

# Senior News

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***Dr. Dan Callahan receives  
Community Service Award!***

*Story on Page 6*

August 2010 • Vol. 24, No. 8



# A decision that breaks your heart

by EVA MOR, PhD  
Author of  
*Making the Golden Years Golden*

**M**y father suffered from Parkinson's disease for 14 years, the last six of which he was fully impaired by the illness. As a survivor of the Holocaust, he avoided dealing with issues involving death, so he never wrote out a will or instructed us regarding his last wishes. There would always be time for that later, he thought.

When "later" came, my mother said that my father did not want heroic measures to be implemented to unnecessarily prolong his life. I was never privy to these conversations. None of his wishes regarding the care he may require at the end stages of his life were in writing.

A month before my father died, he came down with a very severe cold. It developed quickly from an upper respiratory infection to pneumonia, and we had no choice but to hospitalize him. His condition became critical and he was trans-

ferred to an intensive care unit. My whole family stayed by his side 24/7. After much argument among members of my family, he was put on a respirator; he was still conscious at that time, could communicate in writing, and was included in decision-making regarding the respirator.

My siblings, mother, and I put everything on hold to stay near my father. It was clear that my father drew a great deal of support from his children and his wife being by his side. Two weeks into his stay in the ICU, my father suffered a massive heart attack. He lost consciousness and never regained it. The doctors kept performing all kinds of neurological tests, as per our demands. But more grim news kept coming back: no brain activities could be detected, and their recommendation was to remove my father from life support equipment.

His organs were failing one by one, and though we knew that the only thing keeping him alive were the machines, I could not give my consent to pull the plug. My father never specifically told me what he wanted me to do for him if such a situation presented itself. We all

agonized, debating among ourselves and struggling with the decision, with the doctors pressing us to commit to a course of action. To our eventual relief, the decision-making process was taken out of our hands three days later, when God mercifully took him.

## Helping and Guiding Your Loved Ones in Making Health Decisions for You

If there is a lesson in my personal story, it is this: Do not procrastinate. Write down your wishes. Designate a person or persons whom you want to make those decisions when you are unable to do so yourself. It makes it easier for your own peace of mind as well as for the people who love you, allowing them to follow your requests, rather than stumble through their own guesswork.

The following are two legal instruments that you can put into place that can reflect your wishes as to the care you should or should not receive at the time that you are unable to express it.

## Health Care Proxy or Durable Power of Attorney for Health Care

In either document, you can name someone to make medical decisions for you, should you be unable to make those decisions yourself. The person you appoint may be referred to as "health care agent," "medical power of attorney," "surrogate," or "attorney-in-fact." The designated person must understand that she or he will need to avail themselves to the medical care providers when any medical decisions are to be made. You do not want to choose a representative that lives in another state from you, or one that is physically unable to be available to your medical team in a time of need.

You can be the final judge as to what should or shouldn't be done to you. These important documents can include mechanical intervention in cases of respiratory failure, or dialysis due to kidney failure, and if hydration and gastric feeding tubes should be inserted. You can decide how much or how little medical intervention you want at the last stages of your life. With the Health Proxy or Durable Power of Attorney for Health Care, you empower a person you trust to carry out your wishes. These documents are much like a will but they deal with medical issues rather than with financial ones.

Leaving your health care decisions to others without any guidance from you places a great burden on your loved ones during a very traumatic time. If there is more than one opinion regarding

your care from several loved ones, there is an unnecessary strain among them that is preventable. Worse yet, if there is no health proxy and no next of kin, a judge may appoint someone who you are not familiar with to make medical decisions for you. That person may not know what your values, beliefs, or preferences are.

There are standard forms, at no cost to you, that are available at any hospital, nursing home, and the offices of any state agency that deals with health issues. You need two witnesses to attest to your signing. Some doctors as well as hospitals will refuse to follow verbal instructions unless a written Durable Power of Attorney for Health Care or a Health Proxy is in place.

## About the Author

Eva Mor was born in Poland to Holocaust survivors. Both her parents lost most of their immediate family to the Nazis. She was born after the war, and her early childhood was in Poland, after which she immigrated to Israel with her family. Dr. Mor adjusted quickly to her life in Israel and loved it there.

The only thing she missed terribly was not having grandparents. Both sets of her grandparents were killed by the Nazis. This fact has colored her professional life. After the obligatory military service, in which she served in the Air Force, she came to the United States where she completed all her higher education. She has since returned to Israel for two years to do epidemiological research for the World Health Organization of the United Nations. She is an epidemiologist and a health care specialist. She also holds a Masters degree in Gerontology and Health Administration.

For the last 23 years Dr. Mor has dedicated her career to bettering the lives of the elderly. She has done so through work in nursing homes, chronic disease institutions, and acute care hospitals, as well as in home care services. She has been part of planning committees for the improvement of health services for seniors, and has done research to find out what services are available for this specific population, and what should be developed in the future.

With that in mind Dr. Mor set out to write the book *MAKING the GOLDEN YEARS GOLDEN*. The book brings to you, with much love and care, the information you need for yourself and those dear to you, in order to make the golden years truly golden.

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For additional information visit [www.goldenyearsgolden.com](http://www.goldenyearsgolden.com).

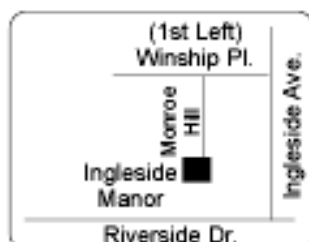
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# Let us entertain you

by CLAIRE HOUSER DODD

*Teacher: Two kinds: The kind that fill you with so much quail shot that you can't move, and the kind that just give you a little prod behind and you jump to the skies.*

Robert Frost

"Great Balls of Fire," we say as soon as we open the outside door. 'Course we can't say it like Jerry Lee Louis, or Dr. Billy Dodd for that matter. They had their way. And with a dynamite piano to back them up. We're barely audible. The heat has put us down. We're trying to do whatever has to be done in early AM. Like walk, work, water flowers, go up in the attic. Well, we admit, almost everything.

We were teaching new grand, Matthew the ABC's this AM, and his response left something to be desired. When we told him he could-

n't talk., he answered quietly, but distinctly, "But I'm the Baby." Guess he's right. We did have him holding up his index finger to tell us how old he is. What a sweetheart. So happy and fun to be around. Little boy, but heavy as lead, is constantly busy, moving and jabbering. Aren't these grands GREAT!

Let's to do in August if you're up to getting out.

"Cheaper By the Dozen" 8 pm Aug. 5-7 and 2 pm Aug. 1st and 8th at the Rose Theatre on the square in Forsyth. It's a comedy presented by Backlots Own Original Youth Actors (BOOYA). 478-994-0443 \$10.00 seniors and students.

We're sorry to hear legendary Allman Brothers roadie Red Dog Campbell has been diagnosed with cancer, but glad to hear of the "Throw the Dog a Bone" Benefit Aug. 14 at Cox Capitol Theatre with David McCoy, Tommy Talton Band and special guests. For more info:

www.coxcapitoltheater.com

Then at 2 pm Aug. 15, at Grants Lounge, the Birthplace of Southern Rock, a BBQ and jam session will be held for Red Dog. For more info: www.coxcapitoltheatre.com

We haven't made this one for a while, but certainly mean to hear Richard J. Hutto (better known as Rick) review "A Peculiar Tribe of People" at the Sydney Lanier Cottage, 935 High St., at 5:30 pm Aug. 10 for refreshments. Reading starts at 6. Free to Historic Macon members. \$5.00 nonmembers. \$3.00 students. 743-3851.

Macon-Bibb County Convention and Visitors Bureau is offering a Summer Trolley Tour at 11 am & 1 pm Fridays and Saturdays through Aug. 20. Jo McConnell and Sadie Crumbley, local authors, are tour guides and will show you more than 20 antebellum homes. These one-hour tours are first come, first served for trolley passengers. You may reserve your seat by calling 478-743-3401 or www.visitmacon.org; \$15.00 per person. The Bureau is located at 450 Martin Luther King, Jr. Blvd.

CC Fann Book Affair on Aug. 21 at the Macon Mall sounds like a winner. This literary event will start at 11 am and last 'til 8 pm. Guests will include Mary B. Morrison, "Married on Mondays," Lauretta Hannon,

"The Cracker Queen," and a special invited guest. Activities include Children's Corner, light music, book vendors and workshops. Free to the public; authors will be charged a fee of \$50.00 to participate. You may call CC Fann 404-895-7909 for more information.

This may be a need-to-know deal. "Our Place in Space" at the Museum of Arts and Sciences' Mark Smith Planetarium, 4182 Forsyth Rd. (478-477-3232). Included with museum admission \$4-\$8.

Wesleyan College will present Jimmy Needham and Citizens at Heaven at 7-10 pm Aug. 13 in Porter Theatre. Call Keith at 478-960-2313 for more info.

Hang on, Folks, a cool spell has to be hiding around the corner somewhere. Be patient.

Our good friend, Pat Cecil brought us a Teacher's Calendar packet with great quotes for every day. So... get ready, dear reader, you will be the recipient of this very nice gift.

*Nothing you do for children is every wasted. They seem not to notice us, hovering, averting our eyes, and they seldom offer thanks, but what we do for them is never wasted.*

Garrison Keillor

## Veterans organization launches new assistance program to help retrain wounded vets

Special to Senior News

The Retired Enlisted Association (TREA) through their Armed Forces Aid Campaign (AFAC) is proud to announce a new program, Vocational Educational Training (VET). The new program will provide disabled Afghanistan and Iraq veterans separating from the military an opportunity to receive educational training in an area that he/she would be suitable for with their experience and background. The program will cover some costs not provided by the Veterans Administration (VA) or other Department of Defense (DOD) government educational assistance programs.

VET assistance will be awarded on a case-by-case basis with allowances made for the severity of the disability, the type of vocational training being sought, and the personal financial situation of the applicant.

TREA has a long and successful

history of awarding scholarships and assisting service members and their families. Thousands of dollars in educational awards have been made over the last decade.

The new program is in response to a growing need among enlisted men and women who are being medically discharged from the military and find that service related disabilities prevent them from pursuing the careers for which they were trained. For example, a mechanical specialist who has suffered partial paralysis or lost a limb will likely need to change careers and move into an occupational area with different physical requirements. While DOD programs cover some of the costs resulting from this, TREA has found that in many cases there is a need for additional financial assistance.

To see if you qualify and obtain an application, please contact: Bill De Boer, Chairman, TREA Memorial Foundation, 1111 South Abilene Ct., Aurora, CO 80012; Phone: 800-338-9337; Email: TREAMEMFPND@comcast.net.

## New bi-monthly Chemotherapy Orientation Class offered by The Medical Center of Central Georgia

Special to Senior News

The Medical Center of Central Georgia will offer free bi-monthly chemotherapy orientation classes to all persons who are undergoing or will undergo chemotherapy. The first class is Monday, August 9 from 10 a.m. - 11:30 a.m. in the Lanier Education Room, 1062 Forsyth St., Macon, GA.

The class, taught by oncology certified registered nurses, will teach

cancer patients how to take care of themselves during chemotherapy and/or radiation treatment. Organizer kits will be given to attendees to help guide them through cancer treatment and help them manage side effects. A support person is invited to come, too.

All patients receiving chemotherapy treatment are invited to join, regardless of where they receive infusion treatments. Please call 478-633-8811 for more information. No registration is required.

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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

Where did spring and summer go? At times I feel I'm in a time warp. Wasn't it only yesterday that fall winds had begun to blow and leaves danced in their red and gold splendor? Time is passing so quickly I can hardly catch my breath. Eighty years slipped through my fingers and I spend countless hours thinking of opportunities missed. I think of all the letters I didn't write to old friends and the many calls I should have made but thought I was too busy. Oh, what peace could come from second chances were we given the opportunity to go back into the past.

And now, here I am, still recovering from surgery that went awry. After more than two

months in the hospital I was finally on the road to recovery. A knee operation that became infected with a rare bacteria has had me off my feet since March. Things were looking better and I was planning to leave my daughter's home and return to mine within a three week period. Didn't happen. We went to my doctor of infectious diseases for a check-up. She recommended compression stockings for swelling in my feet and legs. A lovely lady entered the room and within minutes two nurses were putting wraps on my legs which would remain for four days. By day two I was flat on my back, writhing in pain and could not walk at all.

Long story short, the wraps were so tight they caused nerve damage which was diagnosed by my surgeon. He was not a

happy camper and neither was I. I was back to square one with my therapy and my ability to walk – plus excruciating pain twenty four hours a day. My return home has been put on hold for a long time and I am beginning to like being with my children. It isn't bad at all to have all my meals served chair-side and being pampered like a baby. Getting spoiled is sooooo much fun!

Another part of my recovery is physical therapy. We have a home health care company that visits me and does everything I need from baths to shampoos. But the best of all is my physical therapist, Jeff. Jeff is young, gregarious, full of energy and could probably pick up the corner of a house with one hand. We argue from the time he walks in the door until the minute he leaves. He makes me do exercises that are impossible.

I repeatedly tell him that I am unable to raise my legs with three-pound weights on them. He assures me that when I finish my pity-party I will do just fine – and he's always right. He makes me pull on large rubber bands to build up strength in my upper body. When I finish the exercises, my tongue is hanging out, I am wet with sweat and my sunny disposition has bit the dust. By the next day I am sore as a risen and can't raise my arms to comb my hair. Jeff thinks it's wonderful and tells me the therapy is working and I shall be strong again in no time.

My fussing and wrangling with Jeff is all in fun and he takes me with a grain of salt. But aside from the fun, this young man is teaching me to walk again. I don't know if I will ever be able to walk without a walker or a cane but I am giving it all I've got and am believing that one day soon I will be sky-diving or mountain climbing or hiking down the deep valleys to dip my toes in the Colorado river. Don't you know that would be like walking on sunshine? ©7/24/10

\*\*\*\*\*

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

## Spiritual Notes

# God Bless America

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

Patriotism is defined as "the love and devotion to one's country." Even though the 2010 Fourth of July celebrations are now history, many Americans have been reminded again of the freedoms the Declaration of Independence has provided this nation. My wife and I attended an outstanding Patriotic performance by the Atlanta Symphony Orchestra. During a "sing along" we were also impressed with the references to God in the songs. Verses from the various songs were: "Mine eyes have seen the glory of the coming of the Lord; Glory! Glory! Hallelujah! His truth is marching on;" "When Johnny comes marching home; the old church bell will peel with joy;" and, "America! America! God shed His grace on thee."

Regrettably, in our country, decisions have been made in some situations to drop references to God for fear that it will be offensive to some. Dr. Ron Bradley, an Atlanta pastor, has stated in an article that:

"Americans believe that our freedom and fundamental human rights come from God and are therefore inalienable. A steadfast

commitment to religious freedom is the very cornerstone of American liberty." We should stand committed to this truth.

Dr. Bradley's article referenced the action of the delegates of the Philadelphia Constitutional Convention in May of 1787. The assemblage could not agree on one sentence as they attempted to write the Constitution. Ben Franklin rose to speak: "The longer I live the more convincing proofs I see of this truth: That God governs in the affairs of men. I therefore move that prayers imploring the assistance of Heaven and its blessing upon our deliberations be held in this assembly every morning until our task is completed." The delegates unanimously adopted his resolution and in just 100 days they produced our Constitution.

Most Americans are aware of the many blessings that have come to our beloved country through the grace of God. We must not let the secular world diminish our love and dependence on God. We must stand for all people to worship God in freedom.

\*\*\*\*\*

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.

\*\*\*\*\*

## God Cares

by Sandra W. Gillespie

My Friend, I prayed for you today,  
For God to wash your troubles all  
away,  
To dry your tears, to dash your fears,  
To make the clouds all disappear.

My Friend, I prayed for you today,  
For Happiness to soar,  
For Life to be what God ordained,  
For Sin and Hurt, and awful Pain  
To disappear, and Hope remain  
To clear the clouds away.

Our God hears every prayer we  
pray,  
So let it be this very day,  
See the rainbows in His sky  
Let the colors melt our cry,  
Allow the sunshine to break through,  
May all our dreams this day come  
true.

Because He cares for me and you.

My Friend, I prayed for you today,

To give you back your life once  
more,  
And mend the ugly part that tore.  
That Kindness, Hope, and deepest  
Love  
Will come to you from God above...  
Today and every day.

\*\*\*\*\*

## Family by Helen Gleason

A family is a wondrous thing,  
Bringing joy to hearts.  
In trials it can comfort bring,  
As love it does impart.

A family means belonging  
And standing by always.  
We know we never are alone  
And together we can pray.

Our earthly family is a gift  
To be treasured with your love.  
'Tis a vision of the family  
We'll share in Heaven above.

\*\*\*\*\*

## Slowing Down by Doris A. "Dot" Jones

She doesn't move so quickly any  
more.  
Steps are slow and pain is there.  
But, she makes the most of everyday,  
Happy and content in what life  
holds.

She's not keeping score!

She has the threads of life to hold,  
Entwined with memories dear.  
She untangles the years and  
remembers when  
She was a child, a youth and young  
adult,  
With each new day awakening her  
soul.  
She accepted Christ and lived in His  
love,  
He was always there for her as she  
wove the years.

He's still affording her grace to  
Accept and wait for the other side,  
She knows the years are shorter now.  
But, God holds her hand as she  
walks,  
He supports her in each task she  
has. She is strong in Faith and His  
love, Happy and content in what life  
holds.

She doesn't have to keep score!

\*\*\*\*\*

## Blessed In Abundance by Ms. Eddie Brooks

As I watch and listen to various  
local/national news reports  
concerning the turmoil that lingers  
within the worlds,  
I can truly say that I am "blessed in  
abundance."

Yes! I am blessed in abundance for I  
have a caring, loving, and devoted  
Christian mother who taught me to  
pray whenever the storms of life  
came my way.

I have a mother who taught me how  
to live a righteous life, and how to  
stand strong; even if it meant  
standing alone.

As I look over my life I realize that  
I am blessed, truly blessed in  
abundance to be living in a  
country that allows freedom of  
speech, religion, and an equal  
opportunity to be whoever/  
whatever God desires for me to be.  
I am blessed in abundance.

\*\*\*\*\*

## Your Destiny by Vera King

There's always room at the top  
The pinnacle of your pursuit  
Just be prepared to struggle  
For whatever you want to shoot  
Failure is not an option  
If you set your sights on high  
As you have always heard  
The limit is the sky  
So think of the highest achievement  
That could ever come your way  
And you'll be in the company of  
angels  
Some bright and shiny day.

## The Next Chapter Into Thin Air

Book Reviews by  
ANNE B. JONES, PhD


### Into Thin Air

(Jon Krakauer, Anchor Books,  
1997, Mass Market Paperback  
2009)

PaperBackSwap.com is the place for spectacular savings. Two neighbors recommended I try it, explaining the company is based in Atlanta, the site is simple to maneuver and it provides a wide range of books, new and old, for exchange. Once you join the site (at no charge), you simply list the ISBN numbers of ten books you no longer want and can send to other members. In repayment for your effort, you are given two points. One point equals a book (hardback or paperback). Two points equal an audiobook (CD or tape). You simply select and receive. Later as members request your books, you pay the postage for shipping. When you select from their listings, they pay the postage to you. One of the most outstanding books I have received from the site is Into Thin Air by Jon Krakauer. There were two




reasons I selected this work. It was well reviewed in major publications and, since it was based on a topic I knew little about, I didn't want to risk paying big bucks for it.

What a surprise! Into Thin Air was a well written non-fiction portrayal of Jon Krakauer's climbing of Mt. Everest that included the pacing, conflict, character building and setting one might expect from award-winning fiction. The book was an honest portrayal through competent prose of what has become the reckless pursuit of mounting the highest peak in the world. This book is important. It speaks not only to those who would embark on such a venture but to all who circumvent paying their dues to reach the top, in whatever field they engage. The work is educational, filled with vivid descriptions of the grueling rigors of mountain climbing, depictions of the mercurial moods of weather on Everest, and compelling portrayals of those who would conquer its heights. It is also a heartbreaking exploration into the whys people take risks and the dangers of commercialization of individual achievement. Feedback and comments welcome- [annebjones@msn.com](mailto:annebjones@msn.com)



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
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On the Cover

Dr. Dan Callahan receives Community Service Award

by JACK STEED

**ON THE COVER**  
Dr. Dan Callahan is shown after receiving the Jack Steed Community Service Award from Centerville Rotary Club President Vicky Betrossoff (right). Mrs. Alicia Callahan is on the left.

**D**r. Dan Callahan, who has served his community unselfishly and tirelessly for many years, was recently awarded the Jack Steed Community Service Award by the Rotary Club of Centerville. This award was presented by the club in tribute to and recognition of his virtues such as compassion, perseverance and unselfish service to his community. His community service over many years has touched the lives of a countless number of individuals. Among many of his volunteer services, he has served for the past five years as a volunteer physician for the Volunteer Medical Clinic of Houston County. His service to others has contributed greatly to the betterment of the communities of Houston County.

At the recent meeting, the club so installed its new officers for the

2010-2011 year of service. Vicky Betrossoff, president of the club for the year 2009-2010, passed the president's gavel to Mark Waters, CEO, Waters Auto, during the Installation and Awards Banquet. Bill Pitts, Rotary Assistant District Governor, conducted the installation ceremony which also included Kirk Scott, President-elect; Lenn Hall, treasurer; Melissa Turrell, secretary; and, Bob Alman, sergeant-at-arms.

Awards presented during the ceremony included: Lenn Hall, Rookie of the Year; Melissa Turrell, Rising Star Award; Joy Hurst, President's Award; Jack Steed, Rotarian of the Year; and Dr. Dan Callahan, the Jack Steed Community Service Award. Multiple year perfect attendance awards were presented to most of the membership. Those with the highest number of perfect attendance years were: Bob Griggers, District Governor-elect, 13 years; Billy Tucker, Charter secretary, 13 years; and, Ken Asbury, Charter president, 12 years.

The club distinguished itself this past year with a number of service projects accomplished within the community and abroad. Its projects focused on literacy, clean water, eradication of polio, donation of



Mark Waters is shown outlining the club's goals for the 2010-2011 Rotary year after receiving the president's gavel from out-going President Vicky Betrossoff.

medical supplies/equipment to developing countries, fighting hunger, Crime Stoppers, Honor Flight (Veterans Travel to WWII Memorial) and helping humanity to live more peacefully through conflict resolution.

President Mark Waters laid out ambitious goals for the new Rotary

year as it aims to fulfill the new 2010-2011 theme: *Building Communities, Bridging Continents*. The goals include: Collaboration with the Ferst (literacy) Foundation, serving others with enthusiasm, continuation of the club's outstanding service projects and to propose at least one new member per month.

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### Fine Arts Photography reflects Rural South in FREE Exhibition this September

Special to Senior News

**S**lowExposures is the nationally recognized juried photo exhibition held annually in Pike County that faithfully captures the rural South's distinct history and character through fine art photography.

The eighth showcase of photography opens on Friday, September 17th, 2010, in the 1887 R. F. Strickland Building (listed on the National Register of Historic Places), a late nineteenth century mercantile store, in historic Concord, Pike County Georgia, located one hour south of the Hartsfield-Jackson Atlanta International Airport.

The photo celebration, which lasts for two event-filled weekends, includes salons and portfolio reviews; a local children's photography contest; satellite shows and a celebratory ball on Saturday, September 25th. SlowExposures 2010 concludes on Sunday, September 26th.

In addition to the primary collection of over ninety photos, a self-driving road tour features a map of the satellite shows and historic sites throughout picturesque Pike County.

SlowExposures is the annual fundraiser of Pike Historic Preservation and is dedicated to sup-

porting the historical and cultural heritage of the rural South through contemporary photography.

All proceeds from the show and the accompanying events go toward the preservation of Pike County's historic buildings and landscapes.

SlowExposures attracts hundreds of visitors each fall to central Georgia's bucolic surroundings.

For more information, please visit [www.slowexposures.org](http://www.slowexposures.org) or contact Slow Exposures, PO Box 489, Zebulon, GA, 30295, 770-567-3600.



**Photo by Jessica Horton:**  
**"Tomorrow Is Another Day"**



# Manny Fernandez... exceptional athlete



Manny Fernandez and Frank Freshwater

by CLAIRE HOUSER DODD

It's nice to have friends. It's nice to have visitors. But it's almost impossible to have both those things plus a famous football player of the NFL.

Frank and Connie Freshwater entertained Manny Fernandez and his wife Marcia over the 4th, and we all had a huge birthday/4th celebration. Manny's birthday was July 3, and Frank's was July 5. They've been friends for years and it shows!

Manny is a renowned Miami Dolphin football player: defensive tackle/defensive end from 1968-1975. He played for the Dolphins the year they were undefeated (1972; 17-0). What a year! He was number 75 and phenomenal.

Fernandez was also playing professional ball for the Dolphins when they won Super Bowl VII.

Nick Buoniconti wrote, "It was the game of his life – in fact it was the most dominant game by a defensive lineman in the history of the game, and he would never be given much credit for it. They should have given out two game balls and made Manny Fernandez the co-MVP with Jake Scott." Larry Csonka also thought Fernandez should have been MVP. Dick Schaap, editor of SPORT magazine who selected the MVP admitted later that he'd been out late the night before, had a hard time watching the defense-dominated game, and was not aware Fernandez had 17 tackles. Fernandez had also recorded a sack against the Washington Redskins' QB Billy Kilmer.

For his career, Manny had 35 sacks, a high number for a nose tackle. In Dolphin history only one nose tackle recorded more sacks. Manny was also playing for the Dolphins when they won Super Bowl VIII where he

recorded 5 tackles and one sack against the Minnesota Vikings. In his three Super Bowls, Fernandez recorded 3 sacks & 28 tackles.

Manny was 2nd team All-Pro in 1970 and '73, and All-AFC selection in 1971 and second-team All-AFC choice in 1972 and '73 marking four consecutive seasons with post-season honors. He is also credited with being one of the first nose tackles in the NFL.

In 2007 Manny was voted to the Dolphins All-Time team. He had previously been voted to the 1990 Dolphins Silver Anniversary Team that celebrated their 25 years in the NFL.

While playing (1968-1973) he was voted the Dolphins "Outstanding Defensive Lineman;" in 2001 was named to "pro Football Weekly's All-Time Super Bowl team;" and, in 2006 USA Today named Manny to their "All-time Super Bowl team."

What a fabulous history for a fantastic guy who is lots of fun, fits into the crowd, entertains us and makes us happy he's visiting Fort Valley; and, happy he's leaving Florida and moving to Georgia. Congrats to you, Manny! We're proud to know such a formidable athlete who is still a down-to-earth, wholesome guy.

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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 –

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

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

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

Imagine a pair of glasses that could improve your vision enough to change your life. 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 bioptic 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 bioptic

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

\*\*\*\*\*

## **TOZAL Eye Health Formula**

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or call 1-877-948-7784.

\*\*\*\*\*

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## *Times Not Forgotten*

# Those grand ole four-holer Buicks

by CHRISTINE COLEMAN

**T**oday, Buicks are not considered as much "top-of-the-line" as they were when I was growing up in the 1930s. We now have more expensive cars with all sorts of accessories. These ultra modern cars come equipped with TVs, global positioning systems, night vision cameras in rear and any other convenience one can imagine. That was not the case when I was a youngster. Buicks were King, especially the ones with 4 holes in the fenders, which we termed "4-holers." To own a Buick back then meant a person had achieved much. It served as a status symbol.

During the depression years, my brothers and I used to sit on the front porch of our house and make a game of naming cars. We lived on a farm beside the highway and saw cars going to Florida in winter and going North in summer. There were few cars on the road then, in fact, my folks allowed me to learn how to roller-skate on the highway –

(Federal Highway #1, no less).

My family had a Model A Ford. That car served our needs and we were thankful for it. Some of our neighbors didn't have a car. We didn't allow ourselves to dream of having a newer or better one. We were farmers. Times were hard back then. That fact didn't keep us from having fun learning to recognize the different makes and models of cars. We knew them all. We could identify trucks as well, most of which we called Big Macs.

While we were on the porch watching cars (of course this was when there were no chores to be done) we always enjoyed seeing a Buick go by with 2 or maybe 3 holes in the fender. But to our delight, every now and then a good-looking Buick would pass by with 4 holes in the fender. That was cause for cheering and hand clapping (and of course wishful thinking). Most of the time, these Buicks were two-toned, and they had lots of chrome trim. Some even sported fender skirts over their rear wheels.

Years passed. Times became

more prosperous. More people were able to purchase Buicks and join ranks with those who already owned them. These people enjoyed their new cars as having reached a particular goal in life. For a long while, Buicks remained the number one desire of buyers. Then as progress continued, different cars became sought after. There are still lots of Buicks on the roads, but they don't make those beautiful styles now. Today, they are smaller, have less chrome and the holes in their fenders don't show as well.

Different makes have become more popular today. They cost more, have more modern accessories, and look sleeker. Today, as I look back, I still remember the pleasure we had watching and naming all those cars (whether fancy or plain) on our highway. No doubt about about it, there will always be a special place in my memory for those grand old Buicks, especially the 4-holers.

\*\*\*\*\*

*Christine Coleman lives in Swainsboro. Feel free to E-mail her at [cfc@reicomputers.com](mailto:cfc@reicomputers.com).*

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## HOUSTON LAKE





# C'mon, let's eat

by FAYE JONES

Since we have little time to cook, let's make life a little easier by having some one-dish meals that are not only filling but delicious. Read on.

## CHICKEN AND EGGPLANT PARMIGIANA

1 medium-sized eggplant, peeled and sliced 1/4 inch thick  
3 tablespoons olive oil  
1 large yellow onion, finely chopped  
1 clove garlic, minced  
1 pound ground chicken  
1 can (14 ounces) Italian-style plum tomatoes with their juice, halved  
3 tablespoons tomato paste  
3/4 teaspoon dried basil, crumbled  
1/2 teaspoon dried oregano, crumbled  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
3 tablespoons pastina  
1/2 cup grated parmesan cheese (2 ounces)  
1 cup shredded part skim Mozzarella cheese (4 ounces)

1. Preheat the oven to 350°F. Grease a large baking sheet. Lightly brush both sides of the eggplant slices with the oil, using half the total amount. Place them on the baking sheet, overlapping slightly if necessary, and bake, uncovered, for 5 minutes. Transfer to a plate.

2. Meanwhile, heat the remaining 1 1/2 tablespoons oil in a 10-inch skillet over moderate heat for 1 minute. Add the onion and garlic and sauté, stirring occasionally, for 3 minutes or until slightly softened.

3. Add the chicken and sauté, stirring, for 10 minutes or until no longer pink. Stir in the tomatoes, tomato paste, basil, oregano, salt,

and pepper. Bring to a boil and cook, uncovered, for 5 minutes.

4. Spoon a thin layer of the chicken mixture into an un-greased 11"x 7"x 2" baking dish. Sprinkle with 1 tablespoon pastime, top with 1/3 of the eggplant, and sprinkle with 1/3 each of the parmesan and mozzarella cheeses. Repeat the layering twice, ending with the mozzarella. Bake, uncovered, for 45 minutes or until bubbling. Serves 4

## BARBECUED CORNISH HENS WITH CHILL RICE

3/4 Cup Long-Grain White Rice  
2 Rock Cornish Hens (1 to 1 1/2 pounds each), split  
2 tablespoons olive oil  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 can (12 ounces) corn kernels, drained  
1 jar (6 ounces) pimientos, drained and diced  
1 can (4 ounces) green chilies, drained and chopped  
1 cup shredded Monterey Jack or Cheddar cheese (4 ounces)  
1/2 cup sour cream  
2/3 cup bottled barbecue sauce

1. Preheat the broiler. Cook the rice according to the package directions. Meanwhile, brush the hens with the oil, then, sprinkle with the salt and pepper. Arrange them, skin side down, into a lightly greased medium sized baking pan and broil six inches from the heat for 10 minutes; turn and broil 10 minutes more or until nicely browned. Reduce the oven temperature to 400°F.

2. Mix the rice, corn, pimientos, cheese, chilies, and sour cream in a large bowl. Spoon the barbecue sauce over the hens, then wreath the rice mixture around them.

3. Bake, uncovered, for 20 to 30 minutes or until the legs move easily in the hip sockets. Serves 4.

## HAM AND PASTA SALAD

8 ounces rotelle or penne pasta  
1 cup buttermilk  
1/4 cup mayonnaise  
1 teaspoon dried tarragon  
12 ounces boiled or baked ham, cut into 1/2 inch cubes  
1 cup cherry tomatoes, halved  
1/2 cup shelled blanched pistachios or blanched almonds, coarsely chopped  
1/8 teaspoon black pepper  
1 teaspoon minced fresh tarragon (optional garnish)  
8 ounces spinach, trimmed, rinsed, and drained well

1. Cook the rotelle according to package directions. Meanwhile, whisk the buttermilk with the may-

onnaise and dried tarragon in a large bowl until smooth and set aside.

2. Drain the pasta well, then add to the buttermilk mixture in the bowl and toss until well coated.

3. Add the ham, tomatoes, pistachios, and pepper, toss well again, and sprinkle with the fresh tarragon, in desired. Serve over a bed of spinach leaves. Serves 4.

Enjoy! ©6/22/10

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

\*\*\*\*\*

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

# Macon/Central Georgia CALENDAR

## Coliseum Health System "Medicare Made Easy"

Mon., Aug. 9, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete information call Nancy White at 478-464-8171.

## Support Groups

• **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.  
• **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.  
• **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.  
• **G.L.A.D. (Good Living Around Diabetes):**

2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.  
• **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.  
• **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.  
• **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.  
• **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum

continued on page 10

# General Business Directory For Seniors

## Goodwill NEEDS YOU!

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CALENDAR  
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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**  
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**Heartworks**  
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**Central Georgia Rehabilitation Hospital**  
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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 McCord 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.  
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continued on page 11

General Business Directory For Seniors

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(Jonesboro Rd.)  
**Scott Antique Markets**  
740-569-2800  
[www.scottantiquemarket.com](http://www.scottantiquemarket.com)  
**Atlanta Expo Centers**  
August 13, 14 & 15 September 10, 11 & 12 October 8, 9 & 10



# CALENDAR

from page 10

**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

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**Warner Robins Recreation Department, Senior Citizens Services**  
**Wellston Center**  
• AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.  
• NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.  
• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-929-6960.  
• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-929-6960.

• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more 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

## Macon Little Theatre

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

## 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

## 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.

## NAMI-C.A.R.E. Support Groups

Support groups for persons having any diagnosis of mental illness. Meet the 1st and 3rd Mondays of each month, 10:30 a.m.-12:00 noon, at the Pavilion Educare Center located at 233 N. Houston Road (old Houston Mall).

For additional information call 478-329-8498.

## 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.

Please call for concert dates and times.

## 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.

## Georgia National Fair Concert Tickets Now On Sale

Josh Turner with special guest Steel Magnolia, Oct. 9, 7:30 p.m.; CMT on Tour, Miranda Lambert, Revolution 2010 with special guest Eric Church Introducing Josh Kelley, Oct. 16, 7:30 p.m. For details visit www.georgianationalfair.com.

# General Business Directory For Seniors

## Vineville Christian Towers

An Apartment Home for Senior Citizens

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

2394 Vineville Avenue • Macon, GA 31204

**478-743-4661**

## Macon and Middle Georgia

**477-5501**

## Home Instead® SENIOR CARE

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

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

## St. Paul Apartments & Village

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1330 Forsyth Street • Macon, GA 31201

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email: assistnow2@hotmail.com



## Diana Hall Local Eldercare Advisor

My direct toll-free number is:

**877-386-8020**

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

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

## 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

## Garage Sale

**1st Friday of Every Month 9:00 a.m. - 1:00 p.m.**  
Huge Selection - Very Low Prices  
Great Clothes • Furniture • Toys • Books • Kitchen Decorative • Miscellaneous

## BUSINESS CARD SECTION

For Advertising Information Call  
**David VonAlmen at 478-213-5986**  
**Cindy Arnold at 478-972-2821**  
**Jan Tassitano at 770-993-2943**

## The Medicine Shoppe®

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# Value of estate planning is lost to half the population

by JOHN STEWART  
Director of Estate and Asset Services  
American Cancer Society

An estate plan aims to preserve the maximum wealth possible for the intended beneficiaries, while providing financial flexibility for the plan's owners throughout their lives.

Most Americans can benefit from estate plans, but more than half don't have one in place.

## Why have an estate plan?

There are many compelling reasons to have an estate plan, including:

- Offers the most effective way to ensure your family is provided for and assets are distributed according to your wishes.
- Provides the best way to reduce the exposure of your assets to estate taxes.
- Gives you peace of mind that your financial affairs are in order and that your survivors will not face a costly administrative nightmare, creditors or lawsuits. Even small estates can have problems.

You have an estate if you own any property, including cash assets. Regardless of how large your estate is, proper planning can prevent your family from becoming embroiled in controversy over how to divide your assets after

you pass away.

## Elements of an estate plan

Estate plans have several elements:

- A Will is usually the plan's core document for distribution of assets at death.
- A Power of Attorney provides management of assets during lifetime in the event of incapacity.
- An Advance Directive for Health Care authorizes someone else to make health care decisions if you are not able to, and allows you to communicate your wishes on the use of life sustaining procedures.

## When to begin

A good time to begin your estate plan is when you get married, or when you are expecting your first child. Many people will do more extensive planning later, perhaps when they are in their 50s, or in the pre-retirement stage.

An appropriate time to take action and evaluate your assets is when your focus begins to shift from earning a living and taking care of yourself to making sure your loved ones and favorite charities are cared for after your death.

## How to begin

The process of creating an estate plan begins by gathering all important documents and taking an inventory of assets. Most

estates are larger than their owners realize. Assets include the home, savings, insurance policies, investments, retirement plans and business interests.

## Seek professional advice

When you are ready to design your estate plan, you should enlist the help of professionals such as an attorney who specializes in trust and estates, your financial advisor, and your accountant. Be open with them about your goals and concerns for yourself and your survivors.

## Include charities

One of the most effective elements in estate planning is also one of the most popular forms of planned gifts to charities: a bequest in the Will. Bequests work particularly well if you are unable to make an immediate gift but would like to support a favorite charity in the future.

Advantages of charitable bequests are:

- Charitable gifts made through Wills are typically 100 percent deductible for federal estate tax purposes.
- Charitable bequests may place an estate into a lower tax bracket.
- Donors may specify the way the funds are to be used.
- Donors may continue to use assets during their lifetimes.
- Donations are flexible and revocable.
- The process is as simple as designating the chosen charity in the Will.

## Create a legacy

Including a charitable bequest in a Will does not cost anything now, but it enables you to address

your wishes and create your legacy. If you change your mind about a charity included in your Will, you can revoke the bequest the next time you update your Will.

Charitable bequests provide many tax advantages and offer a way to contribute to multiple charities, rather than having to pick just one.

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*John Stewart is Director of Estate and Asset Services, American Cancer Society. For additional information call 1-877-227-1598. (Member of the national ElderCare Matters Alliance, Georgia chapter.)*

## Cherry Blossom Festival announces board leadership for 2011

### Special to Senior News

The Cherry Blossom Festival is pleased to announce Mr. Steve Farr as the 2011 Chairman of the Board of Directors and Mr. Thomas Wicker as the 2011 Festival Chairman.

Mr. Farr is the Vice President for Enrollment Services at Wesleyan College and has been heavily involved in the featured nation component of the Cherry Blossom Festival by hosting the delegation from Ulyanovsk, Russia during two separate festivals. Mr. Wicker is the Region Vice President with Georgia Power and was involved in the art program and festival exchange program for the 2010 Festival.

Festival President and CEO Karen Jordan Lambert is thrilled with the new leadership and looks forward to working with them during the planning process for the 2011 Festival. "Both Steve and Thomas will be an outstanding asset for myself and the staff as we prepare for new and exciting challenges" Lambert said. "I feel extremely lucky to have them as leaders as we

navigate through uncharted waters as well as during the planning of the 29th Annual Cherry Blossom Festival."

# YOU HAVE THE RIGHT TO CHOOSE



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