



Senior News

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November 2010
Vol. 24, No. 11

Taking Care

Being a supportive friend... 12 ways to help an Alzheimer's caregiver

by LISA M. PETSCHE

One in ten Americans over the age of 65 and almost half of those over 85 have Alzheimer's disease or a related type of dementia (loss of intellectual functioning).

Alzheimer's disease (AD), the most common form of dementia, involves gradual breakdown of nerve cells in the brain. Affected persons lose the ability to interpret information and to send messages to their body to behave in certain ways. Over time they experience mental, emotional, behavioral and physical changes, necessitating increasing amounts of supervision and, eventually, hands-on help with activities of daily living.

Family members, particularly wives and daughters, provide most – and in many cases all – of the care. They are at increased risk for depression and other health problems due to the emotional strain and the physical toll of care giving.

The following are some things that you, as a friend or relative, can do to help prevent an Alzheimer's caregiver you know from wearing down.

1. Keep in touch.

Recognize that you may have to

make most of the effort in maintaining the relationship.

2. Become informed.

Educate yourself about AD – to help you understand the kinds of challenges caregivers can be faced with – and share information with family and friends. Share finding with the caregiver as well – especially strategies for managing challenging behavior.

3. Lend an ear.

Listen non-judgmentally and demonstrate compassion. Do not give unsolicited advice.

4. Connect them with other caregivers.

Locate caregiver support groups (contact the local office on aging or Alzheimer's Association chapter) and encourage the caregiver to try one. Offer to stay with their loved one while they attend meetings or, if concurrent care is provided, accompany them to the first meeting.

5. Promote self-care.

Encourage the caregiver to eat nutritiously, exercise and get sufficient rest in order to maintain good health. Do whatever you can to help make this happen. For example, bring over a meal, or offer to sit with their loved one while they go for a walk or take a nap. Also encourage them to get regular checkups. Offer to stay with their

loved one while they attend appointments.

6. Provide practical help.

Determine what kind of assistance the caregiver could use most. Perhaps it's picking up groceries, running errands, or doing laundry or yard work. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or baked goods or, if you're a neighbor, sweep both walks or bring in both sets of garbage cans.

7. Surprise the caregiver with a treat.

Ideas include a rented movie, a favorite magazine, fresh flowers or a plant, or a gift certificate to restaurant that has delivery service. If you're on a limited income, sign out reading materials, movies or CDs from the local library.

8. Give the caregiver a break.

Offer to sit with the loved one for an hour while they go out to a hair appointment or to church, or for a longer stretch so they can attend a cultural or social event.

9. Locate resources.

Offer to obtain information about community supported services – such as accessible transportation, home care, adult day care and residential respite programs – if none are in place, and

encourage their use as appropriate.

10. Join the local chapter of the Alzheimer's Association.

Your support will assist them in providing aid not only to your friend or relative but also to other AD caregivers like them. Typical chapter programs and services include a telephone hotline, support groups, a Safe Return program for wanderers, training for family and professional caregivers, a newsletter and a resource library. Membership also makes a thoughtful gift for the caregiver, connecting them to a key resource.

11. Watch for signs of trouble.

Encourage the caregiver to seek help from their primary physician or a mental health worker if they feel overwhelmed or hopeless (possible signs of clinical depression), or if they start to fear for their safety or that of their loved one.

12. Stand by the caregiver.

Praise their efforts and be an ongoing source of encouragement. In particular, support them if they decide to pursue placement in a long-term care facility. Do whatever you can to help them and their loved one with the transition.

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

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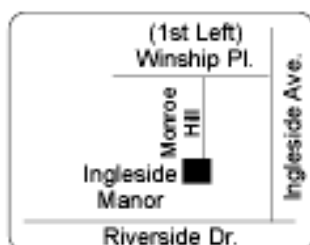
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Let us entertain you

by CLAIRE HOUSER DODD

A radical is a man with both feet planted firmly in the air.

Franklin Delano Roosevelt

With voting time upon us we find President Roosevelt's quote quite apropos. The voting may be over by the time you receive this paper; some of you will be ecstatic, some in the doldrums. We only hope for better times ahead as that last administration couldn't (or wouldn't) fix the problems. However, we bet their particular pockets were not hurting!

Enough of the downbeat and, hey, it was not all down. Most of the campaigning furnished us with plenty of laughs. We love the promises and the pats on the backs they gave themselves. They could be down-right comical.

Let's get out of the ditch and back on the road. "Fall has fell." We're happy about it and on our way to North Georgia where the winds are cooler, the leaves are prettier and, in Helen anyway, the people are friendlier. Naturally, they're trying to sell, entertain you, and keep you around. They do it well. We're off to visit cousin Bill Barton in "them thar hills." He's got a cute A-frame in the mountains living the life of a hermit plus putting his movie together.

Park managers in the area are depending on a colorful, eventful fall, following the summer heat. They're advertising a spectacular leaf season from September through November. Try not to miss it. If you're in Middle Georgia it could be a day trip. We do love to "leaf" town every now and then.

A few of our most popular leaf watching parks include Amicalola Falls, Black Rock Mountain, Cleveland Canyon, Fort Mountain, Moccasin Creek, Smithgall Woods, Tallulah Gorge, Unicoi and Vogel.

If you live in Middle Georgia or South Georgia, please try Providence Canyon State Park, better known as "Georgia's Little Grand Canyon," with its hiking trails and picnic areas. You'll love it! Dr. Dodd and yours truly went to the Grand Canyon and we were so mesmerized that when we got back we just had to go see what Georgia had to offer. We were pleasantly surprised, walked down into the canyon (which was impossible for us in the Grand Canyon) and had a lovely picnic.

And of course, there is always Pine Mountain Trail right out of Columbus with 23 miles of sassafras, hardwoods, sweet gums and mossy rock gardens. Roomie Varese, from Wesleyan, and I just rode all over the place, walked about two miles, ate at the lodge and had a most enjoyable time. Most places are dog friendly, too. We had her two accompanying us!

One word of advice: if you plan to spend the weekend, please call ahead as early as possible. These

picturesque mountain cottages and yurts (wood framed tents) fill up quickly and often there is nothing left to rent. A rather sick feeling when one is tired, hungry, sunburned and night is coming on fast. A "Nightmare on Main Street" of your very own!

We're headed up to Atlanta to a party to honor Clarice and Bruce Woodruff. People from all over will be there. Many states and countries will be represented. We'll try to do Peach County justice! While in Atlanta we intend to see the Dali exhibit at the High Museum of Art on Peachtree Street. Only \$15 for seniors. It will be showing through January 9th. You may want to call (404) 733-HIGH for more information.

Bobby McDuffie plays Carnegie Hall in New York City on November 10th. We're trying to get a buddy to fly up with us on a Mercer planned trip to leave the 9th and return the 12th. Sounds like a good deal. ANY deal to see and hear Bobby has to be a great opportunity.

Most of you are already preparing for Thanksgiving. We can't go for that, yet, as daughter, Emily, has a birthday before then. We're busy trying to think up something to do for her. THEN we'll worry about Thanksgiving.

One thing we're going to do is serve a big bowl of real cranberry sauce with real cranberries – not just a jellied roll, as a condiment. We baked a hen with rice, the other day, had a couple of vegetables, but realized the cranberry dish made the meal. So why use it sparingly? We're not one to scrimp. Hey, if one is good; dozens must be better!

Having had a successful Ginger Bread Market, last year, Byron is having another Saturday, November 27th. Too late for Thanksgiving, but just right for Christmas. It will be

from 10 a.m. 'til 4 p.m. at the Byron Municipal Complex Conference Center. This is an arts/crafts show featuring everything from paintings, holiday gifts, ornaments, sewing creations and baked goods to, we hope, gingerbread men. If you would like a booth, call Regina Mansfield at 956-5555. Better hurry. Time's-a-wastin'.

Speaking of "The Final Wave Reunion" so successfully put on by 1969 and 1970 Fort Valley High School grads Monisa Trice Moore and friends – it was awesome. The gym was a fairy wonderland. It was the answer to anyone's dreams. That old gym had magically disappeared and, in its place, a fantastic night on the French Riviera with twinkling stars, patios with umbrellas, delightful music, a perfect dance floor and everything your fantasy could dream

up. A tip of the hat to Patty Gilbert Hill and her crew. A perfect ending to a perfect day. Congratulations to all those who participated.

One of our most fabulous happenings in Middle Georgia is the Symphony. Rei Hotoda will be conducting November 13th at 7:30 pm at the Grand Opera House. Anton Nel will be on piano. The three presentations will be Bernstein- "Three Dance Episodes" from "On the Town," Gershwin- "Concerto in F" and Copland- "Symphony No. 3." Remember, she is vying to replace Adrian Gnam as conductor of the Macon Symphony Orchestra and your vote is important. See you there.

Luck never gives: it only lends.
Swedish Proverb

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

As I write this epistle I am looking out the windows at maple trees that are bending down with a fall wind that feels like spring. It's hard to tell whether my body temperature is caused from the weather or hormones but something is out of balance. It's simply not normal to sweat in November – but then again, look at the beautiful roses that have been hybridized to bloom through December. Things ain't what they used to be.

We've already begun to plan our Thanksgiving dinner. I thought it would be neat to have something different but the kids fell out in a group at the mention of not having fried turkey. I had thought a crown roast would be nice but that idea bit the dust as soon as I presented it. Some traditions are here to stay but I truly don't mind. As long as there is dressing and cranberry sauce our dinner will be a success.

I have so much for which to be thankful this year. It has been a nightmare year but I am finally beginning to cope. As you

know, I have been recovering at my daughter's home in Eatonton from several surgeries. We thought it was short-term but now know that it may be permanent. Nerve damage done to my legs is permanent and I am unable to walk and maneuver without a walker or wheelchair.

It has been a challenge to accept the fact that I must sell my home and all my belongings. As I looked through my house a few weeks ago when we went home to check out the home-stead, I became aware that it was small things in the house that I was attached to and wanted. It was not the huge bedroom suits nor the couches nor the Southwestern room with the fireplace that moved me. It was little things; a glass egg ring box given to me nearly 40 years ago by our minister's wife who was my dear, dear friend and who just left this world several months ago. Also, there are glass cats from my "sister" Helen. Seems the small things that are gifts from the children or friends are beyond price. I like that.

We have some changes to make but life is full of changes and I am so thankful this

Thanksgiving day that I have been taken into my daughter's home where there is love to spare. This transition is not easy but it has been nothing like I thought it would be. After I realized that I could no longer live alone in my home there was nothing left to do but go to daughter Susan's home. She is beyond happy since she has tried for years to get me to move to Eatonton.

God has blessed me beyond belief. Now all I would like to have is a Thanksgiving turkey with nice brown skin. You see, we have a family problem. No matter if the turkey is baked or fried, my family picks the skin off and the poor turkey looks pale and sick. In the meantime, kids are wiping their mouths and patting their tummies. Some kids never grow up. But you know, that's like walking on sunshine to an old mother who has so very much to be thankful for this year. Blessings to all.

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

Spiritual Notes

Grandparents' Influence

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

My wife and I recently took a trip with a group of senior adults. Much of the conversation among those of us who were grandparents revolved around the actions and accomplishments of our grandkids. There are daily reports in the media today regarding the plight of the young. We read of teen robberies and murders as well as an increase of drug and alcohol use.

No one can deny that there are problems among our youth today. Who is to blame? Some say the lack of concern among parents; others blame the movie industry and TV, as well as the school system. The arrival of the computer and other gadgets of technology can also be added to the list.

Because of the rapid pace of life in families today, there are few opportunities for them to spend quality time together. We all have observed families in restaurants where the kids and/or parents are on the cell phone or engrossed with a mechanical toy. Very few words are exchanged during the meal.

Parents are given good and prophetic advice on childrearing in the following Scriptures. The Book of Proverbs states in Chapter 13, Verse 24: "He who spares the rod hates his son, but he who loves him disciplines him promptly." Also a familiar passage in Proverbs is 22:6: "Train up a child in the way he should go, and when he is old he will not depart from it."

These scripture verses obviously apply to the parents more than to grandparents; however, there are occasions where our influence can be effective. Grandparents are an important

part of the family constellation. In Romans 12 we read in the first number of verses (paraphrased): "In Christ we who are many form one body, and each member belongs to all the others. We have different gifts, according to the grace given us."

Family members should work as a team. Our gifts are not the same as the parents; but, nevertheless, valuable. As grandparents our passion, prayers and mission should be to support and reinforce the efforts of the parents. Make the time you spend with your grandchildren, and all youth, count as we hopefully make a dent in the problems facing the youth of our country.

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.

Harvests

by Ada Wynelle Wade

From somewhere emerges a great moon burdened with gold
Struggling up sky-stairs, she floods fields and hay rolls in light
Now agleam, now cloud-dimmed, an intermittent miracle stunning eyes
As, among myriad spectators in awe, she seeks a seat.

Often drowned in memory by this October night, I hear hooves
In a circle and juice flowing;
A plump uncle in overalls
Beside a vat, stirring, testing, with syrup-stained bib,
In earnest talk with my father about crops, gallons, juices, and
Pork readied at summer's troughs for the coming winter kill,
Child chases kin-child, sprites in the night air, squealing at mice.
Shivery surprises happened upon in the approaching darkness
While the sky-queen ascends her sky-throne in magnificence.

Once again returned, in the twilight hush awash with her glow,
She stirs me. Silently I gaze, amazed at the eternal glory of
Her presence that speaks to my heart of yesterdays and
Of ancients who've watched her, enthralled as I, and are no more.

Crocheted by God

by Jeani M. Picklesimer

Crocheted by God, the bits of lace
Drift to the earth from outer space...
Small doilies fall at Father's Will.
Fresh patterns dance with feather grace.

Then take a bow; though I give chase
I cannot hold nor, thus, embrace
A single puff of Heaven's spill,
Crocheted by God.

Ice linens seek a landing place,
And silently some brush my face –
A dainty kiss, an instant thrill!
My eyelash hugs a flake until
The raveled net leaves but a trace,
Crocheted by God.

Growing Old

by Oliver Cantrell

As we age, why complain,

Maybe we didn't obtain wealth & fame!
Some times were good,
Some might have been bad,
But overall look at the fun you had.
Anyway, what can you do...
But live your life good and true?
And hope that one day,
After you are finally laid to rest,
That you will be able
To past God's ultimate test...
The test of where you will finally dwell.
Will it be Heaven?
Or will it be Hell?

Your Son, My Son

by Berniece Eubank

There stood a dear old mother,
So well advanced in years,
Who stood beside an open grave
And wept with anguished tears.
She could not understand
Why God had called her son,
She had not other living kin,
He was her only one.

She turned her face toward Heaven
And asked "Dear Father," Why?
Why did you take my only child,
Why did he have to die?
I should have been the first to go,
You left me all alone.

There's no one left on earth "Dear Lord"
No one to lean upon.

The dear heartbroken mother
Said, Father tell me please
Just why you took my only son
Then I will be relieved.

A peaceful voice came down that day,
To comfort and be near,
He softened all her anguish and
Soothed her many tears.

And in a voice so strangely still,
He set a scene upon a hill
He said, "I too, had just one son,
His name was Jesus Christ"
He received the sins of many
And he paid an awful price.

He trudged that hill to Calvary
And hung upon a cross,
That day I lost my only son,
I understand your loss.

Golgotha claimed his life blood
He bled and died you see
So all the sons on earth down here
Could live eternally.

You asked me why I took your son,
"His place was next in time,"
But just remember mother,
In return, "I gave you mine."

AAA offers Better Choices Better Health Workshops

Submitted by
Nicole Gaither, RN, BSN
Aging Services Coordinator-
Wellness, Middle Georgia
Regional Commission, Area
Agency on Aging

The Middle Georgia Regional Commission/Area Agency on Aging has received stimulus money from the Division of Aging Services and the national Administration on Aging as part of the healthcare reform to facilitate the Chronic Disease Self-Management Program (CDSMP). Developed by Stanford University, the Program's underlying philosophy is that people with chronic conditions have similar concerns and problems although the diagnosis and severity may differ. Free-of-charge, highly creditable, and evidence-based, this Program is used internationally in 15 countries and over 39 states in the U.S.

The Better Choices Better

Health Workshops, offered by the Area Agency on Aging (AAA), are part of the CDSMP. The workshops are held in a community setting, one day per week, for six weeks with a small group of 10-16 people. Facilitated by two group leaders, the sessions are highly participative and allow opportunities for discussion and problem solving. Participants choose their own goals and track their progress toward success. Those completing the workshop report feeling better with fewer limitations and having confidence to manage their health.

For more information about the AAA or Better Choices Better Health Workshops, contact Nicole Gaither, AAA Wellness Coordinator, at 478-751-6411 or visit our website middlegeorgiarc.org. Businesses and community organizations are encouraged to contact the AAA to discuss opportunities for partnership.

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Musical Theatre: Franklin Gross... a new musical genius

by CLAIRE HOUSER DODD

A new musical genius has emerged on the campus of Fort Valley State University. He is a very new doctor, Franklin Gross.

Leonard Giles, chair of the music department of FVSU, introduced us as we needed a musician for a Symphony party and we made a connection. He played so

well at our party, joined the MSO, visited a couple of times and we had several dinners together. We are impressed.

Dr. Gross, originally from Boca Raton, attended Florida State University and won many piano competitions. He has performed for the Federation of Music Club's National Association, the Florida State Music Teacher's Association, the Congressional Black Caucus at

the Meyerson Symphony Center in Dallas and in the summer of 2009 his performance with band conductor of great renown, Jerry Junkin of the Dallas Wind Symphony, aired twice worldwide on National Public Radio.

Having received his doctorate degree in Austin at the University of Texas, we thought it almost prophetic that his first original music drama was performed at the historical Austin Theatre in Fort Valley, Georgia.

This musical theatre presentation of "The Dead Painter's Son" is actually Franklin's dissertation for the doctorate: a very convoluted story about a young magician in 1942, in Atlantic City, who decides to take his magic act into the streets to deal with real human emotions. Somewhere along the way Omri, the magician, finds and wears a ring that is cursed by the spirit of the slain painter who seeks revenge on his killer. From that point on, Omri's psyche is tainted and a web of tragic events ensues. The female lead, Ariel, is involved and consumed by the love, charm, romance and murder so evident in the piano music that Dr. Gross plays so beautifully and dramatically that the audience is brought to tears.

We will not attempt to give you a run down of the story as it is way too complicated for this one article. It took Franklin seven years to perfect and we don't see how he put it together so quickly! You can understand that this writer would not dare try to explain it in a few hours. Let us say that it is a dramatic cross between a Shakespearean tragedy and a Wagnerian opera. We agree with his dissertation judges that he has

written an opera.

The Thursday night performance at the Austin Theatre on October 14th was quite successful, enjoyed by a hefty group of music lovers and was followed by a very nice reception given by the Fort Valley Arts Alliance where we were so pleased to meet Franklin's parents, Jerry and Sally Gross, of Raleigh, North Carolina.

This musical theatre presentation was professionally recorded by Professor Joey Stuckey (another musician) who teaches "Music Technology" at Mercer University and is a superb technician. That's what was needed as this recording will be sent to New York to be entered in the Richard Rodgers ASCAP Competition sponsored by the Academy of Arts and Letters in NYC. One of the last big winners, "Rent," a renowned musical by Jonathon Larson, became famous and played Broadway by virtue of winning this ASCAP competition.

One of the judges will be Stephen Sondheim, assistant to Leonard Bernstein and lyricist to "West Side Story." Congratulations to Dr. Gross. We're behind you 100%. Even went to rehearsal to offer some acting, direction, voice and diction perks.

Those presenting "The Dead Painter's Son" music and sets, so successfully: Omri (The Magician), Franklin Gross, Ariel Withers, Fatimat Mohammed, Bernie Livingston, Tony Hambrick, Nayda Nickels, Dana Jefferson, Buddy Boy, Gabriel Posey, Henry Aldwell (Magician's assistant), Jawan Hickman, Hired Hand, Joseph Thomas, Commissioner (a.k.a. Mish), Kenny Bowman, Mrs. Jones, Sha'Keema Solomon, City-goers, Brittaney Carter*, Shannon Swygert

Set 1: (A girl Just Wants to Be Admired) – Don't it Feel Nice to Be in Love – (Face in the Moon-Part One)

Set 2: The Venuti Family
Set 3: What a Gal is She – Come Out to Play –Somewhere in a Dream

Set 4: Bigger Things – (Face in the Moon- Part Two)

Set 5: (Let's Take a Picture) – Heaven Holds a Prayer

Set 6: Love is Dangerous
Set 7: My Name is Nightmare

– Walking in a Murderous Trance
Set 8: If From the Rooftop – Don't Jump – (I am the Dead Painter's Son)

*Ms. Carter was a student director, along with guests, Claire House-Dodd and Vince Evans.

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Author of
Making the Golden Years Golden

In my book *Making the Golden Years Golden*, I help the reader develop plans for their future retirement. Women tend to be less prepared than men. In this article I address the women that are more likely to be less financially savvy, and thus make costly mistakes.

The statistics show that women live longer than men, on the average 8-10 years longer, 50 percent of marriages end in divorces, so you must be prepared to manage your finances wisely if you should be one of the women that are living on their her own. The following are 10 mistakes that are most commonly made as well as suggestions of how to avoid them, or correct them:

1. Being unfamiliar with finances.

Women tend to let their spouses handle family finances and all related decisions. Protect yourself by making sure you know of all investments, all accounts, and your name appears on all of them. Joint ownership establishes your legal right to all assets in the event of

your spouse becoming ill, or the unfortunate event of the marriage ending.

2. Not saving early enough for retirement.

It is never too late, start today. Resist unnecessary spending. However small the steps, start as soon as possible.

3. Investing in one basket.

Diversify your investment to reduce risk. When investing for retirement go with lower levels of risk, and put money into accounts that will give you a tax break, such as 401K or an Individual Retirement Account (IRA). The longer you build up your retirement assets with tax differed accounts the better of a retirement you will have.

4. Starting tapping into retirement account too soon.

No matter what is the reason, do not use your retirement money. It is difficult to replenish it.

5. Starting to collect Social Security too early.

Some two third of retiring Americans begin to collect early at a reduced rate. If you wait 'till you're 65 years old with collecting your Social Security benefits, your monthly check will be 20 percent higher, then if you start at 62 years.

6. Not purchasing Long Term

Health Insurance.

Women are more likely not to have Long Term Health Insurance, assuming that Medicare will cover home care or nursing home stay. Medicare will only cover 100 days of rehabilitation and only if you will recover from the condition you are being rehabilitated from. If you purchase LTI early, in your fifties, it will be much lower then if the same policy is purchase in your sixties.

7. Carrying Debt.

Decrease debt that so easily piles up on credit cards. Avoid needing to pay interest on credit card balances. Try to enter your retirement years debt free.

8. Not having a Will or Health Proxy.

Eight out of ten women do not have Wills or Health Proxy. The first instruction as to what should be done with your assets, the second empowering someone you trust to speak for you when you are unable to do so regarding medical care. If you do not have a Will, the state may step in to administer it (and charge your estate for this favor), if you do not have a Health

Proxy, doctors that may not know you will decide regarding your care.

9. Not Planning for Residential Options in the Future.

Plan your life after retiring. You will need about 80 percent of your current income to live comfortably. You should preplan your residential situation. Consider scaling down housing expenses. Most of us do not need the large houses we lived in with our children. Research ahead of time what are the option and the cost for them, i.e. retirement communities, residential facilities, senior housing, etc.

10. Women are less likely to start second careers.

If you need to supplement your income there are many opportunities that can be suitable for you. You need to research what is available, you may checkout the local school, they always need aides, the local hospital, nursing homes, libraries, they all need part time workers.

For more information visit
www.goldenyearsgolden.com.

The Next Chapter

Big Girl... a light read

Book Reviews by
ANNE B. JONES, PhD

Big Girl
by Danielle Steel
Delacorte Press, New York, 2010

Big Girl is a light read with an interesting but predictable look at a woman whose weight has been an issue all of her life. Danielle Steel is one of our most popular female authors and this work reflects her tendency to explore current topics and women's issues in an entertaining informative way. As is her usual style, she has included a large and satisfying portion of romance.

Big Girl opens with a heart rending portrait of Victoria Dawson, a young woman raised in Los Angeles, who is deemed unlovable by her family because of her looks and size. Unable to fit in, she escapes to a different world, establishing a new home and a refuge in New York.

Steel's depiction of how parents contribute to and destroy their children's self-esteem is a lesson well taught. Using a psychologist as a supporting character, she gives readers a view of the results of dysfunctional family dynamics, while demonstrating how one can change them.

The author is a master storyteller and the book held my attention; however, I was appalled by the lack of editing and depth. I saw bad punctuation errors and sometimes a lack of good sentence structure. There were many opportunities for the author to have probed further into such important issues and her characters seemed unnecessarily shallow. My one-word review for the book would be "plastic." But, for many readers it is a great escape without the burden of thinking and that can sometimes be a good thing.

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



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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.

www.tozalformula.com/26702

or call 1-877-948-7784.

— Paid Advertisement —

MediCare open enrollment starts November 15th

Submitted by the Georgia Department of Human Services

The GeorgiaCares State Health Insurance Assistance Program (SHIP) is helping Medicare recipients make informed decisions about which prescription drug and Advantage plan options are best for them. Consumers can compare available plans by visiting www.Medicare.gov. They may also call GeorgiaCares toll-free at 1-800-669-8387 for personalized assistance.

Open enrollment for Medicare Part C and D begins November 15, and recipients will have until December 31, 2010, to make their choices. With so many options available, choosing the right one is important. This is the first year that there will be one election period for both Part C and D plans. After this time, plan changes can be made during the annual Disenrollment Period of January 1 - February 15th of each year. During the Disenrollment Period, beneficiaries will only be allowed to leave a Medicare Part C plan and return to Original Medicare (Parts A and B) with the option of

choosing a prescription drug plan.

"The GeorgiaCares SHIP network provides one-on-one assistance, so that callers can get personalized help as they compare their options and decide on which plans best meet their needs," said Dr. James J. Bulot, director of the DHS Division of Aging Services.

GeorgiaCares SHIP counselors are available through the statewide network of Area Agencies on Aging and will provide community education sessions and answer hotline calls 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 and the Centers for Medicare and Medicaid Services (CMS) advise people who wish to make a change to do so as close as possible to the November 15 opening date to ensure their coverage will be available on January 1, 2011. Companies began marketing their plans on October 1.

GeorgiaCares SHIP services are free and also assist Medicare beneficiaries on Medicare, Medicaid and Medigap matters, including long-

term care insurance, claims, resolution to billing problems, information and referral on public benefit programs aimed at those with limited incomes and assets, and other health care insurance information.

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 do not want to make a change can remain in their plan from 2010.

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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HOUSTON LAKE



C'mon, let's eat

by FAYE JONES

Happy Thanksgiving! Can't believe it's time for turkey and the trimmings again. Where did another year go? Since all of you dear readers have mountains of recipes for entrees and sides, we thought you might enjoy a few recipes for drinks and good things to nibble on while waiting for the turkey to bake. Read on and enjoy!

HOLIDAY EGGNOG

12 eggs
1 1/2 cups sugar
1/2 tsp salt
2 quarts milk, divided
2 Tbsp vanilla extract
1 tsp ground nutmeg
2 cups whipping cream
Additional whipped cream and nutmeg, optional

In a heavy 4-quart saucepan, whisk together eggs, sugar and salt. Gradually add 1 quart of milk. Cook over low heat, stirring constantly, until a thermometer reads 160 degrees – about 25 minutes. Pour

into a large bowl; stir in vanilla, nutmeg and remaining milk. Place bowl in an ice-water bath; stir frequently until mixture cools. If mixture separates, process in a blender until smooth. Cover and refrigerate for at least 3 hours.

When ready to serve, beat cream in a mixing bowl on high until soft peaks form; whisk gently into cooled mixture. Pour into a chilled 5-quart punch bowl. If desired top with dollops of whipped cream and sprinkle with nutmeg. Yield: 18 servings 3/4-cup each.

STRAWBERRY DIP

The fresh and delightful flavor of this dip will bring back memories of summer.

1 package (8-ounces) cream cheese, softened
1/2 cup sour cream
1 carton (6-ounces) lemon yogurt
1/4 cup mashed strawberries
3 tablespoons honey
1 tablespoon maple syrup
Fresh fruit

In a mixing bowl, beat cream

cheese and sour cream until smooth. Add yogurt, strawberries, honey and syrup; mix well. Refrigerate for at least 4 hours. Stir before serving. Use fresh fruit for dipping. Yield: Two cups dip.

CRAB-STUFFED CHERRY TOMATOES

1 Pint cherry tomatoes
1 (6-ounce) can crabmeat, drained, flaked and all cartilage removed
1/2 cup diced green pepper
2 green onions diced
2 Tbsps Italian-seasoned bread crumbs
1 tsp cider or white wine vinegar
1/2 tsp dried parsley flakes
1/4 tsp dill weed
1/2 tsp thyme
1/8 tsp salt

Cut a thin slice off tops of tomatoes and carefully scoop out insides; invert on paper towel to drain. In a small bowl, combine remaining ingredients; mix well. Stuff tomatoes; place in an ungreased 13 x 9 x 2-inch baking dish. Bake, uncovered, at 350 degrees for 8 - 10 minutes or until heated through. Serve warm.

Yield: About 1 1/2 dozen.

HOT MACADAMIA SPREAD

1 Package 8-ounces, cream cheese, softened
2 Tbsp milk
1/2 cup sour cream
2 tps prepared horseradish
1/4 cup finely chopped green pepper
1 green onion, chopped
1/2 tsp garlic salt
1/4 tsp pepper
1/2 cup chopped macadamia nuts or blanched almonds
2 tps butter or margarine
Assorted crackers

In a mixing bowl, beat cream cheese and milk until smooth. Stir in sour cream, horseradish, green pepper, onion, garlic, salt and pepper. Spoon into an ungreased shallow 2-cup baking dish; set aside.

In a skillet, sauté the nuts in butter for 3-4 minutes or until lightly browned. Sprinkle over the cream cheese mixture. Bake, uncovered, at 350 degrees for 20 minutes. Serve with crackers. Serves: 6-8.

Enjoy! ©10/24/10

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

Coliseum Health System

• Advance Directives for Final Healthcare: Mon., Nov. 8, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete details call 478-464-8171.

Support Groups

• **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
• **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
• **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
• **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
• **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
• **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
• **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
• **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.

• **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355.
• **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
• **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
• **Extending H.O.P.E. – Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
• **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

For information call 478-757-6092
• **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
• **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
• **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
• **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
• **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
• **A-Z Diabetes Self-Management:** Day Classes: Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center,

Bldg. C, Suite 120. 478-765-4338.
• **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite

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120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia - Partners in Health Classes

Golden Opportunities

The Wellness Center

3797 Northside Drive, Macon 478-757-7817

Heartworks

389 First St. (Inside the MHC)

478-633-9090

Central Georgia Rehabilitation Hospital

3351 Northside Drive

478-201-6500

Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health

Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

SeniorCare

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

Perry SeniorCare

Call 478-923-9771 for complete details.

• Mon., Wed., and Fri., 10 a.m. at Rozar

Park. Includes an exercise class featuring strength and flexibility stretching.

• Mon., 1-2 p.m., Line Dancing.

• Wed. only, PVO Bingo immediately following exercise.

• 2nd Fri. of month, optional healthy lunch (\$5) and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise.

Warner Robins SeniorCare Water Aerobics

Call 478-923-9771 for complete details.

• Tues. & Thurs., 10 a.m., Cottages on

Lakeview. Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified

instructor from June-Sept.

Centerville SeniorCare

Call 478-923-9771 for complete details.

• Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.

• Once a Month. A mini-check will be provided focusing on recommended annual checks for senior adults.

TOPS Club, Inc.

Weight loss support group. Call 478-923-9771 for complete details.

• Perry Hospital Chapter: Wednesdays, 5-6 p.m., Perry Hospital Medical Library.

• Houston Health Pavilion Chapter: Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

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

Call 478-746-7050 for details.

Bibb County

• 2nd Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., 1st Floor

Meeting Space, 478-746-7050

• 2nd Wed., 10 a.m., Carlyle Place, 5300

Zebulon Road, Macon, Stafford Suites

Activity Room, 478-405-4500

• 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon,

478-471-9433

Houston County

• 2nd Tues., 6 p.m., Summerhill Senior Community, 500 Stanley Street, Perry, 478-

987-3251

• 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd.,

Warner Robins, 478-953-0706

• 4th Tues., 7 p.m., Houston Health

Pavilion, 233 N. Houston Road, Warner Robins, 478-923-2532

Baldwin County

• 4th Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets,

Milledgeville, Agape Room, 478-453-1374

Laurens County

• 4th Tues., 4 p.m., Benton House, 212

Fairview Park Dr., Dublin, 478-275-9888

• 1st Mon., 3:30 p.m., Sheridan Place, 504

Firetower Rd., Dublin, 478-279-0235

Lamar County

• 4th Tues., 6:30 p.m., First United

Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516

Putnam County

• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-

3331

Upson County

• Last Fri., 3 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-

1607

Telephone Support Group

• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's

Assoc. staff member, 478-746-7050

Free Legal Services

Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We

interview clients in the following counties BY APPOINTMENT ONLY: Bibb,

Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs

and Wilkinson.

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

Meals on Wheels of

Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver

meals to home-bound clients. Volunteers must have a valid Georgia driver's license

and a positive attitude. If you can spare two hours a day one day a week, then you may

just be the person needed. We especially need help on Thursdays and Fridays. Meals

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

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

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General Business Directory For Seniors

HEARING ASSOCIATES, INC.

Annette R. Peppard, Au.D.

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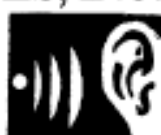
hearingassociates@alltel.net

840 Pine Street, Suite 800

Macon, GA 31201

(478) 722-0002

Fax: (478) 743-7999



302 Margie Drive

Warner Robins, GA 31088

(478) 953-2705

Fax: (478) 953-2857

Toll Free (877) 722-2473

BUSINESS CARD SECTION

For Advertising Information Call

David VonAlmen at 478-213-5986

Cindy Arnold at 478-972-2821

Jan Tassitano at 770-993-2943

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CALENDAR

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Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-929-6960.

• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Renea McFeeters, Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more information call 478-929-6960.

Senior Activity Center

For information call 478-929-6960.

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.

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-acsc.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.masma-
con.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

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.

Oakland Christmas Bazaar

Sat., Nov. 20, 8 a.m.-2 p.m., Oakland Baptist Church, 1509 Russell Pkwy., Warner Robins. Call 478-923-3533.

General Business Directory For Seniors

Vineville Christian Towers

An Apartment Home for Senior Citizens

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

2394 Vineville Avenue • Macon, GA 31204

478-743-4661

Macon and Middle Georgia

477-5501

Home Instead

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

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- Meal Preparation & Sitters
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- Errands & Appointments

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Advocacy Resource Center

(Turning Developmental Disabilities into Possibilities since 1953)

4664 Sheraton Drive (turns off Arkwright Road) • Macon

www.arc-macon.org 478-803-1456

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

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Cindy Arnold at 478-972-2821
Jan Tassitano at 770-993-2943

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BBB warns against five scams targeting senior citizens

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

Fraud targeting senior citizens is a growing concern as millions have fallen victim to scammers. Better Business Bureau encourages families to keep the lines of communication open with their elders regarding finances and to recognize some common cons targeting senior citizens.

According to a June 2010 survey by Investor Protection Trust, more than 7.3 million senior citizens – roughly 20 percent of Americans aged 65 or older – have “been taken advantage of financially in terms of an inappropriate investment, unreasonably high fees for financial services, or outright fraud.”

Having a serious conversation with your elderly parents about how they are managing their money is not easy, but it is extremely important in order to help protect them from unscrupulous crooks. It's extremely important to keep the lines of communication open so that you can identify suspicious spending habits, as well as educate your elder family members on recognizing the red flags of common cons.

BBB warns against the following five scams that commonly target senior citizens:

Sweepstakes and Lottery Scams

Typically, the victim receives a letter in the mail stating they have won a lottery or sweepstakes; it might even

claim to be from Publisher's Clearing House or Reader's Digest. The letter instructs the victim to deposit an enclosed check and then wire a portion back to the company to cover taxes or administration fees. While the funds will initially show up in the bank account, the money will be removed when the bank determines the check is fake. The victim is out whatever they wired back to the scammers – often amounting to thousands of dollars.

BBB Advice: Never wire money to someone you don't know. You should never have to send money to receive any winnings from a lottery or sweepstakes.

Medicare Scams

Navigating the Medicare system isn't easy and some scammers will look for any opportunity to take advantage of the confusion. Commonly, a scammer will claim to be with Medicare and ask for personal information such as Medicare, Medicaid, social security, credit card or bank account numbers. The victim might be given any number of excuses to provide this information including that an error needs to be fixed, that he or she is part of a survey or eligible to receive free products or can sign up for a new prescription drug plan.

BBB Advice: Remind your elderly family members that Medicare will never call to ask for sensitive personal financial information. If you suspect fraud contact your local police or the Health and Human Services Office of

Inspector General at 800-HHS-TIPS.

Bereavement Scams

Scammers will often try to take advantage of the increased vulnerability of senior citizens who have recently lost a loved one, such as a spouse. In one recent example, a mother and daughter team in Ohio would find targets by scouring the obituaries. They would then call the widow or widower and claim that their spouse had outstanding debts that needed to be paid immediately. Victims would then provide a blank check or credit card.

BBB Advice: Offer help to elderly family members if they have recently lost a loved one and are inexperienced in managing finances. If you are uncertain about owing a debt when collectors call, ask for written confirmation.

Deceptive Professionals

While many scams targeting senior citizens might not have a face, some scammers will be invited in the front door including technicians, contractors, chimney sweeps, air duct cleaners and other services. Some professionals will lie about the extent of the problem or claim safety issues and then inflate prices for unsuspecting senior customers.

BBB Advice: Find professionals you can trust by checking out BBB's directory of Accredited Businesses. Always research a company with BBB before you hand over any money and report any deceptive services to your BBB, local law enforcement and the

state Attorney General.

Investment and Work at Home Opportunities

Promises of easy money often target older adults because they may be looking to supplement their income. The pitch might come in the form of an investment opportunity that promises big returns, or as a way to make money at home for an up-front cost. Regardless of the specifics, the victim is offered what sounds like a great opportunity but the extra income never materializes.

BBB Advice: Always research any work at home opportunity with BBB. Beware of investment or money-making offers that seem too good to be true or use high pressure sales tactics to get you to sign up immediately.

For more advice on avoiding scams and fraud visit: www.bbb.org/us/consumer-tips-scams/.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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