

# Senior News

A photograph of a middle-aged man with glasses, wearing a white tuxedo jacket, a white shirt, and a light-colored bow tie. He is holding a baton in his hands, positioned in front of him. The background is dark with some horizontal lines.

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***Macon Symphony  
Orchestra!***

***Story on Page 2***

May 2010  
Vol. 24, No. 5



## On the Cover

# Macon Symphony Orchestra

by CLAIRE HOUSER-DODD

### ON THE COVER

**Adrian Gnam, Maestro of the Macon Symphony Orchestra for the past 27 years.**

**T**he Macon Symphony Orchestra is now in flux. Changes are being made. For better or worse... only time will tell. We can only hope for the best for all concerned. As a member of the Attendance Board for audience development along with Susan McDuffie, we'll work hard on the Big Blast to kick off the New Year.

As a symphony lover and attendee we, of course can't say a word without attaching it to Adrian Gnam, our magically, magnificent maestro of the last 27 years, and how the orchestra has grown to epic heights under his command.

It has been a thrill each time we have watched Adrian raise his baton. His command over the MSO is magic in motion and the music it emits is fit for the gods. His music, his excellence and his artistry have enthralled his audiences.

In this length of time, Adrian has accomplished many things. Among one of his biggest achievements is finding new talent for the MSO. One of his favorite things is to nurture young talent, and have them perform for his devoted audiences. Adrian has taught at Mercer and held the title of Distinguished Artist in Residence for 10 years, taught Oboe at Georgia Southern University in Statesboro, conducted the GSU Orchestra and is the Director of the International Conductor's workshop which he's held at Wesleyan for the 8th year. He has worked with Ocmulgee Symphony for the last 3 years and will conduct this symphony next year. Even with all this on his plate he is not too busy to do concerts at Wesleyan, Hawkinsville, Dublin, Cochran, Milledgeville, Warner Robins and we are working on a concert for Fort Valley State University.

Certainly a talent to behold, a much sought-after artist and we wish him well in his many future ventures. We appreciate Dr. Gnam for putting Middle Georgia on the map musically and entertaining us

royally during his reign of 27 years.

So what's up now? The Big Blast held at the Cox Theater and dubbed, "A Select Season," was the kickoff for this year's season.

Susan McDuffie, Chairperson of Audience Development, has Macon and environs mapped out to do neighborhood parties for those interested in the symphony. The Fort Valley party will be held at our home on College Street or across the street at the Evans-Cantrell Bed and Breakfast. These events are free and we will give out more information on the symphonies in the near future.

You will have a fine time meeting and mingling, eating and drinking. We will have a raffle with a chance for you to win 2 free tickets to the concert of your choice.

We hope you will join us for

this pivotal season of change and meet with our three new conductors, each vying for a chance to serve the MSO. You will be given an opportunity to complete a survey questionnaire as to the conductor you prefer.

You can refer to the MSO website ([www.maconsymphony.com](http://www.maconsymphony.com)) to see the bio's of our dynamic conductors.

Please join us for this upcoming 34th superior season of concerts from *Latin Fire* to *Made In America*, and our *For Pipe and Glory* featuring Macon's own Robert McCormick, organ.

Respond by May 15th to get your 10% discount or by June 15th to reserve your seats. Contact Marian Porter, Director of Operations at 478-301-5300 or [marian@maconsymphony.com](mailto:marian@maconsymphony.com)

## Cleaning for a Reason

Special to Senior News

**I**f you know any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning - 1 time per month for 4 months while she is in treatment.

All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area. To check and arrange for the service visit: <http://www.cleaningforareason.org>.

Please pass this information on to bless a woman going through Breast Cancer or any kind of cancer treatment. This organization serves the entire USA and current-

ly has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

## Publisher's Notice

**D**ue to complications with a knee 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 this month. But, more importantly, WE MISS MS. FAYE. Prayerfully she'll have a speedy recovery; and, hopefully her entertaining and informative columns will be back in the paper for our June edition.

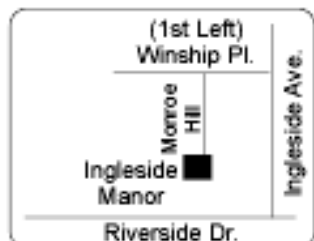
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# Let us entertain you

by CLAIRE HOUSER DODD

*Middle age is when your broad mind and narrow waist begin to change places.*

E. Joseph Corsman

**W**e had one of our best Easters yet. Matt was a year and 3 months old and was very interested in finding and throwing those colorful eggs in his bucket. Good aim too! He wasn't too interested in eating them. He left that department open for us.

This year we decided to have brunch rather than a big dinner for Easter. Whew! What a difference a few hours make. The idea was to do frozen pancakes and waffles and keep us out of the kitchen so we could enjoy the baby. It worked. All went smoothly and well. Sure 'nuff, we stayed out of the kitchen, but our place was taken over by Mike who seemed to thoroughly enjoy it. Somebody had to microwave those pancakes and "keep 'em coming," and he volunteered. How nice to have a Son!

"Course we had the juice ready, and Dr. Dodd had bought a microwave bacon cooker years ago for our bacon, lettuce and tomato summer sandwiches and that was a big saver. Just place them on the platter, cover with a paper towel, put them in the microwave, wait a few minutes and voila, your bacon's all ready for consumption. Not too much mess and everybody's all ready for the Easter Egg Hunt which Eli happily took charge of, the baby loved it and the grandparents had a wonderful time watching and enjoying.

Then... a cousin is getting married this month in the Alabama mountains which looks to be a wonderful weekend for all of us. So, we had a family happy "wedding to be dinner party" for Elise Marshall. Loads of fun for several generations and Denver enjoyed family so much she wanted to set up a monthly family gathering at our house. Oh, yes, she did help clean up, wash dishes and polish silver. Thank heavens for grands. Eli helped all day before the dinner. In this weather with pollen et al, the yard and porches have to be cleaned too. Hopefully keeping the main portion outside where it belongs. We don't mind, too much, having a yellow car that went to bed being white!

Denver is probably right about

having a family night once a month. There are always good stories about our ancestors that we've maybe forgotten, and they never knew. We really enjoyed hearing Bill Marshall talking about his Aunt Helen who was one of Mother's best friends and her job with Helena Rubenstein in Paris, London and New York. She really enjoyed a very interesting and glamorous life in the main stream. We knew her later in life when she and mother were choosing bulbs from fancy and far away nurseries. We remember thinking things were \$3.00 and they'd look at us like we were from Mars and tell us \$300.00 not \$3.00. Guess we were real young. Wonder what they'd cost today? Count us out. We don't even want to know. Thank heaven for an already planted 100 year or so yard.

We had our formal opening of Malibu Maui in the Byron Shops off 49 Hwy. the 17th and fun was had by all. The hot dogs were delicious with Gary at the helm while Mike handled the beach music and shag dancing. Denver and Bucky were on the popcorn wagon, Emily was busy giving 15 minute massages, Sara and Juanita doing free hair. Us? We watched, talked, enjoyed and got to clean up a bit. They're always so nice to us in that department, letting us sweep, wash towels from the tanning bed, etc. We like it all. It's a fun place with lots going on! We love the facials and body wraps. Want to lose 10 inches or so for that little black dress? Go for the body wrap. A real miracle!

Afterwards, as tired as we were, Becky Reddick has a surprise birthday party for Mike. Naturally we are perked up for that. It was lovely and Mike was duly astounded. A large group of old friends from college and surrounding towns had gotten the message and came to celebrate his 60 years on earth. Congrats, Mike, we love you. Please hang for at least 60 more. Emily underlines MORE!

The Battle of Byron (BOB) will be held May 1 from 10 a.m. 'til Ga. Bobs will serve BBQ. Races, card, bands, arts and crafts and all other good stuff expected at festivals will be on hand. All thanks to Emily Griffin, chairperson. "Hit the Beach" will be the Sat. night band, Mike Fuller will do his magic during the day along with Country Line Dancers and the Human Trumpet (from Jay Leno's Show). And then on Sunday, a Pre-Memorial Day service with great Christian youth music in Jail House

Alley Park behind Main St. Lots of singing, church service and plenty of food.

Also, May 1 in Milledgeville, Miss Johnnie Goolsby, President of Choral Society of Middle Ga is giving their final concert of the season, 7:30 p.m. in the Milledgeville First United Methodist Church. Tickets \$10:00. \$8.00 seniors, military and students.

Know some of you are waiting to hear when our garden market's open. Well... Now! City Market on Poplar 9:00 a.m. - 1:00 p.m. Saturdays through December 18. Downtown Byron... Saturdays through August 14 in Jail House Park 956-5555.

We'd love to know more about jazz. We are trying to get to George Saunderson's class 1st Thurs. of each month at the Lutheran Church of the Redeemer, 300 Pierce Ave. at 6:00 p.m. If we could remember just half of the brilliant information Dr. Dodd tried to teach us. He knew from experience, having played with many of the greats before our time. They were wonderful then and maybe even more so now. We are new converts to jazz and proud of it.

You may come to the Fort Valley Garden Club tour on Saturday, May 22nd for an extremely lovely time. Quite a few gardens will be on view and some homes. We will be hosting our Mother's home on the corner of Forrest and North Avenue which Annette and Michael Brenner have bought and are attending with loving care. We hope to see you there. Besides the lovely yard and flowers

we will be serving punch and cookies.

*Happiness is having a large, loving, caring family in another city.*  
George Burns



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Senior News & Views of Georgia

## Poets' Corner

### TO MY MOTHER

by Kathleen Eidson

My mother lived a life of prayer,  
And I can see her now.  
Each night before she went to bed  
She'd kneel and humbly bow.  
While yet a child, I asked her why  
She lingered there so long.  
She answered with a radiant smile:  
"Prayer keeps my spirit strong."

"I couldn't face a single day  
Just going on my own,  
But with the presence of the Lord  
I know I'm not alone.  
I thank Him for the gift of life,  
And for his loving care.  
I pray that I might know His will,  
And follow, anywhere."

"I lift my children up to Him  
And ask He keep them near,  
That they may lead a Godly life  
And know no earthly fear.  
I pray that He will bless our home  
And all we strive to do.  
While we believe and trust in Him,  
I know that we'll come through."

This tribute which I offer now  
Is from my heart today,  
In honor of my mother,  
For she taught me how to pray.  
I try to follow as she lived,  
And do no conscious wrong.  
For I, like her, have found it true:  
Prayer keeps my spirit strong.  
\*\*\*\*\*

### HOPE ETERNAL

by Henry N. Goldman

Despair will weigh me down at times,

Uncertainty is my constant thorn;  
But when I feel that all is lost,  
Within me hope is reborn.

Though sadness may banish all my joy,  
And failure dash my dreams,  
My heart shall be refreshed again,  
For hope will reign supreme.

When all seems lost in darkest hour,  
And friends nearby fall away,  
I know my bonds will be renewed,  
For hope shall be my stay.

When years go by without success,  
And plans just won't come true,  
I'll reach way down and persevere,  
For hope will bring me through.

And when my life draws near its end,  
My steps then falter and slow,  
In passing from earth to Him above,  
Blessed hope will help me go.  
\*\*\*\*\*

### TIME

by Doris A. "Dot" Jones

Life to us was a treasure more precious than gold. Time passed so quickly, there was hardly time for the story to be told.

We met - we were young - and love entered in - we married and a family began. A dear little girl, who soon grew up to be a wife, another part of the treasure of life.

Her family began, two wonderful sons and another dear girl. Life moved right on, it doesn't wait. We were suddenly old, where had it gone? 50+ years together was not

enough, way too short for the story to be told.

Whatever comes in life's precious treasure, it's such a joy to look back with pleasure. The story may be short, but if life is lived in joy and happiness and Christian love, the Lord has waiting another treasure above.

\*\*\*\*\*

### THE POSITIVE APPROACH

by Vera King

L is for Labor  
O is for Our  
V is for Virtue  
E is for Everyone  
Our Virtue toward Everyone  
Is a Labor of Love  
When goodness abounds  
Smiles spread around  
Soon we have Hope  
In Faithful service.

## Compete in the Georgia Golden Olympics

Special to Senior News

If you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 22-25, 2010 in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horseshoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of \$35.00 allows the participant to enter 3 events. Additional events are \$6.00 each. Bowling, tennis, golf and archery require an additional fee. Fees are non-refundable. All registration must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. The 2010 event is the qualifying event in Georgia for the 2011 National Games in Houston, Texas in June 2011. Over 400 athletes qualified for the National Senior Games in 2009 held in the San Francisco Bay Area.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information call the Warner Robins Recreation Department at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603. Website: www.georgiagoldenolympics.org.

## Spiritual Notes

## Life's Rests

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

After an unusually cold winter in Georgia, springtime is making an appearance in all of its glory. The trees and grass are greening, birds singing and yes, the "yellow dust" is covering everything in sight. Schools are closed for Spring Break allowing families to take a much needed rest with their families. Some parents may say it's more of a change of pace than a rest. As summer approaches, we look forward to taking time away from our jobs. If retired, planning a trip or at least doing something different. By doing so we hope to be invigorated by the change.

John Ruskin, one of England's greatest thinkers of the 19th century, once pondered the importance of "rests" in a musical composition. He began to compare the "rests" put in by a composer to the "rests" that come to us in life. Unlike the rests we create

for ourselves there are rests that come which we can't control. There are times when, for whatever reason, we are compelled to sit and wait until we realize God is now telling us to move on. These are the difficult ones to handle and they don't feel like rests. Ruskin wrote: "There is no music in a rest, but there is the making of music in it." In music there are full rests and quarter rests. As in music some "rests" take longer to resolve than others.

Jesus, life's greatest Conductor, admonished us in Matthew 11:28-29: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Rests, planned or unplanned, will come. Make good music when they do!

\*\*\*\*\*

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



# 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. Biopic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of biopic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia

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

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biopic

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

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## ***Taking Care***

**Visiting a hospitalized relative or friend... plan ahead to make it a positive experience.**

by LISA M. PETSCHKE

**C**hances are good that a senior you care about will require hospitalization at some point, especially if he or she has a chronic health condition. The following are some tips to help ensure a positive visit.

### **Before you go.**

- Call ahead to the patient or his or her next of kin to find out if visits are welcomed, and if so, the best time of day to come. Also ask if there is anything you can bring.

- If you are not an immediate family member or close friend, reconsider visiting unless the

patient has few local supports. Instead, send a card or e-mail (some hospitals offer the latter option on their website) and plan a visit when the person returns home.

- Before arranging for any kind of get-well gift, find out the hospital's policy around balloons and flowers and take into account space limitations in the patient's room. It's best to hold off on plants, balloon bouquets or gift baskets until the person is discharged home.

- Before planning to bring in food or beverages, find out if any dietary restrictions have been implemented.

- Postpone your visit if you are not feeling well. Telephone instead.

### **What to bring.**

- If you feel the need to bring something, keep it simple and practical. Ideas include reading material, a notebook and pen, a box of

facial tissue, hand sanitizer for the bedside and earplugs, especially if the person is a light sleeper.

- Some ideas for cheering a patient: bring children's artwork, decorative window clings or a special food treat.

- If the person's finances are limited, arrange to pay for telephone or TV service. If he or she is expected to be hospitalized for a while, you may wish to pool resources with relatives or friends.

### **What not to bring**

- For security reasons, don't bring the patient anything of value. Discourage him or her from keeping identification, jewelry, electronics or more than a few dollars on hand.

- Don't bring in prescription drugs, over-the-counter medications or herbal remedies. Interactions with medications the hospital physician has prescribed could prove harmful. The same goes for alcohol.

- Don't wear perfume or cologne or bring the patient heavily scented toiletries. Many healthcare facilities are now designated "fragrance-free" environments due to staff and patient allergies.

### **Visiting tips**

- Find out what the visiting hours are and stick to them.

- Clean your hands when you enter and leave the hospital, and also before and after visiting in the patient's room. It's important for everyone's sake to prevent the spread of disease-causing microorganisms.

- Watch for signs regarding the use of cell phones. Typically they must be turned off in clinical areas. In permissible locations, set your phone to vibrate mode and exercise discretion when conversing about sensitive matters.

- If the patient is in isolation – indicated by a

sign on or beside their door – go to the nurses' station to inquire whether he or she can have visitors and if so, what precautions to take. You may need to don gloves, a gown and a mask. Although it may be inconvenient, it's important to follow all instructions.

- If you are not the patient's next of kin, don't request medical information from staff or get involved in care issues. If you are one of several immediate family members, keep in mind that patients are asked to appoint one contact person in order to streamline communication. This is who you should speak to if you would like more information than the patient is able to provide. If family dynamics are challenging or the person's situation is complicated, a family meeting can be organized with the healthcare team.

- Limit visitors to a few at a time. Speak softly in the room and hallways so you don't disturb patients who are resting. Exercise good judgment when it comes to bringing children, and ensure adult supervision at all times.

If the patient is safely able to walk or transfer into a wheelchair, visit outside the room – perhaps in the visitors' lounge on the ward or in the main floor lobby or coffee shop.

- Be prepared that a healthcare professional may ask you to leave the patient's room in order to provide care or conduct an assessment or test.

- Keep the visit short if the person is low on energy.

- Ensure before you leave that the patient's call bell, telephone, bedside table and any mobility aids are within reach.

\*\*\*\*\*

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

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## HOUSTON LAKE





# Macon/Central Georgia CALENDAR

## Coliseum Health System

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

## Support Groups

• **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.  
• **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.  
• **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.  
• **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.  
• **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives

have been touched by stroke. Call 478-765-4413.

• **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.  
• **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.  
• **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.  
• **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., 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.  
• **Protecting Your Lungs:** Thurs., May 13, 7 p.m., Museum of Arts and Sciences, 4182 Forsyth Rd. For complete details and reservations call 478-746-4646.

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

continued on page 7

# General Business Directory For Seniors

**Independence<sup>+</sup>**  
**In-Home Care**  
*Assistance with activities of daily living is just a phone call away.*  
**Our Services Include**  
CNA & Sitters, Respite for Family, Medication Management, Errand Services & Appointment Escorts, Light Housekeeping, Laundry, & Meal Preparation  
[www.independenceplus.org](http://www.independenceplus.org)  
Ph: 1-866-269-0174 Fax: 1-866-269-0368

**Advocacy Resource Center**  
*(Turning Developmental Disabilities into Possibilities since 1953)*  
4664 Sheraton Drive (turns off Arkwright Road) • Macon  
[www.arc-macon.org](http://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

**Baltic Park Apartments**  
  
• 1-2 BR units  
• For people 55 and over  
• Gated Community  
• Affordable Rents  
• Great Amenities!  
• Spacious Floor Plans  
Handicap Accessible Units Available  
860 Hightower Road, Macon • 478-788-3514

**Senior Homecare By Angels**  
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Meals Respite Family Care Hygiene Assistance Errands  
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Call For a FREE Consultation  
478-971-1606 


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• Personal & Corporate Assistant  
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email: assistnow2@hotmail.com

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[hearingassociates@alltel.net](mailto:hearingassociates@alltel.net)  
840 Pine Street, Suite 800 Macon, GA 31201 (478) 722-0802 Fax: (478) 743-7599  
302 Margie Drive Warner Robins, GA 31088 (478) 953-2705 Fax: (478) 953-2857  
Toll Free (877) 722-2473

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...Change Your Life!**  
Learn the SECRET to a healthier, more vibrant body at any age! Learn what Dr. Hiromi Shinya, Oncologist and Developer of the Colonoscopy, shares with his patients! Ask Dr. Dave Carpenter, one of the foremost authorities on the **Right Kind of Water to Drink**, questions that can help you learn the secret to a healthier body! Get your copy of the DVD that could change your life! Go to [www.iLoveGoodWater.com](http://www.iLoveGoodWater.com). Or let me hear from you by sending your name and address to: I LOVE GOOD WATER, 5579 Chamblee Dunwoody Rd., Suite 403, Atlanta, GA 30338.

**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**

 **COLISEUM PARK**  
**PROFESSIONAL PHARMACY**  
380 Hospital Drive Macon, GA 31217  
Across from the Emergency Room  
**BOB MOODY RPH.**  
Pharmacist, owner  
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**Atlanta Expo Center**  
May 7, 8 & 9 June 11, 12 & 13 July 9, 10 & 11



## CALENDAR

from page 6

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

- 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 of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

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

### Macon-Bibb County Parks & Recreation Department

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

Call centers for information and schedule of events.

#### Downtown Center

1283 Adams Street

478-751-2790

#### Bloomfield Park

4115 Lions Place

478-781-6000

#### East Macon Park

3326 Ocmulgee East Boulevard

478-751-9271

#### Frank Johnson Recreation Center

2227 Mercer University Drive

478-751-9274

#### Freedom Park Senior Center

3301 Roff Avenue

478-751-9248

#### Memorial Park

2465 Second Street

478-751-9210

#### North Macon Park

815 North Macon Park Drive

478-477-8526

#### Rosa Jackson Senior Center

1211 Maynard Street

478-751-9169

#### Tattnall Tennis Center

478-751-9196

#### John Drew Smith Tennis Center

478-474-5075

#### Bowden Golf Course

3111 Millerfield Road

478-742-1610

### Warner Robins Recreation Department, Senior Citizens Services

#### Wellston Center

• AARP: 4th Wednesday of each month. John

Echols, President, 478-953-5060.

• NARFE: 2nd Wednesday of each month. Betty

Northern, 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 infor-

mation call 478-929-6960.

#### Senior Activity Center

For information call 478-929-6960.

#### The Gospels Quartet

##### Outreach Ministry

The Gospels 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.

### 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.

### Theatre Macon

438 Cherry Street, Macon

478-746-9485

• The Hasty Heart: May 21-29. By John Patrick.

### 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.

continued on page 8

## Dempsey Apartments

Affordable Living In Historic Downtown Macon

- Spacious Studio & One Bedroom Apartments Homes
- Designed for adults 62 years of age & over and those with disabilities
- All utilities except telephone & cable included in monthly rent
- Apartments include wall-to-wall carpeting, stoves & refrigerators
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# 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/Pasysystem Necklaces
- Library/Exercise Room
- Activities/Grocery Shopping Day Trips
- Beauty Shop
- Cable or antennae
- Located in a park-like setting

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**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 Senior Retirement Community

1330 Forsyth Street • Macon, GA 31201

**Call 478-745-0829**

Rent Includes All Utilities • Beauty Shop  
Library • Optional Lunch 5 Days/Week  
Bus for Groceries • Washer/Dryer On Each Floor  
Range of Planned Activities

Subsidized and market units.  
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## Goodwill NEEDS YOU!



**YOUR DONATIONS**  
When you donate your clothing and household

items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

### YOUR TIME

Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.



CALL: Mid GA: 478.957.9741  
OR CSRA: 706.790.5350

To find a location near you, visit  
**www.goodwillworks.org**

## 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

**Barry M. Bilbro, R.Ph.**

Compounding Pharmacist

Your Bio-Identical Hormone Specialist

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www.medshoppe.com

**478-922-2067**

Warner Robins' Oldest Independent Pharmacy



## 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.



# Birthday Girl at 89!

by CLAIRE HOUSER DODD

**M**rs. Edmondson Robertson, better known to us all as Miss Eloise or Nannie, of Gray, Georgia celebrated her 89th birthday with a huge BBQ party at the home of her only son, Wayne, on Creekside Drive in Gray. His beautiful house sits far back from the road almost hidden in a pine forest. Cars were parked everywhere, but logistically you could come and go as you pleased. Nobody pleased to go until the very last minute!

Miss Eloise held court over by the band. Her favorite, the Ole Clinton Opry Band.

Most of you probably know this lovely lady by her cakes. "Nannie Cakes" which she has made and sold at Old Clinton BBQ Place until recently. Some were shipped as far as California. Delicious!

All of the Robertson children were in attendance, Evelyn, Elaine, Eileen and Wayne. (Notice all girl's names start with an E just like her husband whom she lost many years ago). The grands: April, Laura, James, Jason and Julie and their husbands and wives, grands and great-grands were having a ball. So congenial.



Eloise Robertson and Lily Prescott

Little Lily, (8 months) the latest favorite great-grand, bonded with Nannie at birth and is the most precocious baby you can imagine. She already knows her great-grandmother who sings Lily to her. Mrs. Robertson was in a play at 14 and had to sing this song. Naturally she sang and hummed the song before and after Lily was born. Believe it or not Lily now hums it right back. The name of that play was *Lily's March & Song*.

Probably 20 years ago, we were all at a birthday party for Miss Eloise. Dr. Dodd (who had doctored most of her family in Wrightsville) and I were dancing. Evelyn said she'd never seen her Mother dance because they'd lost their Father early on. Naturally, it was Billy Dodd to

the rescue. They danced, she loved it, and the rest of us were thrilled to the core.

What a lovely party Wayne and Linda gave a very fine lady on her 89th. What a marvelous and happy family. We were honored to be included.

## CALENDAR

from page 7

### Senior College Offers Variety of Programs

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

For additional information call 478-471-2770.

### 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. Hosting "Higher Praise" on May 16 at 6 p.m. in the Church Fellowship Hall.

### 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, Hodae, 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.

### Community -Wide Career Expo

Fri., May 14, 9 a.m.-2 p.m., North Macon Park Gym, 889 Wimbush Rd., Macon. Contact Albert Brown at 478-477-8526 or Latonya Hooks at 478-951-2722.

## Live Well with Diabetes

GMCF, the Medicare Quality Improvement Organization for Georgia, is promoting a "Know Your Numbers" awareness campaign for Medicare beneficiaries in Georgia who have diabetes.

The best way to manage and control diabetes is to be aware of the latest information and receive key tests.

If you or someone you know has diabetes, it is important to get the following tests:

- ☒ A1c (at least twice a year)
- ☒ Lipids (once a year)
- ☒ Eye Exam (once a year)
- ☒ Blood Pressure

Call  
888-313-9355  
for more  
information

## Spring into Action...

See Your Doctor This Month to Get These Important Tests.



Paid for by GMCF under contract with the Centers for Medicare & Medicaid Services, an agency of the U.S. Department of Health and Human Services.



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