

Senior News

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Making Waves Again!

Story on Page 6

September 2010 • Vol. 24, No. 9

Taking Care

Take charge of your health to reduce complications... How to prevent situations that could land you or a loved one in the hospital

by LISA M. PETSCHKE

As we age, our chances of being hospitalized increase due to the increased likelihood of multiple chronic health conditions. The good news is that numerous risk factors are within our control and can help us prevent or manage health problems, reducing our chances of complications and hospitalizations.

Follow these tips to help preserve your well-being and independence or that of a loved one for whom you are providing care.

Physical health

- Get regular medical checkups. If you miss an appointment or a test, call to reschedule right away.
- Have your vision and hearing tested on a regular basis.
- Ensure vaccinations are up to date. Get vaccinated against influenza annually and early in the season.

- Stay away from people with colds, flu or other contagious illnesses. Keep hand sanitizer by your front entrance and use it coming and going. Also keep a travel size bottle in your vehicle or handbag, or a miniature sized one in your pocket.

- Take medications as prescribed and at regularly scheduled times each day. Fill all prescriptions at one pharmacy. Ask the pharmacist about available aids for organizing and remembering to take medications.

- Practice healthy lifestyle habits: eat nutritious meals, get adequate rest and exercise regularly.

- Limit your sun exposure and always use sunscreen outdoors. A wide-brimmed hat is also advisable, as are sunglasses that block out 100 percent of ultraviolet rays.

- Do as much for yourself as possible, to maintain your abilities.

- Investigate available resources in your community, which might include grocery delivery services, meals on wheels, volunteer driver programs, accessible transportation, home health services and sen-

iors' housing. Such information can be obtained from the local office on aging.

Mental health

- Do things that center you and bring inner peace, such as practicing yoga, keeping a journal or spending time in nature.

- Set aside daily time for relaxation – for example, reading or listening to music.

- Keep in regular contact with friends. If your social network has diminished, make new connections through taking a class, volunteering or joining a club.

Safety

In addition to health and age related changes, hazardous conditions in the home environment are a major cause of falls resulting in hospitalization. Fortunately, there are numerous ways to reduce these hazards for yourself or a loved one.

- In stairwells: Ensure steps are in good repair and have a non-skid surface. Keep them free of clutter.

Have solid handrails installed on both sides of stairways and ensure adequate lighting.

- In the kitchen: Keep regularly used pots, dishes, staple foods and other supplies within easy reach. Ensure the heaviest items are stored in the lower cupboards. If you must reach high places, get a step stool that has a high handrail and rubber tips. Never use a chair.

- In the bathroom: Have grab bars professionally installed by the toilet and in the bathtub or shower area. Use a rubber mat (the kind with suction cups) in the tub or shower, and a non-skid bath mat on the floor. Consider getting a raised toilet seat, a bathtub seat or shower chair and a hand-held shower attachment.

General tips

- Wear slippers or shoes that fit snugly offer good support and have a non-skid sole.

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them.

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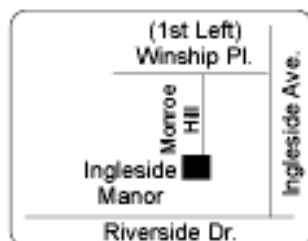
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Let us entertain you

by CLAIRE HOUSER DODD

Nothing in fine print is ever good news.

Andy Rooney

Everybody knows that a cat is female and a dog is male, but what is a fish? A fish swims both ways and yes, we now have a pet. A beautiful Betta fish, named Perry Winkle Ellis. He or she is a gorgeous shade of blue. Hence, Perry Winkle! Her gown is haute couture. Hence, Ellis, the designer. But wait, he is so well trained that we compliment him on how smart he is. Do you begin to see my confusion? Pay your money and take your choice.

A friend stopped by the other day to meet Perry Winkle Ellis and we put him through his paces. I gave him a fish flake and he danced so beautifully we complimented her gracefulness. Gee, what a dilemma! We were so proud of her we asked the friend if he wasn't impressed at how well we'd trained the fish. He stared at us and replied, "I think you scared it witless." Absolutely no imagination... the friend, not the fish!

Good Gourd Almighty those Looney Ben Girls have done it again. They walked away with most of the prizes at The Perry Gourd Show. Ann Touchton, the Roberta Gourd Guru, called to tell me all about the show and her girls: Gail Wood, Cathy Matoy, Trish Mills, and Karen Anderson. Ann knew I would be interested because I did an article

on her last year and wanted her to keep me posted. This year they won all the ribbons in the Fantasy Creatures Category. Karen won third place with her polka dot dragon with wings and Ann won second place with her bobble-head witch. If you are interested in having a Gourd as your co-pilot call 478-262-1045 or georgiagourdsociety.com.

Due to this unbearable heat we have missed a lot of good entertainment we meant to enjoy. Let's hope September will give us reprieve and we can get out and enjoy more. I have enjoyed the sandy beaches and the much cooler mountains but with no regrets, I will say good-bye to this long hot summer.

A few road trips look worthy but we are betting you had better get your tickets early. "Nine to Five" the musical at the Fox, 660 P'tree St. NE, Atlanta 404-881-2100, FoxTheatre.org. Carrie Underwood Oct 27 at the Arena at Gwinnett Center, 6400 Sugarloaf Pkwy, Atlanta 770-813-7500, and Hank Williams Jr. with his Rowdy Friends Tour 2010 7 pm Sept, 25, Macon Coliseum, also featuring Gretchen Wilson and Lee Brice 478-751-9232. \$27.50-\$152.50

We saw E.G. Kight at Wings in August. Didn't get a new playing date but watch the papers as she is slated to play close around Middle Georgia more often this year. We all hope so as we need an EG fix ever-so-often. She's GREAT!

We got a JAZZ shirt for the Jazz Appreciation Class held on the 1st Thursday of each month at the

Lutheran Church and haven't made it yet. That is 390 Pierce Ave. with George Saunders as the teacher, and everyone is welcome.

It has been so hot for our Farmers Markets around the state, our hope is that they will be open a few more months so we can all enjoy them in cooler weather. We not only found fresh fruits and veggies but lovely gifts, food, drinks, and many handmade items. And let's not forget the comradeship around the market places. Lots of good conversation as vendors seem really passionate about their wares. The markets are a great place to shop, hang out, have lunch, and the fall of the year is a perfect time to enjoy as cooler weather approaches.

One more out-of-towner! You

won't have to rush for this one. Dali is at The High, 1280 P'tree St. NE Atlanta, 404-733-High. High.org \$18.00 adults, \$15.00 seniors, \$11.00 students, and children under five free. You will have from now until Jan. 9th to see this. You won't want to miss "Dali: The Late Work"

Locals from the Valley, Michael Brennan and Marti Comer, hosted an Indian Independence Day party at the Evans Cantrell Bed & Breakfast in Fort Valley. The Indian food was delish, the party was great, and the costumes were chic. Their respective mates were helping but Marti and Michael did all the great cooking.

The surest way to be late is to have plenty of time.

Leo Kennedy

TAKING CARE

from page 2

- Keep walkways clear of electrical and telephone cords.
- Avoid clutter in rooms and hallways.
- Use night-lights in the bedroom, hallways and bathroom. Get the kind that has a built-in sensor that automatically turns the light on in dim conditions. Also get plug-in, rechargeable flashlights that automatically come on when the power goes out.
- Sign on with a personal emergency response service, whereby you wear a lightweight, waterproof pendant or bracelet that has a button to press if you run into a crisis and need help.
- Visit a medical supply store and check out the many products that can make daily activities easier and safer.
- Consider a cane or walker if balance is an ongoing problem. Make sure you are fitted with the appropriate type of aid and receive instruction on how to properly use it.

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



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Senior News & Views of Georgia

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.

Circle Your Wagons

by Nina L. Clauss

*Circle the wagons when storms appear,
Let God lead the wagons, His love will endure.
When storm clouds are darkest, His light comes through,
Trust Him always, He'll be there for you.
I've seen dark tunnels and mountains so high,
Passageways narrow, he will get you by.
God gave us abilities, for Him I use them,
I'll use my skills in a way to please Him.
I write of my blessings, many have come my way,
I count them daily, to the Lord I say.
Thank you Jesus for being here for me,
I am older and wiser and now I can see.*

*Where I've had you in my life forever,
With the Lord my life is a pleasant endeavor.
So, I'll circle my wagons as I've always done,
No matter what, it's God's way or none.
GOD IS GOOD... ALL THE TIME!
(2005)*

True Love

by Esther M. Thomas

*I rang the doorbell and you let me in,
I was quickly aroused by the sight of your skin.
We hugged for a long length of time,
I knew then that I needed to unwind.
I stepped away from your sweet embrace,
And I return to God's unchanging grace.
We ate the delicious dinner without haste,
And we shared the chores of tidying up the place.
"What Now?" I spoke with an air of surprise,*

As we sit on the sofa in a state of disguise.

*The messages of God echoed deep inside,
And I turned to you without wavering and said...*

*"We must wait until marriage, said the Lord from above,
For this is the only way we will experience TRUE LOVE."*

Lord I Praise Thee

by Rachel Thompson

*In Thee O Lord I put my trust,
through all that I endure in my life.
You are my strength and help in times of trouble, my rock and fortress in my strife.
It is in my trials that I remember your goodness, even though my eyes can't see.
It is my Faith in you God why I lift my hands and will always Praise Thee.
In those times when I lift my voice in Prayer to ask you, Father, please help.
You might no answer at that very moment, because you are teaching me to be patient and wait.
For you God and only you are in control of my fate.
I can't Thank you enough, or Praise you enough, for all that you have done for me.
So I will hold on through it all, and continue to Praise you unconditionally.*

The Soul Who Wrote

by Tabatha McCormick

*The soul who wrote this little rhyme was a pretty good person, most of the time
Life was great and according to plan but something was missing, not at all grand
One late night it all became clear when a friend spoke life, words so dear
It wasn't enough just to believe Jesus was calling and He'll never leave
Falling to my knees I begged "Lord please"
Forgive me for the way I've been living my life
Father give me the strength to defeat my strife.
I felt Jesus' heart so full of gladness a love so deep, to the world it's madness
I know I am changed, in Christ I'm made new
I wrote this to say, "Would you like to know Him to?"*

Spiritual Notes

A Spiritual Vacation

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Summer is a time for a vacation. My wife and I had a special opportunity this year as we traveled to Yellowstone National Park to spend a few days of vacation with our granddaughter Jennifer Williams. Jennifer will be a junior in college this fall and has spent the summer with other college students on the staff at Yellowstone.

Although we had traveled some in the western part of the country we had not been to a national park. Jennifer had a few hours a day of free time to give us the "grand tour." As we moved around the various sections of the Park, we were struck with the beauty of the mountains, lakes, the lush forest and the freedom of all the wild life as they moved at will wherever they pleased. Our days were filled with one "ah ha" experience after another. The deer and elk were beautiful and graceful while the Bison were large and not so handsome. It was obvious that they were at home and roamed freely, even on the road ways. We were pleased that a Grizzly bear

never came around!

We spent one day in Jackson Hole, Wyoming. My wife's maiden name is Jackson and she hoped to find some identity with the name-sake of the town. Unfortunately the town was named for a pioneer fur trapper with no ties to her Georgia family. We also spent some time in the Grand Tetons Park just north of Jackson Hole. They are indeed majestic.

As we ended each day, our conversations turned to the majesty of our God. Who else could form such beauty? The beauty of Yellowstone is a gift of our Heavenly Father. We were also thankful for the experience Jennifer had for the three months she spent in the Park. She made new friends and plans to work in a similar venue next summer.

We never expected to have fellowship with the Creator of the Universe on this vacation. We are thankful to have had this unique time of fellowship with God. Each day was one worshipful experience after the other.

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

Three easy steps to dispose of office electronics safely

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

Disposing of outdated office computers, printers and copiers the right way is not only important for protecting the environment, it also staves off the efforts of data thieves. Better Business Bureau explains the three steps necessary for small business owners to dispose of old office equipment safely and securely.

Electronics contain toxic poisons such as lead, mercury and cadmium which if they are just tossed into a landfill will eventually leak out and pollute the soil and water. According to the Environmental Protection Agency, 1.84 million tons of TVs, computers, printers, cell phones and other electronics were discarded primarily into landfills in 2007. Only 18 percent of discarded electronics were recycled that year, however, the EPA notes that e-cycling is growing in popularity perhaps due to mandatory programs in some states.

When tossing old electronics you need to consider both the environmental and data security concerns. Computers, cell phones and copiers not only contain toxic chemicals that can pollute the environment, they also contain a wealth of information that data thieves would love to get their hands on.

BBB recommends taking the following step to ensure that all hazardous and data sensitive office equipment is disposed of the right way:

Step 1: Identify hazardous and data-sensitive electronics

The following office equipment contain toxic materials or sensitive data and should be recycled responsibly and not just tossed into the garbage:

- Computer CPUs

- Mobile phones
- Copiers, Printers and Fax Machines
- Monitors, Keyboards, Speakers and Mice
- Landline phones
- Computer cables and wires
- TVs, VCRs, DVRs and stereos

Step 2: Destroy Sensitive Data

While most electronics have toxic components, some also contain sensitive business information stored in the product's hard drive. Ensure that any data has been wiped before getting rid of the following electronics:

- **Computers:** You can purchase inexpensive software to wipe a computer's hard drive, but the data could still be retrievable to a determined person. If you have extremely sensitive information that you don't want getting into anyone's hands, the most secure way of destroying the data is to remove and physically destroy the hard drive.

- **Copiers and Printers:** Copiers and printers have internal hard drives that save digital copies of the documents it has printed. Consult the manual to find out how to wipe the memory; you can also use third-party software to overwrite the hard drive. The most secure way of erasing data is to physically destroy the hard drive – as long as you don't lease the product. If you lease, consult with the company on how your data will be erased.

- **Mobile Phones:** Consult the owner's manual or search online for directions on how to wipe the phone's memory. Remove the SIM card if your phone has one.

Step 3: Dispose Properly

When it comes to actually getting rid of outdated office electronics, there are many options available depending on the condition of the item, the retailer, the manufacturer and, in some cases, state laws.

Following are the main disposal methods to consider:

- **Donate:** Schools, charities and community organizations can use your electronics – such as computer equipment, phones, copiers and printers – as long as they are in proper working condition. Your donation may even be tax deductible.

- **Recycle:** There are many companies across the country that break down and recycle old electronics for free. They usually have drop off locations or you may even be able to schedule a pick up if you have many heavy items. To locate a BBB Accredited e-cycler visit www.bbb.org/us/bbb-accredited-businesses. Many states also offer e-cycling programs—some of which are mandatory. A list of state programs are available on the EPA's web site: <http://www.epa.gov/osw/conservation/materials/ecycling/live.htm>

- **Return:** Some manufacturers including Cannon and Apple and even retailers such as Best Buy and Costco provide "take back" programs to help customers recycle their old products safely and cheaply. Every major cell phone carrier will also take your old cell phone and donate it to a charity or have it

disposed of properly. The EPA has a list of manufacturer and retailer programs online at <http://www.epa.gov/epawaste/conservation/materials/ecycling/donate.htm>

- **Resell:** While more labor intensive, you may be able to make a little money selling your electronics through auction websites or online classifieds. Be wary if any buyers overpay or ask you to wire money for any reason.

For more small business advice on how to manage data check out Data Security – Made Simpler at www.bbb.org/data-security.

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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On the Cover

Making Waves Again!

by CLAIRE HOUSER DODD

ON THE COVER
Fort Valley High School

We all knew the Green Waves of Fort Valley High School would rise again. We were too successful not to. And sho' nuff, here we are. A huge reunion is planned for October 1-3, 2010 and all who graduated, attended, taught, etc. at FVHS through 1970 are invited.

The classes of 1969 and 1970, the last of the old guard, planned their 40th and 41st reunions together, and decided it was too good not to share. Hence, all the graduating classes before are also included which is a terrific idea because as classes grow smaller, reunions shrink as well.

Our class, '49 had its last celebration in 1999. Although we had a

tremendous turn out and a fabulous time in a gorgeous antebellum home in Marshallville, and everybody went home with a picture, a poem and many fond memories, it has been increasingly harder to get the few of us left to commit to this huge undertaking.

Consequently, we are extremely thrilled to have Brenda Lister Farrara in charge. She is the daughter of Ed Lister, a best friend of daddy's (D.K. Houser). Oh! We're gonna have a heap of Fort Valley history. Ain't it GRAND!

Brenda dropped by a packet of the Reunion events, and we couldn't be more pleased. But first things first. Call Brenda at 478-475-0431, get your name on the list, send your check and sit back and anticipate. Hurry, there are already close to 200 signed up. Evans Cantrell Bed & Breakfast (478-992-3450) is taking weekend reservations now. We're betting close to 500 Green Waves



Green Wave Memorial

will show up. If they don't they are unable to travel and will be with us in spirit.

An impressive building built in 1927, still a viable Fort Valley landmark and now, the place of our "mother of all reunions" (James Khoury). FVHS is the place to be Oct. 1

One of our main ideas for this reunion is to establish a Green Wave Memorial. Al Pearson volunteered to sculpt a replica of a Green Wave.

Debbie Spearman started the fund raising effort. A total of \$1,400 was raised initially to honor all students who have passed through these hallowed halls.

Approximately \$4,500 is needed to complete the bronze GREEN WAVE and its pedestal. To contribute, call Debbie Spearman, James Khoury or Al Pearson. Check to FVHS Memorial Fund.

We're looking forward to seeing you there and Having A Ball!

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Taste the Good Life in Monroe County

Special to Senior News

The Forsyth-Monroe County Chamber of Commerce and Forsyth Better Hometown are hosting an evening of tasty treats, Thursday, September 23, 5:30 p.m. at the Georgia Public Safety Training Center. Tickets for Taste of Monroe are \$20 and with each purchase you receive ten food coupons to apply toward food samples at the event. After September 10, tickets

are \$30 and are only available the night of the event (if available). Tickets are for sale at the Forsyth-Monroe County Welcome Center, Farmers Bank, Monroe County Bank, and Robins Federal Credit Union.

Don't miss this annual event featuring southern-style cuisine from renowned Monroe County restaurants along with live music and the "Best of" contest! The list of participating restaurants is impressive and sure to satisfy every palate. Enjoy menu samples from American Pizza, Ann's Deli, Betty Mock Catering, El Tejado Mexican Restaurant, Georgia Public Safety Training Center, Grits Café, Ingles Supermarket, Jonah's on Johnston, Leland's, Midtown Smokers, The Club at River Forest, The Red Tomato, and Warthen Hall 1921 Diner-Kool Beans Coffee.

About the Forsyth-Monroe County Chamber

The Forsyth-Monroe County Chamber of Commerce (FMCCOC) is a not-for-profit, member-driven organization that supports the local business community and fosters economic growth. Located in Forsyth Ga., the chamber works to enhance the business environment in Monroe County and is committed to planned expansion of the Monroe County businesses base. The chamber also promotes Monroe County as a leisure-travel destination and sponsors festive and cultural events, such as the Forsythia Festival, Hometown Holiday Parade, and other community events.

For additional information, contact Karen Manus-Pennings, Director of Tourism/PR, Forsyth-Monroe County Chamber of Commerce at 478-994-9239 (office); 888-642-4628 (toll-free).

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Wild Animal Safari would make a great day trip

by CLAIRE HOUSER DODD

Photos courtesy of
Wild Animal Safari

With cooler weather coming up (we hope) we just may be considering a day trip with kids and/or grands on a weekend. One that would be hard to beat is WILD ANIMAL SAFARI just outside Pine Mountain, Georgia. Easily accessible from Macon, Atlanta and Columbus. Actually, about one hour from Fort Valley. Judge from there. Certainly closer than any of the countries from whence these wild animals originate.

This is a great place for family fun. One which is as enjoyable to adults as well as children. Pets? No. Leave them at home or let the company baby sit. They just might be too much temptation for the wild animals that roam all around this tremendous zoo. So, leave them back at the lodge where you might enjoy lunch before deciding on one of the three tours offered:

1. You may take your own vehicle as long as it's not a convertible with the top down, a motorcycle, a truck with people in the back, a jeep with no doors or tops, and no open door hatches or moon roofs. All for your safety.

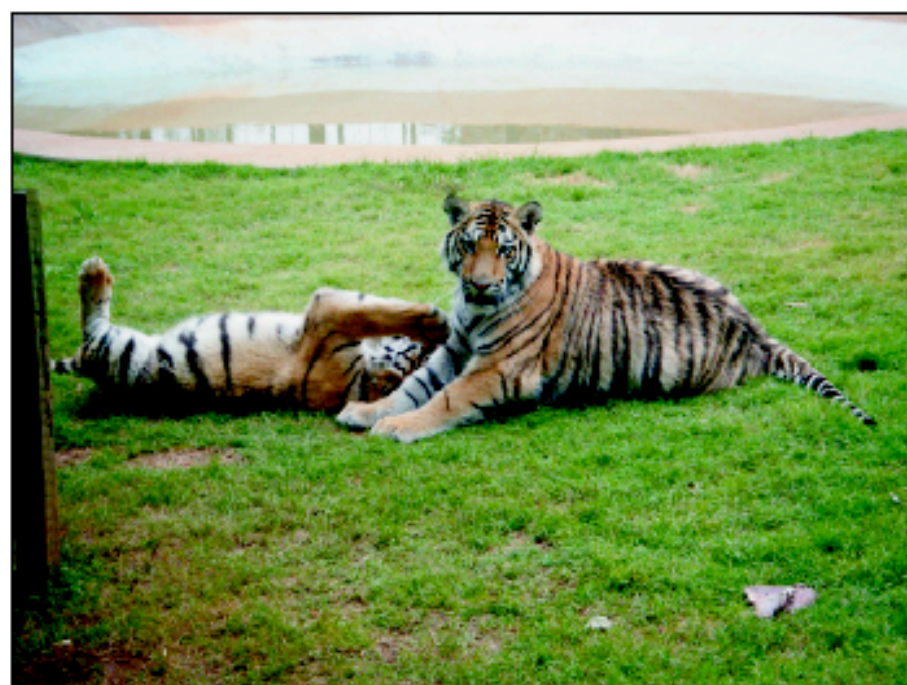
2. You may rent a van if you have

a group of 7 - 15 passengers.

3. Take a guided tour bus which runs mainly in the summer months.

This is a three mile journey on which you'll have the unique opportunity to feed such animals as zebra, llamas, buffalo, giraffe, and observe (only) rhino, tigers, lions and camels. You can only feed the food given out for these animals. And don't forget your slobber towels. For you, not the animals. They're used to it. You won't be! Remember, the animals inside this park are wild. Even the ones indigenous to our area like black bear, deer, raccoon and timber wolves are to be respected. Do not get out of your car.

This well managed park has many sections. There is a Walk-About Tour that lasts about an hour as does the Serengeti Adventure in a vehicle. You will see laughing hyenas, alligators, crocs, and many African Primates which tend to steal the show. There is also a plentiful selection of reptiles housed in the Georgia Wildlife Museum. You'll want to see Rosa, their largest Burmese Python (15+ feet), a Columbian red-tail boa and an albino Burmese Python. In the last year, they have added a Nile monitor, bearded dragon, green iguana, leopard gecko and a savannah monitor.



Goliath and Reba

You'll learn many fascinating facts about animals on this trip. One thing surprised us. A rat can last longer without water than a camel! An adult lion's roar can be heard up to 5 miles away. This is to warn off intruders and reunite scattered members of his pride. A poisonous copper head snake smells like a freshly cut cucumber, and many more.

The 2010 admission prices:

- Adults \$17.95
- Seniors \$14.95
- Children 3-12 \$14.95
- Children 2 and under are FREE.
- Season pass: \$40.00 per person

Discounts for military and emergency personnel are available. There are also group discounts and "car-load" specials. Call 800-367-2751 for more details.

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

Telescopic glasses can cost over \$2,000, says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires. Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia. To learn more about biopic

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

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Times Not Forgotten **Is relief in sight?**

by CHRISTINE COLEMAN

Is it my imagination or what? I think I've been feeling a slight change in our hot, humid weather. If that's true, I'm very thankful. Dog days have been with us for quite a while, and they will continue into the first week of this month. After that, things should be much better.

Have you missed hearing the birds sing during Dog days? I surely have. I missed them fussing at me as I picked "their" blueberries in my back yard. I'm ready for them to come around again and make themselves known.

When I was growing up in the 1930s, there were things our parents pointed out to us concerning this time of year. First, they cautioned us to be careful not to skin our knees and elbows. They advised us that scrapes were harder to heal during Dog days.

Also, they reminded us to be careful when we walked in wooded areas. Snakes usually did their shedding during this time. As a result, they were partially blind and couldn't get out of the way as well as at other times.

Of course, we're going to have much more hot, uncomfortable weather, but the time is growing shorter. We can soon get out and walk and drive around in comfort. Even the children have been staying inside in air-conditioned homes. I'm looking forward to taking some drives (mainly to get out of the house) and see what has been going on during these hot, sultry times. What would we do without air conditioning? "Back then," when I was growing up, we had to be content with electric fans as soon as electricity became available. Before that, we had to keep doors and windows open. Thank you, Lord for all you do. Maybe in the near future, I

can stop paying to have my grass cut, but then there'll be leaves to rake. I can't wait to see the leaves turn their beautiful, bright colors, but then there'll be frost. I'll be uncomfortable, but I'm ready to take the bad with the good. We'll always have things to complain about, but I'm so thankful to have seen and lived through all the different phases of life.

Take a minute sometime to think about all the things you appreciate and all the things you don't really care about. I'll bet you (as well as I) will find there's so much more good than we can really understand or deserve.

Try to stay cool and take heart. There's better weather on the horizon. We'll just remember that Dog days will come again next year.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.

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HOUSTON LAKE



Macon's International Cherry Blossom Festival announces Levee Fest

Special to Senior News

At a press conference held at Central City Park on Monday, August 23rd the Cherry Blossom Festival Board of Directors, Trustee Members, and the festival staff made a special announcement concerning a new event coming to Macon. Cherry Blossom Festival President and CEO Karen Jordan Lambert presided over the meeting and gave background on the decision to bring a new event to Macon. "As you all know the annual Cherry Blossom Festival is the signature spring event for Macon and Bibb County, but festival organizers are working diligently to assure that the outstanding programming for which the festival has become known occurs throughout the year. Understanding the importance of attracting tourism and publicity to our area, we want to expand on the success of the Cherry Blossom Festival by producing smaller scale events such as the Cherry Blossom Ball Drop on New Years Eve."

"With that in mind" Lambert stated, "The Cherry Blossom Festival would like to introduce Levee Fest! Levee Fest is an exciting new Fall event scheduled for Saturday, October 2nd at Historic Central City Park. The event will feature a barbecue cook-off, kids world, vendors, live music beginning at 11 a.m. featuring favored Athens artist Corey Smith from 8 until 10 p.m. with a fireworks finale."

Levee Fest has partnered with the Luke Bryan Farm Tour who will be presenting a concert

Friday, October 1st at Luther Williams field. Tickets for that concert will be \$20 and are available at www.lukebryan.com or at the Cherry Blossom Festival Headquarters.

Tickets for Levee Fest are \$10 and are available at www.lev-ee-fest.com or at the Cherry Blossom Festival Headquarters. Children 12 and under are free until 5 p.m. We encourage everyone to bring your blankets and lawn chairs to spread out at beautiful Central City Park and enjoy a fun filled fall day in Macon!

Since October is Breast Cancer Awareness Month, Central Georgia Breast Care Center at the Medical Center of Central Georgia will be holding an event at Levee Fest from 4 until 5 p.m. on the stage as well as sponsoring the Fireworks Finale. Cyndey Busbee with the Medical Center and Central Georgia Breast Care Center was on hand to explain more about their Paint the Town Pink campaign.

She stated "Paint The Town Pink" is an October-long community campaign designed to emphasize the importance of breast cancer screening and early detection. Sponsored by The Medical Center of Central Georgia (MCCG), the campaign's variety of educational, screening and social events will spread the word about the comprehensive breast care services and programs available throughout the Central Georgia area. 2010 marks the first annual "Paint The Town Pink" campaign. We anticipate events will evolve and expand each year. We are excited that we can kick off this annual event in conjunction with Levee Fest

where we will introduce the community to some local survivors and their families and entertain the crowd with Pink Fireworks!"

Cherry Blossom Festival Board Chairman Steve Farr is thrilled with the prospect of the festival expanding to other events throughout the year. "We hope to

continue the winning combination of local support and tourism draws by producing quality events in the fall and on New Years Eve. The festival wants to thank everyone in City and County Governments who have worked together to make all of this possible," Farr shared.



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Macon/Central Georgia CALENDAR

Coliseum Health System

• Advance Directives for Final Healthcare: Mon., Sept. 13, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete details call 478-464-8171.

Support Groups

• **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
• **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
• **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
• **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
• **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
• **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
• **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
• **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
• **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355.
• **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
• **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
• **Extending H.O.P.E. - Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
• **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

For information call 478-757-6092
• **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
• **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
• **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs. 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
• **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
• **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
• **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
• **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia - Partners In Health Classes

Golden Opportunities
The Wellness Center
3797 Northside Drive, Macon 478-757-7817
Heartworks
389 First St. (Inside the MHC)
478-633-9090
Central Georgia Rehabilitation Hospital
3351 Northside Drive
478-201-6500

Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

SeniorCare

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

Perry SeniorCare

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

Warner Robins SeniorCare Water Aerobics

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

Centerville SeniorCare

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

TOPS Club, Inc.

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

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

Call 478-746-7050 for details.
Bibb County:
• 2nd Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., 1st Floor Meeting Space, 478-746-7050
• 2nd Wed., 10 a.m., Carlyle Place, 5300 Zebulon Road, Macon, Stafford Suites Activity Room, 478-405-4500
• 3rd Thurs., 6 p.m., Flint River Memory

Community, 250 Water Tower Ct., Macon, 478-471-9433

Houston County

• 2nd Tues., 6 p.m., Summerhill Senior Community, 500 Stanley Street, Perry, 478-987-3251
• 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
• 4th Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Warner Robins, 478-923-2532

Baldwin County

• 4th Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Milledgeville, Agape Room, 478-453-1374
Laurens County:
• 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888
• 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-279-0235

Lamar County

• 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516

Putnam County

• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331
Upson County:
• Last Fri., 3 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607
Telephone Support Group
• 1st & 3rd Tues., 7-8 p.m., "Care Connection" 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.

continued on page 11

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CALENDAR

from page 10

Meals on Wheels of Macon and Bibb County

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

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

Macon-Bibb County Parks & Recreation Department

• Photo I.D.'s & Memberships for Seniors: Call 478-751-2790 for information.

Call centers for information and schedule of events.

Downtown Center
1283 Adams Street
478-751-2790

Bloomfield Park
4115 Lions Place
478-781-6000

East Macon Park
3326 Ocmulgee East Boulevard
478-751-9271

Frank Johnson Recreation Center
2227 Mercer University Drive
478-751-9274

Freedom Park Senior Center
3301 Roff Avenue
478-751-9248

Memorial Park
2465 Second Street
478-751-9210

North Macon Park
815 North Macon Park Drive
478-477-8526

Rosa Jackson Senior Center
1211 Maynard Street

• 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.

• NARIE: 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 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.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• Yankee Tavern by Steven Dietz: Sept. 10-18

Divorce Recovery Group

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

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

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

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

For additional information call 478-953-9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon

478-397-6568. "The Jordans" will be in concert at 6 p.m., Sept. 12.

NAMI Central Georgia National Alliance on Mental Illness

Barbara 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.

21st Georgia National Fair
October 7-17. For details visit www.georgiannationalfair.com.

Noonday Optimist Club Yard Sale

Sept. 18, 8 a.m.-until, Edward Jones Parking Lot, 2965 Vineville Ave., Macon. Proceeds to benefit the youth of the community. Donations accepted and appreciated. Call 478-745-7573.

NAMI Central Georgia National Alliance on Mental Illness

2nd Annual Golf Tournament

Sun., Oct. 24, 2 p.m. Shotgun Start, Waterford Golf Course. First Place: \$500.00 cash. Cost: \$50 per player; \$200 per team... Includes: Lunch, range balls, cart, drinks and prizes. Tee Markers/Greens Sponsorships: \$75, \$150, \$200. Five Star Chrysler Jeep Dodge, Macon, will sponsor the "American Hole in One" for the tournament. Donations accepted. For complete details call Barbara Long at 478-328-0508 or 478-319-7245.

General Business Directory For Seniors

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Coliseum Medical Centers now offers advanced diagnostic capabilities to detect lung cancer

Coliseum Medical Centers only facility in Middle Georgia to offer the Endobronchial Ultrasound System for Diagnosing and Staging Lung Cancer.

Special to Senior News

Lung Cancer is the leading cause of all cancer-related deaths in the United States among every ethnic group, taking more lives than breast, prostate, colon, liver, kidney, and melanoma cancers combined.¹

Coliseum Medical Centers is now using the latest technology for diagnosing and staging lung cancer – the endobronchial ultrasound (EBUS) transbronchial needle aspiration (TBNA) system from Olympus. The EBUS-TBNA system is comprised of an innovative design, which features linear-scanning ultrasound imaging

capability and a dedicated aspiration needle, specifically designed for diagnostic biopsies and staging in the lung. The EBUS scope offers real-time imaging and allows the physician to confirm the exact position of the needle in the lymph node. Unlike conventional transbronchial needle aspiration or mediastinoscopy, EBUS-TBNA's breakthrough combination of maximum reliability and minimum invasiveness has made it the biopsy method of choice for more accurate diagnosis and staging in the lung. The needle itself has a specially designed "dimpled" tip, which enhances the view of the needle on the ultrasound image, making it easier to position for biopsy.

With these technical advancements offered by EBUS, many lymph nodes and lesions have become easier to sample, helping to increase the accuracy and reliability of bronchoscopy procedures.²

Unfortunately, only 16% of lung cancer is diagnosed at its earliest and most curable stage, and more than 51% of cases are diagnosed after the cancer has metastasized.¹ With EBUS, it is now possible to diagnose lung cancer more accurately and for all lung cancer patients, using EBUS as a diagnostic tool provides several benefits. First, with EBUS, more lymph nodes are accessible compared to the conventional, more invasive surgical procedure, known as mediastinoscopy.² Second, the patient avoids having to undergo a surgical procedure to obtain a diagnosis.² Additionally, compared to surgery, the complication rate with EBUS is far lower and scheduling an outpatient procedure is easier to accomplish than scheduling operating room time.²

At the Coliseum Lung Health Center, physicians and staff work collaboratively to diagnose and treat patients with

lung diseases and respiratory disorders, including, but not limited to, lung cancer, lung nodules, Mesothelioma and pulmonary fibrosis. An oncology nurse navigator works closely with the patients and their physicians to schedule all necessary diagnostic testing in order to expedite the rapid resolution of any abnormal findings. For more information about Coliseum Medical Centers' services visit www.coliseumhealthsystem.com.

For more information about lung cancer, visit:

- American Lung Association: 1-800-586-4872; www.lungusa.org
- Lungcancer.org: 1-800-813-4673 (1-800-813-HOPE); www.lungcancer.org
- Lung Cancer Alliance: 1-800-298-2436; www.lungcanceralliance.org
- National Cancer Institute: 1-800-4-CANCER (1-800-422-6237); www.cancer.gov

ANOTHER FIRST FOR COLISEUM MEDICAL CENTERS

THE MOST ADVANCED TECHNOLOGY FOR DIAGNOSING LUNG CANCER. MORE PRECISE. LESS INVASIVE. ONLY AT COLISEUM.

Coliseum Medical Centers is the first hospital in Middle Georgia to use Endobronchial Ultrasound (EBUS), a new procedure used in the diagnosis of lung cancer. With a specially designed EBUS scope to allow for increased accuracy and reliability, this minimally invasive procedure has proven to be highly effective. Another first for Coliseum, our patients and our community.

Ask your physician if you are a candidate for this procedure. For more information, call 478-746-4646 or visit us on the web at coliseumhealthsystem.com.

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