

Senior News

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The Perry Players present

The Homecoming!

Story on page 6

December 2010
Vol. 24, No. 12

Taking Care

A little holiday planning goes a long way

by LISA M. PETSCHKE

The holiday season is a hectic time for many of us due to the preparations and festivities that typically take place. It is even more challenging, though, when you are caring for a relative with chronic health problems – a demanding role at even the best of times.

To keep stress manageable and make your holidays more meaningful, follow these suggestions.

- Set realistic expectations, and be prepared to alter traditions. Keep it simple, and let relatives and friends know your needs and limitations. Decide what is really important to you, focus on that and forget the rest.
- Set a budget for holiday-related expenses and stick to it. If finances allow, consider arranging for a housecleaning or a catered meal (or both) to save precious time and energy.
- Whatever tasks you decide to take on, ask for help and delegate responsibilities. Make plans and start necessary preparations well in

advance. Make lists to stay organized and keep them handy.

- Include your relative in preparations to the best of his or her ability. Contributing in even small ways – such as deciding what decorations to put where or helping to select gifts from a catalog – will make your relative feel valued and create a feeling of partnership.

- Reminisce to help you both get into the spirit of the season. Share special memories, bring out photo albums or home movies, and listen to favorite carols.

- If you accept an invitation, do so on the condition that you may back out at the last minute if you or your relative does not feel up to the occasion. Take things one day and one event at a time.

- Give yourself permission to attend an event without your relative. If it is not feasible to take your relative with you but you'd really like to go and can arrange respite care, go.

- Space out activities as much as possible by scheduling quiet days between busy ones.

- Look after your health: get adequate rest, eat nutritious foods and try to fit in some exercise. A stationary bike or a treadmill is a good choice year-round, since it may be

hard to get out for a walk, let alone to find a fitness center.

- Find something relaxing you can do to give yourself a break, whether it is quietly enjoying a cup of tea, reading something uplifting, writing in a journal, calling a friend or listening to some favorite music. Make it a priority to continue this daily time for you in the New Year.

- Take responsibility for you well being by doing something nice for yourself. Some caregivers treat themselves to a special gift at this time of the year.

- Look for moments of joy in which to delight. If you slow your pace and keep your priorities in check, you will be sure to find them.

Special Tips for Alzheimer's caregivers

- Keep decorations minimal and out of reach as much as possible if your relative is prone to rummaging or hiding things. Do not put out anything that is valuable or breakable, or could be dangerous if ingested. Avoid lights that flash or play music, as well as sound or motion activated items that can startle.

- Schedule activities during your relative's calmest time of day. Generally, the earlier in the day the better, since behavior tends to worsen as fatigue sets in.

- Stick to routines as much as possible to avoid anxiety and confusion.

- Entertain at home rather than taking your relative out to an unfamiliar place.

- Keep gatherings small to minimize noise and confusion for our relative. Otherwise, situate him or her in another room and have guests visit one or two at a time.

- If you are planning to go out visiting, ensure there is a quiet spot your relative can retreat to if he or she cannot handle the stimulation.

- Whether you are at home or out somewhere be prepared for escalation of challenging behavior and have a plan in place. If your relative is at risk for wandering or likes to rummage, enlist the help of a family member or friend to ensure he or she is occupied in a harmless manner while you are mingling or engaged in hosting duties.

- Do not pressure your relative to participate in festivities. Previously enjoyed events may now cause distress if he or she does not understand what is going on or no longer recognizes family members and friends.

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

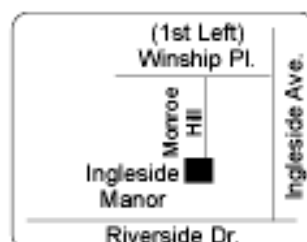
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DHS Energy Assistance Program helps Georgians with the home heating bills

Special to Senior News

As the colder months approach, the Georgia Department of Human Services (DHS) will once again help Georgians struggling to keep up with the cost of heating their homes. DHS's Low Income Home Energy Assistance Program (LIHEAP) has received approximately \$41.1 million dollars in federal funds to assist low-income, elderly and disabled Georgians with their heating bills.

Beginning November 1, 2010, local community action agencies began administering the available funds to assist the homebound and elderly (aged 65 and older) may apply for help. All other eligible families may apply starting December 1, 2010 until funds are exhausted. In most cases payments will be made directly to the home energy supplier for gas, electricity, propane gas, wood, coal or kerosene. Qualifying applicants will be eligible for either \$310 or \$350.

To participate in the program, the family must meet a yearly income equal to or less than 60%

of the state's median income. For a one-person household, that would be \$21,940; for two people, \$28,691; for three people, \$35,442; for four people, \$42,193; for five people, \$48,944; for six people, \$55,695; for seven people, \$56,961; for eight people, \$58,226 (for each additional person, add \$1,266 to annual income).

To qualify, applicants must bring their most recent fuel bill or statement of service from their heating provider. They also must have proof of income for all household members for the last 30 days. This may be paycheck stubs, a letter granting public assistance, Social Security or unemployment benefits. Applicants must also have social security numbers for all household members.

Assistance will be offered on a first-come, first-serve basis. The program will close when funds are exhausted.

For more information, contact the Division of Family and Children Services, Community Based Programs in metro Atlanta, by calling 404-656-2323 or toll free at 1-800-869-1150.

Let us entertain you

by CLAIRE HOUSER DODD

*If opportunity doesn't knock,
build a door.*

Milton Berle

Thank heavens for the nice cool weather. We've had loads of fun, been out of town, to parties, festival, etc. etc. etc.

One very blessed day was the Montezuma Fall Festival where they have the Beaver Creek Rubber Duck race. Actually they didn't call their chick's rubber ducks. That was our take on the situation. Actually, they were little yellow plastic ducks with large numbers printed on the bottom. We were numbers 765 and 785. There must have been thousands of them floating down the creek, a tributary to the Flint! Nope! We didn't win the \$1,000 prize, but we enjoyed the day.

Besides the fun in the sun at the festival Sandee Davis and your truly were invited to visit Michelle and Bonnie Smith at their plantation home by the name of Miss Tallulah way down in Dooly County. What a trip. Michelle found and saved this big old two story home to move on her grandmother's land in Taylor County, but the folks around Mock must not have been able to see the beauty of the not yet finished product. Consequently, Michelle and Bonnie (her mother) set off looking for fairer ground and found it on a hillside behind trees with a circular drive and plenty of parking in Dooly County.

Miss Tallulah, named for Tallulah Bankhead, is a handsome two-story rambling old plantation home with a huge front porch that was perfect for a dozen or so people to sit and talk and eat and enjoy. A really blessed day to remember forever, and lots of good people who came from Atlanta, Middle Georgia, South Georgia, and all around. All ages were there. Three little girls were playing in the back yard playhouse that was a duplicate of Michelle's grandmothers yellow home. It even has a small iron wood burning stove with chimney. Just adorable, and so were the kids.

How Michelle can practice law full time in Warner Robins and Savannah and have time to fix up old homes and furnish them is beyond us. She says her whole family helps. They must. No one person could gather so many antiques for this place, or decorate to it to the nines with every modern convenience known to man. What a pleasure. And, yes, of course it is named after Tallulah Bankhead the actress.

After that excursion we were headed for Montezuma, but Sandee remembered Fort Valley, Massee Lane Camellia Garden events coordinator, Lesia Dortch lived in the vicinity of Oglethorpe, gave her a call and we had to whiz by her modern day plantation. We recognized it immediately by the big Gulf orange sign on the barn. "Course that's our favorite since our daddy had the Gulf plant here in Fort Valley and was the distributor for Middle Georgia. Naturally we felt right at home, and even more so when we saw that the deck on top was the armadillo shooting range with flags and score boards. What fun! We were taken on a golf cart tour of the 100 plus spread and loved every minute of it. The pink brick doublewide on the lake was gorgeous, painted by Lesia with trellises and flowers around a fancy front entrance. The back is another story. It is to be a beach cottage facing the

water. What creativity and we haven't even gotten to the main house. Another treat. It is the most inviting place one can imagine with cozy, comfortable seating areas all around the home and pool. The home itself is wonderful and decorated for a party which we are invited to, but we're running late for our German dinner at Sandee's daughter's home. Jennie and Joey have prepared the ultimate German dinner, Bratwurst and twelve cheese bowl with pumpernickel, salad/sauce, hot German potato salad and all the trimmings. We met more nice people, Camille, the downtown development manager, 5 dogs and 3 cats rounded out our party. Also, Devin, Sandee's son had stayed with his sister. By then we were all completely tuckered out and headed for the Valley. We'd been in five counties, met countless people and eaten many calories. Still walking and talking. We went to Frank and Connie Freshwater's to join a few Fort Valley friends. What a day! What a lovely blessed day!

Let's plan more outings of this magnitude. "Annie" plays at Macon Little Theatre starting Dec 3rd and running through Dec 12th. Leapin Lizards! You don't want to miss the popular comic strip come to life. It is one of the worlds best loved musicals where a spunky red-headed child in a New York orphanage run by a mean and ugly Miss Hannigan, manages to foil her evil machinations, befriend President Franklin Delano Roosevelt and find love and adoption in the home of Daddy Warbucks, his personal secretary Grace Farrell and a big loveable mutt named Sandy. This is a must see musical. Plan a whole night out. Have dinner and a show. Tickets are \$18.00 Adults, \$15.00 Seniors. Contact 478-471-PLAY. Christmas is coming and this would make a great Christmas present, especially for someone who doesn't drive and doesn't get out much.

Ian Altman will give a free piano recital in Neva Langley Tickling Hall of McCorkle Music Building at 7:30 pm, Dec 8th. Ian Altman has a dual career, soloist and teacher. He is an active recitalist throughout North American and often performs with his wife, Barbara

Altman, cellist. And it's FREE.

Another outstanding musical outlet will be presented at the Wesleyan College Auditorium on Dec. 19th at 3:00 pm on a Sunday afternoon. This is a concert for all ages featuring the very best orchestral, choral and solo holiday music. The symphony will play classical and pops music assisted by the Coral society of Middle Georgia, the Mercer University Children's Choir, a local gospel choir, and area soloist performing Christmas favorites.

Don't get so excited entertaining yourself and friends that you forget Christmas is coming ready or not.

As we had a birthday bash for daughter Emily Griffin, cousin David Marshall and friend Joyce Pelphrey, we're already decorated and somewhat prepared for Santa. Baby Matthew plays "Twas the night before Christmas" over and over by pressing Santa's hand and watches as he bows his head and moves

his eyes and reads. He seems to be reading with him or at least helping. Maybe he's memorizing the story. Maybe not. He'll only be 2 on the 23rd.

Don't let us forget the "Nutcracker" of Middle Georgia on Dec 8th -12th at the Grand Opera House. Grand Denver loves that one. We'll do lunch and a matinee on the 11th or 12th at 2:30pm. Students (all performances) \$10.00, Adults (Wed. Dec. 8th, Fri. Dec 10th and Sat. Dec 11th) \$20.00. Adults (Thurs. Dec 9th) \$15.00, Adults (Matinee Dec 11th & 12th) \$25.00. midganutcracker.org. All seats are reserved. This is their 25th Fabulous Anniversary of the Nutcracker of Middle GA. 1985-2010. Congratulations to all the wonderful dancers of 25 years.

Have a very Merry Christmas and a Blessed New Year.

Yours truly.

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Senior NEWS

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Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 12,000; Macon/Central Georgia, 8,000; South Georgia, 5,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

“Oh come ye, oh come ye to Bethlehem.” I’ve never been to Bethlehem but I’ve always wanted to go. I can think of no other home town that calls me like the Holy City. I once had a good laugh when our pastor’s wife visited the Holy Land. She decided to take a camel ride with a friend. The ride was a bit intimidating but the laugh came when the camel spat in her face as she climbed off his back. I think that ended all urges to ride foreign animals. Wish I could have been with her. We always planned to go back together but it was one of those round-to-its that we never got around to. We also planned to write a book but didn’t get around to that either. She went to her heavenly home a few years ago and the world lost one of its sweetest angels. She was one of five real friends I’ve had in my life.

You know, the only good thing about the death of a friend or loved one is that one day we shall see them again. I can hardly wait to get to heaven to see my beloved Handsome Husband Doyle. This is my third Christmas without him and the fourth without precious son, Buddy. Life

goes on but some of the sparkle has gone.

Christmas was always the highlight of the year at our home. Two grandchildren left us exhausted after the holidays. Oh what wonderful fun and laughter. Son, daughter Susan and son-in-law, Gil, completed our small family but Christmas was quality not quantity. How thankful I am in my old age that I made beautiful memories to keep me warm and sane during long years to come.

We must not forget the memories handed down to us from Bethlehem. I can see the young mother and the tiny child wrapped warmly while sleeping in a manger. Experts who know far more than I am insisting that the birthday of Christ did not occur on December 25. Some say he was born in late summer. Strange how little the date seems to matter. The important thing is that Jesus was born – no matter when nor where – and we have been blessed throughout history to be able to worship him although sometimes at great price.

Today’s changing world has brought more unrest about our religious beliefs. Thousands of persons of different faiths have now come to live in our country. Some are offended by our reli-

gious beliefs and are trying to put a stop to all displays of our love and loyalty to the Christian faith. This is almost more than my mind can handle. How dare anyone come to our land, enjoy the freedom we have and then complain about our beliefs. Makes me very unhappy. I do wonder what God has in mind for us. One thing sure, His son will come again and we shall see him. Our pain and misery will be gone and we shall be free for all eternity. What a wonderful gift!

Don’t know where this year has gone but it moved on feathered wings. Seems only yesterday we were planning our holiday meal. Little did I know that by this Christmas I would learn that I will never be able to walk again – nor drive. Mind boggling to say the least. How quickly life changing events happen and how little we can do to stop them. I have spent my share of “why me?” hours but as with others, no answers were forthcoming. All my questions shall be answered one day and I shall live in a place of love, light and joy. It will be like walking on sunshine!

©11/29/10

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

Spiritual Notes

God is Great, God is Good!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

“God is great; God is good, let us thank Him for our food.” Do you remember this prayer which you probably said many times as a child? We not only remember saying it often, but we have taught it to our children and grandchildren and have voiced it with groups of children over the years.

I recently heard a devotional message by a minister who challenged us to think of the beginning of this familiar prayer; “God is Great, God is Good.” These six words are an acknowledgement of who our God is. Often times we repeat them without comprehending the reality of our words.

David sings of the greatness of God in many of the Psalms. In the 47th Psalm we read: “The Lord, the Most High is awe-

some, a great King over all the earth. He chose our heritage for us. God is king over all nations; God sits on His holy throne.” The Bible speaks repeatedly of the greatness of God.

Throughout history there are stories of individuals who developed a “God Complex.” They became powerful rulers or spiritual leaders and persuaded their followers of their divinity. One such story was of a French King who had conquered many lands and had set himself up as a god. When he died a great state funeral was prepared, and a single lighted candle was placed at the head of his gold casket. When the priest came in to start the service, he walked over and blew out the candle, saying, “only God is great.”

As we enter these days of Thanksgiving and Christmas, we will again celebrate the goodness of God. The Apostle Paul reminds us in 2nd Corinthians 8-9, “God is able to provide you

with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. He scatters abroad, he gives to the poor; His righteousness endures forever.”

God is great and He is good. We are recipients of His grace, protection, and love every day. We acknowledge His goodness in allowing us to live in a country where we have freedom to worship and work as we choose.

God’s greatest gift to us was the birth of His Son, Jesus. Through our belief in Him, “We might have life and have it more abundantly.” During this Holiday season, may your prayers continue to recognize God for His greatness and His goodness; and, yes, for the food.

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.

Artificial Christmas Tree by Lydia P. O'Nan

Tiny little Christmas tree
Standing there so merrily –
Your plastic needles and limbs of
wire
Do not a one deceive.
You've never stood in the forest
wide,
Nor clung to a steep mountain side.
From factory to store, from store to
home
Is all you've been allowed to roam.
Yet, you too tell the story
Of Christmas joy, love, and glory,
By giving the gift of hope and cheer
To the hearts of all who see you
here.

This Thanksgiving Be Sure To... by Mrs. Renee Kozlicki (Written for Thanksgiving 2008)

Take time to see the beauty of the
fall season.
Remember to give thanks for your
vision.
Help someone who is in need.
Remember to give thanks for what
you have.
Appreciate someone else's
performance.
Remember to give thanks for unique
talents.
Notice how lovely something is
decorated.
Remember to give thanks for
creativity.
Kiss and hug someone special to
you.
Remember to give thanks for
compassion.
Give respect to your elders.
Remember to give thanks for your
ancestors.
Inquire how you may be of help.
Remember to give thanks for all
those who serve.
Visit a friend you haven't seen for a

while.
Remember to give thanks for
friendship.
Instruct someone on how to do
something.
Remember to give thanks for
education.
Never forget how fortunate you are
to be a U.S. citizen.
Remember to give thanks for your
hard won freedoms.
Go before the Lord in prayer.
Remember to give thanks for His
many blessings.

Our Wall Woes by Vera King

We've heard there's a wall that wails
And we're all well aware there's a
China Wall
That stretches at length
There's a street in the North
Lined with walls that tower above
Many may remember the garden wall
That keeps a secret
And all the walls that divide to
conquer
But the wall that captures
My present attention
Is the one that divides
Us and Our Maker.

Why Do I Cry? by Geri Noel

Teardrops fall like rain
From my eyes
And people will ask me
Why do I cry?
But for us the living
We must go on
We'll remember our loved ones
In our prayers and in our songs
God has looked down from Heaven
And chose your loved one to ascend
I cry out of loneliness
I cry out of fear
I cry out of anger
At unkind words that I hear
I cry at births
I cry at death
I cry for my friends
And the tears they have wept

People will say
In death there is a better place
No loneliness, no fear
No anger to erase

But for us the living
We must go on
We'll remember our loved ones
In our prayers and in our songs

God has looked down from Heaven
And chose your loved one to ascend
That's why I cry for you
You are a good person and a good
friend

My Mirror by Margaret Hewitt

I look into my mirror; who is this I
see?
I don't know who this lady is – no
way it can be me.

This lady's old and wrinkled; my
hair's not gray, you see.
Where she came from I don't know.
I'm just glad it isn't me.

I'll go and get my glasses to see
what I can see.
Holy Smoke! I can't believe that that
old lady's me!

Trust in God's Tomorrow by Allene Rayle

God has not promised us tomorrow
But He has given us today.
Should we not be up and doing
As He guides us in our way?

If only we wait on Him, He will lift
us up and say;
Great things will I accomplish
If only you trust and pray.

God has not promised joy without
sorrow,
Sunshine without rain,
Peace and comfort always,
No, sometimes the pain.
Through all our trials and
heartaches,
God promises to be by our side.
Always ready to lead and guide us
Lest our wayward feet may slide.

The road is not always smooth
Not always easy to travel.
Hills and valleys may confront us
And rocks we may encounter.

Let us always be up and doing
That our lives will richer be
If we only trust in Him
God's tomorrow we shall see.

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On the Cover

The Perry Players present *The Homecoming*

by JANE WINSTON

ON THE COVER

The Senior members of the cast of *The Homecoming*: Left to right, seated: Sammy Bowers, Linda Deibert (the director) and Gary Deibert. Standing are Nelda Tawse and Jane Winston

Mention *The Homecoming* to folks and you might be greeted with a blank stare. Mention *The Waltons*, the 1970's TV series, and you most likely will be greeted with a smile and an affirmative nod of the head. Earl Hamner, Jr. wrote of the adventures of the rural Spencer family in two novels: *Spencer's Mountain* (1961) and *The Homecoming*: a Novel about Spencer's Mountain (1970). The second novel found life as a play and remains a seasonal mainstay of many community theatre troupes.

Eventually *The Homecoming*, subtitled *A Christmas Story*, made its way to the small screen first appearing on TV in December, 1972. This then gave rise to the long-running 1970's series, *The Walton's* with John, Sr. and John, Jr. (John-Boy).

Linda Deibert, a resident of Perry and a Media Specialist at Morningside Elementary school, chose to direct *The Homecoming* as her fifth Perry Players' holiday production.

Linda loves the classic Christmas tales almost as much as she loves working with the youngsters, as well as with the more-seasoned senior actors, from the local area.

The setting for this depression-era, holiday play is the home of Olivia and Clay Spencer on Christmas Eve. Clay, unable to find a job locally, is forced to work out of town which means traveling by Trailways bus and keeping an erratic schedule. And Christmas Eve, 1933, finds Olivia and her seven kids wondering if dad will make it home in time for Christmas.

Caleb Rogers, a senior at Perry High School, and no stranger to the boards of Perry High School and Perry Players, takes center stage as Clay-Boy, the oldest child of the family and the narrator of this poignant Christmas tale. Caleb skillfully guides audiences through the scenes where they watch the family members and people of the community struggle as they prepare for Christmas and the arrival of dad.

The true seniors of *The Homecoming* collectively have "bazillions" of hours on the boards of the local theatres, and they are Nelda Tawse and Gale Bryant as the Staple sisters; Gary Deibert as the hunter, Charlie Sneed and Sammy Bowers and Jane Winston as Grandpa Homer and Grandma



The Spencer family and two children of the community
Left to right, seated: Ashley Stepanek, Sabrina Sabine, Caroline Hooper, Allan Lee. Standing: Andy Davis, James Luppino, Timothy Heath, Chris Clements, Caleb Rogers, Darlyn Davis, Caleb Sabine and Natalie Vickers.

Ida, parents of Olivia and grandparents of the seven grandkids.

Rounding out the rest of the cast are Sabrina Sabine, Olivia Spencer; Chris Clements, Clay Spencer, Sr.; Kathryn Davis, The City Lady; Benjamin Johns, Ike Godsey, Jeff Hooks, the Sheriff; and, "young" Mary, Natalia Vickers.

Birdshot, a friend of the family, is played by Caleb Sabine. The seven grandkids are Matthew, Mark, Luke, John, Becky, Shirley and Pattie Cake, and they are played by James Lupino, Timothy Heath, Andy

Davis, Allan Lee, Darlyn Davis, Ashley Stepanek and Caroline Hoover. These talented youngsters represent Morningside Elementary as well as Bonaire, Feagin Mill, Christ United and Huntington Middle Schools.

Perry Players' *The Homecoming*

December 3, 4, 8, 9, 10, and 11. Evening performances are at 7:30 p.m. for this play. December 5 and 12 matinee performances are at 2:30 p.m. The Theatre is located at 909 Main Street in Perry.

Ticket prices are adults, \$12.00 and youth, \$6.00; except Wednesday and Sunday which are adults, \$10.00 and youth, \$5.00. Reservations are recommended and may be made by calling 478-987-5354 or on-line at www.perryplayers.org.



Clay-Boy Spencer and Birdshot
The two Calebs: (left) Caleb Rogers and Caleb Sabine

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Misleading postcards are not from Medicare

Submitted by Georgia Department of Human Services

The Department of Human Services urges older adults to be on the alert for misleading post cards titled "Important: Projected Medicare Changes." The cards are sent on behalf of insurance salespeople and are not endorsed by Medicare.

"Private insurance companies request signatures, ages, and other details on these post cards and then use the information to make sales calls and visits to people's homes," said Dr. James J. Bulot, Director of the Georgia Department of Human Services (DHS) Division of Aging Services. "If consumers have questions about Medicare changes, they should contact the GeorgiaCares network."

The GeorgiaCares State Health Insurance Assistance Program (SHIP) offers individuals free, one-on-one help provided by trained local counselors. The program is managed statewide by the DHS Division of Aging Services and Georgia's 12 Area Agencies on Aging. To contact GeorgiaCares, call

1-800-669-8387 toll-free or visit www.MyGeorgiaCares.org.

Callers may request personalized information about Medicare, Medicaid and Medigap matters, including long-term care insurance, claims, the resolution of billing problems, information and referral on public benefit programs aimed at those with limited incomes and assets, and other health care insurance information.

The GeorgiaCares team is ready to answer questions now about open enrollment for Medicare Part C (prescription drug coverage) and Part D (Medicare Advantage plans). Enrollment began November 15th, and recipients will have until December 31, 2010, to make their choices. After this period, beneficiaries may make limited changes during the annual Disenrollment Period of January 1 - February 14th of each year. Beneficiaries who do not want to make a change can remain in their plan from 2010.

GeorgiaCares SHIP counselors will answer hotline calls from individuals and provide community education sessions for any group throughout the state to help beneficiaries understand their options for

next year. Beneficiaries can call GeorgiaCares toll-free at 1-800-669-8387 or Medicare at 1-800-Medicare (1-800-633-4227) for assistance.

GeorgiaCares SHIP urges everyone to review their coverage and make sure that any changes to the plan for 2011 will still meet their needs. Beneficiaries who want to consider all of their options will have access to help from many sources, including a notice of any coverage changes from their drug plan; the enhanced Medicare Drug Plan

Finder at www.medicare.gov; the Medicare & You 2011 annual handbook that explains Medicare coverage; 1-800-Medicare (1-800-633-4227), which will be available 24/7; and GeorgiaCares - Local Help for People with Medicare, 1-800-669-8387.

For more information about services available to older Georgians and their families, visit the DHS Division of Aging Services at <http://www.aging.dhr.georgia.gov> or call 866-55-AGING (552-4464).



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(478) 476-0181 or (800) 675-1073



Centerville Rotary Club receives X-Ray Equipment for transport to developing nation

The Rehoboth Life Care Ministries, Inc. (RLCM) has donated an unneeded Panorex X-Ray Machine and two film development units to the Rotary Club of Centerville. This equipment will be shipped to the Rotary District 6920 Medical Equipment Transport Service warehouse in Savannah, where all collected donated medical equipment and supplies are received, sorted, and packed for shipment to

developing countries. Yesmin Wilson, Director of Rehoboth Life Care Ministries, said she is grateful that Rotary can make equipment such as the Panorex X-Ray machine available to developing countries. She went on to say that when participating in a mission to a developing country, the volunteers are overwhelmed with joy when they find equipment with which they are familiar and can be used in their mission work.



Shown after loading the Panorex X-Ray machine are: Rotarians Mark Waters, Club President; Rick Franklin; Jack Steed; Yesmin Wilson, Director of RCLM; Bob Griggers; Billy Tucker and Ken Asbury. Not shown but also assisting was Rotarian Bob Alman.



Help during the Holidays for Family Caregivers!

If you need a break from caregiving duties, to travel, work, or fulfill holiday obligations, try the Respite Program at Blair House.

Respite Care Seniors who need assistance can reside with us while a caregiver takes a vacation, attends to other matters, or enjoys a respite from caregiving. Participants will enjoy chef-prepared meals, social and recreational activities, assistance with personal care, medication management, and laundry service.

Family caregivers can relax and enjoy time away, while your loved one has fun and makes new friends at Blair House Senior Living!



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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.

TOZAL Eye Health Formula
Vitamins clinically proven to help maintain macular function.
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or call 1-877-948-7784.

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The Next Chapter

Fabulous books to give and get!

Book Reviews by ANNE B. JONES, PhD

Just in case your Holiday gift list isn't complete, here are suggestions:

Drive, by Daniel H. Pink is for those who love psychological insight. According to Pink most of us have outdated ideas about the causes of our actions. Whether we're CEOs trying to expand productivity or we just want to learn more about ourselves, *Drive* offers enlightenment about what makes us "tick." Basing his theories on scientific studies, Pink suggests people are inspired more by the ability to grow and develop than profit. His thought-provoking case studies are interesting and educational.

Taking Care of Me: The Habits of Happiness and *8 to Great: The Powerful Process for Positive Change* are two self-help works by Mary Kay Mueller. Both are practical books for those seeking personal growth. *Taking Care of Me* is a useful present for someone going through

hard times, searching for a new beginning, or attempting to heal wounds and relate to others. Simple and direct, it offers readers self-empowerment with the tools to make this attainable. *8 to Great* presents a step-by-step process for breaking out of negative patterns and acquiring greater self-fulfillment and success. This book would be very helpful to teachers, youth ministers and other adults who are working with teens.

Women's Uncommon Prayers: Our Lives Revealed, Nurtured, Celebrated, by Elizabeth Rankin Geitz, Marjorie A. Burke, Ann Smith, Debra Q Bennett, et al. *Women's Uncommon Prayers* is one of the most beautifully written books I have encountered. This comprehensive collection includes prayers and poems, some serious, others light and humorous, all arranged by a wide range of topics. There are prayers for guidance, special circumstances and occasions, transitions and everyday life. *Women's Uncommon Prayers* is such a treasure, I ordered three. One of them was for me.

Pet lovers will be entranced by

Ted Kerasote's *Merle's Door*. This story of the bond between a man and his dog explores how two different species can nurture and expand each other's lives. At times the book brings forth laughter. At times it brings tears. Always it is entertaining.

Racing fans will love *Gold Thunder*, the autobiography of 1960 NASCAR Champion Rex White. This book explores how, with self-education and determination, a young man overcame a physical handicap to become one of the sport's greatest drivers. Set against the backdrop of the development of NASCAR, *Gold Thunder* gives insight into the making of a champion whose "magical" Chevrolet was painted with gold dust. O.K., O.K., I cheated. It's *Gold Thunder* as told to Anne B. Jones. Yes I wrote this book. BUT, since it's had three printings as well as good reviews I didn't write... I heartily recommend it.

Feedback and comments welcome: annebjones@msn.com; annebjones.com.

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HOUSTON LAKE



C'mon, let's eat

by FAYE JONES

What a joyous season! If the rest of the world suffers from my problem, then millions are enjoying their "sweet tooth" to the fullest. This is the season to let down the bars and enjoy all the good fun and food that comes our way.

As a child Thanksgiving and Christmas were magical times. We didn't have too much in the way of material things but there was joy enough to go around and some to spare. Our main pleasure came from food. Oh, the aroma of hams and turkeys and the fragrance of spices wafting through the house made memories we cherish to this day. Each Christmas brings new memories for us to cherish so let's start making a few memories by reaching back into old cookbooks for good things to eat this year – starting with

the age-old beloved southern divinity candy. Read on!

DIVINITY CANDY

4 cups sugar
2/3 cups corn syrup
2/3 cup cold water
3 egg whites, beaten until soft peaks form
Pinch of salt
1 tsp vanilla flavoring or extract
1 cup chopped nuts

Boil sugar, syrup, water and salt to a soft ball stage. Remove from heat and add vanilla. Pour 1 cup of hot mixture into egg whites. Continue beating mixture while cooking the remaining sugar mixture until it tests "brittle" when a drop of syrup is dropped in 1/3 cup cold water. When brittle stage is reached, pour syrup into egg whites and beat until candy begins to lose its shine. Quickly stir in nuts and drop candy by teaspoonfuls on wax paper. Let

cool. Store in airtight container.

SQUAW CORN

6 slices bacon, diced
6 eggs
1 small onion, diced
1 (No. 2) can cream style corn
Salt and pepper to taste

Fry the bacon and onion until the bacon is crisp and the onion is lightly browned. Pour off the excess fat. Add the corn to the bacon and stir until heated. Add the unbeaten eggs and stir until the mixture thickens. Season with salt and pepper. Good for brunch or late evening lite meal.

HOLIDAY BISCOTTI

1/2 cup butter or margarine, softened
1 cup sugar
3 eggs
2 tsps vanilla extract
1 tsp orange extract
3 cups all-purpose flour

2 tsp baking powder
1/2 tsp salt
2/3 cup dried cranberries, coarsely chopped
2/3 cup pistachios, coarsely chopped
2 tbsp grated orange peel

In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Stir in extracts. Combine flour, baking powder and salt; gradually add to creamed mixture and mix well. Dough will be sticky. Stir in cranberries, pistachios and orange peel. Chill for 30 minutes. Divide dough in half.

On a floured surface, shape each half into a loaf 1-1/2 to 2-in. in diameter. Place on an ungreased baking sheet. Bake at 350 degrees for 30-35 minutes. Cool for five minutes. Cut diagonally into 3/4-inch thick slices. Place slices, cut side down, on an ungreased baking sheet. Bake for 9 - 10 minutes. Turn slices over and bake 10 minutes more or until golden brown. Cool on a wire rack. Store in an airtight container. Yield: 2 dozen.

Enjoy! ©11/29/10

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.

Macon/Central Georgia CALENDAR

CALENDAR NEWS GUIDELINES

"CALENDAR NEWS" is provided FREE of charge to "true" not for profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your editorial materials by the 15th of the month prior to the preferred month of publication. Please mail your requests to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

Coliseum Health System "Medicare Made Easy"

Mon., Dec. 13, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete information call Nancy White at 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

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CALENDAR

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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 pro-
gram 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 promot-
ing 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 fol-
lowing 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" 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 espe-
cially need help on Thursdays and
Fridays. Meals of Wheels is a wonderful
organization which takes pride in every-
thing 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 informa-
tion.

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

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.

• NARFE: 2nd Wednesday of each

month. Charles Farmer, President, 478-

922-2453.

• Ted Wright Senior Citizens Social Club

2nd and 4th Thursday of each month.

Betty Lou Lovain, President, 478-922-

7774. 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 informa-

tion 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-

continued on page 11

General Business Directory For Seniors

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

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CALENDAR

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929-3816.

Houston County Council Of The Blind

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

Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

Health Education

The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses, community-based organizations, and faith-based organizations upon request.

For additional information call 478-749-0113.

The Macon Arts Alliance's Arts Art Gallery

451 Martin Luther King, Jr. Blvd.
478-743-6940

Massee Lane Gardens

For information call 478-967-2358 or www.camellias-ac.com (The American

Camellia Society.)

Macon Little Theatre

4220 Forsyth Road, Macon
Reservations: 478-471-PLAY

Museum of Arts & Sciences

4182 Forsyth Road, Macon
478-477-3232 or visit website www.mas-macon.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485
• You Can't Take It With You by Moss Hart & George S. Kaufman: Dec. 3-11

Warner Robins Little Theatre

South Pleasant Hill Drive
478-929-4579; www.wrlt.org

Douglass Theatre

355 Martin Luther King, Jr. Boulevard,
478-742-2000

Georgia Music Hall of Fame

200 Martin Luther King Jr. Blvd., Macon;
888-GA-ROCKS
www.georgiamusic.org

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village,
Macon. 478-744-9557; middlegeorgiaart.org. Tues.-Fri., Noon-5 p.m.; Sat., Noon-3 p.m.

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.

Senior College Offers Variety of Programs

Wesleyan and Macon State Senior College offers older adults a variety of educational opportunities designed to enable continued lifelong learning and lifestyle enrichment. Courses are held on either the Wesleyan College campus, Macon State College campus, or Carlyle Place and are available to anyone over the age of 50.

For additional information call 478-471-2770.

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. Logan Smith will be in concert at 6 p.m., Oct. 31.

NAMI Central Georgia National Alliance on Mental Illness

Barabra Long, Executive Director
478-328-0508

(Call for details on events)

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

• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m.,

Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

FAMA Meetings

FAMA (Families Against Methamphetamine Abuse) meets the 3rd Tues. of each month, 6 p.m., Centerville Lions Club. Call 478-953-6955 or visit www.middlegafama.org for complete details.

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.

General Business Directory For Seniors

Vineville Christian Towers An Apartment Home for Senior Citizens

- All utilities included in rent
- Stove, refrigerator and drapes provided
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- Library/Exercise Room
- Activities/Grocery Shopping Day Trips
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4664 Sheraton Drive (turns off Arkwright Road) • Macon
www.arc-macon.org 478-803-1456

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Lets help Aspen get her Groove back!

by CLAIRE HOUSER DODD

The groove they are speaking of is Michael Sean Groover, son of Denmark and Betty Lou Groover of Macon and Gray, Georgia. He graduated from Jonesco Academy and Mercer University. He has been in Aspen, CO for approximately 30 years and is a beloved local who has been city champion in golf and chess and also holds many ski awards. He is a paraglider pilot and poker player extraordinaire. A real local hero and a mighty fine guy.

Sean, or as you middle Georgia folks may remember him, Michael, has recently been diagnosed with stage 4 cancer, is being treated in Seattle WA; and, nurtured by sister, Shannon, who served his Thanksgiving dinner early so he could eat and enjoy before starting his second round of chemotherapy. His first round has been successful: 20 to 50% lesions in lungs disappeared, liver OK, colon better. This test was performed on November 19th.

Aspen is conducting a big fund raiser for Sean on December 5th called "Help Aspen Get Her Groove Back." They miss him and want him back. He is the man about town and everybody loves him. Besides teaching skiing and saving people on the slopes, he has a business 6 months of the year as the veteran fly fishing guide of Aspen. He also sells real-estate.

If you are a computer savvy person you may hook up with Sean at <http://www.caringbridge.org/visit/seangroover> and check out the messages to and fro. Sean is wonderful, loving and appreciative. We see him humbled by the love and support he is receiving. A

couple of friends from Aspen went to Seattle to surprise him and take him paragliding before he started chemo. Other friends get him out and on the golf course every day he can make it. A born athlete and an Allstate basketball player from Jonesco, he has always been active and stayed in perfect shape, eats right, thinks positively, and love his fellow man... and his vegetables.

We were having an all veggie explosive dinner for him last Christmas, but at the last minute, Betty Lou couldn't come, and since he was on a short visit, he didn't want to leave her. But he said, "Leave the Christmas decos up, I'll be back in a month." He got busy. Time passed. Then it was leave them up for summer, we'll have Christmas in July. Then he found out he was sick, but the decorations are still up for him to come for a veggie dinner anytime.

If you would like to help Aspen get her Groover back, you may send checks to any Alpine Bank, Sean Groover Benefit Fund, Aspen CO 81611, or call Mark at 970-319-9833, Susan at 970-923-2226, or Joey at 970-379-0153 for any other offers.

So many good wishes and heartfelt thoughts go out to Sean and his family, Heather, Melissa, Steve, Duke and of course Betty Lou.

We all want his recovery; and, as this brave fighter says, "He'll kill the Beast!"

Let us leave you with one up beat message his nephew Pierce Denmark Groover sent, you'll love and appreciate this one about his grandmother, the one Dr. Dodd called Better Lou:

"Lulu is sitting in a bed, well... sprawled on a bed, and she is eating chocolate ice cream. Of course, in the middle of my trying



to seek praise from my oh so maternal grandmother the slightest morsel of praise for an English essay my teacher claims is brilliant, when, in a profusion of melted ice cream and spittle erupt from her mouth, telling me of how this scenario reminds her of when some exotically intoxicating Spaniard swept her from her feet and did the Samba all night long. How this correlation is made escapes my mental capacity, but the whole situation was so deliciously random, that I

laughed, conjuring the sarcastic contortions of your reaction to her arbitrary thought process, combined with the chocolate sloooooowly making its way down her chin, where it stayed for the rest of the day. I love you, Uncle Sean, from your witch cackles to your Fincher's, from your butterflies to your skis. I love you."

Sean appreciates all his friends and family and in his words, "My sweet Mom in Macon... always there for me my whole life."

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