

# Senior News

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***Zellner-Cortes  
...local artist!***

***Story on Page 6***

July 2010  
Vol. 24, No. 7



# Macon District AME's hold Church School Convention

Atlanta Public Relations & Marketing Leader, **Bunnie Jackson-Ransom**, delivers Church Marketing Workshop

Special to Senior News

**T**wenty-two churches in the Macon (GA) district of the AME Church met recently in Macon to re-tool and prepare for growth in the 21st century. The Presiding Elder Alan Hale Wicker welcomed a standing-room only group of pastors, ministers, lay-leaders and friends to the Bethel AME Church, where Reverend Marvin Colbert is the host pastor.

Young people attending the Church School Convention participated in an oratorical contest. First place winner was Raven Johnson of Fort Valley, GA., a member of Saint Peter AME Church. The oratorical contest was coordinated by Annie Marshall.

One of the highlights of the conference was a workshop presented by Bunnie Jackson-Ransom, president and CEO of First Class, Inc., an Atlanta-based

public relation and marketing firm. Ms. Jackson-Ransom has put her unique combination of public relations and marketing knowledge, professional abilities and thirty-five years of experience into a workshop on the subject - "Getting The Word Out: How to Market Your Ministry."

The workshop/ seminar series was an outgrowth of her recent book of the same title, *Getting The Word Out: How to Market Your Ministry*. The workshop and the publication provided hands-on, step-by-step instructional techniques and tactics on communicating within the structure of the church. They also offered tools for evangelism that help "get the word out" to the broader community and enhance the image of the church and its ministries in order to grow church membership.

The Reverend Ernest L. Gordon, Senior Pastor of Turner Tabernacle in Macon, Georgia, facilitated the study group sessions; and classes were taught by Reverend Marion Gordon, Dr. Myldred Hill, Carolyn Sampson, Dorothy Futch and Stacy Yearby.

(Getting the Word Out: How



Pictured left-to-right: Reverend Alan Hale Wicker, presiding elder of the Macon District of the AME Church; Reverend Marvin Colbert, pastor of Bethel AME Church in Macon; Bunnie Jackson-Ransom, guest presenter (Public Relations Consultant and Author of "Getting the Word Out: How to Market Your Ministry"); Reverend Louise Smith Hill, pastor of Allen Chapel AME, Fort Valley, Georgia.

to Market Your Ministry may be purchased through amazon.com and atlasbooks.com; it can also be

ordered through 1-800-booklog or by calling First Class, Inc. at 404-505-8188 (www.fclassinc.com).

## Georgia DHS Division of Aging Services urges Georgians to learn to spot and report Elder Abuse

Special to Senior News

**O**ne out of every nine Americans experiences elder abuse, yet few know how to recognize an epidemic that may affect an estimated 176,000 older Georgians per year. The Department of Human Services Division of Aging Services urges Georgians to learn to spot and report Elder Abuse.

According to national studies, only seven percent of cases are reported, leaving 13 elders to suffer for every one older adult who finds help. Myths account for much of the inaction. Many Americans, for example, assume that most elder abuse happens in nursing homes. In reality, 90% of elder abuse cases involve family members, friends, and paid in-home caregivers. This complicates the reporting process. Victims may feel affection for their abusers and seek to hide the mistreatment from others.

Georgians can combat elder abuse by being informed, being aware, and

making the call for help. Elder abuse can take many forms, including physical, emotional, and financial. Potential signs of abuse include unpaid bills, discussion of a "new friend," unexplained bruises or other injuries, or a change in personality or demeanor. Additional information about elder abuse is available from the National Center for Elder Abuse at <http://www.ncea.aoa.gov>.

To report abuse, neglect, or exploitation of an older person or a disabled adult in community or residential settings, the public should call the Department of Human Services Adult Protective Services Central Intake Unit at 404-657-5250 in Metro Atlanta or 888-774-0152 toll-free. To report abuse in long-term care facilities, the public should call the Department of Community Health Healthcare Facilities Regulation Division at 404-657-5728 or (800-878-6442).

For a brochure or to schedule a presentation on elder abuse, the public may call the DHS Division of Aging Services at 1-888-552-AGING or visit <http://www.aging.dhr.georgia.gov>.

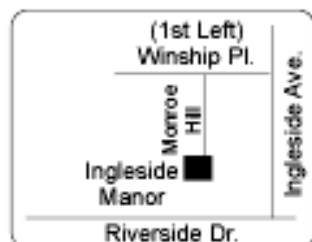
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# Let us entertain you

by **CLAIRE HOUSER DODD**

*The future depends on what we do in the present.*

Mahatma Ghandhi

**G**ood Heavens but we're having too much fun this summer! First, we had the big Macon Symphony Orchestra party at the Evans-Cantrell Bed & Breakfast. It turned out to be a huge success, attended by approximately 60 music lovers who got to hear about our upcoming year from President Katherine Walden and our committee head, Susan McDuffie, and enjoy Fort Valley State University new piano professor, Dr. Franklin Gross.

Actually, this year is "A Select Season" at the symphony. Why? Because you will be helping to select the new conductor. Those vying for the position left vacant by Maestro Adrian Gnam who served so magnificently for 27 years, are Lawrence Golan (Oct. 2, 2010), Rei Hotoda (Nov. 13, 2010), and John McLaughlin Williams (Feb. 5, 2011). All are excellent choices and each quite capable of becoming our next MSO conductor. This is an exciting time to be involved with the symphony.

Actually, Nancy Grace had the first kick-off new member party in Macon. She and her mother hosted a

lovely breakfast on Saturday, the day before our Sunday Garden & Terrace party. We were so sorry she was unable to come to Fort Valley, but understood how it is to have sick children. It is so wonderful of her to help our audience development committee and to do it so graciously. She is really a lovely lady and a beautiful hostess as is her mother. We really enjoyed her party and were so honored to be included.

Next we had our BIG Picnic in the Park To Do! It's the first one of the year, held in Everett Square Park and JUDGED! And guess who won the prize? We did. Daughter Emily signed Malibu Maui up and we had to help. We went up to Harry's in Marietta, got Hawaiian Birds of Paradise and other exotic flowers and two large coconuts for two very tall tapers. They made delightful candleholders, as well as delightful leftovers. We had Hawaiian Punch, nuts, etc, and aqua square plates on a pink linen tablecloth and voila... we won the \$50.00 shopping spree in downtown Fort Valley. Happy days!

We lost one of our best friends from Atlanta. Bruce Woodruff, last of the Coca-Cola Woodruffs, but had a blast at his last party. He had it all planned at his favorite place, "Paris on Ponce." The most fabulous place this side of the Atlantic. It was exactly like underground Paris. Bruce had a film for us, very spiritual and beau-

tiful, happy, funny and UP. All his good friends were there, some played the piano and others sang, most talked. It was a most memorable occasion. We all felt he was with us and enjoying it more than any body. What a way to go.

This paper has to be put to bed before the Freshwater 4th of July celebration, but we know it will be a blast. Connie and Frank go all out for their friends, with decorations, food, music and all the trimmings. Frank loves to cook too, almost as well as he loves to hunt; consequently, we know he'll be tethered to the grill with all sorts of surprises being BBQ'd. We'll be first in line to gain at least 10 pounds.

We're not going to complain about the heat. The what? You say. Nope, not after all the noise we made about the cold and our gigantic heating bills. So now we have the heat a few months later. So enjoy! You wanted it; now you have it. Rejoice. Bet you a peach your utility bill will be about the same.

The Georgia Peach Festival was great (as usual) this year. The first Saturday night band was The Caribbean Cowboys, in Byron and very good, the second band was The Skeeters in Fort Valley. Another winner. We really enjoyed the Spaghetti & Jazz night at the Austin Theatre.

For sure, don't miss the Air Force Reserve Band's Independence Day Concert at McConnell-Tolbert Stadium in Warner Robins on July 2. It's FREE and starts at 8 pm with the National Anthem and F-15 fighter jet flyover. The absolutely most patriotic sounds and sight you can imagine. If you don't have chilly bumps, check with your doc immediately. You might be dead! For more info contact Air Force Reserve Public Affairs Officer at HQ.PAC.LIST.@us.af.mil or 478-327-1760 or 327-1761.

A trip down the Ocmulgee River sounds like fun. Call OcmulgeeExpeditions.com at 757-8226 for more info on floats, canoe/kayak rentals. Half day tours with student discounts.

The Big House is now open - The Allman Brothers Band Museum. Call 468-741-5551 for details. But don't miss it.

Jazz Jam Session every Thursday at Shenanigans Pub, 291-A South Houston Lake Rd., Warner Robins. Hosted by the Phillip Washington Trio. 478-988-3700.

First Friday dances at the GA Sports Hall of Fame, 301 Cherry St., Macon. Paula East and members of USA Dance. Complimentary lesson

continued on page 12

## After-School programs develops mind, character

by **JACK STEED**

**D**uring a recent meeting of the Rotary Club of Centerville, Mr. Tony Lowden, Executive Director, Campus Clubs, described his organization's efforts in reaching at-risk youth through academic enrichment. He knows exactly what to do for the 800 plus students who participate in the after school programs at Campus Clubs in Macon primarily because he was once on the receiving end of such support. Growing up in the Philadelphia ghettos, he lacked hope. He was on the outside looking in at academically advantaged peers in the suburbs. "My aunt saved my life. She basically saved me and introduced me to Christ," Lowden said. He also said, "My walk with Christ became stronger as I watched more African-American males die from gangs and drugs. I wanted to one day to be in a position

to do more to prevent some of that." And, that is exactly what he is doing with great success.

Tony's path to youth service was not a direct route. He attended the University of Southern California as a two-sport athlete, went on to a brief professional baseball career, and then fashioned a career as a successful businessman. Yet something was missing and felt a yearning inside. That's when he rose from the comforts of his stable career and a top salary to answer the call to become a youth minister. Eventually, he became associated with Campus Clubs, which serve the academic and spiritual needs of Macon youth via programs and activities that run from 3 p.m. to as late as 8:30 p.m. including snacks and dinner.

"We believe that the model we have could be the model for after-school programs across the country," he said. "We build robots, rockets and learn about math, science and other subjects," Lowden said. He is anxious to establish a Campus Clubs organization in Houston County.

Accompanying Lowden to the meeting was Deion Howard, a Campus Club participant. Before Campus Clubs, Deion was "falling quickly through the cracks" but with guidance, encouragement and support, Deion became a 4.0 student and has been guaranteed a scholarship to a college in Kansas but he is currently holding out for admission to Georgia Tech. Without question, Deion is representative of the tremendous impact Campus Clubs is making in Macon.



(Right) Tony Lowden, Executive Director, Campus Clubs, with a star student, Deion Howard.

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# Walking on Sunshine

by FAYE JONES

**J**ust as you dear readers thought you were shed of me, I've popped up again like a bad penny. But my, oh my, am I ever happy to be back.

The story is much to long an epistle to recall here and now but we shall skim over the surface to fill you in. Last winter I was not "up to snuff" and the closer the time came for my knee replacement surgery the worse I felt. After fighting breast cancer for a year, I was not as strong as I thought I was. Had the doctors fooled, too. Anyway, surgery was performed on March 29. I was the poster granny for rehab and recovery. I was amazed. I came home doing so well I sent daughter Susan home to Eatonton because I could make it on my own.

On the fourth day I woke on

the couch. I had fallen asleep on the couch and did not make it to bed. As I tried to sit up - I couldn't. My arms and legs felt they were made of lead. I could not sit nor stand. Neither could I reach any phone. I couldn't walk. For the first time in my life, I was wide awake and very aware that I was totally helpless. I heard my neighbor outside mowing my lawn and the home therapist when he knocked on the door but I was so weak they could not hear me. Finally, after 17 hours, a friend called and getting no answer became concerned. The back door was unlocked so she came in and found me. Within minutes the fire department and an ambulance was there and I found myself back in the hospital.

It seems that I had contracted the dangerous form of staph infection that has no cure as of this date. It's one of those things that kill

people but doctors and hospitals don't like to discuss it because it is passed along in hospitals and medical facilities. Scary, huh? The next two months passed with my being moved to two other facilities. I remember seeing family members but I was in an infectious disease facility and everybody had to wear gowns and gloves except me. The infection had settled in my new knee replacement so they operated on me again to see how far the infection had gone. In three days, we did the same thing again. Three surgeries within three weeks must have almost been a record breaker.

After the first surgery I was diagnosed with pneumonia. That was bad news; however, I didn't realize how bad it was until I heard two of my many doctors deciding whether I had a 50 percent or 30 percent chance to live. They chose the 30%. I was too tired and sick to even worry about it. I told God that I was ready to come home if this was my time. Days ran into weeks again and recovery was slow. Going home was not an option and I kept hearing nursing home being mentioned.

Here is where faith and miracles come into play. I woke in my small, depressing room that overlooked the roof of one wing of the hospital to find my TV on. There were two men sitting at a table - one was Evangelist Kenneth Copeland from Texas. Years ago I was a follower of his and studied many programs from his tapes. He's a plain 'ole country boy, but I know God had to have had a hand in the message Kenneth had that morning when I first opened my eyes. He was talking about the sick who had prayed for healing but had not seen any positive changes in their health. He explained that when we ask for healing - believing we shall receive it - we can go about our business and let God handle the rest. He said no matter what doctors said, x-rays showed, nor how badly a person was suffering, God is at work.

I turned my illness over to God at that moment. I have set my eyes toward heaven and I believe that I am healed. It may take this old, old body a while to catch up to my faith but I shall overcome this setback dear readers. At this time I am recovering at the home of daughter Susan who is a nurse. We have IV's and the house is full of furniture for the handicapped. I am improving every day and other than a few bumps, it's like walking on sunshine.

©6/22/10

\*\*\*\*\*

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

## Spiritual Notes

# Behavior Modification

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**A**s the summer months begin we feel the heat and, in Atlanta, experience the decline in traffic. The most excited members of the population are the school children who have longed for this time for months. We have received invitations to graduation exercises from students who are graduating from high school and college. As I think back to my high school graduation, which occurred over fifty years ago, I can still sense the thrill of getting on with my life as I anticipated going to college in the fall.

Three of our five grandchildren are in high school. Our two oldest granddaughters, who are college juniors, are working this summer. One of our grandsons called and asked my wife and me if he could come over and have lunch with us after one of his final exams. We were elated to get his call. Normally these kids are so busy with activities that we feel we are no longer on their radar screens. They have discovered the opposite sex, sports, band and a host of friends. The other two grandchildren found out about the lunch and, to our joy, invited themselves to come along.

We had a delightful time. We told stories of when they were babies and some of the significant experiences we had together. As will happen occasionally, the wait staff was slow, the food wasn't prepared well and the booth next to us was served before us even though we were seated

before they were. I scolded the waiter. The grands frowned at me and said, "We don't believe you did that." I tried to explain my actions but they weren't buying. They also indicated that was not "Christ-like" behavior.

My wife and I have discussed this experience at length. I will admit to being "slightly" out of line! However, my impatience was warranted "in my opinion." I learned a lesson. My greatest thrill came at knowing these teenagers know and understand the teachings of the Bible and live their lives as a testimony to our Lord. In the book of Proverbs we read in Chapter 22:6, "Train a child in the way he should go, and when he is old he will not turn from it." Also, in Proverbs 20:11, "Even a child is known by his actions, by whether his conduct is pure and right." The attitudes and actions of these grandchildren are the results of the teaching and guidance of our children and their spouses. All the family members are active in their churches, for which we are eternally grateful. And, just perhaps, I contributed to some of their good behavior. I know their grandmother did. I just "messed up" and they have forgiven me.

The lesson I learned was that I must be aware, at all times, of the consequences of my behavior. Surely I should have learned that by now! Grandparents take note!

\*\*\*\*\*

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



# 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.

\*\*\*\*\*

## "Good Morning Jesus"

by Michael L. Wooten  
(Sunday Lane Records LLC)

### VERSE

The last thing I do at night  
I fellowship with Jesus,  
Go to sleep safe and sound  
Blessed on solid ground,

The first thing I do  
When I see the break of day,  
I have a talk with Jesus  
This is what I say,

### CHORUS

Good morning Jesus  
My Lord Jesus  
Precious Jesus  
Holy Jesus

Good morning Jesus  
Thank you Jesus  
Angels watched over me above  
I'm covered with Your love

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\*\*\*\*\*

## Three Kinds of Clover

by JoAnn Malik

Three kinds of clover  
Bloom in our yard –  
White, pink, and close to the ground  
Tiny yellow blooms abound;  
Resilient against the mower's  
Sound and fierce blades

They disappear,  
But for a day.  
Like the Dandelions,  
They come again within the week.  
As if to say, "It's summer,  
And still we are Alive."

\*\*\*\*\*

## What A Story Can Do

by Joey Albanese

A good story is like a fountain of  
lives.  
A good story is a steamy bowl of  
ramen.  
A good story is the trap for thieves  
who steal precious treasures.  
A good story is something that can  
let you walk on water.

A good story can make fear melt  
away like thawing ice cubes.  
A good story can strike despair and  
nail it to the floor.  
A good story can make you stretch  
all the way to the moon.  
A good story can make your heart

flutter with excitement.  
A good story can let you high-five  
Percy Jackson.  
Or race Michael Phelps and win.

A good story can make murderous  
Rena look like a hamster.  
A good story can let you do any  
thing.  
But it knows when it's time to close  
the cover  
And make you wait for the next  
chapter.

\*\*\*\*\*

## Mattie Effie Hamby Memories

by Dennis Pirkle

She wore cotton stockings, rolled  
down from the top.  
She got her kick from a little snuff  
box.  
Her teeth were cleaned with a sweet  
gum stick.  
I was kept in line with a hickory  
switch.

The front yard was swept with an old  
brush broom.  
There was a fireplace in her living  
room.  
Dinner was served on her big old  
eating table.  
If you needed to eat, you were  
always able.

She tended her crops, just as a man.  
The harvest was cleaned and put in  
a can.  
Her soup was outstanding, her okra  
was fried.  
When she made a pie, we all would  
sigh.

I still remember the lamp oil light,  
Oh how the yellow glow would chase  
the night.  
If she needed water, it came from the  
well.  
When she got tired, she would sit a  
spell.

The little poems she recited with  
ease and grace.  
Their rhymes always left her, with a  
smile on her face.  
She'd holler down to Aunt Mattie  
and they would talk.  
Where ever they went, behind I'd  
walk.

They were two of a kind, in more  
ways than one.  
One widowed by accident, the other  
by gun.  
They found comfort in each other, I  
know that's true.  
Each day they would rise and start  
anew.

I miss Ma Hamby and Aunt Mattie  
too.  
My memories are many and my  
words won't do.  
If we all had the gumption that these  
women had,

The world would be right, it just  
couldn't be bad.

\*\*\*\*\*

## Grandma Vera

by Ormondi Seda

(NOTE: Mother's Day poem written  
for and shared by grandmother Ivera  
Powell)

It's not easy to put into words what  
you mean to all the people in your  
life.

You've taken care of so many with  
out making a fuss or even putting  
up a fight.

You stand on principles to treat  
others good and to strive to do  
what's right.

You've sacrificed for your family  
even if it meant working from day  
until night.

You've shown us all how to love  
unconditionally even when we've  
let you down.

You've sowed seeds of inspiration in  
our minds like we were the fertile  
ground.

You've given so much of yourself  
without asking us for anything in  
return.

You picked us up when we fell from  
grace and showed us what we  
needed to learn.

We salute you Grandma Vera for all

your contributions to us and to this  
world.

We are so fortunate to have you in  
our lives like the rarest of all  
pearls.



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# On the Cover

## Zellner-Cortes

by CLAIRE HOUSER-DODD

### ON THE COVER

#### Sam Zellner

There are several groups of artists in Macon. At the last show on Cotton Avenue at the Macon Arts Alliance, one was called the Self Taught Group. Among those hanging was an artist originally from Panama, by way of Gray, and now residing outside of Roberta, Sam Zellner. His mother was Panamanian and his father American, a happy product of WWII.

As his mother remained in Panama, Sam wrote many letters, all including margin pictures showing what all he was doing way up here in Georgia. Thus starting his artistry at least by the age of 8. By his late 20's he was selling pictures to the likes of Dicky Betts of the Allman Brothers.

Sam was in the flooring business in real life, and worked with numerous well-known architects such as, Sammy Thompson and a few in Atlanta too. This was the

way he managed to raise four children. He now has four grands and one great.

Not having done a lot of art work on canvas those family years, and having had an eye operation and a failing kidney, he ran into Charlotte Becker, a friend we taught with at FVSU and a marvelous artist. Always encouraging (as a great teacher must be) she critiqued his art, put him in a juried show at the first Middle Georgia Arts Association in Payne City.

Mr. Zellner offered three paintings and won two honorable mentions. With Charlotte's attitude and encouragement, he hasn't slowed down since.

When asked how long it takes to finish a painting, Sam says some four or more hours, some it takes years. You get stumped and have to back off, wait till the inspiration resurfaces and go for it again. When looking at some of his paintings, some very large and colorful, you wonder what medium he uses... "acrylic," he says, "it's flexible, quick, easy to work with, dries quickly and can behave as

water color, mixed media or impasto, thick like oils."

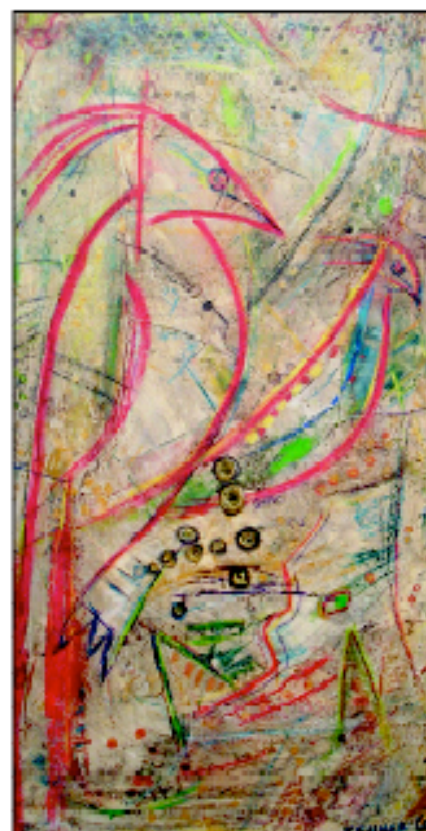
Sam's art is all interesting, but entirely different to us, but he says it's expressionist, modern, sometimes even 3-D and wooden. Literally works on wood. It is all expressing his thoughts, his moods, and his wishes.

And when does he like to paint? "In early a.m.," he says, "it's cool and the light is perfect." His studio is not yet air-conditioned, so this time of year, he'd better get going early!

By the way, you may see Zellner-Cortes on a very strong, masculine painting. Know it's the one and same Sam Zellner. At his first one-man show at the Red Room Gallery on Cotton Avenue in 2002 he decided to add his mother's name. We definitely like it.

So keep a heads-up for Mr. Zellner's paintings in and around Macon. They are now at the Macon Arts Alliance on Cotton Avenue. It is open Tues.-Fri. 11-5 and Sat. 11-3. Closed Sun. and Mon.

Congratulations, Sam, we are



Birds

still enjoying your art works and your self-expression. Keep up the good work. Best of luck!



### RICHARD WOODS FOR STATE SUPERINTENDENT OF SCHOOLS OF GEORGIA

*Putting the Heartbeat Back into Education!*

My name is Richard Woods and I am running as a Republican candidate for the office of State Superintendent of Schools of Georgia. Many have asked, "Why run?" Simply said, I have a great passion for education. Even after twenty-one years, the pulse for education beats as strongly as it did when I first walked into the classroom. This passion has led me to ask the question, "Am I happy with education in Georgia?" Sadly, the answer is no. I have had a great burden over the direction education has taken for many years and continues to take in Georgia. Therefore, I decided to make a positive change for Georgia's children, parents, and educators on a statewide level.

Needless to say, this is a great undertaking and will take the aid of many. With my many years of service and knowledge, and your support, we will work together to lay a solid foundation that will make Georgia the educational leader of our nation. In an era in which education is at times largely criticized, I know that our educators are the best in the nation and will take the lead in seeing that our children are prepared to fulfill their dreams and give them the opportunities they deserve. I extend to you a personal invitation to join with me in *putting the heartbeat back into education*. Vote for me, Richard Woods, on July 20 and help me change the direction of education for our children in the state of Georgia. Visit my website at [www.woodsforgeorgiaed.com](http://www.woodsforgeorgiaed.com) or email me at [woodsforgeorgiaed@gmail.com](mailto:woodsforgeorgiaed@gmail.com).

## Fort Valley Farmer's Market now open

by CLAIRE HOUSER DODD

Hallelujah! Fort Valley has a new farmer's market! And it's a good looker, too! It opened June 17th to a cheering crowd gathered at the railroad tracks behind the old depot.

The Fort Valley Farmer's Market was designed by Ed Wasson of New Engineering. The NEW stands for Nimble Edward Wasson from Texas also of US Technologies in Byron. He did all the steel fabrication and handsome sign while Johnney Humble of C & H Properties (General Contractor) poured the cement and constructed the restroom on the far left side. The market is 15' wide by 165' long, fits into the existing land very well, and is an overall impressive structure with parking space along East Church Street, the

parking lot in front of Fred's and Lowe Street.

Behind every project is a hard working committee. This one consisted of Patricia Simmons of USDA Rural Development, Lorraine Khoury of Fort Valley Main Street, and the Design Committee, John Stumbo & Martha McAfee donating the land, Larry Brown and Larry Daly, Public Works giving much help in labor, and Keith Spillers and Ned Watson (Utility Commission) providing utilities to the site.

The market will be open Thursday, Friday, and Saturday. It is looking for homegrown products. If you would like a space, call Lorraine or Kathie at 478-825-5986.

By the way, Ed Wasson personally guarantees the building to last at least 100 years. William Khoury says he's going to hold him to that promise. We'll see!





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**Come hungry.**



**Leave happy.®**



# Georgia eye doctor helps legally blind to see again



**High technology for low vision patients allows many to drive again!**

by ELENA LOMBARDI

Atlanta, Georgia –

**J**ust because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Biopic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of biopic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia

came to Dr. Saunders having trouble with everyday activities. "These biopic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my biopic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100.

Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biopic

telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

\*\*\*\*\*

## **TOZAL Eye Health Formula**

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or call 1-877-948-7784.

\*\*\*\*\*

— Paid Advertisement —

## Compete in the Georgia Golden Olympics

Special to Senior News

**I**f you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 22-25, 2010 in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horseshoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of \$35.00 allows the participant to enter 3 events. Additional events are \$6.00 each. Bowling, tennis, golf and archery require an additional fee. Fees are non-refundable. All registration must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. The 2010 event is the qualifying event in Georgia for the 2011 National Games in Houston, Texas in June

2011. Over 400 athletes qualified for the National Senior Games in 2009 held in the San Francisco Bay Area.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia

Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.


For more information call the Warner Robins Recreation Department at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603. Website: [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org).

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# HOUSTON LAKE





# C'mon, let's eat

by FAYE JONES

Of course you are preparing for your July 4th celebration. Grills all over the nation will be going full force to produce tons of succulent ribs, hotdogs and hamburgers. An extra plus to the celebration would be bratwurst or sweet Italian sausage grilled on the side.

Not everyone grills, however, and I happen to be one of those who seldom get around to it. I love grilled food but grilling outside for one is a lot of trouble. When I do get in the mood, I grill several different meats at one whack. Wrap cooked meat tight and freeze and you can have a fine grilled steak, chicken or chop whenever your taste buds desire.

Nuff of grilling, you all have your own style. Let's get down to something we all love year round. Bread. It has many faces and some of us have been known to make a meal from a plate of lacy cornbread fritters or a biscuit hoe-cake cooked on the stove top.

Try the following recipes that every bread lover will enjoy.

## BOSTON BROWN BREAD

1/2 cup whole wheat flour  
1/4 cup all-purpose flour  
1/4 cup cornmeal  
1/2 tsp baking powder  
1/4 tsp salt  
1/4 tsp baking soda  
1 egg  
1/2 cup buttermilk  
1/4 cup molasses  
2 Tbsp sugar  
2 tsp cooking oil  
1/3 cup raisins

In a mixing bowl, stir together whole wheat flour, all-purpose flour, cornmeal, baking powder, salt and baking soda. In another mixing bowl combine egg, buttermilk, molasses, sugar and oil. Add to flour mixture, stirring till well combined. Stir in raisins.

Pour batter into a well greased 4 x 4 1/2-inch loaf pan. Cover tightly with greased foil, greased side down. Place on a rack set in a Dutch oven. Pour hot water into the Dutch oven around the mold or pan till water covers 1-inch of the mold or pan. Bring to boiling; reduce heat. Cover; simmer for 2 - 2 1/2 hours or till a toothpick inserted near the center of the bread comes out clean. Add additional boiling water as needed. (Brown bread is very dense in texture and must be cooked with moisture.)

Remove mold, bowl or pan from the Dutch oven; let stand 10 minutes. Remove bread from mold, brown or pan. Serve warm or for later use, cool thoroughly on a wire rack, wrap and chill. Makes 1 loaf (10 servings). Reheat in oven if desired and spread with cream cheese as a snack or for breakfast.

## FAVORITE MUFFINS

1 3/4 cups all-purpose flour  
1/3 cup sugar  
2 tsp baking powder  
1 beaten egg  
3/4 cup milk  
1/4 cup cooking oil  
1/4 tsp salt

In a mixing bowl, combine flour, sugar, baking powder and 1/4 tsp salt. Make a well in the center. Combine egg, milk and oil; add all at one to flour mixture. Stir just until moistened. Batter will

be lumpy. Lightly grease muffin cups or line with paper bake cups; fill 2/3 full and bake in a 400 degree oven for about 20 minutes or until golden brown. Remove from pans. Serve warm. Makes 10 - 12.

## BLUEBERRY MUFFINS

Prepare as above, except fold 3/4 cup fresh or frozen blueberries and if desired, 1 tsp finely shredded lemon peel.

## CRANBERRY MUFFINS

Prepare as above, except combine 1 cup coarsely chopped cranberries and 2 tablespoons additional sugar. Fold into basic muffin batter.

## DATE-NUT MUFFINS

Prepare as above, except fold in 2/3 cup snipped pitted whole dates and 1/3 cup chopped nuts into muffin batter.

## CHEESE MUFFINS

Prepare as above, except stir 1/2 cup shredded Cheddar or Monterey Jack cheese into flour mixture.

## BANANA MUFFINS

Prepare as above, except reduce milk to 1/2 cup. Add 3/4 cup mashed banana and 1/2 cup chopped nuts to flour mixture with egg mixture. Do not use paper bake cups.

## CORN MUFFINS

Prepare as above, except reduce flour to 1 cup and add 3/4 cup cornmeal to flour mixture. Do not use paper bake cups.

## OATMEAL MUFFINS

Prepare as above, except reduce flour

to 1 1/3 cups and add 3/4 cup rolled oats to flour mixture.

As with all baked goods, add spices and flavorings of your choice. Be innovative and try different flavorings with old favorites!

## OATMEAL RAISIN SCONES

1 cup all-purpose flour  
3 Tbsp brown sugar  
1 1/2 tsp baking powder  
1/2 tsp ground cinnamon  
1/3 cup butter  
1 cup quick-cooking rolled oats  
1/2 cup raisins, coarsely chopped,  
currants or miniature semisweet  
chocolate pieces  
1 beaten egg  
1/4 cup milk  
Milk

In a bowl combine flour, sugar, baking powder and cinnamon. Cut in margarine till mixture resembles coarse crumbs. Stir in oats and raisins, currants or chocolate pieces. Combine egg and 1/2 cup milk; add to flour mixture. Stir just till moistened (will be sticky). On a lightly floured surface, pat dough into a 7-inch circle. Cut into 12 wedges, place on a baking sheet. Brush with milk. Bake in 400 degree oven for 10 to 12 minutes or until light brown. Serve warm. Makes 12.  
Enjoy! ©6/22/10

**EDITORS NOTE:** If you have a favorite recipe, please share with us!

Faye Jones is a syndicated writer and columnist and can be reached at [byronfaye1@aol.com](mailto:byronfaye1@aol.com).



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# Macon/Central Georgia CALENDAR

### Coliseum Health System

• Advance Directives for Final Healthcare: Mon., July 12, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete details call 478-464-8171.

### 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

### 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.

### Perry SeniorCare

- Call 478-923-9771 for complete details.
- Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
- Mon., 1-2 p.m., Line Dancing. • Wed. only, PVO Bingo immediately following exercise.
- 2nd Fri. of month, optional healthy lunch (\$5) and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise.

### Warner Robins SeniorCare Water Aerobics

- Call 478-923-9771 for complete details.
- Tues. & Thurs., 10 a.m., Cottages on Lakeview. Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified instructor from June-Sept.

### Centerville SeniorCare

- Call 478-923-9771 for complete details.
- Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.
- Once a Month. A mini-check will be provided focusing on recommended annual checks for

senior adults.

### TOPS Club, Inc.

- Weight loss support group. Call 478-923-9771 for complete details.
- **Perry Hospital Chapter:** Wednesdays, 5-6 p.m., Perry Hospital Medical Library.
- **Houston Health Pavilion Chapter:** Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

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

- Call 478-746-7050 for details.
- Bibb County**
- 2nd Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., 1st Floor Meeting Space, 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, 478-471-9433
- Houston County**
- 2nd Tues., 6 p.m., Summerhill Senior Community, 500 Stanley Street, Perry, 478-987-3251
- 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
- 4th Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Warner Robins, 478-923-2532
- Baldwin County**
- 4th Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Milledgeville, Agape Room, 478-453-1374
- 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, 478-279-0235
- Lamar County**
- 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516
- Putnam County**
- 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331
- Upson County**
- Last Fri., 3 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607
- Telephone Support Group**
- 1st & 3rd Tues., 7-8 p.m., "Care Connection"

continued on page 11

## General Business Directory For Seniors

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### BUSINESS CARD SECTION

For Advertising Information Call  
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**Cindy Arnold at 478-972-2821**  
**Jan Tassitano at 770-993-2943**



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**Atlanta Expo Centers**  
July 9, 10 & 11 August 13, 14 & 15 September 10, 11 & 12



# CALENDAR

from page 10

facilitated by an Alzheimer's Assoc. staff member, 478-746-7050

## 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

• Photo I.D.'s & Memberships for Seniors: Call

478-751-2790 for information.

Call centers for information and schedule of events.

**Downtown Center**

1283 Adams Street

478-751-2790

**Bloomfield Park**

4115 Lions Place

478-781-6000

**East Macon Park**

3326 Ocmulgee East Boulevard

478-751-9271

**Frank Johnson Recreation Center**

2227 Mercer University Drive

478-751-9274

**Freedom Park Senior Center**

3301 Roff Avenue

478-751-9248

**Memorial Park**

2465 Second Street

478-751-9210

**North Macon Park**

815 North Macon Park Drive

478-477-8526

**Rosa Jackson Senior Center**

1211 Maynard Street

478-751-9169

**Tattnall Tennis Center**

478-751-9196

**John Drew Smith Tennis Center**

478-474-5075

**Bowden Golf Course**

3111 Millerfield Road

478-742-1610

**Warner Robins Recreation**

## Department, Senior Citizens Services

**Wellston Center**

• AARP: 4th Wednesday of each month. John

Echols, President, 478-953-5060.

• NARPE: 2nd Wednesday of each month.

Betty Northen, President, 478-929-1067.

• Ted Wright Senior Citizens Social Club: 2nd

and 4th Thursday of each month. Betty Lou

Lovain, President, 478-922-7774. Joyce

Hutcherson, Program Director, 478-929-6960.

• Warner Robins Senior Citizens Social Club:

2nd and 4th Tuesday of each month. Van

Adams, President, 478-923-2174. Joyce

Hutcherson, Program Director, 478-929-6960.

• MGCAA Senior Center: Monday-Friday, 8:30-

4:30. Lunch (by appointment only), transportation, trips information and referral services. For

more information call Renea McFeeters,

Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more

information call 478-929-6960.

**Senior Activity Center**

For information call 478-929-6960.

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**Outreach Ministry**

The Gospelaires 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.

**Bloomfield United Methodist Church**

5511 Bloomfield Rd., Macon

478-397-6568.

## Substance Abuse Help Available

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

## Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

## Jammin' Good Times In Bolingbroke

The 2nd Annual Bolingbroke Southern Jam, July 17, 6:30 p.m.-12:30 a.m., corner of Pea Ridge Rd. and Hwy 41, Bolingbroke. Proceeds donated to Hospice of Central Georgia in honor of Gail Davis. Advance tickets: \$20. Limited seating. For details and tickets visit [www.buckhornfarms.com](http://www.buckhornfarms.com).

# General Business Directory For Seniors

## Serving for more than 25 years

- Sitter/Campanion Aide
- Personal Support
- Homemaker Assistance:

**EXTENDED  
HEALTH  
SERVICES**

Elderly Pros

(478) 746-9988

visit our website: [www.extendedhealth.org](http://www.extendedhealth.org)

## Advocacy Resource Center

(Turning Developmental Disabilities into Possibilities since 1953)

4664 Sheraton Drive (turns off Arkwright Road) • Macon

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

## Garage Sale

1st Friday of Every Month 9:00 a.m. - 1:00 p.m.

Huge Selection - Very Low Prices

Great Clothes • Furniture • Toys • Books • Kitchen

Decorative • Miscellaneous

## ASSIST NOW ERRAND & CONCIERGE SERVICE

Call us today! We'll Get It Done!

- Off-site Secretarial Service
- Personal & Corporate Assistant
- Senior Services

**478-474-6605**

email: [assistnow2@hotmail.com](mailto:assistnow2@hotmail.com)

## Vineville Christian Towers

An Apartment Home for Senior Citizens

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

2394 Vineville Avenue • Macon, GA 31204

**478-743-4661**

## Macon and Middle Georgia

**477-5501**

## Home Instead®

SENIOR CARE  
The world's trusted source for non-medical companionship and home care for the seniors.

- Companionship & Personal Care
- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

## St. Paul Apartments & Village

62 & Older and Disabled Persons Welcome

1330 Forsyth Street • Macon, GA 31201

**Call 478-745-0829**

Rent Includes All Utilities • Beauty Shop

Library • Optional Lunch 5 Days/Week

Bus for Groceries & Doctor Appointments

Range of Planned Activities

Washer/Dryer On Each Floor

Subsidized and market units.



## Goodwill NEEDS YOU!

**YOUR DONATIONS**  
When you donate your clothing and household

items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

## YOUR TIME

Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.



CALL: Mid GA: 478.957.9741  
OR CSRA: 706.790.5350

To find a location near you, visit  
[www.goodwillworks.org](http://www.goodwillworks.org)

## BUSINESS CARD SECTION

For Advertising Information Call

David VonAlmen at 478-213-5986

Cindy Arnold at 478-972-2821

Jan Tassitano at 770-993-2943

## The Medicine Shoppe

**Barry M. Bilbro, R.Ph.**

Compounding Pharmacist

Your Bio-Identical Hormone Specialist

1550 Watson Blvd. • Warner Robins

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

**478-922-2067**

Warner Robins' Oldest Independent Pharmacy



## Diana Hall Local Eldercare Advisor

My direct toll-free number is:

**877-386-8020**

A wealth of knowledge to help you at no cost to you or your family

As an **Eldercare Advisor** my job is to save you the time and frustration of trying to figure which communities or services can best serve your loved one's needs. I spend time visiting senior care providers and know what each offers. I will help you determine which one/ones will be best for you to visit. Whether you need Assisted Living, Alzheimer's care, a retirement community, home care or a nursing home, **together** we will determine which one/ones will be best for you to tour or learn more about.



# State urges seniors to beware of Medicare scams

Special to Senior News

**P**eople who receive Medicare should be on the alert for scam artists, warns the Georgia Department of Human Services Division of Aging Services.

Criminals may offer bogus products and services, pretend to be federal officials or insurance company representatives, or even set up fake health screening booths to steal Medicare numbers. Consumers should always check their Medicare Summary Notices to make certain that they or their doctors have authorized the charges shown. Common scams include:

- Sales pitches for discounted prescription drugs that never arrive
- Telemarketers selling unnecessary Medicare-covered products or services, such as "Medicare Arthritis

kits" which do not exist

- Offers of help in applying for Medicare-issued checks to cover prescription costs, even though Medicare provides the checks automatically to eligible individuals who reach a gap in Medicare prescription drug coverage known as the "donut hole."

Free health screening booths at malls or other public places are usually safe, but scams do exist. Consumers should make sure that the screeners represent a legitimate organization such as a local hospital or public health center before they provide their Medicare numbers.

Scammers use Medicare and Social Security numbers to submit fake bills or commit identity theft; and some may use banking information to charge consumers for products that are never delivered. A few

criminals even empty their victims' checking accounts.

If a consumer is unsure about someone requesting information or offering services related to Medicare, he or she should contact GeorgiaCares SMP at 1-800-669-8387. GeorgiaCares is a public-private

partnership managed by the Georgia Department of Human Services Division of Aging Services in collaboration with Georgia's Area Agencies on Aging. For more information, consumers may call the toll-free number shown or visit <http://www.MyGeorgiaCares.org>.



Participating in the Macon Symphony Orchestra party at the Evans-Cantrell Bed & Breakfast are: seated (left): Emily Griffin and Gloria Lacy; and, standing (left): Catherine Walden and Claire Houser-Dodd.

## CALENDAR

from page 3

in Latin Dance at 7:30 Dressy casual. Call 478-752-2805, \$5.00 per person.

"Letters to Juliet" is the 4th biggest moneymaker of present movies. We haven't seen it yet, but hear from some of our reliable sources that it's a winner. All about Love and Italy.

Andalusia Farm, home of Flannery O'Connor on U.S. 441 out of Milledgeville, is open for self-guided tours 10 am - 4 pm. Monday-Tuesday and Thursday-Saturday this summer. 478-454-4029. FREE. Donations always accepted.

Have fun, stay cool and keep those grands busy.

\*We'd like to correct a couple of errors in last month's column. My great-great-great-grandfather was Brigadier General not brigade general. Lois Tucker brought me peonies not pansies. Errors happen frequently in the printed word and are not to be considered unusual. It happens. We know you understand.

*To err is human, but it is against company policy.*  
Anonymous

### Fall in Love with St. Paul Apartments & Village

located in beautiful, historic district of Macon

**For 62 & Older and Disabled Persons**  
**1330 Forsyth Street • Macon, GA 31201**  
**(478) 745-0829**

- Home-Cooked meals
- Beauty Parlor on-site
- Community Transportation for groceries & doctor appointments
- Laundry Room on every floor
- Active Resident Council
- Utilities Included
- Planned resident activities



## YOU HAVE THE RIGHT TO CHOOSE

CHOOSE WISELY! CHOOSE WELL!

### CHOOSE VISITING NURSES ASSOCIATION

Toll Free: 800-334-8268  
478-971-1368  
303 Margie Drive • Warner Robins

*Your community based free standing home health care provider serving this area for more than 30 years!*

