

Senior News

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Story on Page 6

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Bone Health

by ANDREA C. BUSSEY
PharmD, CGP, FASCP

Osteoporosis, characterized by decreasing bone mass, is a common bone disorder in the aging population.

Although it is more common in women, it can affect men as well. This bone disease frequently leads to complications that result in pain, disability and fractures of the wrist, hip and back. Small bones called vertebra make up the

spinal column and it is these small bones that are often affected by osteoporosis. One-third of women older than 65 years old have had a fracture associated with osteoporosis. By age 80, almost half of women have evidence of vertebral fractures and 30% will have suffered a hip fracture. This makes osteoporosis a major health problem as we age.

Aging is associated with a decrease in bone mass with as much as 40 percent of bone mass being lost by age 90. Two types of age-related osteoporosis have been defined. Postmenopausal osteoporosis is related to accelerated bone loss in women during the first two decades after menopause. Bones of the wrist and back are most often affected. Senile osteoporosis is related to an impaired production of vitamin D and affects bones of the back and hip. Calcium absorption is decreased in both types of osteoporosis.

Even though normal aging results in

decreased bone mass; there are many factors that increase the risk of developing osteoporosis. Some of these include being female, being 50 years old or older, Caucasian or Asian ethnicity, poor diet such as low consumption of calcium or vitamin D, smoking, low body weight, excessive alcohol intake, falls, genetic factors and anorexia. Certain diseases and medications such as steroids, chemotherapy, blood thinners and seizure medications also increase the risk of osteoporosis.

Bone loss can be reduced with certain lifestyle changes and interventions making osteoporosis a preventable disease for many. Although some risk factors cannot be altered, there are many cost effective ways to decrease your risk of developing osteoporosis. One of the easiest is life style modification. This may include increasing physical activity, performing weight-bearing exercise, increasing vitamin D and calcium intake, quitting smoking, avoiding excessive alcohol intake and preventing falls.

Adequate intake of calcium and vitamin D is a reliable way of maintaining bone health. Dietary calcium from dairy products is a good source, but the average person over the age of 50 does not consume enough dietary calcium. At least 1200 mg of elemental calcium is recommended daily for women and men over 50 years of age. For those 19 to 50 years of age without risk factors, 1000 mg daily is recommended.

Recommendations vary for pregnant women, children and those under 18 years old. The risk of fractures has been shown to decrease in patients over the

age of 50 when adequate calcium and vitamin D are taken.

When taking supplemental calcium, it is best to choose calcium in the carbonate or citrate form. These products have the best absorption; your pharmacist can assist with your selection. When more than 500 mg of calcium is taken at one time from fortified foods or a supplement, absorption is not reliable and may be reduced. Calcium absorption and excretion is dependent on many factors. One very important factor is the presence of vitamin D. This vitamin is necessary for many different functions in the body including bone health and muscle strength.

Vitamin D can be synthesized in the skin from ultraviolet light (sunlight), but this process is not as efficient as we age making supplementation necessary. Vitamins D2 and D3 can be obtained through diet and fortified foods in addition to saltwater fish. However, diet is rarely an adequate source of vitamin D as we age. Supplemental vitamin D is recommended in adults over the age of 50 and those who are deficient. The dose recommended is 800 IU to 1000 IU daily. Vitamin D levels can be measured by a blood test that will assess serum 25-hydroxyvitamin D levels. In order for calcium to be absorbed, serum vitamin D levels must be normal. Those with extremely low 25-hydroxyvitamin D levels will require a prescription strength vitamin D product.

Magnesium is another nutrient necessary for bone health. Magnesium deficiency is associated with certain diseases and conditions and may require supplementation. A well balanced diet consisting of vegetables, whole grains and nuts is usually adequate in most people. Some calcium supplements, multivitamins and prescription osteoporosis treatments contain magnesium, vitamin D and calcium to increase absorption and promote adherence.

Osteoporosis is considered a silent disease that is not evident until a fracture, changes in posture or pain occurs. Diagnosis of this disease can be accomplished with a painless, non-invasive bone mineral density test. The National Osteoporosis Foundation (NOF) suggests testing bone mineral density in postmenopausal women, all women over age 65, all men over age 70, and men aged 50 to 70 who have health related factors. Many pharmacies and health fairs have screenings for osteoporosis utilizing a portable ultrasound machine. These machines can estimate bone mineral density of the heel, forearm or fingers. These

screenings can be useful, but the standard diagnosis is a special x-ray called a DXA scan of the hip and spine areas.

If you are diagnosed with osteoporosis, there are several prescription medications that may be prescribed in addition to supplementation with calcium and vitamin D. Only a few prescription medications are approved for prevention and treatment and not all treatments are effective in preventing vertebral, hip and other fractures. Choosing a prescription medication in preventing or treating osteoporosis depends on many factors and should be discussed with your healthcare provider. After diagnosis, risk factors should be reduced, continued preventive measures should remain in place and adequate intake of calcium and vitamin D should continue. This is in addition to adhering to your prescribed regimen.

If you have developed a rounded, stooped posture; lost height, have risk factors for developing osteoporosis or experience back or hip pain, you should educate yourself about osteoporosis. Visit the National Osteoporosis Foundation at www.nof.org and talk with your healthcare provider about your symptoms. Ask your pharmacist to help you choose the correct calcium and vitamin D supplement in addition to proper dosing to receive the maximum benefit. Remember, Communication is Key when it comes to using medications safely and correctly. Talk with a Senior Care Pharmacist today.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit www.MySeniorCarePharmacist.com, e-mail your questions and comments to Doctor@MySeniorCarePharmacist.com or call 803-202-1106. Look for the next article in the June edition of Senior News.

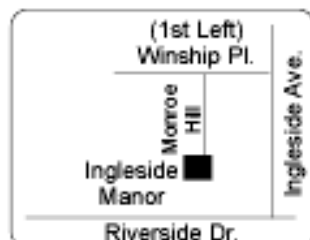
About the author

Dr. Andrea Cauthen Bussey is a Board Certified Geriatric pharmacist, a Fellow of the American Society of Consultant Pharmacists and a member of the American Geriatrics Society. She has Bachelor of Science and Doctor of Pharmacy degrees from the University of South Carolina and has post graduate training in Geriatric Pharmaceutical Care, Alzheimer's, Dementia, Parkinson's disease and Adult Immunizations. She serves on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care as Vice-President, is licensed to practice in GA and SC and is President and CEO of Pharmacotherapy for Seniors, Inc.

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Let us entertain you

by CLAIRE HOUSER DODD

April prepares her green traffic light, and the world thinks GO!

Christopher Marley

And, oh boy, is it time. We're all way overdue for some sunshine and get-out-of-the-house weather. We hope that means getting to work, walking, talking, finding neighbors you haven't seen out since November. We need a grand ole spring... not an April Fool's Day with just a tease of warmth.

We're starting right with Good Friday and Easter. Get your Easter bonnet out of the attic, or buy a new one. This ritual used to be the harbinger of SPRING. We get decked out in happy new spring colors to match the great outdoors, and it all came together with dead of winter, Christ rising from dead and new birth. And it worked! All this new - colors, and all - gave everybody a new lease on life.

Sooooo - if you don't wear an Easter hat for church; at least go out and get yourself a colorful and happy sun hat. You'll need it anyway: A walk in the ole park, a day at the beach or a dig in the yard. Just get one! It'll give you a perk and a little happiness. Happy Easter Egg and Merry Spring to you.

Spring has sprung in the nick of time for us. We were well on our way to becoming a couch potato or in our case, a wall flower walrus, a non-moving manatee, and a beached whale. Wow. All that. How disgusting!

And, "How," you ask, "did all that disaster come about?" "Easily," we answer. You see, we've not had a turner classic movie for a while, we think. Or we just discovered we had that channel. Whichever way, it is disastrous. When "Sweet Bird of Youth" a Tennessee Williams play we always loved comes on, we become immobile. Inert. The only way that works is our appetite. We must have popcorn, candy, cokes, cookies and cakes. It goes with the territory. Other than hand to mouth and chewing constantly, we are declared comatose with our only thought to watch Paul Newman and Geraldine Page. What a show, what actors, what fat accumulations.

But here's to SPRING. If there's any left in our ski knees we will spring up and out to join the world again. We've already gotten out some summer jeans and jeans jackets and even a cotton flowered hand bag. All this to add to the confusion of our room (warehouse). We're already making piles of clothes to go in different directions. North, East, South, West. Some to senior citizens, some to friends, some to Goodwill, etc. Hope we get them out soon or they might get put in the attic until next year. Always busy. Always influx.

We just read about a new DVD, "Amelia", naturally about the life and loves of Amelia Earhart, one of our first American women pilots and adventurers. Hilary Swank plays Amelia. Others in the cast are Richard Gere, Ewan McGregor and Virginia Madsen, (PG for sensuality), profanity, thematic elements and smoking). Report good.

While watching some of these old classic movies lately, it has dawned on us how and why so many sexy scenes are boring us to death is new movies. It's gone from cigarettes to sex. The old

movies spent hours on seeking, lighting, puffing, smoking, flipping, putting out and stamping cigarettes. It went from necessity, to pleasure to friendly to fighting to any other type of emotion. You can name. The main thing, it took up time. Oh yes, instead of answering a question with a simple yes or no the actor/singer often broke into song for fifteen minutes.

Frankly, we'd take a shorter version to the movie if it just told a good story. Short and sweet would do it every time. Guess Hollywood figures it has to elongate to give us our money's worth. We wouldn't mind some old fashioned prices either. Oh, well, a girl can always wish, can't she?

We've been threatening to go to the Ole Clinton Opry on Friday nights from 6:30 - 10 p.m. at 215 Old Ga 18, Gray. We hear by the Gray, GA Grapevine, i.e., Evelyn Robertson, that if you're lucky, you may get a glimpse of one of our very favorites (in the music world, that is) Larry G. Hudson and his trusty guitar. Give them a call at 986-6587 or www.oleclintonopry.com. Free but donations are accepted.

At 8:30 a.m. on Fridays, Disabled American Veterans Chapter 9, 4493 Houston Ave, Van Edwards, call 784-1454 for more information.

Ladebeo Music every Friday night at 6:30 the square in Forsyth with an open Mike. Call 994-4433 or www.myspace.com/ladebeoguitars. Free

And the Powersville Opry is still going strong in Powersville. Go South on Powersville Rd off GA 247 connector between Warner Robins and GA 49. Local talent starts at 5 p.m. They're also open Mondays, Tuesdays, and Thursdays at 7 p.m. Call 328-0678 or www.powersvilleopry.com. Also FREE.

Another freebee for Saturdays is Wagon House Opry 6:30 - 10 p.m. 699 Altman Road, Haddock, 363-1274. Give it a try.

Our problem lately is having little time for fun. We've been moving our salon, from Byron Main St to Byron Outlet Mall. All that picking and pack-

ing has played havoc with our ski-knees, and we are not a happy camper. We're more like Pain Jane. Beware. We are not in a good mood, and 'sides that, we might fall on you. Now that's really a scary thought. Perish that.

Cuddin' David the doctor suggests cold compresses. We're arguing for hot. Somehow, cold on an already cold and painful joint does not appeal to us. However, since we MUST get better, guess we'll have to follow doctor's orders. Ugr. Maybe sneak in a hot tub soak after that?!

Have a good April. Don't work too

hard n your yard. Digging and planting. Set that patio up to rest and relax and enjoy cookouts and picnics with family & friends.

We did hear about a new method of planting tomatoes. Bill Smith says his brother plants them in hay bales and has more tomatoes than Krogers. We'll have to look into this. If you have any magic tomato stories. Please share.

To era is human, but it is against company policy.

Anonymous

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

O.K, so I'm too old to get an Easter Basket. I can dream can't I? But miracles still happen 'cause last year I was visited by a dear, dear reader and her daughter who read that I loved chocolate and Easter baskets and lo and behold if they didn't bring me the cutest little straw Easter tote full to the brim with all the goodies I love but don't need. Is that love or what?

I must report to you that as of the 29th of March, I will have a new right knee. It is the last of body parts that have not been pulled, rearranged, replaced or patched in some way. If I could see on the inside of me I'll bet two dollars to a buck-eye that I'm nothing but one big scar. However, as long as everything is working, I have no complaints.

I wore out my knees working in the dirt. Following in Mama's footsteps I have always loved a yard full of flowers. My adopted son and landscapes, Calvin, who lives next door has done a good

job of getting rid of about 99% of all my flowers. He won't let me plant anymore because he says everything you plant has to be weeded and watered. I knew that but I still don't have to like it.

He has been careful to preserve very old plants that came from our old home place; things like Turks Turban, Red Hot poker, lilacs, daffodils and paper whites. Some things we can't let go of and each time I see those plants in bloom I can see my mother.

One would think I would hate the dirt because of Daddy. He was a farmer but was also crippled. Therefore, he became the supervisor and the four of us sisters became farmers as soon as we could hold a hoe. Man, he was inventive.

Somehow we managed to survive the summer. We had to. Times were hard, there was no money and we had to raise and can our food for the year. That took a lot of doing. The worst part was the animals. By the time they were old enough to be slaughtered, we had gotten attached to

them and when they were gone we found it hard to eat the meat.

That's what happened to our calf "Sonny." He followed me around all over the place and we played every day. He got in big time trouble once on wash day. Mama ran out of clothes line and had to dry a bunch of clothes on the fence. Sonny was inside the fence and seeing something new to play with, he pulled the clothes off the line, into the dirt. He found one blouse particularly interesting - my one and only pink satin Sunday school blouse that went with my homemade navy blue pleated skirt. He ate my blouse, leaving only the row of buttons down the front.

It was about that time that I hated him and cried bitter tears from anger. I remember slapping him but a slap from a five-year-old was not exactly life threatening.

Sonny was gone that fall and landed up in chunks in cans and made into stew and beef croquettes. Everything has a purpose in this world even if we can't see it - especially as children. I hated Daddy for a while and then it passed when he raised a batch of pigs and we went through the same thing again.

City folks know little about the heartache of living on a farm. It seems cruel at times but then, as now, it is about survival.

Have you heard all the talk about 2010? I am not going to bite this time. Remember back to 2000 when the lights were going to go off all over the world and the computers were going to stop. There would be no food. I shall never forget as long as I live. I bought a generator, fuel, five gallon buckets of food that I just threw away the last of and stocked up on enough toilet tissue and paper towels to wipe Georgia.

Everyone got a big laugh from that but I was prepared. Some other very smart folks were as foolish as I. But as I said, when the Mayan calendar ends, I don't think the world will go with it so I'm going to wait until the first day after 2012 to get excited.

Surely there is no fool like an old fool but we've had enough laughs from the 2000 experience to last a lifetime.

Remember the Season and what it is about and have a blessed month. You'll be walking on sunshine. ©3/24/10

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

Spiritual Notes

God's Blessings

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

With the advent of spring we are seeing the foliage turn green, daffodils springing out of the ground and a flock of robins in the yard. After a cold winter this is a welcomed sight as we greet and experience the blessings of springtime. Blessings in life come in visible ways such as the changing of the seasons as well as invisible experiences along life's way.

As we think of blessings our thoughts turn to God, family, country, friends and on and on we could go as we take stock of the blessings we have received over the years. Webster defines blessing as "one who blesses" and "something promoting or contributing to happiness, well-being or prosperity."

Those of us who grew up in the South are very familiar with the phrase, "Bless his/her Heart." It was always spoken with feelings of concern and love. People close their letters with the admonition, "Blessings." You have had friends leave you and say, "May God bless you." My guess is it would be difficult for any of us to make a list of the tangible and intangible blessings we have received. The list would be

extensive and contain stories of appreciation and encouragement. Oswald Chambers writes: "Those people who influence us most are not those who buttonhole us and talk to us, but those who lived their lives like the stars of heaven and the lilies in the field, perfect, simply, and unaffectedly. Those are the lives that mold us."

God continues to bless us in the good days and the bad days of our lives. I read of a Chinese Pastor who was imprisoned for years and his faith kept him strong as God blessed him as he labored in unimaginable circumstances. He said that his favorite hymn was "In the garden" and he would sing it as he struggled and could feel God's presence. The words of the song "and He walks with me, and He talks with me, and tells me I am His own," meant that God never left or forsook him. These are the words of a simple man whose life God had chosen to bless.

I love the old song, "Count your many blessings, name them one by one." As we experience the beauty of spring, thank God for His faithfulness and blessings in all areas of our lives.

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

Poets' Corner

The Remaker

By: Vicky Harper

As I abstaineth,
God traineth.
A new path of righteousness
is the reward
from my Lord of Love.
I long to ascend
to Your holy hill.
Keep cleansing
my hands, heart and soul.
All glory to You
remaker of me,
being made whole.

God Is The Great I Am

By: Brenda G. Partridge Brown

God is the great I am!
The author of my life,
my beginning and ending,
God is the great I am.
He is with me morning, noon, and
night. God is my way in and my way
out! God is just right, and never
wrong! He's the sweet melody I hear
in a song. God is the great I am!
God is just because God is just what
He said! God is my everything, He is
my mother, father, sister, and
brother.
He is the reason I'm able to dream!
God has all seeing eyes. He sits
high, and looks low. He is never
asleep. With God all things are pos-
sible! God is the great I am! But the
greatest of all, God is love.

New Shoes

By: Charlotte Owens Phillips

A precious little boy sat on the back
seat,
Staring at his out stretched feet.
Not really his feet, but the new shoes
he wore.
The shoes he always wanted.
The shoes he had waited for.

There was long silence, then we
heard him speak.
"I love my new shoes,
Thank you Mama."
The words he spoke touched my
heart,
Tho his Mama, I am not.
Just happy and blest to be –
his Gigi short for
Great Grand Mama.

You Mean So Much To Me

By: Barbara Merritte

You mean so much to me,
more than words can say.
I seek your face, your
presence from day to day.
Your love, your warm embrace,
I cherish it in a very special way.
You mean so much to me,
I must say.
We laugh, we talk, Words of
wisdom, good advice.
I am blessed to have you in my life.
You mean so much to me,

I must say.

A Senior Citizen you are, I am
told.
To me you are a blessed jewel,
shinning form day to day.
You mean so much to me,
I truly must say.

My Secret Talent

By: Patricia Chapman

Its funny when it's so late at night,
I often get the urge to write,

It seems that while I lie in bed,
Terrific thoughts go through my
head,
I've mentally written such beautiful
verse,
I know they have published stuff a
lot worse,
I can't seem to master my pen lying
down,
It's hard when your eyes are shut
tight,
The talent is there,
It just isn't fair, I tell you,
I know I can write.

Our Comfort Zone

By: Vera King

Easter is Forever
The Covenant Kept
Our Messiah Manifest
The Trinity Triumphant
Spirit-filled Fulfillment
Tears of Jubilation
Death Defeated
Our wailing Spent
Eden Re-entered
God is Love
Love Overcomes
Heaven is our Home.

Coliseum Health System announces 2009 Frist Humanitarian Winners

Special to Senior News

Samuel Pitts, Jr., Coliseum Medical Centers' employee, and Edna Johnston, Coliseum Medical Centers' volunteer, were recently awarded Coliseum Health System's 2009 Frist Humanitarian Awards.

The Frist Humanitarian Awards were created to recognize one employee and one volunteer at each HCA-affiliated facility who demonstrate extraordinary concern for the welfare and happiness of patients and their community. The Frist Humanitarian Awards are given annually in recognition of the humanitarian spirit and philanthropic work of the late Dr. Thomas F. Frist, Sr., a founder of HCA.

The employee recipient of 2009 Frist Humanitarian Award, Samuel Pitts, who works in the Dietary Department of Coliseum Medical Centers, consistently demonstrates a high level of self sacrifice for patients, co-workers and others in the community. He is a person who gives his all to make sure patients, employees, colleagues, and stakeholders have the best experience possible while at the hospital. Energetically volunteering his efforts, skills and time, he frequently goes beyond his job duties to ensure that hospital functions are successful.

Volunteer recipient of the 2009 Frist Humanitarian Award, Edna Johnston, serves most of her time in the gift shop at Coliseum Medical Centers. She is dependable, always has a smile, never complains, and is passionate about her work. Edna volunteers with American Heart Walk, in which she has been a team captain for the last six years and top money fund raiser. Also, for the last ten years, she has been a

team captain for Relay for Life. Despite her own physical challenges, she is passionate and dedicated to her volunteer work.

Samuel Pitts and Edna Johnston are an inspiration to all our employees and volunteers, and their generosity and dedication serve as a living example of HCA's commitment to the care and improvement of human life.



Edna Johnston



Samuel Pitts, Jr.



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On the Cover

Celebration of a second kind!

by CLAIRE HOUSER-DODD

ON THE COVER:

Love is lovelier the second time around – says the old song from long ago. The words hold true for Melba Anderson and David Woods who in their senior years met by chance, fell in love and recently married.

Don't ever give up on happiness. Maybe even the second time around.

We just went to a lovely reception for Melba Anderson's marriage to David Woods.

Melba had been married to a cousin of ours, Riley, forever, and nursed him through his last illness 11 years ago. In 2008 she went to an AF

96 Air Refueling Reunion in Branson, Missouri where she met David Woods who happened to have taught Riley in Navigational school way back in Texas before Melba had even met her future husband. Talk about a small world, and how about "there are no coincidences?"

What a happy day for two lovely people who were smart enough to catch on to their luck and take it to the alter. Melba and David Woods married on Carnival's biggest and best in the Galveston harbor and set sail for a Caribbean honeymoon.

The reception in Fort Valley at Myrtle, which was mother's country home, was lovely. Fancy food and delicious punch were served, everyone had a delightful time, and were all thrilled to welcome David into the family.

Personally, we love to imagine



Wedding Reception for David and Melba Woods

our mother coming down the long steps to meet and marry our father in that beautiful setting.

Congratulation Melba & David Woods. You have a happy start in a happy setting. Good Luck.

Stanley awarded The Look Good... Feel Better Sunrise Award

Special to Senior News

Beverly Stanley, RN, OCN, Director of the Coliseum Cancer Center at Coliseum Medical Centers, has been awarded The Georgia 2009 Look Good...Feel Better Sunrise Award for Outstanding Service for her exceptional dedication and leadership to the program. For over two decades, Look Good...Feel Better, a free, nationwide program has offered women help and encouragement to cope with the appearance side effects of cancer treatment. Recipients of this award are evaluated based on the following: Demonstrates willingness and availability to work with patients; Assumes an active role as a

leader in the Look Good...Feel Better program i.e.; coordinates programs and recruiting patients; Actively works to raise awareness of the program within the community; and is recognized as a knowledgeable source of information about LGFB.

Stanley is Georgia's 2009 recipient, because she excels in all of these categories and beyond. She is an outstanding champion for this program in every way with an attitude of never giving up and "just making it (the session) happen" regardless of obstacles. Beverly is being recognized for her tireless promotion and organization of this program that has such a positive impact on women who attend.

Program Background

Look Good...Feel Better is a collaboration between the American Cancer Society (ACS), the Personal Care Products Council Foundation, and the National Cosmetology Association (NCA). In one-hour workshops conducted by specially trained licensed cosmetologists, Look Good...Feel Better offers practical tips about skin care, makeup techniques, and guidance for coping with hair loss. A free bag of makeup from leading cosmetic companies is also provided for use as learning tools in the workshop. Look Good...Feel Better teaches women about what to expect and how to deal with the [appearance] changes in a

truly safe and nurturing environment, and because of that, it enables women to leave with such a sense of feeling empowered and transformed, and strong to continue fighting. Since 1989, Look Good...Feel Better (LGFB) has helped improve the quality of life of 550,000 cancer survivors through its free services.

About The Coliseum Cancer Center

The Coliseum Cancer Center is accredited by the American College of Surgeon's Commission on Cancer (ACoS CoC) and provides a community resource where cancer patients and their loved ones can ask questions and find answers during diagnosis, treatment and recovery. Their mission is to provide superior, compassionate, state-of-the-art cancer care and services to our community within an atmosphere of hope and encouragement.

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Molly Herrin, Regional Mission Delivery Director, American Cancer Society (left) and Beverly Stanley, RN, OCN, Director of the Coliseum Cancer Center at Coliseum Medical Centers.

Taking Care

Safety tips for Alzheimer's caregivers

by LISA M. PETSCHKE

Over time, Alzheimer's disease results in mental, emotional, behavioral and physical changes.



These may include memory loss, altered perception, impaired judgment, disorientation to time and place, constant movement, wandering away from home and becoming lost, rummaging, behaving in ways that don't appear to make sense, altered sleep patterns, paranoia, verbal and physical aggression, decreased muscle strength and a tendency to fall.

A variety of safety issues consequently arise in caring for someone with this disease. Although many Alzheimer behaviors don't respond to medication, caregivers can adapt the home environment to discourage them or minimize the associated risks. The following tips constitute a good start.

Preventing falls

- Ensure your relative has a pair of non-skid slippers or shoes that fit snugly and offer good support.
- Ensure throw rugs and scatter mats have a non-skid backing. Better

yet, remove them.

- Keep walkways clear of electrical and telephone cords.
- Eliminate clutter, including excess furnishings.
- Use night-lights in rooms and hallways.
- Ask the doctor or pharmacist to review your relative's medications, since drowsiness or dizziness can sometimes be side effects.
- In the kitchen: Keep frequently used dishes and pantry items within easy reach.
- In the bedroom: Ensure there's a lamp within reach of the bed, and a clear path from bed to bathroom.
- In the bathroom: Have grab bars installed by the toilet and in the bathtub or shower area. Get a rubber mat for the tub/shower, a bath seat or shower chair, a hand-held showerhead and a non-skid floor mat.
- In stairwells: Ensure steps are in good repair, have a non-skid surface and are free of clutter. Handrails are a must, as is sufficient lighting.

Other safety strategies

- Kitchen: Remove the knobs from the stove and store them in a safe place. Put away small appliances when not in use. Unplug appliances that are too big to store, such as the microwave oven. Lock up scissors, knives, corkscrews and any other dangerous implements. Buy shatter-

resistant dishes.

- Bathroom: Store hair dryers and electric razors in another room, to minimize the risk of electric shock. Secure the medicine cabinet or store medications elsewhere in a locked box. Remove cleaning supplies or lock them up, too. Remove or disable the door lock to prevent your relative from getting locked in.
- Use childproofing safety devices, such as drawer locks, door knob covers and electrical outlet covers.
- Put away valuables such as china and figurines, and other breakable items. Get rid of anything inedible that resembles food.
- Always supervise the use of electrical items.
- Never leave your relative alone in a room where a wood fireplace or candles are burning.
- Lock up alcohol, as well as cigarettes, matches and lighters. Always supervise your relative's smoking. If he or she stops asking for cigarettes, don't offer them.
- Administer medications, ensuring your relative takes, and swallows, all pills provided.
- Install extra locks on exterior doors, to make it hard to get out; or, get door alarms installed.
- Keep a spare key hidden outside, in case your relative locks you out of the house.
- Get a portable phone so you can

supervise your relative while taking and making calls.

- Turn down the temperature on your hot water heater, to avoid scalding accidents.
- Apply decorative window clings to patio and storm doors and picture windows, so your relative doesn't walk into them.
- Lock up dangerous substances and equipment, including firearms or other weapons, flammable and poisonous products, tools and machinery. Get rid of potentially toxic plants. Keep car keys hidden away.
- Ensure close supervision outdoors at all times.
- Register your relative with Safe Return, a national program of the Alzheimer's Association that aids in the identification and safe, quick return of individuals with Alzheimer's disease and other dementias that become lost. For more information or to register, contact the local chapter or go online to www.alz.org/Services/SafeReturn.asp.
- Keep handy a list of emergency phone numbers, including the nationwide Poison Control Help Line (1-800-222-1222).

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

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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 —

Just 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.

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Indian Footprints

Whatever happened to the Indians around here?

by W. MAXWELL DUKE

The answer to the question, "Whatever happened to the Indians around here?" brings up many "facts" that are not always pleasant to consider. However we must confront them because they could be harbingers of what may be lurking ahead for our modern America in the over-glamorized "globalize" world.

History has always been our best teacher. For the Creek Indians of the Southeast the list includes: exposure to new,



foreign born diseases; developing an unhealthy dependence on foreign goods; departing from their technological expertise and abandoning traditional values.

In 1540 when Spanish explorer Hernando DeSoto was well on his way through the southeastern United States, his several hundred soldiers exposed the Indians to venereal diseases, smallpox, tuberculosis, measles, and other foreign born diseases to which they had no immunity. The results of the exposure were devastating. In some areas the Indian population was so hard hit that bodies lay in the streets and the mortuary houses were stacked full. There were not enough survivors to bury the dead. Towns were abandoned and their

culture was devastated.

Over a hundred years passed before the Indians fully adapted to their new social landscape. They had survived and began to flourish again by relying on their old tried-and-tested technologies and cultural heritage. Then, Europeans once again made another intraday into America. The foreigners had many wonderful items to trade. Guns, ammunition, cloth, beads, knives, kettles and rum became available to the Indians via trade. It would be imported goods for deer skins. A "new order" of life amongst the Indians emerged.

For many years during the Colonial Period of America, times were exceptionally good for the Indians. It has been estimated that they delivered over 2.5 million deer skins to their new trade partners. They found themselves immersed in the products of foreign nations.

But there was a cost beyond price that they ultimately had to pay — it was their freedom and way of life. They became addicted to foreign trade and became dependent upon it for survival. They had abandoned and forgotten their old technologies and drifted from some basic themes of their belief system.

In shifting from an agricultural economy to the commercial hunting of deer, their way of life became linked to a diminishing resource. With millions of deer being taken for nothing but their skin, the deer population became depleted. No deer meant "no money." Ultimately the only thing left to trade and to pay enormous debts owed to

the traders was land.

Unable to come up with new resources and having abandoned the old ways of their culture, their fate was doomed. With their society shattered, their heritage ignored, and ancient technologies lost the end had come. The Indians were now at the mercy of the traders and government entities that supported them.

Ultimately, The Treaty of Washington moved the Creek Indians from being an "endangered species" to one of "extinction." In that treaty the Indians were to cede five million acres of their land but to keep two million acres in their ancient homeland. Within days of the signing of the treaty it was broken.

By 1828 the last of the Creeks were removed from Georgia. Their ability to insure their two million acre claim became as weak as the Creek nation itself.

A proud, powerful, self sustaining nation had fallen to the ravages of an early form of "globalization" and the shadowy forces behind it. It would be truly sad for someone to say in the future, "Whatever happened to the Americans around here — didn't they learn anything from history?"

AUTHOR'S NOTE

Will history repeat itself? A soaring national debt, Washington's rampant spending, and our stampede to ignore American products and buy cheaply made foreign products could send us down the same trail followed by the Indians.©

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HOUSTON LAKE



C'mon, let's eat

by FAYE JONES

Spring is here and among the first things we will have soon are strawberries, asparagus and fresh spinach. While we wait, let's try some truly tasty recipes from years back that remain timeless. Read on!

GROUPE WITH SHIITAKE MUSHROOM SAUCE

One (1) grouper fillet (or monkfish or red snapper)

1 oz dried shiitake or other Asian mushrooms, soaked in 3/4 cup very hot water for 20 minutes.

1/4 cup dry sherry

2 tbsp low sodium soy sauce

2 tbsp fresh lime juice

1 tsp sugar

1 1/2 tbsp cornstarch

2 tbsp safflower oil

2 scallions, trimmed and thinly sliced

1 tbsp julienned fresh ginger

2 garlic cloves, thinly sliced

1/2 tsp freshly ground black pepper

Remove the mushrooms from their soaking liquid and slice them into thin pieces. Set the mushrooms aside.

Pour 1/4 cup of the soaking liquid into a mixing bowl, being careful to leave any grit from the mushrooms behind. Stir in the sherry, soy sauce, 1 tablespoon of the lime juice and the sugar. Set the mixture aside.

Rinse the fillet under cold running water and pat it dry with paper towels. Rub the fillet with the remaining tablespoon of lime juice, then rub the cornstarch evenly over both sides of the fish.

Heat the oil in a large, heavy-bottomed skillet (preferably non-stick) over high heat. When the oil is hot, add the fish and sear it on one side for two minutes. Carefully turn the fillet over and heat it on the second side for two minutes. Transfer the fish to a plate.

Add the mushrooms, scallions, ginger garlic and pepper to the hot skillet. Cook the mixture on high for one minute, then reduce the heat to low. Pour in the sherry mixture, replace the fillet, and cover the skillet. Steam the fish until it is opaque - about 5 minutes. Transfer the fish to a warmed serving platter and spoon the sauce around it. Serves 4

SHE CRAB SOUP

1/4 cup butter or margarine

1 cup finely chopped onions

1/2 cup finely chopped celery

1 shallot, finely chopped

1/4 cup all-purpose flour

3/4 teaspoon paprika

4 cups milk

2 cups half-and-half

1 teaspoon salt

1 teaspoon grated lemon peel

1 teaspoon Worcestershire sauce

1/2 teaspoon freshly ground pepper

Pinch ground red pepper

1 pound lump crab crab meat, picked over

1/4 cup dry sherry

2 teaspoons, chopped fresh parsley

Melt butter over medium heat in Dutch oven. Add onions, celery and shallot and cook until softened, 5 minutes.

Add flour and paprika and cook 1 minute. Gradually stir in milk and half-and-half until smooth. Add salt, lemon peel. Worcestershire and peppers. Bring to a simmer. Reduce heat to low, cover and simmer 20 minutes. Stir in crab meat and sherry. Cover and simmer 20 minutes more to blend flavors. (Do not boil) Sprinkle with parsley. Makes 8 servings.

FRESH APPLE CAKE

5 small apples, peeled and cut into cubes

2 cups sugar

Let stand 5 minutes

Sift together:

3 cups flour

2 teaspoons baking sod

1 teaspoon salt

2 teaspoons cinnamon

1 teaspoon nutmeg

1 teaspoon allspice

Blend into apple mixture

Add:

1 cup melted shortening or cooking oil

2 eggs, well beaten

1 cup raisins

1 cup chopped nuts

Stir well and pour into lightly greased 13 x 9 - inch pan and bake at 350 degrees for 50 minutes.

CRYSTAL CAFE OSSO BUCCO

2 pounds center-cut veal shank

8 ounces peeled, quartered potato (about 2 small)

4 ounces carrots, quartered (about 1 1/2)

4 ounces zucchini quartered (about 1 small)

4 ounces onion, chopped (about 1/2 a large)

1 medium stalk celery, chopped

2 teaspoons mixed dry herbs (basil, thyme, etc, as you prefer)

2 teaspoons granulated garlic salt and pepper to taste

2 ounces fresh chopped tomato (about half a large)

2 ounces chopped red bell pepper (about 1/2 of a medium)

2 ounces leeks (about 3 inches of a medium stalk)

2 ounces portobello mushroom slices (about 1 medium)

2 ounces fresh chopped herbs (such as basil, about 4 large leaves)

2 teaspoons fresh chopped garlic

In a tall pot barely cover the veal shank with water. Bring to a boil, then reduce heat to a bare simmer and slow-cook 2 hours. Add pota-

toes, carrots, zucchini, onion, celery, dry herbs, granulated garlic and salt and pepper. Simmer another 30 minutes. All ingredients should be integrated.

In the last minute, add tomato, bell pepper, leeks, mushrooms, fresh herbs and fresh garlic. Cook 5 minutes more. The ingredients added in the last step hold their individual crisp flavor.

Enjoy! ©3/23/10

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.

Writers' Conference

Submitted by
Anne B. Jones, PhD

Aspiring writers are invited to meet published authors in a casual, one-on-one conference in the historic Village at Indian Springs on April 23rd and 24th. Not only can they rub elbows with experienced writers, but they can improve their writing skills and gain valuable insight into the nuts and bolts of the

publishing world.

The two-day conference is an affordable \$100 with cottages, cabins, RV, and camping available in nearby Indian Springs State Park, six miles south of Jackson, GA. This is the third annual conference hosted by Generations Gallery to support their writers group that meets every Saturday. Detailed schedule is available at www.theVillageatIndianSprings.com/gallery. For additional information and registration call 1-800-352-7212.



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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., 1st 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.

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SeniorCare

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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.
Macon
• First Tues., 5:30 p.m., Carlyle Place, Stafford Suites Activity Room, 5300 Zebulon Road, 478-405-4500
• Second Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., Peyton Anderson Room (Ground Floor), 478-746-7050
Warner Robins
• Second Tues., 10 a.m., Summer's Landing, 600 S. Kimberly Road, The Library, Belinda Johnson, 478-328-3800
• Fourth Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Health Connection Room, 478-746-7050
• Third Thurs., 7 p.m., Antebellum Grove, 1010A South Houston Lake Road, Activity Room, 478-746-7050
Perry
• Second Tues., 6 p.m., Summerhill Elderliving Home & Care, 500 Stanley Street, 478-987-3251
Milledgeville
• Fourth Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Agape Room, downstairs, 478-453-1374

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,

continued on page 11

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Scott Antique Market
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www.scottantiquemarket.com



Atlanta Expo Center
April 9, 10 & 11 May 7, 8 & 9 June 11, 12 & 13

CALENDAR

from page 10

Putnam, Twiggs and Wilkinson.

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

Meals on Wheels of Macon and Bibb County

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

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

Macon-Bibb County Parks & Recreation Department

• 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

• Bible Study for All Ages: Each Thurs., 7-9

p.m.

478-751-9169

Tatnall 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.

• NARFE: 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), transporta-

tion, 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.

The Gospelaires Quartet

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.

Theatre Macon

438 Cherry Street, Macon

478-746-9485

• Hello Dolly!: April 2-17

Warner Robins Little Theatre

South Pleasant Hill Drive

478-929-4579; www.wrlt.org

• "The Curious Savage": April 16-17, 22-25, 29-

30, May 1

Middle Georgia Art Association

2330 Ingleside Ave., Macon

478-744-9557

Divorce Recovery Group

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

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

DivorceCare Offered

By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon

478-397-6568. Hosting "Hand In Hand" on April 11 at 6 p.m. in the Church Fellowship Hall.

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.

FREE Tax Return Preparation By The AARP Tax-Aide Team

IRS/AARP trained counselors are preparing 2009 federal and state tax returns for medium to

low income seniors on Mondays, Wednesdays and Fridays, 9 a.m.-1 p.m., through April 14th at the American Red Cross Center located at 195 Holt Ave., Macon. This service includes E-filing and is provided free of charge. Beat the April rush! First come, first served.

Golf Tournament

April 10, 2nd Annual Charity Golf Tournament, Landings Golf Club. Hosted by Sacred Heart Catholic School's Home and School Association. \$65 per player. Call Kathy Louth at 478-971-4262 or email: klouth@windstream.net.

Gospel Night At The Grand Ole Opry

April 22 & 23. Dinner & Concert, 5 p.m., \$18; Concert only, 6:30 p.m. (sharp), \$10. Evening of homespun, toe-tappin', feel good Gospel music. Sponsored by Mabel White Baptist Church and proceeds will benefit the church's missions ministry. Contact Linda Moore at 478-742-0366 or lmoore101@aol.com.

Spring Home and Garden Show

Sat., April 10, 9 a.m.-6 p.m.; Sun., April 11, noon-5 p.m. Georgia National Fairgrounds & Agricenter in Perry. Sponsored by the Master Gardeners of Central Georgia. \$5 adults, children under 12 free. Call 478-988-8344 or visit www.mgag.org.

Turkey Creek Festival

Sat., May 1, Byromville. Parade at 10 a.m. Arts, crafts, museum, games, door prizes, entertainment, food. I-75, exit 122 (fifteen minutes to Byromville). Call 478-433-2020 or visit www.turkeycreekfestival.com.

Easter Eggstravaganza

Sat., April 3, 2-5 p.m., New Hope International, 204 Sullivan Rd., Russell Parkway Extension, Warner Robins. Egg Hunt, Prizes, Candy, Free Clothes, Free Haircuts.

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.

General Business Directory For Seniors

Vineville Christian Towers

An Apartment Home for Senior Citizens

- All utilities included in rent
- Stove, refrigerator and drapes provided
- Laundry Room
- Emergency Cords/Paalsystem Necklaces
- Library/Exercise Room
- Activities/Grocery Shopping Day Trips
- Beauty Shop
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478-743-4661

Macon and Middle Georgia

477-5501

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