

# Senior News

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***Ho! Ho! Ho!...***

***Santa is ready to roll!***

***Story on page 8***

December 2013  
Vol. 27, No. 12



# Summer’s Landing of Warner Robins wins National Award for Best Programming

Special to Senior News

Summer’s Landing of Warner Robins received the National Assisted Living Week Programming Award at the American Health Care Association/National Center for Assisted Living convention, held in Phoenix, AZ. The Summer’s Landing team planned events based on the theme “Art for the Ages”, with the Spiritual, Physical, Intellectual, Creative and Emotional (SPICE) needs of residents at the forefront of their programming design.

This was a winning strategy that created engaging and fun events for residents, staff, families and the surrounding neighborhood. Kim Pitsenbarger, executive director; Allison Gatliff, senior living advisor; Melissa LaFave, human resources director; and Lany Puckett, dietary director, designed programming that celebrated the creativity of everyone, inside and outside the assisted living community, such as a nearby day-care center, a local elementary school, and experts who conducted interactive presentations that helped empower residents to consider and create art, individually and collectively.

The highlight of the week was the Summer’s Landing Art Gallery which showcased ceramics, needlework, woodworking, oil paintings, and puzzle art created by residents, family members, and staff. Throughout the community, the team also displayed various creative works and art trivia from across the globe, spanning many centuries. The Art of the Everyday featured a floating art



L-R: Allison Gatliff, Melissa LaFave, Kim Pitsenbarger and Larry Puckett.

exhibit of puppets handmade by daycare center children and drawings shared by first and second graders. For further inspiration, excerpts from Faces, Places, and Inner Spaces: A Guide to Looking at Art by Jean Sousa helped residents explore how artists around the world express themselves.

The art of remembering featured a special September 11th candlelight service that brought residents and staff together in a respectful tribute that included a balloon launch and the patriotic bagpipe music of the U.S. Air Force Reserve band.

The art of nature included a workshop on flower arranging led by a Summer’s Landing resident. Another

local expert guided residents through the Japanese art of Ikebana – creating elegant beauty with ordinary objects found in nature. Yet another local team shared their love of origami, and led a paper crane make-and-take session. The completed floral, Ikebana, and origami arrangements were rotated all week throughout the dining areas.

The food and beverage team served up their unique approach to the art of dining well. From a festive Low Country Boil and flaming peaches jubilee, to the popular make-your-own Banana Split

Party, meal times were extra special. Residents also enjoyed a wine and cheese social, where they learned more about wine production, and also celebrated the art of poetry. One of the many highlights was provided by a resident who recited from memory, the Frank Stanton poem, “Keep A’ Goin.” Other artful performances for the week included talent from a local bluegrass band and high school theatre group.

Additional creative workshops included a watercolor class taught by an accomplished artist, and a photography lecture led by a prize-winning local photographer, who shared exciting stories and images from his worldwide travels. Finally, The Art of Thankfulness featured a photo exhibit and an (almost life-sized!) Tree of Gratitude. Throughout the entire week, residents and staff were invited to take candid photos of special moments around Summer’s Landing. They were also encouraged to write a good thought on a tree leaf, which was added to the tree. One of the leaves contained the following touching thought: “Thanks to all of you who keep us going and make us feel like we belong.”

Summer’s Landing of WR is located at 600 South Kimberly Road in Warner Robins, Georgia, and provides Supportive Independent Living, Assisted Living, and secure Memory Care for seniors in Warner Robins. For more information, call 478-328-3800 or visit [www.SummersLandingWR.com](http://www.SummersLandingWR.com).

## Two honored with Paul Harris Fellowships

by JACK STEED


Robert “Bob” Griggers, Immediate Past Governor, Rotary District 6920, recently presented Messrs. Leon Holmes of Warner Robins and Dan Gatlyn of Macon with Paul Harris Fellowships on behalf of himself and his wife, Brenda Griggers. The Griggers have known both of these gentlemen for many years and have observed them closely and consider them to be a “special breed.” They have known them to be full of energy, love, kindness and to be true Patriots who emulate character. Both retired from military service as Senior NCOs with a combined service of 44 years.

They are extremely active in their churches and in helping those in need.

Presentation of a Paul Harris Fellowship is the Rotary Foundation’s means for expressing appreciation for worthy contributions to its many programs. It is named for Rotary’s founder, Paul Harris, who started Rotary International in 1905. Individuals can be recognized as Paul Harris Fellows in several ways. The Griggers chose to make a contribution of \$1,000 for each of these gentlemen. In becoming Paul Harris Fellows both join a remarkable company of persons throughout the world, all recognized for their devotion to the ideals of Rotary – Good Will, Peace and Understanding.



L to R: Kenny Kitchens, President, Rotary Club of Centerville, and Bob Griggers, Immediate Past Governor, Rotary District 6920, are shown with two of Rotary’s newest Paul Harris Fellows... Leon Holmes and Dan Gatlyn.



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# Let us entertain you

by **CLAIRE HOUSER DODD**

*You can't depend on your eyes when your imagination is out of focus.*

Mark Twain

**B**efore noon on Wednesday last, we became a Millionaire and a new Camry owner just in time for Christmas shopping. So watch out! You will probably become one soon. The new (reworked) scam goes something like this... You have won all this magnificent stuff... HOWEVER; you must have \$399.00 on your person NOW in order to pick up the car-D in order for your C-a-r to be delivered. And can you afford this \$399.00? Oh, yes, "we said," as we've just won the million some odd dollars!" "Oh no," they said, "you have to pay this first in order to receive your prizes; and, how much money do you have on you?" We told them it was around 38 cents, and the way we knew is that we were trying to find change just last night to send a fax; but, we did want to know to whom we owed this windfall. They informed us that if we'd made a less than \$5.00 purchase at Walmart we had been entered to win.

Enough fun. We thanked them

so much for giving us scam time for an article in the paper. Believe it or not... the "Manager" came back with, "You mean to tell me you're a writer of articles for a newspaper and you don't have but 38 cents in your house? How much do you have in the bank?" How clever they are!

We called Walmart in Warner Robins and reported to a manager, and got to hear about last week's scam on them. A hacker got into their computer and put a \$29.99 price on an expensive item. (\$100.00 and up) item. People rushed in to buy what they thought was a "Special." It certainly would have been, but it left a lot of folks disappointed; and mad.

Question: What can anybody do to stop this? Computer companies and telephone companies are the transmitters, and need to take charge and handle the scams. These people know your name, address, phone numbers and date of birth. This is not a good omen. Something has to be done.

In the eternity that follows, please don't fall for "what seems to be too good to be true?" It is.

The Mercer Bears are going wild this first year of their return to football since 1941, thanks to President Bill Underwood and

Athletic Director Jim Cole and his staff, especially Coach Billy Lamb. They have accepted an invitation to join the Southern Conference, the nations 5th oldest NCAA Division I athletic association.

The big new Grand Mercer Christmas Program is the Emmy award-winner Brandenburg Production and Georgia Public Broadcasting which teamed up to produce this one-hour long holiday special that will air on PBS stations across the nation this holiday season. It was recorded in the historic Grand Opera House in Macon and hosted by Macon's own Robert McDuffie featuring Mercer Singers, directed by Dr. Stanley Roberts, and the McDuffie Center String Ensemble directed by Amy Swartz Moretti. This classic production will air on GPB on December 17 at 8 pm. and December 20 & 24 at 7 pm.

Those of us who are graduates are invited for a special screening of a Grand Mercer Christmas by Mercer University, President William D. Underwood and GPB President and CEO Teya Ryan. This will be on December 4th and one invitation we cannot possibly ignore.

Another one not to miss is "Lunch with Santa." A vintage

Christmas at the Byron Depot on Saturday, December 4th. It is given by the Byron Acres Historical Society. Seats are limited.

Call Para 478-214-5560. We're planning on watching Matthew, our 4 year old grand, enjoy this event with Santa.

On December 8th at 4:00 p.m., Wesleyan presents their free Annual Christmas Concert in Porter Auditorium. It features Wesleyan's Concert Choir and the Wesleyannes. Always a boost the Christmas spirit. For more information call 478-757-5259.

Just got a great invitation. The thirtieth birthday party for our Wesleyan roomie, Varece Chambless Hillis. Sons, Kelly and Mark are having the party at the Callaway Gardens Inn restaurant. We're all feeling younger!

Greg Allman will be in Macon for 2 days, one of which is right after Christmas, December 27th, and on January 14th. The bad new is they are both sold out.

Heres wishing everyone a VERY MERRY CHRISTMAS and A HAPPY NEW YEAR from all of us seniors at *Senior News*.

*Against a diseased imagination demonstration goes for nothing.*  
Mark Twain

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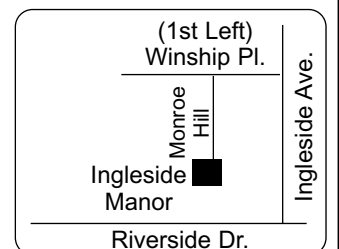
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## Publisher

**Billy R. Tucker**

Email: seniornewsga@cox.net

## Editor

**Ann Tunali**

seniornews@msn.com

## Advertising Account

### Executives

**David VonAlmen**

Phone: 478-213-5986

Email: VAMktPub@aol.com

**Jane Winston**

Phone: 478-542-1642

Email: jwins1939@gmail.com

**Jan Tassitano**

Phone: 770-993-2943

Email: jan@jjmconsulting.com

## Columnists

Claire Houser-Dodd

Dr. Bill Baggett

Lisa Petsche

Dr. Anne Jones

Jane Winston

\*\*\*\*\*

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Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

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## CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636

FAX: 478-929-4258

E-mail: seniornewsga@cox.net

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Senior News & Views of Georgia

## Poets' Corner

### HOPE ETERNAL

by Henry Newton Goldman

*Despair will weigh me down at times,  
Uncertainty is my constant thorn;  
But when I feel that all is lost,  
Within me hope is reborn.  
Though sadness may banish all my joy,  
And failure dash my dreams,  
My heart shall be refreshed again,  
For hope will reign supreme.  
When all seems lost in darkest hour,  
And friends nearby fall away,  
I know my bonds will be renewed,  
For hope shall be my stay.  
When years go by without success,  
And plans just won't come true,  
I'll reach way down and persevere,  
For hope will bring me through.  
And when my life draws near its end,  
My steps then falter and slow,  
In passing from earth to Him above,  
Blessed hope will help me go.*

\*\*\*\*\*

### THE MEANING OF CHRISTMAS

by Frankie Lee

*Each year it gets more commercial  
Each holiday is about gifts  
Giving gifts instead of time  
Wrapped in a beautiful box  
With a beautiful bow  
Opened many times alone*

*The gift of love and memories  
Is the greatest gift of all  
The meaning of Christmas  
Is in touch and heart and a call  
Give your time and love and heart  
And that's the greatest gift of all  
Make a memory that will last forever  
Spring, summer, winter and fall*

*As a child you remember  
That special gift given with love  
Something you looked at  
And wished for above  
Someone special in your life  
Saw that sparkle in your eye  
Took the time to find that gift  
And hear that joyous cry*

*It wasn't just what was in the box  
With that special bow  
But it was the thought and love  
That made it sparkle so*

*For that gift was also a memory  
Of a special time and place  
And that person that touched your heart  
You can still see that loving face*

*Christmas was not meant for gifts  
As much as it was for love  
The greatest gift that was given  
From God above*

*For it is His birthday that we celebrate  
On this very special day  
Let's give a gift back to him  
And don't forget to pray*

*Christmas is so special  
A day of peach and love  
When we can take a moment  
Beyond the commercial hub  
Of shopping and eating and dressing  
Ourselves so special too  
It's about others, not just me and you*

*So enjoy the day of giving  
Of seeing an unknown smile  
Of thinking of so many others  
That touch our lives each day  
For all of you I pray  
Merry Christmas!*

\*\*\*\*\*

### ACCEPT IT NOT

by Doris A. "Dot" Jones

*On every side the skeptics sway.  
What does it matter what we do and say?  
There is no God anyway.  
But... we know better and accept it not!*

*What we have is not what they've got.  
The news media prints the worst side of life,  
When we struggle on through so much strife.  
So many good deeds go unnoticed,  
No wonder the world views the skeptics' side.  
But... we know better and accept it not!*

*Magazines fill the newsstands with evil on every page,  
We fill ourselves with rage against it,  
But it seems we can't do a lot.  
But... we know better and accept it not!*

*The television is filled with sin.  
Sometimes it seems the skeptics win.  
No matter the fight against it,  
The die seems cast in their lot of sin.  
But... we know better and accept it not!*

*In not accepting, we take a true stand,  
For God fights evil with his heavenly band.  
In the end, God will triumph,  
If we continue with what we've got and say,  
"We know better and accept it not!"*

## Spiritual Notes

# A Different and Lasting Gift!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**T**ime does fly by! The Christmas Holidays are here. They seem to come so quickly. This is the time of the year we celebrate the birth of our Lord Jesus Christ.

Regrettably, the real "reason for the season" is sometimes a casualty because of the tendency to fill our days up with the buying of gifts, decorating the house, going to parties and getting involved in numerous other secular activities. While all of these are worthy and admirable,

our focus is often diverted from things that will be more lasting and meaningful to us.

Through the years families have taken gifts and food to the less fortunate in their communities. Churches have hosted parties, collected funds and provided other services to the elderly and those in need. These efforts are praiseworthy and should be encouraged.

Recently, I read a paper entitled "The Power of Three Little Words" by an anonymous author. The author stated, "Some of the most powerful, significant messages people deliver to one another often come in just three little words. When spoken or conveyed, those statements have the power to forge new friendships, deepen old ones and restore relationships that have cooled."

I did some introspection, and, after giving serious thought to this idea, I concluded these words are a Christmas gift I can give to myself and others this year.

I have chosen to following Three Word Phrases: "I'LL BE THERE – being there for another person is the greatest gift that can be given. I

RESPECT YOU – respecting is a great way to show love. MAYBE YOU'RE RIGHT – a diffusing phrase highly effective in conflict and in restoring frayed emotions. PLEASE FORGIVE ME – relationships can be restored and healed if people admit their mistakes and ask for forgiveness. I THANK YOU – gratitude is a powerful form of courtesy. COUNT ON ME – a friend is one who walks in when others walk out; loyalty is an essential ingredient for true friendship. I LOVE YOU – is reserved for those who are special."

As we engage in the frantic pace of the Holidays we might utter the following prayer. God, let all that I do today become a shout of praise and thanksgiving to you for this gift of life. Our words and actions reflect our relationship to the One who taught us to love one another. Celebrate this year by giving gifts of words, gifts that last and honor the Lord Jesus Christ.

\*\*\*\*\*

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

## Missed your copy of Senior News?

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# Heather Rumph's accident and recovery!

by CLAIRE HOUSER DODD

**W**e have been talking to Heather Rumph's grandmother, Betty Jo Rumph, about her granddaughter and what all she loved doing before she was knocked off the road in 2004, at age 17, on the last day of her Junior year in High School. A terrible accident in which Heather was paralyzed from the neck down. The perpetrator of this crime has never been found, but we know God would not let them have a very happy life after doing something so cruel. Heather has no memory of the accident, but her car showed the evidence. It had been hit twice on the side, ramming her vehicle into the ditch and resulting in a tremendous noise. Neighbors along Marshall Mill Road in Crawford County said they had never had an ambulance arrive as quickly as it did this time.

Heather Rumph was taken to a Macon Hospital where she remained in ICU for 10 days. She was then transferred to the Shepherd Center in Atlanta where she remained for four months; again, in ICU.

Believe it or not, when she came home, paralyzed by the injury to her C-4 and C-5 (cervical discs), and in a wheelchair, she returned to school and graduated with her class at Crawford County High School. Always a good student, she managed a high school diploma with the help of a paraprotein carrying her books, writing her papers and her own determined personality.

This year Heather has completed six months at the Shepherd Center in Atlanta, ending in July, where she was involved with the Gorman Study. There are very few of these machines in the world, so Heather calls herself sort of a guinea pig. It is a robot-like contraption that one gets harnessed into and it moves you just like you're walking. This machine then records muscle firing and extension movement. A true state of the art machine which has done won-



**Grandparents Ernest and Mary Jo Rumph; parents Thomas and Joni Rumph, standing behind Heather; and, her brother with niece and nephew on the right.**

ders for Heather. She also had lots of aquatic therapy.

Other than the robotics, Heather was working on an FES which is a Functional Electrical Stimulation Bike which moves by itself, but fires electrical jolts. This helps with muscle tone, bone density and spasms. These machines are used for the most seriously injured, and Heather needs one for a full recovery.

It was two years after the accident nine years ago before Heather could move her right arm. Now she can raise both arms, and exercise her legs. Her immediate goal is to be able to transfer herself. Mother, Joni, does most all of this lifting and turning now (at least every six hours) as father, Thomas, is recovering from back surgery himself. Heather says about her parents, "God knew what he was doing when he sent me to such a caring, loving and dependable person like my mother. She is like a God sent angel. God blessed me when he sent me to both of them. They have taken care of me for nine years. My Daddy has worked his seat off at Blue Bird, and is always here to love and support us."

Heather loves to write now; but, her grandmother is still remembering all the things she loved to do before the accident,

such as swim and visit old homes like the Hay House and the old Governors Mansion in Atlanta. Her grandmother says, "Heather is feisty, and determined to achieve her goals; and, she has a special place in my heart."

We just learned that Beyond Hope Foundation has been set up at Robins Federal Credit Union 960 Blue Bird Boulevard, Fort Valley, Georgia for contributions

by those of you interested in helping Heather attain the FES bike. This money will go only to the purchase of the FES which costs \$15,000 and it will put Heather on a quick path to recovery and help her fulfill her educational ambitions. She plans to attend Gordon Military College this fall and then go on to the University of Georgia for a masters degree in the mental health field.

As feisty as she is beautiful, she is determined to reach her goal and make a difference in the world. Her goal is to return to the Shepherd Center as counselor or psychologist because she, "has been there and done that."

You can see how proud grandmother Betty Jo and grandfather Ernest Rumph and parents Joni and Thomas are of their brave young granddaughter and daughter.

If you can see yourself involved in helping Heather to receive this FES bike in order to give her a life changing chance to make her dreams come true and to help others in the same situation cope and recover, PLEASE DO SO! Your contribution in support of Heather is greatly appreciated.

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

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



# Macon/Central Georgia CALENDAR

## 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:** 478-757-7817
  - **Stroke Support Group:** 478-201-6500
  - **Smoking Cessation:** 478-633-9090
  - **CPR Classes:** 478-474-3348

- **Spinal Cord Injury Support Group:** 478-201-6500
  - **Brain Injury Support Group:** 478-201-6500
  - **Parkinson’s Disease Support Group:** 478-743-7092, ext. 254
  - **Parkinson’s Disease Caregivers Support Group:** 478-743-7092, ext. 254
  - **Crohns and Colitis Support Group:** 3rd Sun., 3 p.m., 478-737-8788 or kjhague@cox.net
  - **Community Seminar for Arthritis, Knee & Hip Pain:** 478-633-1865
  - **Central Georgia Autism Support Group:** For information call 478-633-8088
  - **Pine Point Adult Grief Support Group:** 478-633-5615
  - **Lymphedema Therapy:** Ask physician to call 478-201-6748 for referral.
- Cancer Life Center**  
Information and Reservations: 478-633-8537; www.cancerlifecenter.org
- **The Pink Alliance:** 478-633-8537
  - **The Pink Alliance HoPe Chapter:** 478-719-8528
  - **Look Good, Feel Better:** 478-633-8537
  - **Prostate Cancer 101:** 478-633-8537
  - **Man-to-Man Support Group:** 478-633-6349
  - **Chemotherapy Orientation Classes:** 478-633-8537
  - **Cancer WellFit:** 12-week oncology recovery program, 478-757-7847
  - **Genetic Counseling:** 478-633-6270
  - **Cancer Clinical Trials:** 478-633-1738 or www.mccgclinicaltrials.org.

### Houston Health EduCare

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

### SeniorCare

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

### Warner Robins SeniorCare Centerville SeniorCare Perry SeniorCare

**TOPS Club, Inc.**  
Call 478-923-9771 for programs provided and additional information.

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

Call 478-746-7050 or 800-272-3900 for details.

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

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

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

**Dodge County**  
• 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600

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

**Laurens County**  
• 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

continued on page 7

## Dempsey Apartments

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# General Business Directory For Seniors



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**Jane Winston at 478-542-1642**  
**Jan Tassitano at 770-993-2943**



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- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments



CALENDAR  
from page 6

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. To learn more about “Caring Connection” call 800-272-3900.  
\*\*\*\*\*

**Macon-Bibb County Parks & Recreation Department Senior Center**  
1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478- 751-9238; Daily activities 9:00-2:00  
• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry Wright at 478-751-2796.  
• Choir - “Band of Angels:” Practice Mondays at 10 a.m. Call Brenda at 478-751-2790  
• Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.  
• More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238  
• Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790  
• Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238  
• Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.  
\*\*\*\*\*

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

Senior Activity Center  
152 Maple Street, Warner Robins  
Office: 478-293-1066  
• Ceramics: Tuesday and Friday from 10 am-12 pm, and 1 pm-4 pm. Charges are for gree

ware, lights, music boxes, etc. No charge for firing or paint. Brushes and cleaning tools are available for purchase.  
• Aerobics: Monday, Wednesday, Friday at 9 am. Cost is \$2 a class or \$20 a month. Join us for low-impact aerobics for seniors. For more information contact 478-293-1066.  
• Prime Painters: Open to anyone who wants to come and paint. Bring your own supplies. Thursday afternoon from 1:30 pm -4:00 pm. Please call 478-293-1066 for more information.  
• Quilting Party: Wednesdays, 10 am-2 pm. Bring your own (small) scissors and personal thimble. Quilting materials supplied. \*NOTE: We hand quilt for the public and also have quilts for sale. Currently has a waiting list for the class.  
• Woodworking Shop: Daily (except on Thursdays) at 9 am. “Woodworking Safety Orientation” is a prerequisite for participation and is scheduled upon request. What would you like to make?  
\* Ikebana: Japanese flower arranging, Mondays at 2 pm. Please contact Yuko Hancock at 478-923-7312 for more information.  
• Line Dancing: On Wednesdays – New Beginners Class at the Wellston Center from 1-2 pm. \$2 admission. The Intermediate Class at the Wellston Center from 2:30-4:00 pm – \$3 admission. For more information please contact Terry McLeroy at 478-987-0019.  
• Tai Chi: On Monday and Thursday mornings from 10-11 am in the Senior Center . If you are looking for a way to reduce stress and a variety of other health conditions, Tai Chi promotes serenity through gentle, flowing movements. The class is free. The instructor is Ron Shively at 478-719-9944.  
• Senior Water Aerobics: Monday, Tuesday, Thursday and Friday, 9 am-10 am at Fountain Park. The cost is \$25.00 per month. Please contact Miranda at 478-293-1071 if interested.  
• Yoga: Tuesday at 2 pm & Thursday at 11 am in the Senior Center. \$5 per class. Chair Yoga: Mondays at 2 pm in the Senior Center. \$5 per class. Our teacher is Dena Hobbs. You can reach her for more information at 478-225-0133.

Wellston Center  
• Regular Meetings and Programs  
AARP: The 4th Wednesday of the month, Oct. 23, 2013, 10 am to 12 noon. Jeanine Frey, President, 478-922-5489.  
• AARP Driver Training: Please contact Robert Woodall at 478-397-6690 for information and reservations.  
• NARFE: 2nd Wednesday of the month, 10 am-12 noon. Charles Farmer, President, 478-922-2453.  
• Ted Wright Senior Citizens Social Club: 2nd & 4th Thursday. Betty Lou Lovain , President, 478-922-7774.  
• Warner Robins Senior Citizens Social Club: 2nd & 4th Tuesday. Helen Daly, President, 478- 956-0214.  
• LMNO (Ladies and Men’s Night Out): For information call 478-923-0229.  
\*\*\*\*\*

**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.  
\*\*\*\*\*  
**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.  
\*\*\*\*\*  
**Bloomfield United Methodist Church**  
5511 Bloomfield Rd., Macon  
478-397-6568 or 478-788-2262  
\*\*\*\*\*

**Bare Bulb Coffee**  
1117 Highway 96, Suite 100, Kathleen. For schedule of events and information call 478-787-3482 or email nikki@barebulbcoffee.org.  
\*\*\*\*\*  
**Contemporary Christmas Drama *The Night Before Christmas***  
Sat., Dec. 14, 7 p.m. and Sun., Dec. 15, 6:30 p.m., Parkway Assembly Family Life Center, 5191 Eisenhower Pkwy., Macon (across from Middle Georgia State College). Presented by the Parkway drama team and church choir. For details call 478-477-5678.  
\*\*\*\*\*  
**Pancake Breakfast With Santa**  
Sat., Dec. 7, 7:30-10:30 a.m., Perry United Methodist Church Fellowship Hall. \$5 each, ticket available at door. Sponsored by the Perry Kiwanis & Mahala Club.  
\*\*\*\*\*

BUSINESS  
CARD SECTION

For Advertising Information Call  
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General Business Directory For Seniors

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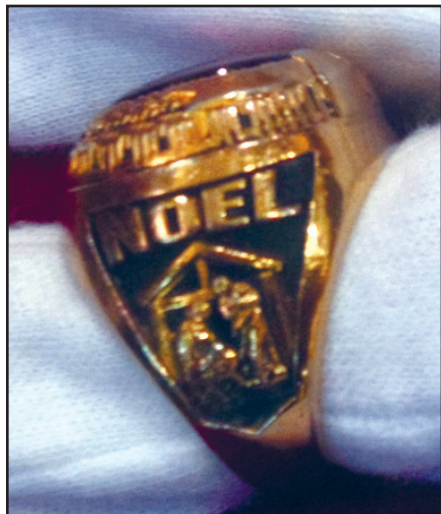
On the Cover

Ho! Ho! Ho!... Santa is ready to roll!

by JANE WINSTON

COVER:  
Santa Mark and Jane Winston.  
Santa indicates all is ready for  
Christmas delivery.

Mark Moore not only looks like Santa Claus... from the top of his head to the bottom of his shiny black boots (with twinkling eyes in between)... he is Santa Claus. He is the real deal.



Santa's ring from the International University of Santa Claus.

Santa Mark, his Santa name, has a Master's Degree in SantaClausology from the International University of Santa Claus. It was there that he not only learned how to play Santa Claus but how to be Santa Claus. Additionally, he attends Santa workshops for the networking that occurs when he joins with other Santas and discusses the latest in Santa attire plus shares Santa techniques and stories! Another way he stays current is being a member of The Amalgamated Order of Real Bearded Santas (AORBSantas) which is one of many Santa organizations.

Santa Mark has five tailor-made suits he dons approximately 65 times during November and December. He doesn't always wear his traditional red suits with the red hat associated with Santa Claus. "Quite honestly those suits are hot," says Mark. The other suits are a traditional Coca Cola suit, an Old World Santa suit, and the most comfortable, his Snowflake suit which he was wearing the day I interviewed and took photos of him.

His Mrs. Claus, Terry Moore, confided in me that they have to keep Santa's hair bleached 365 days as he does not have the white hair associated with Santa. Not only does his white hair and beard enable folks to spot him around town, but his car tag, Santa Mark, and his wife's tag, Mrs. Claus, identify him. Terry also shared that when out in public... no matter the time of the year... children spot him, race toward him, grab him around the knees and shout, "Santa Mark! Santa Mark!" Santa has a plethora of ready

answers for them once they stop in their tracks, look up at him and say, "Santa, what are you doing in this store?"

So how did Mark Moore's journey as Santa come about? In 2001 he honored a friend's request that he be Santa for a holiday party. The hook was then set for Mark as he discovered the joy of "visiting" with children. Mark knew that to be authentic, he had to prepare and that is when he started Santa School, joined organizations and networked with other Santas throughout the United States. He made that a first priority and the rest is... as is often said... history! For the last ten years, since he retired from his job as a self-employed wall paper hanger, he has brought joy and the meaning of Christmas into the lives of thousands of children! He never promises the children anything as they perch on his knee; he acknowledges the requests, talks about it with them, and tells them that he must, first, talk it over with the parents.

As we concluded the interview, Santa Mark... with a twinkle in his eye... said, "With my retirement, I traded being on my feet all day long for kids sitting on my lap for two months out of the year!" And we of Senior News would like to thank you for bringing joy into the lives



Mark Ballard's "Santa Mark" plate and painting.

of children in the traditional way of Santa Claus and Christ in Christmas!

Jane Winston is a freelance writer in the local area. Should you know of a person you would like to see featured in Senior News contact her at jwins1939@gmail.com or call her at 478-542-1642.

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