

Senior News

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Thanks Dave and Carolyn Schomer!!!

Story on page 6

April 2013
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Taking Care

When Cancer Hits Close To Home

Help for caregivers to manage the stress

by LISA M. PETSCHÉ

A diagnosis of cancer is life changing for the diagnosed person and those close to them. It launches them into a whole new world of medical information and procedures. Life suddenly revolves around consultations, tests and treatments, and the outcome is uncertain.



Lisa Petsche

If the diagnosed person has pre-existing health conditions, such as dementia, their care needs are multiplied.

If you are caring for a relative with cancer, the following are some things you can do to help manage the stress.

Accept

- Accept the reality of the ill-

ness. Let go of any bitterness resulting from interrupted plans and dreams so you can channel your energy in constructive ways.

- Allow yourself to experience all emotions that surface.
- Bear in mind that cancer affects people physically, mentally, emotionally and spiritually and that, although there may be similarities, no two people will experience it the same way.
- Accept that how your relative feels and what they can do may fluctuate. Be flexible about plans and expectations.

Learn

- Educate yourself about your relative's type of cancer. Share the information with family and friends to help them understand.
- Research community services that can help. The local Cancer Society branch and office on aging are good resources.

Communicate

- Allow yourself time to adjust to your relative's illness and the

changes it necessitates. Your relative will also need time to adapt. Be patient and keep communication lines open.

- Allow your relative to express any and all emotions. Do not try to talk them out of their feelings, discourage tears or change the subject because of your discomfort.
- Involve your relative (if able) and other family members in decision making as much as possible. Do not shoulder all of the responsibility.
- Ask questions and express concerns when meeting with health professionals. Bring a notebook to appointments.
- Keep loved ones informed of changes in your relative's treatment plan and health status.

Prepare

- Find out what to expect in terms of caregiving skills, medical equipment and community support likely to be needed.
- Talk with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, medical intervention and end-of-life care, and funeral arrangements. Be careful not to make promises you may not be able to keep.
- Help your relative complete legal paperwork such as advance directives, powers of attorney and a will.

Simplify

- Eliminate as many sources of stress in your life as possible. Set priorities, streamline tasks and learn to settle for less than perfection.
- Take things one day at a time so you do not become overwhelmed.
- Learn to live in the moment

and focus on life's simpler pleasures.

Practice Self-Care

- Set aside quiet time each day, to nurture your spirituality and help keep you grounded.
- Do something that provides you with meaning and purpose outside of the caregiving role, such as scrapbooking or researching your family tree.
- Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.
- Find something relaxing you can do every day – perhaps reading or listening to music.
- Schedule regular breaks. Take a couple of hours, a day or an overnight. By being kind to yourself this way, you will be more effective when you resume your caregiving tasks.

Connect

- Stay connected to your friends.
- Find a person you can talk to openly – someone who will listen and empathize. It is important to express your thoughts and feelings.
- Talk with other caregivers. Join a support group in your community or online.

Get Help

- Accept offers of help. Ask other family members to pitch in and be specific about what you need.
- Take advantage of outpatient and home care services in your community/

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

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Let us entertain you

by CLAIRE HOUSER DODD

When I tell the truth, it is not for the sake of convincing those who do not know it, but for the sake of defending those who do.

William Blake

Last week, we had the grand. Our advice to other senior citizens is to choose your playmates wisely, especially, when you're going to the playground. We went with this very active 4-year-old and were tricked up on the high platform which probably runs 30 or 40 feet, up and down with all sorts of wheels and playthings we can't describe, but pretended to know about. Then – the sliding board. Well, we haven't seen a sliding board from the top since maybe a waterslide years and years ago. To cut to the chase, watching would do, but we go down the slide! And, to be honest, it was the quickest way. The other way was up and down and then those blasted steps down – so – what harm can it do? Down we go. Unbeknownst to us, slides have been converted to shoots that turn and twist at the bottom and spit you out on the ground – upside down. We sorta did a flip,

landed on our knees and got hit on the side by Matt getting spit out. We both rolled over in the dirt and nearly died laughing. We've never seen the baby have so much fun. He was squealing, "Let's do it again, Gammie – quick." We declined. Needless to say, he kept right on with the exorbitant energy and happiness of a 4-year-old.

And, in the grownup world: Jay's Hope and the Georgia Peach Festival hooked up for the "Big Peach Dance at Camp John Hope" on March 16 at 8 o'clock. The dance opened at 6 for the celebrants, volunteers and charity supporters to come in and decorate their tables to enter the contest for the \$100 prize for the best decorated table. And, there were many. Some fancy, some fun. Mardi Gras and St. Patrick's and Easter were all being represented.

We had a nice invitation from Ophelia Payne, Director of Childcare Network, and Christie Comer, the preschool teacher to speak to her classes of 4 or 5-year-olds on the 19 of March. We are taking our little 4-year-old for his first school type experience. The little Curious George may exceed 40. References to him and Dr. Seuss' "Green Eggs and Ham" and Matthew's newest favorite, "See

You Later Alligator" with a soft puppet held sticking out of every page, will keep them entertained for a spell! The alligator should have been a bit larger for our adult hands, but the kids will love it anyway. We certainly will, too. It's fun to give!

Our grand loves to eat every two hours (at least), and we can't always get to the phone first. He answered, thought it was Dee Dee, his favorite aunt, and when he found out it wasn't, we heard him say, "You can talk anyway," then, "Gammie, we have a present out front." Slam. Runs to the front door. Sure 'nuff, a beautifully wrapped tin of roasted and salted pecans from the Jolly Nut Pecan and Gift Shop signed: Kay and the Jolly Nuts – and they all are – jolly, that is. And, thankful we are, especially as Matt had just found a few pecans and wanted to crack them, and we have no place in the house and no time to dress and go out. So – a miracle of a present, too! Man! Do we rate.

The month was taken up with the Cherry Blossom Festival in Macon and the Peach Festival happening in The Valley, i.e., the Big Peach Dance and the Murder Mystery, trying to raise funds for the Festival in June.

The big – ARE YOU A CHILI COOKER? – fundraiser for April is Peaches Gone Nuts and State Sanctioned Chili Cook-off, and we need good chili cookers. It's always a fun happening and gets real competitive (in a good way) with lots of great chili to taste and judge. A truly wonderful place to meet and eat and greet new friends and old. Call 478-955-4138 to sign up and receive more information. The Georgia Peach Festival will be held in Byron on June 1 and in Fort Valley on June 8.

Right here in Middle Georgia, the Dogwood Festival in downtown Perry will be held on April 13 and 14, including arts and crafts, entertainment and activities for children. For more information, visit: www.perrydogwoodfestival.com.

As usual, the Fox Theatre is having a couple of events. So, if you're looking for a day trip, enjoy "Mary Poppins" on April 2-7 and "Sister Act" on April 23-28. Call 404-881-2100, or visit, www.foxtheatre.org to purchase tickets.

The fact that a great many people believe something is no guarantee of its truth.

W. Somerset Maugham

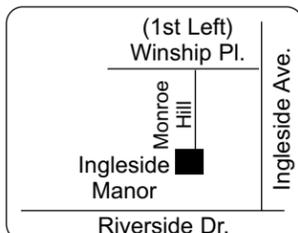
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Spring Cleaning? Know what to keep, what to discard... and when!

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

Springtime is finally here. Now is a good time to rid your home of the clutter and paperwork you have accumulated over the past year. When it comes to reviewing your financial records, how do you know what to discard and what to keep?

Credit card and bank statements, canceled checks and past tax records are all important documents. But when is it safe to throw away certain financial records? Developing a plan to manage your paperwork can help ensure that you have the appropriate documents on hand if something should arise.

The Better Business Bureau, along with the Federal Deposit Insurance Commission, suggests the following record retention system as a reasonable approach for many people:

- Canceled checks: Those with no long-term significance for tax or other purposes probably can be destroyed after about a year. But canceled checks that support your tax returns, such as charitable contributions or tax payments, probably should be held for at least

seven years – long enough to cover the six-year tax assessment period that starts when you file your tax return for the year the check was written. And, keep indefinitely (for other tax reasons) any canceled checks and related receipts or documents for a home purchase or sale, renovations or other improvements to a property you own, and non-deductible contributions to an Individual Retirement Account.

- Deposit, ATM, credit card and debit card receipts: Save them until the transaction appears on your statement and you have verified that the information is accurate.

- Credit card and bank account statements: Save those with no tax or other long-term significance for about a year, but save the rest for up to seven years. If you get a detailed annual statement, keep that and discard the corresponding monthly statements. Be sure to mark closed deposit accounts as such, so your heirs do not waste time wondering what happened to the money.

- Credit card contracts and other loan agreements: Keep for as long as the account is active, in case you have a dispute with your lender over the terms of your contract.

- Documentation of your purchase or sale of stocks, bonds and

other investments: Retain these while you own the investment and then seven years after that.

To avoid becoming a victim of identity theft, be sure to shred any document that contains a Social Security number, bank account number or other personal information (especially financial information), before tossing.

The BBB of Central Georgia & the CSRA hosts several free shredding events each year to assist consumers in the proper disposal of personally identifiable information. For dates and locations or for more trustworthy tips, visit www.bbb.org.

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

Spiritual Notes

Crimes of the Crucifiers

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

As we focus our attention on the Cross during the celebration of Easter, it is a good time to consider what brought about the Crucifixion.

Generally, we think more about who crucified Jesus than what did it. Therefore, we blame the Crucifixion on various ones like Pilate, Judas, etc. Certainly they were not without

guilt; but we need to realize that the same attitudes and forces which put Jesus on the Cross are still at work today.

Of course, we should take into consideration that the Cross was in God's purpose for Jesus. Yet, this fact does not alleviate man's guilt in crucifying Him.

The crime of a closed mind helped to put Jesus on the Cross. A closed mind is not considered a crime today any more than it was in Jesus' time. On the contrary, a

closed mind is often considered a virtue. This is especially sad when it is true in the Church. We must remember it was the religious leaders who were the instigators of the Crucifixion.

Compromise also played a part in the Crucifixion. Though Judas and Pilate stands out as the chief compromisers, there were others. But following the way of expediency rather than principle did not cease with Judas and Pilate.

Complacency was as prevalent when Jesus was crucified as now. Regrettably we do not think of complacency or indifference as a crime or sin. But complacency on the part of people when great issues are being decided takes on the magnitude of a terrible crime.

Jesus had had followers who were devoted to Him, but where were they when the conflict became intense? They did what most of us do when great battles rage... remain silent.

The lesson here is obvious; think on these things.

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

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

TYPICAL SENIOR CITIZEN'S DAY

by Frederic Holland

Woke up this morning and took my vitamins and pills;
In hopes that they will keep away the pains and ills.

After a shower and shave my appearance had some improvement;
Ate some cereal with fiber in it so I will have good movement.

Cleaned my glasses and got them right;
So that I could have good sight.

Looked at the weather prediction to see if there will be any cold or rain;

That way I'll know if my joints will give me any aches or pain.

Going shopping at the dollar store at

the mall;
Because I have to be cautious spending 'cause my pension seems too small.

Because of my age, people greet me by calling me sir... even the cops;
Still can't get use to young folk calling me "pops."

One nice thing about being older is I get things at the senior citizen discount cost;

Sometimes I'm a little forgetful and my keys get temporarily lost.

I should do more exercising, but its not much fun anymore;
Now what was it I was looking for?

Children and grandchildren try to keep me up-to-date;
They seem to be in a hurry about everything,
But I keep telling them I can wait.

I have to watch what I eat I have come to learn;
Cause I don't want to get that darn heartburn.

Its night time, so I'm on the sofa watching TV;
I nod off pretty easy.
So when watching a movie, the

ending seldom do I see.

JOY COMETH IN THE MORNING

by Ron Dennard

Things may be dark now,
But Joy cometh in the morning.
When things bear down on us,
We can look to God, for Him we can trust.

Things may no seen well at all.
Joy cometh in the morning, we can stand tall.

Joy cometh in the morning in every sorrow,
We look for a better day on the 'morrow.

He didn't promise all sunshine and no rain,
He did say he's coming back again.
Joy cometh in the morning and we can live instead of die,
Joy cometh in the morning and we can laugh instead of cry.

Let's look toward the promise of the Son,
Let's not forget all He's done.
The hills may be hard to climb,
But Joy Cometh in the Morning,
God's always around.

CALVARY

by Henry Newton Goldman

And when they were come to the place, which is called Calvary, there they crucified him,... John 19:17

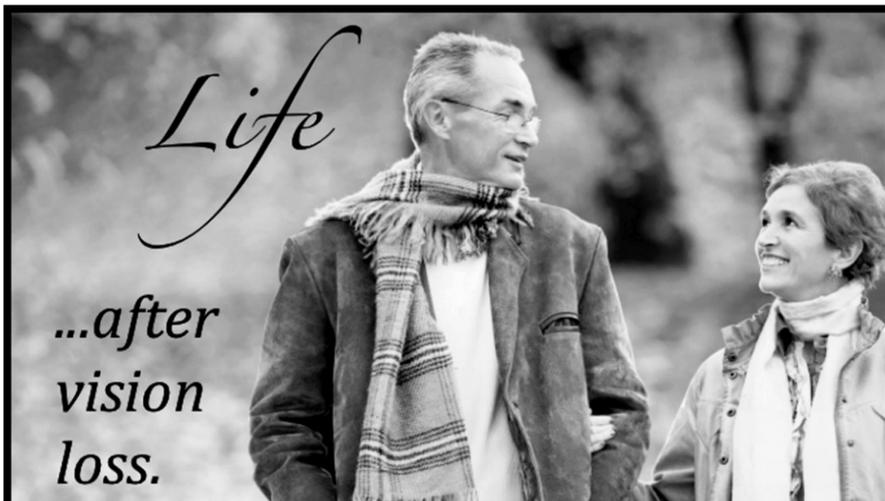
Two thousand years have passed since then;
The tree has turned to dust,
And every spiring we bring Him forth,
With praises and our trust.

The lilies white as His pure love,
Are spread upon the ground.
With flowers red like His shed blood;
Which flowed that death be bound.

O wretched soul, when season's past
Why do we soon forget,
This sacrifice of His dear life,
Replaced by small regret.

The celebration of that day,
So soon is put away.
Forgotten now His wounded side,
An how His frame was flayed.

Upon a cross on Calvary's Hill,
So many years ago,
His blood He spilled for all the lost,
That salvation we could know.



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On the Cover

Thanks Dave and Carolyn Schomer!!!

by JANE WINSTON

COVER
Dave and Carolyn Schomer at Cherished Children Day Care Center

He's often called the "can man," as he can be seen along the highways and byways of middle Georgia with his "can bag" picking up cans and bottles. He calculates that since 1990, when he first began keeping records, he has donated \$1,206.40 to various charities in the area. And one year the Warner Robins Recreation Department had many boys wanting to play baseball and not enough coaches, so SHE became the first woman to coach a T-ball team in Warner Robins.

The HE and SHE of this month's *Senior News* feature are Dave and Carolyn Schomer.

Dave Schomer was born in Houston, Texas, moved to Tulsa, OK and graduated from Oklahoma

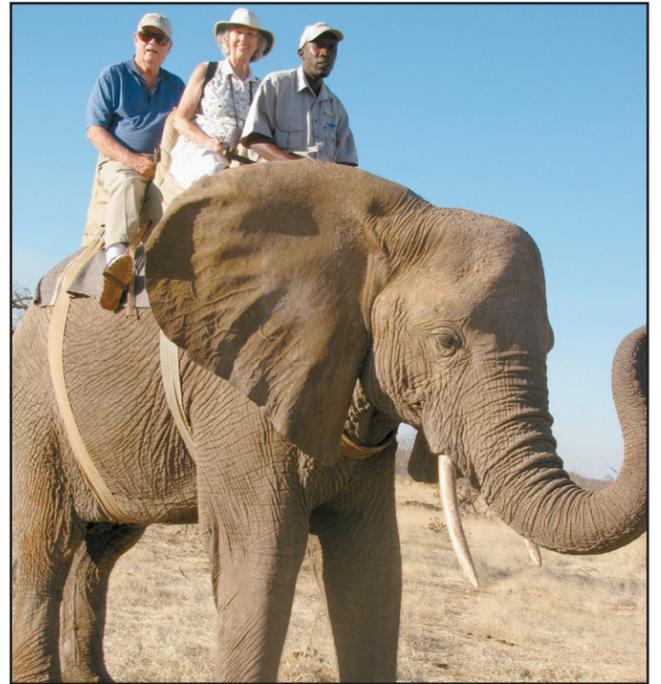
State University. Carolyn was born in Indianapolis, Indiana, stayed in Indiana and graduated from Indiana University. The two met while pursuing post-graduate degrees at Brite Divinity School, Texas Christian University in Fort Worth, Texas. They completed their studies, married in 1964 and moved to Warner Robins in 1967 where Dave served as the pastor of First Christian Church until 1970.

And good fortune smiled on the Warner Robins Community when this pair "came to town" because as they unpacked the first boxes, they also took those first steps in the community to become endless, tireless, giving, caring, loving... VOLUNTEERS!

Carolyn's volunteer career began at the Warner Robins Day Care Center which is now Cherished Children. She has been, since its inception, and still is on their board. She and Dave began the Center's major fund raiser, the annual Cherished Children Golf Tournament, in 1998 and have co-chaired it each year since.

Additionally Carolyn had a very "giving" 32-year career with Child Welfare in DFACS in Houston County, during which time she wrote curriculum for their workers, supervisors and directors, helped start Houston County (HOCO) Foster Parent Association as well as HOCO Adoptive Parent Association and Rainbow House. And while she was doing all of this, her husband was busy doing his own volunteering.

In 1970 Dave began an Inner City Ministry with the Methodist Churches in Macon and Warner Robins and then began a 30-year "giving" career as a social services worker at DFACS where



Dave and Carolyn and guide atop an elephant in Victoria Falls, Zimbabwe.

he was a Services Case Manager, a Volunteer Coordinator, Food Pantry Manager and worker in Foster Care. Additionally, he was a Recreational T-ball, Youth Baseball and Basketball Coach when their two boys were young.

Together they are very active in Trinity United Methodist Church, and through the United Methodist Committee on Relief (UMCOR) they have traveled in and out of the country helping with disaster relief. They went to the Mississippi coast following Katrina, worked in tornado recovery in Americus, GA, helped with the Mother's Day Macon, GA tornado, helped out in Alabama, went to Dominican Republic to take supplies into Haiti, and made multiple trips to Jamaica.

They have completed one bucket list by traveling to all 50 states and are working on their "world" bucket list; they have been to 26 countries so far and five of Canada's provinces. And when time allows, they enjoy golfing, bird watching, and genealogy; they have traveled to 14 states and five countries doing research and visiting family sites.

Trust me, readers; there is more, much more, to Dave and Carolyn Schomer! The *Senior News* staff offers up a big round of applause to Dave and Carolyn Schomer for making a difference in the world in which we live!!

Jane Winston is a free-lance writer living in the middle Georgia area. Should you know of a senior citizen you would like others to know about, please let her know at jwins1939@gmail.com.



Carolyn and Dave at work in Dominican Republic and Haiti, February 2010.

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FOLLOW US ON

“Images of America: Fort Valley”

by CLAIRE HOUSER DODD

We had not gotten to town to Khoury’s to pick up our copy of the new book of Fort Valley, when Gloria Lacy turns up with a copy for us for our birthday and had it autographed to boot. We are very appreciative for the book and present, and deep in thought as to how much an autographed copy by James Khoury will be worth, say in a decade or two? We can hear our phone ringing as we write.

All kidding aside, this is a neat little history book put together by Gilda E. Stanbery, who was director of the Peach Public Libraries, better known in Fort Valley as Thomas, and James Khoury (of Khoury’s Men Shop) who has been an avid photographer and/or collector of historical items as well as historical pictures pertaining to anything connected to the Valley and Peach County. We certainly appreciate their efforts, which James had said, “I thought it would take us a few months to put the book together, but it took about two years.” Gilda added, “Even though it took us longer than James expected, we both grew to respect and appreciate each of our talents and abilities. To put a book together, genuine cooperation is needed and an immense desire to collaborate and want the best outcome.”

The book has wonderful pictures, such as great shots of downtown when it was a very busy up and coming town with U.S. 341 running right down the

middle. That was the main Highway from New York City to Miami, Fla., and when we were growing up we were often called to help the Cubans find their way North. (We were taking Spanish at the time and could generally make out the language.) Georgia Highway 49 runs through town and Georgia Highway 96 crosses at Five Points. Lots of traffic still, but not that much commerce since Interstate 75 thwarted most of the long-distance travelers who often visited, spent a night or two and certainly ate at some good local cafes and truck stops. Also, Gus and Pete’s Candy Kitchen and hotdog emporium was pretty well known to passers-by. And, the Winona Hotel was a big draw for automobile traffic as well as train travelers. It also had delicious food and was a favorite of natives, too. Sunday lunch was a favorite.

At this time, Fort Valley was a shopping mecca for this area and the pictures of the classic old buildings, inside and out, are especially dear to older residents of this part of the country. The beautiful old homes and stories retold about the ones that turned into hospitals during the Civil War, plus the pictures of horse and buggy days. The recounting of the first Peach Festival, how Fort Valley was known as the peach capital of the world, and this book even takes us back to 1822 when James Abington Everett established a trading post at the convergence of Native American trails, hence Fort Valley’s beginnings are all indeed jewels of this compilation; this book is one to be stud-



Gilda Stanbery and James Khoury at a book signing.

ied, remembered and cherished.

We certainly appreciate James and Gilda for attempting this arduous task, and wonder how they stayed the course for so long. James is a graduate from Athen’s University of Georgia, where he majored in business. Gilda received her Bachelor of Arts in Humanities in Modern American Literature from Bluffton University in Bluffton, Ohio and received her Master of Library Science from Clarion University of Pennsylvania in Clarion, Pa.

You can pick up “Fort Valley

(Images of America)” in Fort Valley from: Khoury’s (478-825-0065), Jolly Nut (478-825-7733), Thomas Public Library (478-825-1640) and Lane Southern Orchards (478-218-2839). Or, contact Sandee Davis in Byron at 478-320-5551 to obtain your copy. Both Gilda and James tell us that any errors or miscalculations can be changed in the new edition. All the royalties of “Fort Valley (Images of America)” go to the Peach Public Libraries. Thank you for your much appreciated gifts – the book and the royalties.



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Spring Cleaning a Senior's Home: Five Tips to Get It Done

Submitted by
Home Instead Senior Care

Back in the olden days, spring cleaning meant scrubbing or laundering every surface of the house to remove the dark, sooty grime that built up from using candles, kerosene lamps and woodstoves throughout the winter. It also meant throwing open all the doors and windows of the house to get the stale winter air out and let in the fresh fragrance of spring.

Today, the modern marvel of electricity has spared us the sooty grime, but the refreshing tradition of spring cleaning remains. It's an especially important routine in homes where seniors may no longer be able to keep up with regular housekeeping chores.

If your senior loved one's home could use a good corner-to-corner cleaning, here are five steps to get it done:

1. Make a checklist. Write down everything you and your senior loved one would like to get done. Tasks may include washing windows and curtains, wiping out the refrigerator, scrubbing the floor, etc. Be sure to include the following tasks to reduce senior safety hazards:

- Clean out the medicine cabinet and dispose of expired medications or those no longer prescribed
- Throw away any expired food
- Replace batteries in smoke detectors and carbon monoxide detectors
- Remove clutter from walkways
- Replace light bulbs if necessary and ensure rooms and hallways are adequately lit
- Get rid of throw-rugs to eliminate tripping hazards
- Consider installing grab bars in the bathroom

2. Schedule it. Just like a doctor's appointment or other important commitment, block off time in your schedule that you can devote to spring cleaning. You may want to knock everything out in one weekend, or you may want to take it one chore at a time over several weeks, fitting it in when you have time. Either way, consider it time well spent with your loved one.

3. Enlist help. Make it a family affair. The more the merrier. If you can't convince family members to lend a hand, consider hiring help. A professional caregiver can assist with laundry, dusting, vacuuming and other light housekeeping tasks.

4. Involve your senior loved one. It's important to keep your loved one engaged and feeling useful, no matter what his or her limitations. If it's not easy for Mom to

get around, hand her the silver polish and silverware. Or give Dad a stack of papers to go through while you take care of the rest of the home.

5. De-clutter, then clean. Seniors who have accumulated a lifetime of belongings often have so much stuff that it clutters the house and makes it difficult to clean, much less live safely in.

Don't just clean around the piles – tackle them first. But, be careful not to get trash-happy. Learn the 10 reasons seniors hang on to stuff and how to handle the clutter in a diplomatic manner.

Finally, be sure to address any problems you uncover while cleaning. You don't want to see the fruits of your labor reverse back into a pig sty in less than six

months. If you discover your loved one has piles of unpaid bills, expired food in the pantry or hasn't been cleaning up after the pets, perhaps it's time for some extra help around the house. A little housekeeping help from a caregiver for just a few hours a week can help keep the home clean while offering your loved one companionship and support on a regular basis.



Thursday, April 18, 2013 6:30 pm
Miller-Murphy-Howard Building, GA Nat'l Fairgrounds

All proceeds go to support the FCA ministry to Coaches and Athletes in Houston, Peach, Macon, Taylor and Crawford Counties.

Tables

BRONZE \$700

- Seating for 8 guests and recognition in program

SILVER \$1,200

- 8 tickets to pre-banquet reception (5:30 pm) and seating for 8 guests
- 4 FCA mini-helmets and recognition in program

GOLD \$2,500

- 8 tickets to pre-banquet reception (5:30 pm) and priority seating for 8 guests
- 1 FCA helmet autographed by Herschel Walker and Leah O'Brien-Amico
- 1 FCA football, 1 mini-helmet
- Recognition in program and photo opportunity with Walker and O'Brien-Amico

PLATINUM \$5,000

- 8 tickets to pre-banquet reception (5:30 pm) and premium seating for 8 guests
- Logo on Fall 2013 Fields of Faith t-shirts, Logo & link on Flint River FCA website
- 1 FCA football & 1 UGA Schutt professional helmet (both autographed by Herschel Walker)
- 1 Softball Bat and Ball autographed by Leah O'Brien-Amico, 1 FCA helmet/1 mini-helmet
- Recognition at event and photo opportunity with Walker and O'Brien-Amico

Leah O'Brien-Amico (1) \$10,000

- Seating for 4 with Leah O'Brien-Amico, seating for 4 at an adjoining table
- 8 tickets to pre-banquet reception (5:30 pm)
- 4 Softball Bats and Balls autographed by Leah O'Brien-Amico
- 4 FCA helmets & 4 mini-helmets
- 4 FCA footballs & 1 UGA Schutt professional helmet (all autographed by Herschel Walker)
- Prominent recognition at event and Logo & link on Flint River FCA website
- Photo opportunity with Walker and O'Brien-Amico

Herschel Walker (1) \$15,000

- Seating for 4 with Herschel Walker, seating for 4 at an adjoining table
- 8 tickets to pre-banquet reception (5:30 pm)
- 8 FCA footballs & 8 UGA Schutt professional helmets (all autographed by Herschel Walker)
- 8 Softball Bats and Balls autographed by Leah O'Brien-Amico
- 8 FCA helmets & 8 mini-helmets
- Prominent recognition at event and Logo & link on Flint River FCA website

INDIVIDUAL TICKETS

\$100 -- Seating for 1 guest for dinner and program

\$150 -- 1 ticket to pre-banquet reception, Seating for 1 guest for dinner and program



NOTE: **Autograph and photo opportunities with Herschel Walker are only available at the pre-banquet reception. **



Register Online at FLINTRIVERFCA.ORG Ticket Information: 478-397-6831

The Fellowship of Christian Athletes is a non-profit charitable organization and is a member of the Evangelical Council of Financial Accountability. Sponsorship gifts to FCA are tax deductible less Fair Market Value.

Macon/Central Georgia CALENDAR

Coliseum Health System

"Medicare Made Easy and Advanced Directives"

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

Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

- For information call 478-757-6092
- **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
 - **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
 - **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
 - **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
 - **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement

Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.

- **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
- **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia – Partners In Health Classes

- **Golden Opportunities**
The Wellness Center
3797 Northside Drive,
Macon 478-757-7817
- **Heartworks**
389 First St. (Inside the MHC)
478-633-9090
- **Central Georgia Rehabilitation Hospital**
3351 Northside Drive
478-201-6500
- **Implantable Cardioverter Defibrillator (ICD) Support Group:** 478-633-7157
- **Empower Seniors Fall Risk Assessment:** Thurs., April 4, 9 a.m.-1 p.m., 478-757-7817
- **Stroke Support Group:** Tues., April 16, 4 p.m., 478-201-6500
- **Spinal Cord Injury Support Group:** Tues., April 9, 4 p.m., 478-201-6500
- **Brain Injury Support Group:** Tues., April 16, 6:30 p.m., 478-201-6500
- **Parkinson's Disease Support Group:** Thurs., April 18, 2:30-3:30 p.m., 478-743-7092, ext. 254
- **Parkinson's Disease Caregivers Support Group:** Thurs., April 18, 1:30-2:30 P.M., 478-743-7092, ext. 254
- **Crohns and Colitis Support Group:** 3rd Sun., 3 p.m., 478-737-8788 or kjhague@cox.net
- **Community Seminar for Arthritis, Knee & Hip Pain:** Fri., April 12, 1:30 p.m., 478-633-1865
- **Central Georgia Autism Support Group:** For information call 478-633-8088
- **Pine Point Adult Grief Support Group:** Tues., April 9-30, 9-10:30 a.m., 478-633-5615
- **Cancer Life Center**
Information and Reservations: 478-633-8537; www.cancerlife-center.org
- **The Pink Alliance:**

Thurs., April 18, 12-1 p.m., 478-633-8537

- **The Pink Alliance HoPe Chapter:** Wed., April 17, 12-1 p.m., Houston & Peach Counties, 478-719-8528
- **Look Good, Feel Better:** Thurs., April 11, 5:30-7 p.m., 478-633-8537
- **Prostate Cancer 101:** Mon., April 8, 12 p.m., 478-633-8537
- **Man-to-Man Support Group:** Tues., April 2, 7 p.m., 478-633-6349
- **Chemotherapy Orientation Classes:** Mon., April 8 & April 22, 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.

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.

continued on page 10

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877.922.0515

GA Lic # 011-100-H

GA Lic # 076-0351-H

Services provided regardless of the ability to pay

CALENDAR

from page 9

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

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

Macon-Bibb County Parks & Recreation Department Senior Center

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

• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry Wright at 478-751-2796.

• Choir - "Band of Angels:" Practice Mondays at 10 a.m. Call Brenda at 478-751-2790

• Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.

• More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238

• Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790

• Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238

• Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.

Warner Robins Recreation Department, Senior Citizens Services Wellston Center

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

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

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

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

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

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

Senior Activity Center

For information call 478-293-1066.

continued on page 11

Social & Golf Memberships Available



478-218-5253

www.houstonlake.com

HOUSTON LAKE

General Business Directory For Seniors

The **Medicine Shoppe**

Barry M. Bilbro, R.Ph.
Compounding Pharmacist
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Macon and Middle Georgia
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- Companionship & Personal Care
- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

CALENDAR from page 10

Support Group for Caregivers of Frail Elderly Family Members

First & third Tuesdays of each month, 3:30-5 p.m., 6060 Lakeside Commons Place (off Bass Rd.), Macon. Call Martha Duke at 478-808-6957.

The Gospelaire Quartet Outreach Ministry

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

For additional information call 478-929-3816.

Houston County Council Of The Blind

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

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• *The Music Man*: April 5-20

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.

NAMI Central Georgia National Alliance on Mental Illness

Barabra Long, Executive Director
478-328-0508

(Call for details on events)

• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.

• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare prob-

lems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

MGRAACA Meeting

The MGRAACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information. Forsyth-Monroe County Convention & Visitor's Bureau.

Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Thursday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: chiefstrib@cox.net.

"Boots on the Ground" America Remembers Traveling Memorial
Walk or drive along 1.5 miles of "Boots on the Ground" stretching from the corner of historic downtown Fernandina Beach to the Atlantic Ocean. Memorial to include over 7,000 boots, photos, and flags honoring post 9-11 fallen oif-oef U.S. Service Members and the brave firefighters and police officers of 9-11. Sponsored by "Mothers of America's Fallen, Spc. Kelly J. Mixon Foundation." For additional information concerning the event and your participation, contact Julie Mixon Barger on at 904-468-0733 or at juliebarger@mother-sofamf.com.

Volunteers Needed!!!

Looking to help out in the community... you are needed as a volunteer at the Perry Hospital. Volunteer help is needed at the gift shop and in other departments at the hospital. For complete details call 478-542-7753.

25th Annual Dogwood Festival
April 13 & 14, Downtown Perry. For complete information call 478-987-1234 or visit www.perrygachamber.com.

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General Business Directory For Seniors

Vineville Christian Towers

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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
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Jan Tassitano at 770-993-2943

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Email: DHancock@baptistvillage.com



EACH YEAR 425,000 WOMEN SUFFER A STROKE. THAT IS 55,000 MORE THAN MEN.

Women are surprised to learn stroke kills twice as many women as breast cancer every year. Since women tend to have strokes later in life these strokes tend to cause more long-term disabilities. It is important to quickly recognize stroke symptoms. Surveys have shown only 27 percent of women could name more than two of the primary stroke symptoms.

Know the Warning signs of Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden dizziness, loss of coordination or balance or trouble walking
- Sudden severe headache with no obvious cause

If you observe any of these symptoms, call 9-1-1 immediately.

Coliseum Medical Centers is certified as a Primary Stroke Center by The Joint Commission and holds the Gold-Plus Performance Achievement Award from AHA/ASA Get With The Guidelines – Stroke for three years in a row.

Source: www.stroke.org

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Coliseum Heart Institute is the exclusive HeartCaring® hospital in Macon, GA. Coliseum Heart Institute and its clinicians are committed to excellence in gender-sensitive cardiovascular care, and to becoming your primary resource for all information, education, diagnostics and treatment to help you and your family stay heart healthy.