

Senior News

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Story on Page 6

June 2010
Vol. 24, No. 6

Closing the Prescription Drug Coverage Gap

You could be eligible for a \$250 Rebate this year to help with your Medicare Drug Costs

Submitted by Butch Swinney
Aging Services Coordinator
Middle Georgia Regional
Commission

The Affordable Care Act passed by Congress and signed by President Obama this year contains some important benefits for Medicare recipients.

If you have Medicare prescription drug coverage, and aren't already getting Medicare Extra Help, Medicare will automatically send you a one-time \$250 rebate check after you reach the coverage gap (also called the "donut hole") in 2010. This rebate is the first step toward closing the Medicare prescription drug coverage gap.

What is the coverage gap and how will I know if I've reached it?

Most Medicare drug plans have a coverage gap. This means that after you and your plan have spent a certain amount of money for covered drugs, you have to pay all

costs out-of-pocket for your drugs (up to a limit).

The Explanation of Benefits notice, which your drug plan mails to you each month when you fill a prescription, will tell you how much you've spent on covered drugs and whether you've entered the coverage gap.

Will I need to do anything to get this rebate check?

No. There are no forms to fill out. Medicare will automatically send a check that's made out to you. You don't need to provide any personal information like your Medicare, Social Security, or bank account numbers to get the rebate check. Don't give your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE (1-800-633-4227) to report anyone who does this. TTY users should call 1-877-486-2048.

When will I get the rebate check?

If you reach the coverage gap this year and enter the Part D "donut hole", you will receive a one-time \$250 rebate check if you are not already receiving Medicare Extra Help. These checks will begin to get mailed to beneficiaries starting in mid-June.

Checks will be mailed monthly throughout the year as beneficiaries enter the coverage gap. However, this is a one-time benefit and beneficiaries who qualify will only receive one check after they reach the coverage gap.

What if I don't get the rebate check when I should?

Beneficiaries who hit the donut hole after the program has begun should expect to receive their check within 45 days. Your rebate may be delayed if Medicare doesn't have information from your Medicare drug plan showing that you reached the coverage gap in time to include you in the next mailing. You should call your Medicare drug plan to make sure all of your information has been sent to Medicare.

If you don't get your rebate check, contact Medicare. Individuals receiving Medicare Extra Help will not receive a rebate check.

You can also check to make sure Social Security has your correct home address. Call 1-800-772-1213 or your local Social Security office. TTY users should call 1-800-325-0778.

What's Next... Coming in 2011

If you reach the coverage gap in 2011, you may get a 50% discount on your brand name prescription drugs at the time you buy

them. Stay tuned for more information from Medicare.

Help us spread the word about this important benefit; and, help stop scams against seniors.

Pass this information along to your friends, neighbors and family so they know the facts about this important program. Remember, here are no forms to fill out to receive this benefit once you qualify for it. Medicare will automatically send a check that's made out to you.

You don't need to provide any personal information like your Medicare, Social Security, or bank account numbers to get the rebate check. Don't give your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE (1-800-633-4227) to report anyone who does this. TTY users should call 1-877-486-2048.

Go to stopmedicarefraud.gov to learn more about how Medicare is working with law enforcement to stop scams against seniors.

Have other questions about the \$250 rebate check or the Affordable Care Act and Medicare?

Please refer to the brochure *Medicare and the New Health Care Law – What it Means for You* that Medicare has sent you. You can also visit www.medicare.gov or call 1-800-MEDICARE.

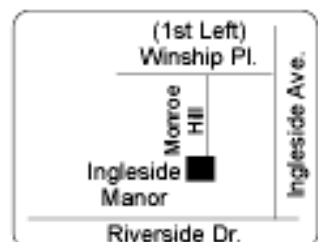
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Veterans Organization launches new assistance program to help retrain wounded vets

Submitted by Senior Exchange

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 scholar-

ships 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 some of the costs resulting from this are covered by DOD programs, 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.

Let us entertain you

by CLAIRE HOUSER DODD

Oh Boy, did we have a great week-end at the Battle of Byron on April 30, May 1, and 2nd. The week-end began with the crowning of the Penny Pageant Queen and King sponsored by Sandee Davis from Real Estate South and crowned by Michael Chidester, Byron's Pro-Tem Mayor. A Karaoke Contest ended the night with Scooter Smith taking the trophy.

The Battle of Byron's opening ceremony began with Mayor Larry Collins leading us in prayer. The Battle is a home grown festival filled with lots of local, non-profit organizations and vendors getting together to provide food and crafts while local schools and churches provide some entertainment in between professional entertainment. Kids of all ages play or enter games like mud volleyball, dunking booths, hula hoop contest, and other games. This year the Peach County Library sent a fabulous story teller to capture the children's imagination and Mike Fuller the magician also captivated them as their eyes got wide and their faces were in awe. Even the adults came closer to listen and watch.

The Moosing Around Country Line Dancers entertained in the afternoon as did the pie eating pigs. Don't ask and we won't tell! The Krystal eating contest was a hit again this year and if that wasn't enough you could get fairy hair or Lou-who hair.

The day was long, the weather was great, and our tummies were full but the night had just begun as Paul Carricker opened for Hit the Beach and they played oldies and entertained us with their very own hula girls. Folks from the audience were taken captive and given hula lessons for all to watch. Too Funny!

Sunday in the Park was the perfect day of worship. The Bread of Life Worship Center from Byron did a great job of Christian drama, singing, and grilling. Westside Baptist Church from Warner Robins

also sang and brought a veteran Blackhawk Ranger that ministered a moving sermon. Christ Chapel Sportstowne's, One Project, did a great job playing and singing. It was a great day for worshipping in Byron and what better way to end a festival than in prayer.

My daughter, Emily, has been a part of this festival for three years and is now retiring to let new folks with new ideas come aboard. J.J. Siegle, Stacy, Emily, Mike, Vicky, Lindsey, Bucky, Troy, Francis, Regina, Karla, Sandee, Paul, Scott, Jeff, Matt, Greg, Terri, Barbara, and many more did a great job of making this 2010 Battle a record breaking success.

Byron is not the only place that rocks but Cheaha State Park in the Alabama mountains. Is a great place to visit and it really rocks with stone buildings, lodges, chalets, and cottages? You will step back 50 years to one of the most peaceful and serene vacation spots nearby. Cheaha is only a three hour drive from Byron. Take I-20 West and once you get to the Alabama Welcome Center you are only 36 miles away. You will find scenic mountain views, waterfalls, and lakes. It is a great place not to miss.

The word Cheaha means high places. It was the home of the Creek Indians and you will feel their presence as you walk along the streams or mountain trails.

Cheaha Park is located in the Talladega Mountain Range and in the Appalachian Mtns. The lodge is a great place to house a wedding as well as the family and wedding party. You may contact Dr. David Marshall at Still Waters Family Chiropractic in Byron to get a reference as his daughter, Elise, just got married there. We had a great time at a lovely place.

Moving along another trail, do not forget that the Historical Peach Festival is coming to Byron and Fort Valley June 11th through the 19th. It will be another great year of lunches, music, vendors, and of course the famous peach cobbler.

Last but not least I must mention a lovely lunch I had with Dr. Ralph Roberts, a school roommate of Dr. Dodd's. I can only imagine the two of them together as Oscar and Felix of the Odd Couple. Billy would have been Walter Matthau and Ralph would have been Jack Lemmon. I am sure they were a sight to behold.

Ralph prepared a divine lunch for me as I traveled on my way to meet Corky Holiday at Amelia Island. We ate way too much, shopped way too little, and talked just enough to meet all the right folks in the area. We went sightseeing with a fabulous river boat captain to Cumberland Island, St. Mary's, and Fort Clinch. The fresh ocean air and crab cakes were awesome and I wish I had one now.

Don't forget to get tickets for the Macon Symphony as it is always a treat.

The Hunter Jumper Classic, the best in the US will be held June 16th through the 20th at 1996 Centennial Olympics Parkway in Conyers, Ga. For more info call 800-266-9377 or go to: classiccompany.com

If you love cars we will see you June the 12th from 9a.m. to 4p.m. at the fifth annual Ft. Hawkins open benefit car show in historic downtown Macon. Pre-register by June 6th. There will be a registration fee

the day of show as well as cash drawings. Call 478-757-8552

On June the 21st on Lake Tobesofkee at the Pig & Fish Restaurant located at 6420 Mosley Dixon Rd. there will be music on the deck. (weather permitting) Call 478-476-8837

Summer officially begins the day after Father's Day, June 21st. It seems as though it has already begun with sun and fun. Have a tremendous Father's Day!

The most called upon prerequisite for a friend is an accessible ear.
Maya Angelou

Publisher's Notice

Due to complications associated with a knee replacement operation, Ms. Faye's columns, *Walking on Sunshine* and *C'mon, let's eat*, are not included within this month's edition of *Senior News*. Needless to say, we miss Ms. Faye's columns. But, more importantly, WE MISS MS. FAYE. Prayerfully she'll fully recover in the near future; and, hopefully her entertaining and informative columns will be back in the paper for our July edition.

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Senior NEWS

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www.seniornewsgeorgia.com

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

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Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

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Senior News & Views of Georgia

Poets' Corner

Those Who Came To Die

by Bobby Cline

(Dedicated to those who charged the beach at Iwo Jima)

*He knew not what the future held,
this lad of seventeen.*

*But go he must to seek his fate in
places never seen.*

*It was a time of war and grief, and
jobs that needed done.*

*His mother cried and hugged him
dear, then gave her loving son.*

*Ready for the fight to come, he went
to distant lands.*

*The glory he had sought for days
was finally near at hand.*

*Guns roared like thunder from above,
thick smoke, it filled the sky.*

*Young men would charge this shore
of death. Those who came to die.*

*Crouched low within the landing
craft, his weapon in his hand,
His mind could think of nothing but,
that beach of hot black sand.*

*Put there by God in heaven, but
cursed by him below.*

*The black sand of the island called
forth his mortal soul.*

*When at last the ramp was down, the
deadly charge began.*

*The gates of hell had opened and he
saw that deadly sand.*

*He waded through the water, then
crawled upon the shore.*

*He tried to raise himself to run, his
body said no more.*

*He searched his heart for courage,
but only fear was found.*

*He listened for his heart to beat, it
never made a sound.*

*Was this the coward in him, was this
his day to die?*

*Would he lay there on that cursing
sand, and never even try?*

*He lay there in the dark sand, his
eyes were opened wide.*

*He saw the spread of color red
before his very eyes.*

*The blood was not of those before,
but Him who died for all.*

*Was then he knew what he must do,
to heed the deadly call.*

*With new found faith within his
heart, his courage was renewed.*

*He stood and walked among those
left; there only was a few.*

*A motion with his arm he gave, and
forward they did run.*

*Into the face of death they moved,
toward the sound of guns.*

*This evil land and those they fought
could not defeat these men.*

*They battled forth for many days,
until the bitter end.*

*The battle nil, the victory won, they
sat and wondered why.*

*And gave an every lasting thought to
who came to die.*

Four Seasons of Life

by Beni Handley

*In the Spring of Life, when we are
young,
All is exciting, everything's fun.
We eagerly look forward to each new
day,
Life is budding, there's much time to
play.*

*Then comes the Summer, we play
when we can,
For school, and education are always
first hand.
We're anxious to learn, we are ever
so willing,
For becoming of age is very
appealing.*

*When Fall catches up, we see longer
days,
More work and less play, we've a
family to raise.
We're buying a house, the bills are
due,
No rest for the weary, it's all up to
you.*

*But Winter will come, with the
blessing of age,
The last chapter to write, but not the
last page.
For this is the best time, life has to
give,
You do as you please, and you've
just learned to live.*

Leigh's Song

by Ernest D. Wilkes

*Events can sometimes happen that
are so hard to explain,
And to probe for answers can leave
one feeling drained.
I've spent my lifetime searching,
hunting for a clue;
Now, I feel as though my quest has
ended whenever I'm with you.*

*I'm just another dreamer – took a
while to face the truth –
But I've dreaded of someone like
you since somewhere within my
youth.
Please, take my hand and we'll
explore the tomorrow of our
dreams,
And together we can share our future
memories.*

*I know you're sometimes burdened
by the pains within your past.
I know your hopes and dreams
involve a commitment that will
last.
Longer than these bodies our souls
are wrapped within,
'Cause a love between two soul-
mates is a love that has no end.*

*The years have rolled on by, and
we've lived out many dreams.
And I struggle to express in word,
just what you've meant to me.
Now, your ship has slipped away to
moor at Heaven's berth,
And the only thing that keeps me
from you, is my time left here on
Earth.*

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Spiritual Notes

Lasting influence

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Mother's Day has just passed. Our family celebrated at a family dinner with our grown children, their spouses and the five grandchildren. My wife received an early morning call from our son telling her how much he loved her and that she was also a wonderful grandmother. Her response was, "being a mother was special but being a grandmother was even more special." Mothers, through the ages, have been the source of encouragement and stability in families. (So have Dads, whose day we will celebrate soon.) My wife received the adoration she deserved from the kids and grandkids on her special day, and if I'm lucky, perhaps I'll get the same treatment.

Family occasions remind us how important words of encouragement are to family members. This is especially true to young people who are faced daily with hard decisions. As we reflect on the gifts we received from our parents, it wasn't the "tangible things" that meant so much but the "intangibles." So often we heard from our parents, "Pretty is as pretty does," "Right is right and it never hurts anyone." Of course there are many more. We learned a lot by trial and error but these voices of wisdom still resonate in our minds.

Forbes magazine printed an article

some time ago on methods of dealing with others effectively. So much of what the author gained from his research is apropos to the approach that works in dealing with others in today's world, whether it is with family or those we encounter daily. The author summarized his findings in 5 sentences as follows: "The most important 5 words are: *I am proud of you.* The most important 4 words are: *What is your opinion?* The most important 3 words are: *If you please.* The most important 2 words are: *Thank you!* The least important word is: *I.* The survey found that these words had a great and positive influence on those interviewed.

The world is full of negativism. In Proverbs 15:1 we read: "A soft answer turns away wrath, but a harsh word stirs up anger." These words from the Scripture are so true. You have seen this in your families. The soft spoken word can reduce tension and, in many cases, can start a much needed healing process. We can use this biblical admonition in our families, with friends, and even strangers.

Mothers, Fathers, Grandparents... continue to speak softly but clearly to your children and grandchildren, and remember the 5 important sentences. It will positively increase your legacy on these special recognition days.

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

BBB warns that Insurance Scams are flourishing in current economy

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

In the midst of a tight economy and in the wake of the new national healthcare reform bill, State and Federal regulators are warning about a surge in healthcare-related scams. Better Business Bureau advises consumers to do their research before signing up for insurance coverage because their personal and financial health is on the line.

According to an October 2009 survey conducted by the Coalition Against Insurance Fraud, 57 percent of state fraud bureaus reported a higher incidence of health insurance fraud in 2009 compared to the previous year. The increase was largely attributed to "unauthorized entities selling fake coverage" and "the rise of medical discount plans."

Navigating the healthcare system can be a tricky maze and coordinating your physicians, prescriptions and insurance coverage isn't always easy. One of the first steps to finding healthcare services that are a good personal fit, is to

start with a provider you can trust.

Companies such as HealthcareOne/Elite Healthcare, Consolidated Workers Association, and Smart Data Solutions/American Trade Association, have all recently come under fire from state regulators for peddling worthless coverage or discount medical plans—instead of actual insurance—to thousands of consumers.

Additionally, the new healthcare reform bill quickly sparked new scams; shortly after it was signed into law, the US Department of Health and Human Services issued a warning to consumers to beware of health insurance offers claiming to be part of new federal regulations. For example in Missouri, the state Insurance Director warned that a door-to-door salesman was claiming to be a federal agent selling insurance under the new law.

BBB recommends taking the following steps when shopping for health insurance coverage to avoid getting ripped off:

Research the company with BBB. Always check out the insurer's BBB Reliability Report online at bbb.org. Reliability reports are available for free and will tell you how many complaints

the business has received, whether there has been any government actions brought against the business, as well as BBB's overall rating.

Confirm the company is licensed with the state insurance commissioner. Each state has a department devoted to regulating insurance companies. Make sure the insurer is licensed to operate in your state.

Read the fine print carefully. Make sure all verbal commitments are in the fine print. Don't just take the company's word for it. Also confirm with your pharmacist and doctor that they accept the plan you're considering.

Recognize the difference between insurance and discount medical cards. Some consumers purchased what they thought was health insurance but was actually a discount medical card which could only be used to get reduced rates at limited doctor's offices and pharmacies. Make sure you're purchasing insurance coverage and not just a discount medical card.

Beware of copy cats. Some phony insurers will go by a name that is similar to a trusted company. Confirm that you're really dealing with the right company that has a good reputation.

For more advice on finding health-care companies and services you can trust, visit <http://www.bbb.org/us/consumer-tips-health/>.

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.

Times Not Forgotten

Picnicking and Tybee Island

by **CHRISTINE COLEMAN**

The outing that stands out most in my memory is the summer day when all of us went to Tybee for a picnic and to swim at the beach. Some of the children had married and had families of their own. Mama and Papa had never been to the beach. Plans had been made that on this particular day, we would all get together and drive to Savannah and on to the beach. We loaded up in cars and headed out.

Between Savannah and the beach, we stopped at a spacious area to have a picnic. There was a convenience store there and also several cages of animals. It had a sort of carnival air. We watched mostly the monkeys while we ate. After lunch, we loaded up the leftovers and headed to the beach.

As soon as we reached our destination, all of us who wanted to swim changed into our swimsuits at the beach bathhouse. Then we raced to the water to jump waves and swim. Papa didn't have a swimsuit. We encouraged him to rent a suit and join us in the water. He decided to do just that. There was no need to ask Mama to join us. No way was she going to put on a bathing suit and go swimming in front of God and everybody. She and some of the others stayed on the beach and enjoyed watching the rest of us swim and have fun.

The summer we were there, only remnants of the "Tybera Pavilion" were visible. The pavilion, built out over the water, had long since washed away into the ocean. Papa swam out to the last standing pole. He intended to rest a bit and then swim back to the ocean's edge. He ran into much difficulty. Every time he attempted to push away from the pole, the undercurrent would pull him back. Barnacles were embedded on the pole, and as he was slammed back against the pole, those

shells would scratch him severely.

We swam out to see about him, but he waved us off and told us not to come any closer. He told us the reason he couldn't turn loose. My oldest brother told him to hang on while he went for help. My brother brought two lifeguards back with him. With the help and expertise of both the lifeguards, they were able to get Papa away from the pole into water where he could swim back to shore. On shore, they had a first aid kit and attended to Papa's wounds. It was a scary situation, but Papa stayed calm

the whole time. Later, some of the people on the beach said Mama was watching every move. We would not have been surprised had she swam out to where Papa was (in her dress, of course), as she too was an excellent swimmer.

That was the only time my parents went to the ocean. We still had picnics occasionally, but they were held away from Tybee Island.

Christine Coleman lives in Swainsboro. Feel free to Email her at cjc@reicomputers.com.



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On the Cover

Close to God!

by CLAIRE HOUSER-DODD

ON THE COVER

Lois Tucker

Lois Tucker spoke to our Peach County Historical Society last month and immediately we knew she was special. Although she has had several close calls with cancer of the esophagus, has no saliva glands, has to take a bottle of water with her at



Lois Tucker

times, she continues to do God's will and witness for him.

Mrs. Tucker hails from Hendersonville, NC, the middle child of 11 children to Jessie & Polly McMinn. She alone escaped to the mountains. She knew she had to teach, and she gave her life to the Lord at the age of eight. The two went hand in glove, got her through Berry College with a BA in Social Studies, a Masters in Education from Mercer University, Education Specialist, and Administrative Supervisor from the University of Georgia. Taught 7-12 grade History for 23 years, was on the Houston County Board of Education for 27 years and was assistant Principal of instruction. She was never ready to

retire.

Lois Tucker ate correctly, went to the gym, never smoked or drank; but, developed a tickle in her throat. After 39 radiation treatments, the cancer was gone; the esophagus shrank from 20 mm to around 5 mm, hence the dry throat and difficulty in swallowing. She now has MAC (close to TB) which is treatable with many antibiotics.

Do you think this has slowed this very remarkable lady down? Not on your life. She is a church worker, a volunteer, a speaker, an active member of the Charlie D. Anderson Chapter of the U.D.C., an avid gardener, who took time out to bring yours truly two of her gorgeous pansies, a pink and a white in a bud vase

with baby's break. What a lovely thought and so very much appreciated.

She also brought me a copy of her article on my great, great, great grandfather's brigade, General Charles D. Anderson, and had a daguerreotype picture of him copied for me.

Lois and her husband are now enjoying a well-earned vacation in Hendersonville, NC where she will go to the U.D.C., North Carolina Historical and Genealogical Society. I hope they get to hear her delightfully dramatic speech on Southern Belles and their bravery during the War Between the States.

We salute you, Lois, a truly brave Southern Belle.

Surviving the coming Chaos!

by CLAIRE HOUSER DODD

Charles Bartlett is a Fort Valley friend we grew up with, but we really did not have him pegged as an Author. He is one of those dependable people you can always

count on. Though you may not see him often, you know that he is there for you and he's got your back; very much as he has in the publishing of his new book, "Surviving the Coming Chaos."

Charles played basketball for the Fort Valley Green Waves (as we were called back then) and we cheered him on as we were a cheerleader. He was always at our parties and dances and was the perfect gentleman.

Mr. Bartlett came back from college and started working for Bluebird Bus Body Company, where he stayed for 30 years. He and his wife Mary settled here for good.

On a chance trip with George Luce, April 19, 1965, they began talking about God and salvation. Although Charles had appeared to be a Christian before that, he feels he changed tremendously then and he gave his life to the Lord on that day.

At that time, he started a Christian counseling program, trained as a Primal Integration Therapist, and realized

he had a real gift for helping people who were concerned with themselves, their relationships, and their spiritual growth. He retired in 1986 and began full time counseling. We were privileged to be working with Charles back then and were greatly impressed by his knowledge and depth of understanding.

Today his method of therapy is letting his clients ask questions, which he believes God gives them, and listen as He answers. Charles was recording answers in

the early 90's when he started having conversations with God at about 2:30 every morning. He would sit at his computer and record his conversations (We were privy to some of these most helpful speeches).


In this time of stress and depression, Charles was reminded of God's warnings of dark days ahead for our country and how to get it on the right track in order to prevent even darker days. He went back to his binders of twenty years ago, and realized a book was in order. He knows it is controversial, but hopes readers will prayerfully contemplate the deep meaning, take it to heart, and spiritually help to turn this upside down world right side up as it belongs.

Thanks Charles Bartlett for your faith in divine power and direction, for publishing "Surviving the Coming Chaos."

You may get your copy from Amazon, Books-A-Million, or from Charles Bartlett in Fort Valley, Georgia.




Charles Bartlett



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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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Senior Citizens!

Special to Senior News

From Publisher: We received this over the internet. The author is unknown but we thought it to be pretty interesting and entertaining.

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT the senior citizens who took:

- The melody out of music,
- The pride out of appearance,
- The courtesy out of driving,
- The romance out of love,
- The commitment out of marriage,
- The responsibility out of parenthood,
- The togetherness out of the family,
- The learning out of education,
- The service out of patriotism,
- The Golden Rule from rulers,
- The nativity scene out of cities,
- The civility out of behavior,
- The refinement out of language,

- The dedication out of employment,
- The prudence out of spending,
- The ambition out of achievement,
- And we certainly are NOT the ones

who eliminated patience and tolerance from personal relationships and interactions with others!

YES, I'M A SENIOR CITIZEN!

- I'm the life of the party... even if it lasts until 8 p.m.
- I'm very good at opening child-proof caps... with a hammer.
- I'm usually interested in going home before I get to where I am going.
- I'm awake many hours before my body allows me to get up.
- I'm smiling all the time because I can't hear a thing you're saying.
- I'm very good at telling stories; over and over and over and over...
- I'm aware that other people's grandchildren are not nearly as cute as mine.
- I'm so cared for – long term care, eye care, private care, dental care.
- I'm not really grouchy, I just

don't like traffic, waiting in long lines, crowds, lawyers, unruly kids, Toyota commercials, barking dogs, politicians and a few other things I can't seem to remember right now.

- I'm sure everything I can't find is in a safe secure place, somewhere.
- I'm wrinkled, saggy, lumpy, and that's just my left leg.
- I'm having trouble remembering simple words like...
- I'm beginning to realize that aging is not for wimps.
- I'm sure they are making adults much younger these days, and when did they let kids become policemen?
- I'm wondering, if you're only as old as you feel, how could I be alive at 150? And, how can my kids be older than I feel sometimes?
- I'm a walking storeroom of facts... I've just lost the key to the storeroom door.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!

Now if I could only remember who sent this to me, I wouldn't send it back to them, but I would send it to many more too!

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HOUSTON LAKE



Taking Care

Working with the pros... How to build good relationships with health care providers

by LISA M. PETSCHKE

As you age, and especially if you are caring for someone with a chronic illness, you will likely come in contact with a variety of health care providers.



Lisa Petsche

These may include doctors, nurses and allied professionals such as physical, occupational and speech therapists, whom you will meet in various settings: home, clinic, hospital and perhaps even long-term care.

Health care today is viewed as a partnership between patient and provider, with both parties responsible for ensuring constructive relationships. Patients and caregivers are taking a more active role than ever.

The following are some ways you can do your part to enhance

interactions with health care professionals:

- Prepare questions in advance of phone conversations and meetings, and prioritize them.
- If you or your loved one has a hearing or vision impairment, let the professional know at the outset of the conversation.
- Share information that will help the professional better understand and assist you or your loved one: medical history, relevant social history, lifestyle, abilities and limitations, temperament, likes and dislikes.
- Educate yourself about you or your loved one's health condition, to facilitate communication with professionals. Don't try to be an expert, though.
- Educate yourself about the roles of involved professionals, and ask about their goals and plans for care.
- Ensure you are dealing with the right person by briefly stating the nature of any questions or concerns. If they can't help you, ask them to

direct you to someone who can.

- Ensure the person has time to talk if you have numerous questions or a major concern. If not, ask to schedule an appropriate block of time.
- When making telephone contact, be prepared to leave a concise voice-mail message if the person is not available. Include the date and time of your call, your name and, if applicable, your loved one's name and your relationship to him or her, the nature of your call, your daytime phone number, and the best time to reach you. If either of you is hard to reach, you may need to make an appointment to talk by phone or in person.
- Write down key information provided during conversations and conferences. Request a layman's explanation if you don't understand medical jargon, and ask for clarification when instructions are not clear.
- Be forthcoming about what you need and expect – don't assume oth-

ers know. Learn to be assertive and proactive in your role as advocate.

- Address a concern directly with the relevant care provider. Express it as calmly as possible and in a timely fashion. Provide details and include an example or two; prepare notes if you are easily flustered. Involve the provider's supervisor only if the issue does not get resolved.
- If the situation causes you significant distress, try to compose yourself before addressing your concern – otherwise, it's difficult to have a constructive discussion.
- Depending on the issue and the number of people involved, you may wish to request a meeting.
- If you are anxious or angry, have a relative or friend present – preferably someone less emotional – for support and to help you stay focused. Whenever possible, suggest solutions to problems. Be courteous and give others the benefit of the doubt; expect to be treated likewise.

Keep in mind that you and professional care providers are partners, and do your best to work with them.

When you are pleased with the care that professionals have provided, express appreciation: a little goes a long way.

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

MCCG employee, soldier brings a gift home to his co-workers

Special to Senior News

The American flag flapping over Camp Phoenix near Kabul, Afghanistan on Veteran's Day 2009 unequivocally meant two things for

Sgt. Bill Huffman. He was honoring his co-workers at Central Georgia Wound Care and Hyperbaric Medicine back home in Macon, Georgia, and he was showing the enemy his profound pride.

Sgt. Huffman, a hyperbaric tech-

nician, recently returned home from his tour of military duty, and wanted to present that flag to his co-workers. He did so on April 23. The folded flag, coupled with a picture of Sgt. Huffman at the camp wearing his full uniform, is encased in a thick frame and now hanging on the wall of the Wound Care Center lobby.



Pictured: Tiffany Lawrence, director of Inpatient Wound Services and Central Georgia Wound Care and Hyperbaric Medicine, and Sgt. Bill Huffman.

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Macon/Central Georgia CALENDAR

Coliseum Health System "Medicare Made Easy"

Mon., June 14, 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 478-765-4338.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke:** Support Group: 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., 1st Floor Conference Room.

Coliseum Psychiatric Center, 478-741-1355

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

H2U Activities

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

478-765-4805 for dates.

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

Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, 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 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.

continued on page 11

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CALENDAR

from page 10

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
Bowlen Golf Course

3111 Millerfield Road
478-742-1610

Warner Robins Recreation Department, Senior Citizens Services Wellston Center

• AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.

• NARFE: 2nd Wednesday of each month. Betty Northenor, President, 478-929-1067.

• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-929-6960.

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

• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), 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.

Divorce Recovery Group

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

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

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

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

For additional information call 478-953-9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon
478-397-6568. Hosting "The Solid Rock" on June 13 at 6 p.m. in the Church Fellowship Hall.

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.

First Annual Cancer Survivor Art Exhibit

Thurs., June 3, 6-8 p.m., Center for Ambulatory Services, 1014 Forsyth St., Macon. Reservations required. For details call 478-633-4733 or email: rsnp@mccg.org.

Peach Public Libraries Summer Hours, June 1 - July 31

Locations: Thomas Public Library, Fort Valley and Byron Public Library, Byron. Mon.-Thurs., 9 a.m.-6 p.m.; Fri., 9 a.m.-1 p.m.; Closed Sat. & Sun.

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.

General Business Directory For Seniors

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