 478-742-6485.

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### 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.

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### Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon  
478-397-6568 or 478-788-2262

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### 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.

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### FAMA Meetings

FAMA (Families Against Methamphetamine Abuse) meets the 3rd Tues. of each month, 6 p.m., Centerville Lions Club. Call 478-953-6955 or visit [www.middlegafama.org](http://www.middlegafama.org) for complete details.

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### 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.

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### 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.

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### Heart of Georgia Chapter 2

**Blue Star Mothers of America**  
The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Monday 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).

\*\*\*\*\*

# General Business Directory For Seniors

## Vineville Christian Towers

*An Apartment Home for Senior Citizens*

- All utilities included in rent
- Stove, refrigerator and drapes provided
- Laundry Room
- Emergency Cords/Paalsystem Necklaces
- Library/Exercise Room
- Activities/Grocery Shopping Day Trips
- Beauty Shop
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- Located in a park-like setting

2394 Vineville Avenue • Macon, GA 31204

**478-743-4661**

## A-Z Van Service

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Door-To-Door Service | \* No Meters \* | Any City In Georgia

**7 Days A Week**

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[www.A-ZVanService.com](http://www.A-ZVanService.com)

Veteran-Owned Business

## St. Paul Apartments & Village

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1330 Forsyth Street • Macon, GA 31201

**Call 478-745-0829**

Rent Includes All Utilities • Beauty Shop  
Library • Optional Lunch 5 Days/Week  
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Range of Planned Activities  
Washer/Dryer On Each Floor  
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## 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)

Home  
Inspection  
Service



Planning to Buy or Sell?  
Need a Home Inspection?

Call:

**David R. Von Almen**

Home Inspector

**(478) 213-5986**

[VAMktPub@aol.com](mailto:VAMktPub@aol.com)



## COLISEUM PARK PROFESSIONAL PHARMACY

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**BOB MOODY RPH.**

Pharmacist, owner

**Start Getting Better Now!!!**

Phone: 478-745-5431 Fax: 478-765-4359

**FREE PRESCRIPTION DELIVERY**

## Advocacy Resource Center

*(Turning Developmental Disabilities into Possibilities since 1953)*

4664 Sheraton Drive • Macon

[www.arc-macon.org](http://www.arc-macon.org) 478-803-1456

## Garage Sale

(Rain or Shine – Inside Location)

**Every Monday**

9:00 a.m. - 1:00 p.m.

**1st Friday of Every Month**

9:00 a.m. - 1:00 p.m.

**Huge Selection – Very Low Prices**

Great Clothes • Furniture

Toys • Books • Kitchen

Decorative • Miscellaneous

# The Smithsonian comes to Perry

by CLAIRE HOUSER DODD

Well, not exactly. At least no Smithsonian buildings are coming to Perry. But the spirit is complete... New Harmonies Celebrating American Roots Music! This celebration of Georgia's contribution to American's roots is being presented at the Perry Arts Center (PAC) located at 1121 Macon Road (Old 41). It will run from Sept. 8 to Oct. 20 and is mainly free to the public.

New Harmonies in Georgia is led by Honorary Chair Sandra Deal, First Lady of Georgia, and Chair Rose Lane

Leavell. New Harmonies Celebrating American Roots Music has been made possible in Perry by the Georgia Humanities Council in partnership with the Atlanta Symphony Orchestra, Center for Public History at the University of West Georgia, Georgia Council for the Arts, Georgia Department of Economic Development, Perry Area Historic Society, and the Perry Area Conventions and Visitors Bureau.

We first heard about this fabulous Smithsonian exhibit coming to Perry almost a year ago at the Peach County Historical Society meeting when Ellie

Loudermilk of Perry Historical Society announced it and asked us to present an exhibit of Dr. Billy Dodd, pianist extraordinaire, who loved and lived jazz and educated everybody who would listen about the history, people and music of jazz. Naturally, that got our creative juices flowing and we have been advertising the coming event ever since.

This is a do-not-miss or you'll-be-sorry... once is a lifetime happening in Perry, Georgia!

We see this event as one of the greatest to ever hit

Georgia. It will tour across our state during 2012-2013, is now in Darien, and will open in Perry on September 8 at 4 p.m. at PAC, then at 6 p.m. at the Perry High School Auditorium (tickets, \$10 now.) Robert McDuffie will perform "Vivaldi's Four Seasons" with the Mercer String Orchestra and members of the Atlanta Symphony Orchestra. Tickets are available at the Welcome Center and Perry Area Historical Center. For more information contact Sheila Jones at the Perry Welcome Center at 478-988-8000 or e-mail sheilajones@perryga.com.

At this writing there are over 60 different performances slated to be performed in the Perry area and at Fort Valley State University. It is very hard to pick out the high spots as they are all wonderful, but we will list a few, such as:

- Sept. 9th at 4 p.m. in PAC: Mark Mitchell of Mitchell's Academy of Music will provide a Jazz Piano Performance.

- Sept. 10th at 7 p.m. at the FVSU, Founders Hall: There will be a concert of Spirituals, Popular, and Jazz songs followed by a reception at 8 p.m.

- Sept 14th (time and price of admissions to be announced), "Remember When... The Byron Pop Festival." Mature audiences only.

- Sept 15th: We hear Susan McDuffie will give a piano performance. She is now known as Robert's Mother. We remember when it was the other way around.

- Sept 15th at 4 p.m.: Performance by local gospel music legend Essie Mae Brooks.

- Sept. 17th at 6 p.m. at PAC: A Research Forum on African American Music in the South by FVSU, Dr. Franklin Gross. He will discuss the Spiritual, Blues, Ragtime, Jazz and Pre and Post Civil War Music, and preform on the keyboard. A reception will follow.

There will be several films shown about the Roots Music Series, a Camp Fire Sing-A-Long; and, on Sept. 21st, a Joey Stuckey Guitar and Song Lunch and Learn at PAC. Reservations required. (Cost for lunch TBA)

Some of the local exhibits are contributed from the Big House Museum in Macon. Exhibits will include:

- Allman Brothers signed photos (on loan by Randy Head)
- Antique Musical Instrument exhibit at the Georgia National Fair Grounds.
- Guitar Makers Exhibit
- Painting of local musician Roland Fall (painted by local artist Avery Chenoweth)
- Byron Pop Festival Display
- Dr. Billy Dodd Exhibit

We of Middle Georgia are so proud to have this magnificent and long lasting tour among us for six weeks. We thank the Georgia Humanities Council and Smithsonian Institution for bringing New Harmonies to Georgia. It is an enormous cultural exposé and privilege for visitors and participants alike. We thank all concerned in large and small areas of this huge undertaking. Our particular thanks here in Perry go to Ellie Loudermilk and Sheila Jones, Perry Project Manager for New Harmonies.



Robert McDuffie



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