

Taking Care

Time Management Strategies Can Ease Caregiver Burden

by LISA M. PETSCHE

esponsibilities of family caregivers typically include chauffeuring, shopping, running errands, paying bills, coordinating medical and other appointments, yard work, home maintenance, housekeeping, preparing meals, managing medication and assisting with per-

Lisa Petsche

sonal care. It's easy to become overwhelmed by all of the demands.

There don't seem to be enough hours in the day to get everything done, let alone spend time with other important people (such as a spouse) or devote time to self-care.

If you are a caregiver, read on for practical ways to save time in order to manage the stress inherent in your role.

Get Help

Accept offers of help.

If offers of help aren't forthcoming, take the initiative and ask other family members to share the load. Be specific about the kind of assistance you need.

Investigate available community respite services, such as friendly visiting, adult day care programs and residential facilities that offer short-term care. Also look into volunteer driver programs and accessible transportation services that can free you up from chauffeuring duties. Information on these and

other resources can be obtained from the local office on aging.

Hire Help

Pay for help if you can afford it – for example, a dog walker, housecleaning service, grounds keeping service, handyman or accountant.

Hire a professional organizer if you're overwhelmed by paper or general clutter.

If finances permit, hire a companion or personal support worker for your relative so you can regularly get out to a club, class or some other leisure activity. Let loved ones know that a gift certificate to a home health-care agency or an IOU for respite care would be welcomed for special occasions.

Streamline and Prioritize

Curb perfectionism. Not everything needs to be done to a high standard; take housework and yard maintenance, for example. Set a time limit for chores if necessary.

Establish and stick to priorities, so you don't waste time or energy on unimportant things.

Be flexible about plans and expectations, since your relative's needs and, consequently, your energy level are likely to vary/fluctuate.

Adapt Activities of Daily Living

If you don't already have one, get an answering machine to screen calls.

Concentrate home cleaning and tidying efforts on rooms that are used the most.

Collect recipes for one-dish meals, such as casseroles, stews, stir fries and main course salads.

Cook double batches of recipes and freeze half for later use.

Keep a supply of heat-and-serve entrees in the freezer.

Buy convenience foods that reduce preparation time: packaged salads, shredded cheese and boneless chicken breasts, for example.

Order takeout meals periodically; just ensure choices are healthy.

Arrange with the bank for direct deposit of pension and other checks and automatic withdrawal of regular bills.

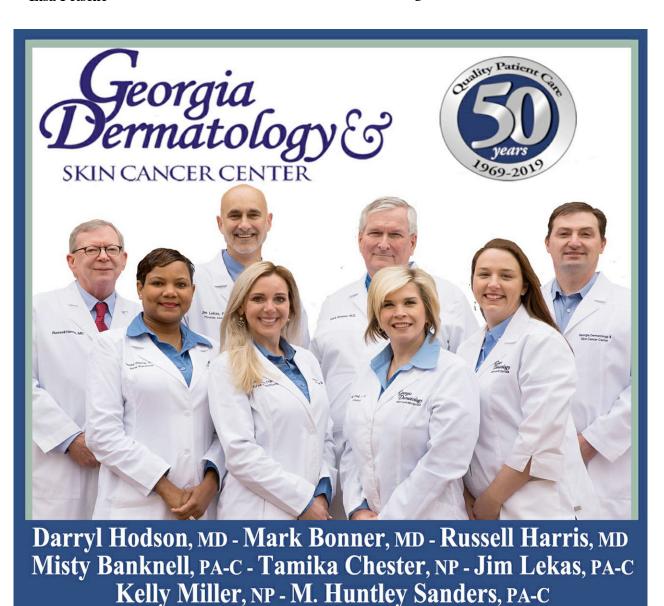
Sign up for telephone banking or Internet banking so you can pay bills, transfer money and check balances from home.

Shop by mail order whenever possible. Take advantage of stores and other services that offer home delivery – for example, grocery stores, drug stores and dry cleaners.

such as foot care or phlebotomy (taking blood) if the care receiver requires one or both on a regular basis, dental hygiene services, hairdressing, dog grooming, car washing and detailing, and automobile servicing and repair.

Keep to-do lists, consolidate errands and avoid peak use times of the day, week and month when visiting stores, banks, government offices and other establishments.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior health matters. She has personal experience with family caregiving.



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Let us entertain you

by CLAIRE HOUSER-DODD

ine Needles Country Club has just held the second annual Larry Dailey Memorial Golf Tournament in Fort Valley three miles out of town on Highway 49. The tournament was a huge success, the weather was perfect, and the course played great. It was reminiscent of the older classic tournaments played here in past decades. The golf course has been known for many years as one of the best in Middle Georgia. We remember going out with our grandfather, John A. Houser. At that time there was an adorable log cabin with a porch and the kids could congregate there with a Coke and crackers (peanut butter, cheese). At this time a special thanks goes out to Cade and Clint Rooks for the contribution of a monument at Pine Needles Golf Course dedicated to Larry Dailey.

Have you heard of an enormous ARK having been built outside of Butler? We attended a Study Club meeting at the Fort Valley United Methodist Church and saw a movie on the building of it. Very interesting. It is furnished with all of God's animals and people originally on "The Ark." This will be our next day trip. We're planning already to meet Wesleyan roommate and maybe a couple of more friends for lunch and exploring the whole area.

"The Golden Rule" is also located in Maulk, 766 Parks Road, Maulk, GA, 31058. It began in 1997 with three residents. Since it's opening it has offered the opportunity for redemption to 1,257 ladies. These women have been blessed by the Almighty Father to become "productive citizens, loving mothers and to be able to find happiness."

Without your love and support none of this would have been possible because being in a rural area it is almost impossible to raise enough money to keep this sort of endeavor running. If you are one who appreciates and understands the necessity of these ministries who reach out to young ladies in need, bless you. They are beholden to Norman and Jane Carter who started this endeavor. You may contribute by sending support to the afore mentioned address, or by calling 478-862-5825 for more information.

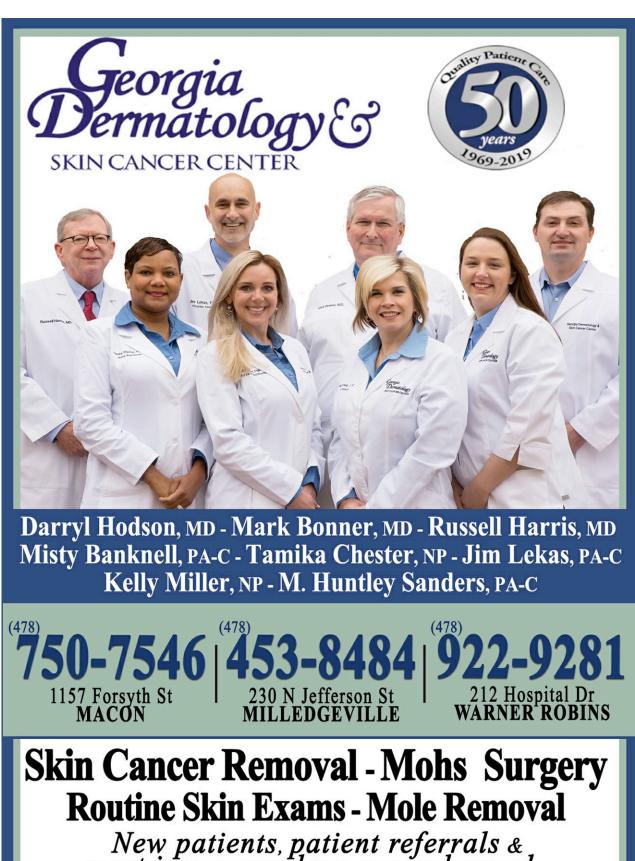
Remember the scam to Grandma? Well, today we got the new one. "Hi, Mom," was the introduction. That's all we needed to hang up. We don't know if it's the usual "broken arm, hospital trick" or worse! But we do know a scam is coming on!

Byron Police Chief Cannon has warned of a man from a utility company or some such getting you out into your backyard to inspect something – maybe even just your property line – while his partners in crime go in and raid your house. Be on Alert!

With folks getting sick during the Christmas holidays, we're just now taking Great Grand to the movies. Naturally he picked a cartoon. It was "Spies in Disguise." First, we had to order popcorn and drinks. He ordered a Coke and then turned around and said," Excuse me, Ma'am. Please delete that, I prefer a Slushy." Are they sophisticated and in charge at 11 or what? He and all the other children laughed and hollered at the colorfully crazy cartoon. We should have stopped at the fourth door on the left entering the auditorium section that said "Elvis;" but no, our fun is sitting with Matthew, swapping the popcorn bucket, commenting on the show, and just being with a happy child.

After the movie we asked daughter, "What was that?" She answered, "A James Bond movie in cartoon form." But when we asked Matthew, we got a play by play description about what every Dude said and did, and what it meant!

We should go back for the Elvis show because, as we watched TV on January 8th, two days after our movie excursion, we learned it was Elvis' birthday; and, they were giving out his whipped cream pound cake. It looked great, but we are far more interested in his favorite sandwich. The peanut butter, bacon and banana one. We hear they offer it at Props in Warner Robins on Houston Lake Road. Guess we'll have to go and try it out.



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On the Cover Sandra Haga Wears Many Hats!

by CLAIRE HOUSER-DODD

Cover: Sandra Haga

andra Haga was born in Abingdon, Virginia and moved to Fort Valley, Georgia in October 1956. Her parents were Peggy and Herman Haga. Her father was a big dairy farmer with approximately 650 acres between Fort Valley and Byron in a settlement known as Vinson Valley Area.

Besides Dairy Farming, Mr. Hagar also had two stores in Macon, one in Warner Robins and one in Fort Valley, where he sold his dairy products and home made ice cream. Sandra's favorite was Raisin Rum.

As a young girl Sandra was interested in horses and played clarinet in the band. She was an excellent student and graduated from Fort Valley High School in 1966.

She matriculated to ABAC in Tifton, Georgia and earned an associate degree in Math and Science. Then, on to graduate from the University of Georgia with a B.S. degree in Math. She had several courses in Computer Science, which was a great thing as computers were about to explode in the business world!

Atlanta was her chosen destination. She moved first to Decatur with a roommate from Georgia who hailed from Macon, a best friend who still holds that position today!

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Caron and Sandra in Australia.



Caron and Sandra in the Blue Mountians, NSW Australia.

Sandra

from page 6

Immediately, Sandra landed an outstanding job with the State of Georgia Department of Transportation as a programmer analyst trainee. She was not a trainee very long. She moved on to Project Management. Along the way, she became Manager of the Year for the Department of Administrative Services where she helped start a mentoring program for women managers.

For two years Sandra was a part of "Atlanta 100" which was also a mentoring program for middle-aged women managers. She was a mentor for two different women which she found quite rewarding, though challenging.

Retiring after 34 years of service, she was CIO (Chief Information Officer) and Assistant Commissioner for Georgia Department of Revenue.

One reason Sandra retired was that her mother had Alzheimer's. She did very well at Summerhill with a wonderful daughter's help.

Sandra has a sister, Carole Collins, who lives in Dubbo, New South Wales, Australia with her children, Travis, Carson, Wayne and daughter Mary. She tries to fly down to see Carole about once a year. They travel over the continent and just generally have fun. This year has an added experience, the great fire. Although it is 200 miles from Carole's house, it is still a concern. However, at this time, she

told Sandra they were getting some rain and had a typhoon coming in from the North which should supply some much-needed relief.

One of the things Sandra is looking forward to this year is to see the Australian Zoo with Steve Irvin's wife and two children. This hospital has saved almost 90,000 animals since it opened.

After retirement, Sandra decided she needed to be at home, back in Peach County and back at her home church, Fort Valley United Methodist on West Church Street in Fort Valley, Georgia. For about four years Sandra was part of Women's Bible Study Jail Ministry, and with a friend started a Girl Scout Troup in Fort Valley. She taught for two years, was choir person for Church Council, part of a mentoring program at Hunt Middle School and Byron Middle School, part of a REACH Program, Mentoring and Scholarship Program, past President of the Fort Valley Study Club, President of Magnolia Garden Club for 8 years, chaired many committees for her church; and, has been an all around helper for many individuals – older... and not so.

We are so glad Sandra chose to return to her hometown, bringing a little of Atlanta Sophistication with her and becoming a bonus to the Valley. She has always turned out just perfectly and is a lovely, friendly, popular, positive person to be around.

But, how does she keep her beautiful designer scarves in place?



Sandra and Carole at County Music Hall of Fame, Tamworth, NSW Australia.



Sandra with Cousin Larry Haga at a family reunion in Virginia.

Let's Visit Brick Pond Park Located In North Augusta!

by CAROLYN BRENNEMAN

ucked away in beautiful
North Augusta is Brick Pond Park,
an ideal nature park where we can
enjoy and walk around with our
grandkids. The park is full of easy
walking and bicycling trails, fun
walking paths, beautiful ponds
with many fish, colorful birds,
deer, and reptiles to see as well as
many historical sites. Brick Pond
Park is a forty acre restored wetland that functions as a stormwater treatment system and also as a
nature reserve and an educational
center.

The pathways are easy to walk on and there are several benches for sitting placed in the area. It is a great place to wind down, enjoy nature. Upon a recent visit, we pleasantly observed two turtles sunbathing on a tree trunk for several hours! This area is ideal for strolling around the beautiful ponds with water lilies, and watching all the birds, little critters and even alligators. We did see blue herons while walking on the path and felt as if we were in the wilds. The ponds are very peaceful and there is a walking bridge.

In the area, there is a yellow sign stating "Alligators MAY be present" and yes, when you visit, you will see one! To our delight, a few months ago, during one of our visits, we encountered an alligator. There it was, just along the edge of the pond, right on the land with his toes touching the water. The alligator appeared to be sleeping or taking life easy and enjoying the sun.

Janet G. of Evans, said, "I loved the 1 mile easy walking path and surroundings with many





Deer spotted in area



A "wow" wild mushroom

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Brick Pond Park

from page 6

birds, fish, deer and reptiles to see. "I saw about 5 turtles, several lizards, many different types of birds and loved the easy to follow trail." Ed H. of Martinez, loved the many varieties of birds. "You can see herons, owls, monarchs, hawks, egrets and storks. I visit this park several times throughout the year and am never disappointed. I had my first view of a wood duck and king fisher here and the Anhinga (snake bird) is sight to see." These birds, we are told, can be seen right in the open on branches in the water. Some days there are many and some days just a few. However, the best times to spend the day with the grandkids is from late February to May. It is close the N. Augusta Greeneway and located at 88 Georgia Avenue, North Augusta, SC. Be sure to take the day to enjoy!



Blue heron is a beautiful site



Water lilies in pond

Vintage Gardens At Sweetwater



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Census Breau Scams - Count Me OUT!

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

s that really the US Census at your door, in your mailbox, or in your email inbox? The US Census Bureau, like BBB and many other organizations, has its fair share of imposters. And they're hard to spot! The Census Bureau already asks for such personal information, but how are consumers (or businesses) to know how much is too much?

First things first, knowledge is power! It's helpful to know that the "big" census survey only happens once per decade, usually at the ten-year mark (year ending in zero). As we have now entered 2020, Census Bureau surveys are to be expected. The rest of the time, the Census Bureau works to gather data from smaller sub-sections of the population.

The Census Bureau may request information through many communication outlets, including phone, mail, and even inperson. And yes, some of the information they ask for can get pretty personal! But the Census Bureau states that they will NEVER ask for your full social security number, money, donations, anything on behalf of a political party, your full bank or credit account numbers, or your mother's maiden name. Knowing how the Census operates can help you be better prepared when you're asked to participate.

BBB has the following tips to help you avoid Census Bureau Imposters:

- Never give out your social security number. Census takers will never ask for your social security number, bank account number, credit card number, money or donations.
- Census takers will never contact you on behalf of a political party. If someone calls on behalf of a political party that claims to be from the census, hang up.
- Make sure you respond to the census through Census.gov, the official website they provide. Your regional Census Bureau may also be able to help.
- If something sounds suspicious, confirm it by calling the government agency directly or checking the government agency's website. Don't click on any links in an unexpected email type the official URL into your browser or do a web search to find the right website. Call a trusted

phone number other than one provided by the caller to verify the caller's identity.

- Don't click, download, or open anything that comes from an anonymous sender. This is likely an attempt to gain access to your personal information or install malware on your computer.
- Be cautious of generic emails. Scammers try to cast a wide net by including little or no specific information in their fake emails. Always be wary of unsolicited messages that don't contain your name, last digits of your account number or other personalizing information. Do not click on any links. See our tips on avoiding phishing email scams.
- Check BBB ScamTracker for local reports of imposters in your area.

There will be census takers going doorto-door in some neighborhoods to help get all of the information they need. If a census taker comes to your door, there are several things you can do to verify their identity:

- Ask to see their ID Badge. Census takers must present a field badge that includes a photograph of themselves, a Department of Commerce watermark and an expiration date.
- Census workers will be carrying a Census Bureau laptop or cellphone, as well as a bag with a Census Bureau logo.

• If you still have questions, call 800-923-8282 to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.

To report a scam, go to BBB Scam Tracker and check BBB.org for more information on how to avoid scams.

For more information on the 2020 Census, visit the official website, census.gov.

Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the International Association of Better Business Bureaus (IABBB). The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: BBB.org or E-mail: info@centralgeorgia.bbb.org.

Night at the Museum Fun-raiser and Fundraiser

WHEN: Thursday, February 27, 2020

WHERE: Augusta Museum of History, 560 Reynolds Street, Augusta

TIME: Doors open at 5:30pm; Tours at 6:00pm and 7:00pm

COST: Tickets \$100 per person; \$50 Military; \$10 Children

ome experience an evening of mystery and wonder at Augusta's very own Night at the Museum, where history comes to life!

As the doors close and the lights dim, guests will be guided through the Museum by security officers to be entertained and enlightened! Enjoy beverages and light hors d'oeuvres, before and after you tour through time.

Tickets are on sale now by purchasing by phone or at the museum Monday through Friday 10:00 AM - 5:00 PM*. Call 706-722-8454.

Two tour times are being offered. Please choose either the 6:00 pm time slot or the 7:00 pm time slot. There is a limited number of tickets available.

We look forward to seeing you there. It will truly be a night to remember!

*Night at the Museum Tickets must be paid for in advance. Tickets purchased over the phone can be held in "Will Call" at the Museum until the night of the event.

OpinionPreponderance of Opinion!

by DANIEL W. GATLYN, USN Ret. Korean/Vietnam Veteran Minister/Journalist

host of materials have been prepared surrounding "preponderance" and is generally connected to such terms as "evidence, facts, and reality." In addition, such terms are solidly akin to characteristics that are affiliated with legal procedures. I am not a lawyer, but I have dabbled in "facts and opinions" for most of my years; and, I can tell you that water is wet, yesterday is gone, and tomorrow is uncertain. That much can be taken to the bank, especially if you are observing the unprecedented circus in the beltway. All bets are off, as to what "slippery slope" will be submitted next; and, what attitudes will surface in the multiple efforts to impeach a President.

"Preponderance of opinion" is being exalted with experts sounding off, professors of Constitutional content offering their take (opinion, if you will) on just what the original framers had in mind.

As previously stated, my knowledge of "legal jurisprudence" would have to be judged as minimal; but, I can tell you that "opinions" considered to gain a consensus for conviction of wrong doing (where absolute proof is demanded in America) is really not worth more than a "cup full of warm spit!" Reiteration of why we have a system of balance; and, why courts of law are present to ascertain binding facts and evidence, is really not necessary. The courts do not deal with hearsay, hints, he said/she said, perhaps, or rumor, or guess work. Implications, innuendo, circumstances are also summarily tossed aside from rare instance.

What has happened (and is happening) in the current "mixing pot" is that one complete group of people have been dissatisfied, disenchanted, and overwhelmed with the election of Donald Trump. This same group (call them what you will) have become so incensed and angry, until all reason, and facts, have been ruthlessly scrapped; all in favor of wishful thinking. The psyche of humanity was not created to house such a bitter pill. It will give birth to ulcers, heart trouble, and calamity. It will also affect the mental state to the extent that all balanced rationale is forsaken.

While it is true that every single individual has an opinion on matters of government, religion, and even personal ethic, many are spending time "out in the weeds;" leaving sound judgement to a select few. I do not claim to be the genius of "pay dirt" (or even the consolation prize); but, I do know the difference between "slush and mush," can walk, chew gum, and whistle for Rover (all at the same time); and, have the ability to gage "a rip off" while the sun is yet to shine!

Right or wrong, the term of "public

servant" has run it's course! One, from any camp, has only to smell the coffee, and recognize that many who "write the script" have never held a commendable job... have never really rendered substance of worth to humanity... and, could easily be termed a parasite. The wisest of credible council have substantiated "truth to my commentary." You don't have to honor the marquee, just weigh the results carefully. The saddest song and greatest sin are all the things that might have been!!!



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Chamber To Host 2nd Annual Career & College Expo Slated for Tuesday, March 10 in the Columbia County Exhibition Center

Special to Senior News

Submitted by Olivia Reich Communications Coordinator Columbia County Chamber of Commerce, Olivia@-columbiacountychamber.com

Evans, GA

he Columbia County
Chamber of Commerce, in partnership
with the Columbia County Board of
Education, will host the Second Annual
Career and College Expo on Tuesday,
March 10 at the Columbia County
Exhibition Center in Grovetown.

The event, which targets area middle school and high school students and parents, gets underway at 4:00 p.m. Breakout sessions in fields such as manufacturing, healthcare, nuclear/energy, cyber and financial aid will be held throughout the evening. Last year over 3,600 area students and parents along with over 100 colleges, universities and businesses participated in the expo.

The goal of the expo is to identify clear pathways from high school to a future career, whether that includes a four-year university, a two-year degree at a technical school or trade school, or going directly into the workforce. Designed to educate both middle and high students and parents on the vast career opportunities available, this initiative aligns the educational, technical and trade sectors with businesses.

To register a student, visit http://bit. ly/2020CCE. For more information or to register a booth for your business, visit the official Career and College

Expo page at www.columbiacounty-chamber.com/CCE or contact Events & Programs Director, Sabrina Griffin at 706-651-0018.

The Columbia County Chamber of Commerce is a five-star accredited chamber representing over 1,000 businesses in the Greater Augusta area. As a member-driven, business-focused organization, the vision of the Columbia County Chamber of Commerce is to ensure and promote the beneficial growth of our community. For more information on the Columbia County Chamber, visit columbiacountychamber.com.

Coliseum Northside Hospital to Offer Seminar on Knee Pain on February 6 in Milledgeville

Submitted by Jennifer C. Jones Marketing Manager, Community Relations/H2U, Coliseum Health System Macon, Georgia 31210 jennifer.jones12@HCAHealthcare.com

(Macon, GA)

oliseum Northside Hospital will offer a free seminar for those with knee pain. On Thursday, February 6, orthopedic surgeon, Dr. Dustin Hoffman, will speak on issues involving the knee and common solutions to help alleviate knee pain.

Dr. Hoffman, said, "If your knees are so painful that you can no longer perform your day-to-day activities, then it is time to see a doctor to determine the cause of your pain. We can help determine if it is time for surgery and help you find solutions to get you back to living a pain-free life."

The seminar will begin at 6:00 p.m. on Thursday, February 6. It will be held in Building H, Room H-106 at Central Georgia Technical College's Milledgeville Campus (54 Hwy 22 West; Milledgeville, Ga). To register for the free seminar, call (478) 746-4646 or visit the Classes & Events section of www. coliseumhealthsystem.com.

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New Pediatric Surgery Satellite Clinic in Warner Robins, Georgia

Special to Senior News Georgia

Submitted by Whitney Miller Marketing Coordinator, Fairview Park Hospital; fairviewparkhospital.com whitney.miller@hcahealthcare.com

DUBLIN, GEORGIA (1/7/2020)

airview Specialists – Pediatric Surgery announces the location of a new satellite clinic in Warner Robins, Georgia. Dr. Andrew Bozeman, Board Certified in pediatric general, thoracic and neonatal surgery, will be offering specialty services for pediatric patients ranging from newborn to teenage years.

"I'm excited to be opening a new satellite office in Warner Robins to serve pediatric patients in and around the area," said Bozeman. "By bringing pediatric surgical services to the local community, both convenience and accessibility are priorities that allow busy parents to spend less time traveling to appointments and more time focusing on their family."

Don Avery, President and CEO at Fairview Park Hospital, also shares his excitement for the Warner Robins community to have an expansion on pediatric



Dr. Andrew Bozeman

care. "Dr. Bozeman has been a great asset to our hospital and to Middle Georgia with Fairview Specialists – Pediatric Surgery. With this clinic, he will provide the knowledge and experience of a top-notch surgeon while also providing unparalleled care for his patients and their loved ones."

Fairview Specialists – Pediatric Surgery will be open every 1st and 3rd Tuesday of the month in Warner Robins, beginning in January. Surgeries will be scheduled at Fairview Park Hospital in Dublin, Georgia; however, all pre/post-op appointments will be scheduled in the Warner Robins clinic for patient convenience

The satellite clinic is located at 109 Osigian Blvd., Suite 200 in Warner Robins. To contact the office for an appointment, call (478) 272-2707 or visit FairviewPedsSurgery.com.

About Fairview Park Hospital:

Neighbors Caring For Neighbors – That is Fairview Park Hospital's commitment to the residents of Laurens and surrounding counties. An HCA Healthcareaffiliated hospital, this state-of-the-art, 190-bed acute care facility has provided quality health care for Dublin, GA, and the surrounding counties since 1982, with an estimated economic impact of over \$78 million annually. Comprehensive community health care services available at Fairview Park Hospital include more than 45 departments and specialty areas. In addition to serving the needs for acute, outpatient and rehabilitative care, the hospital is a leader in wellness, prevention and community health issues.

Spreading Holiday Cheer to "The Forgotten" Generation This Holiday

Submitted by LaShawn Renee Williams Communications Director, UI Media Network lashawn.williams@unitedintentions.org

Atlanta Jan 6, 2020

hey held us when we were sick, fed us when we were hungry, told us bedtime stories and snuck us candy when our parents said no. Some of us call them Nana, Papa, Nannie, Paw paw just to name a few. They are our grandparents, and while they should be off golfing in a retirement home in Florida soaking up the sun many of them are stuck at nursing homes with little to no visitation. This is a sad sight no matter the time of year, but especially around Christmas. Unfortunately, even those with supportive families will spend many birthdays, holidays and weekends alone.

This past holiday, Santa, Mrs. Claus, Golden

Home Services (Georgia's premiere in-home senior health care providers), and Where the Heart Is (a local Senior Living Placement Agency), decided to Adopt a Senior to spread some holiday cheer at a few nursing homes in North Georgia. The volunteers brought gifts, snacks and plenty of love. Julie Kaden, the Marketing Director for Where the Heart Is and one of the volunteers had a special connection to this year's event, Kaden stated "My dad passed this past September, so this was my real motivation to make this event special. My dad

would have LOVED this."

The staff at Golden Home Services and Where the Heart is, understand the needs of Georgia's seniors and make it an effort to treat each and every one of them like family, it is important that no one feels forgotten at any time of the year. And even though it is no longer the holiday season it is never too late to give back to those in need. WATCH US IN ACTION: https://www.youtube.com/watch?v=lXPZyOAD0o Q&feature=youtu.be

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Dublin VA to share clinic space at Robins AFB

Special to Senior News Georgia

Submitted by James W. Huckfeldt Deputy Public Affairs Officer Carl Vinson VA Medical Center Dublin, GA 31089 Scott.Whittington@VA.gov

DUBLIN, GA.

eterans who visit the Perry Community-Based Outpatient Clinic (CBOC) will soon see an improvement to service as 78th Medical Group at the Robins Air Force Base opens its clinic doors to share healthcare space with the Veterans Administration.

Houston County, south of Macon and home to more than 1,300 airman and family members, is the one of the most Veteran populated counties in the 49-county catchment area

for the Carl Vinson VA Medical Center (CVVAMC). The area also represents the fastest growing and the current Perry CBOC is struggling to meet the demand. A new 40,000 square foot clinic planned for the Warner Robins / Perry area but it will not be operational for at least three years.

To address this gap in the interim, Air Force Col.
Maureen Farrell, commander of the 78th Medical Group, agreed to allow Carl Vinson VA to use some of its clinical space (around 3,300 square feet) – enough for two patient aligned care teams (PACT) for primary care and some mental health services. This will allow the VA to serve around 2,200 more Veterans. The new space will receive

Veterans later this spring.

"We provide health care to more than 47,000 military and civilian personnel and we are committed to operational readiness, outstanding customer service, and always delivering world-class health care," said Farrell. "This collaboration with the VA is consistent with our mission."

"We are proud to partner with the Air Force and the 78th Medical Group, just as we currently do with the Marine Logistics Base in Albany and Eisenhower Army Medical Center in Augusta. Relationships like this help us deliver the absolute best healthcare we can to our Veterans and at a better value to taxpayers," said David L. Whitmer, CVVAMC Director. "This will improve access and

expand our abilities to better serve our Veterans in middle Georgia."

As of January 1st, Veterans with a VA Veterans Health Information Card (VHIC) allows for easier access to the base facilities, including the medical wing, commissaries and morale, welfare and recreation facilities. Anyone with questions about access can contact the 78th Security Forces Pass and Registration Office by calling (478) 222-1998.

A veteran town hall hosted by CVVAMC is scheduled for Thursday, Jan. 16 at 5 p.m. at the VECTR (Georgia Veterans Education Career Transition Resource Center) located at 1001 S. Armed Forces Blvd., Warner Robins, GA 31088.

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