

Senior News

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“SUPER DAWG”

Story on Page 6

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Taking Care Say what? Overcoming communication barriers.

by LISA M. PETSCHKE

Spending time with someone who has an acquired communication disorder—such as speech impairment from a stroke or mental impairment due to Alzheimer's disease—can be challenging.



It's natural to feel awkward when you can't relate to someone in the usual ways. However, there are many ways to overcome obstacles in order to have a positive interaction.

The following are tips for successfully handling some of the most common challenges when communicating with older adults.

Setting the Stage – Some General Advice

- Choose a quiet area to minimize distractions.
- Ensure you have the person's full attention before initiating conversation. Sit close by, facing them.
- Show interest by maintaining eye contact and leaning forward. Be conscious of your facial expression and other body language.
- Be prepared for multiple forms of communication, such as gesturing, pointing to an alphabet, word or picture board, drawing and writing.

Hearing Impairment

- Pick a location with good acoustics—rooms with carpeting and curtains are better than those with lots of hard surfaces.
- Sit with your face to the light and be careful not to cover it with your hands.
- Ask if one ear is better than the other, and speak to that side.
- Lean in when it's your turn to speak.
- Use a loud voice, but avoid shouting. Speak slowly and clearly, but don't exaggerate.
- Keep your voice low-pitched.
- Be succinct about expressing yourself, and use short sentences.
- Read the person's non-verbal expressions, since some hearing-impaired people are hesitant to ask others to repeat themselves. If it looks as if they didn't pick up what you said, rephrase it.

Speech Impairment

- Defective speech due to impairment of the tongue or other key muscles is known as dysarthria. It involves difficulty pronouncing words; however, language abilities may otherwise be intact. Follow these tips to help with communication:
- Encourage the person to slow down, if necessary, in order to pronounce each syllable.
 - Be patient and remain calm, allowing extra time for the person to get their words out. Don't interrupt or try to finish sentences unless they become really frustrated.
 - Be attuned to non-verbal language

that can give clues to the factual or emotional content of the message.

- Summarize the message to check if you heard it right.
- Ask the person to repeat the message if you could not make it out. Don't pretend that you understood.
- Ask questions that require a Yes or No answer so they can simply nod or shake their head.
- Don't correct every error.
- If the person is able to write, have a notepad and pen handy as a backup.

Mental Impairment (Dementia)

When someone is cognitively impaired, traditional types of conversation may not be possible. However, contact is still important, providing them with much-needed validation in addition to spiritual support. Here's how to go about it:

- Approach slowly, establish eye contact, then address the person by name.
- Always identify yourself by name. Don't be deterred if the person does not remember you from one contact to the next—it doesn't diminish the value of your involvement.
- Keep your voice low-pitched to convey calmness and reassurance.
- Use simple words and short sentences, speaking slowly and distinctly.
- Keep questions to a minimum and avoid open-ended ones, especially those that begin with Why, or How.
- Allow plenty of time for response to a

question before repeating it or changing the subject

- Nod your head and smile if appropriate, to indicate understanding.
- Avoid debating facts. Focus instead on feelings or use distraction if the person becomes argumentative.
- Respond to the person's mood when their words don't make sense—for example, "It sounds like you're feeling sad."
- Stick to topics with which the person is familiar. Avoid complex or abstract subjects.
- Be direct. Avoid clichés and limit the use of pronouns such as it, she and they.
- Try using different words when your message is not getting across.
- Don't feel you have to fill every minute together with conversation. Remember that your very presence is therapeutic.

Final Thoughts

- Watch for signs of frustration or fatigue that signal you should bring the visit to a close.
- Don't forget that humor is a valuable tool that can help reduce awkwardness and frustration.
- Above all, persist with your efforts. Remind yourself that with each contact, your comfort level will increase.

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

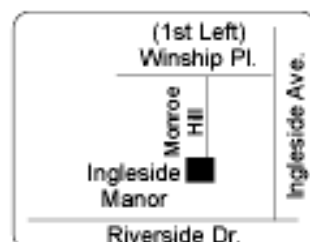
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Let us entertain you

by CLAIRE HOUSER DODD

"To be" means to communicate. Absolute death (nonbeing) is the state of being unheard, unrecognized, unremembered.

M.M. Bakhtin

A couple of weeks ago it was National Adult Educational and Family Literacy Week. Victor Kulrosky wrote an excellent article in the *Leader Tribune* about one of our main concerns, and he used the above quote which we deemed worthy.

Some of our long time readers will remember us starting the Student Literacy Program at FVSU and taking it into 14 counties. Our students were wonderful and their pupils, often illiterate older Americans, were astounding. Many only wanted to learn to read their bibles, and when they succeeded (and they did) it was one of the most powerful moments of our lives bringing tears all around. We're so happy to see that our effort in 1989 or 1990 has mushroomed into a national literacy movement. It was a wonderful program and we met all sorts of celebrities including Maya Angelou, Bill Cosby, Danny Glover, and lots of the modern black lady playwrights while traveling around the states helping to get others started with their Student Literacy Programs. We did a lot of Read-A-Thons on TV, named our students "The Teenage Mutant Ninja Tutors" and they loved it. They also bragged that the program helped them as much or more than it did the adults they were tutoring. We miss both the tutors and the tutees, all wonderful in their way. This was an extremely rewarding experience.

You'll now have 14 fewer movies to see in Macon. The Regal Rivergate Cinema has closed its multiplex doors. That's the bad news. The good news: Naos Entertainment of Alabama has the lease and plans to completely redo and upgrade to ultra modern stadium specs. However, the new entertainment center may not be reopened until the end of the year.

"Discover the exceptional level of musical artistry evidenced by our faculty and students," said so well by Dean John H. Dickson of Mercer's Townsend School of Music as was proven once again by The Labor Day Festival for Strings which Annette King and your writer so thoroughly enjoyed. Bobby McDuffie and his violin are one; he plays with every inch of his body and holds his audience enrapt. He has to be the very best violinist in the world, bar none.

October 1, Bobby will have a concert at the Grand Opera House. You had to call and reserve your tickets early on. October 2, (same location) Lawrence Golan one maestro vying for the position left by Adriar Gnam will conduct LATIN FIRE with Frank "Pancho" Romero on trumpet. This concert will certainly be a favorite. It begins at 7:30 p.m. Remember, you, as a member will get to vote on one of the three very talented musicians who will receive the honor of becoming the new conductor of the Macon Symphony Orchestra.

We're all so excited to be involved in the important contest.

Besides the Trumpet Concert, Arutunian by "Poncho", you'll really love Bernstein's Symphony Dance from West Side Story. It's always exciting to hear one of your all-time favorites live, on stage and in living color!

Not to interrupt this fun time, but let us insert a gentle reminder to get your FLU SHOT. It's that season again, and there's an additional incentive: a new high-dose version for people 65 and older plus an all-in-one inoculation that includes protection against swine flu and 2 kinds of influenza. Our point: Get it so you won't get sick or miss any of this great entertainment in middle Georgia. Hey, you seniors, get in line now.

We've been enjoying Music and the Arts at Vineville Methodist Church, the harp duo with Marguerite Lynn Williams and Betsy Fitzgerald was no different. These exceptional art venues are generally held on Sunday afternoons at 4 p.m. So, pay attention. October 13 is on a Wednesday and the Duo Mydo with Douglas Bruce on the organ and Miriam Dickinson playing the flute. That's on a Wednesday night at 7 p.m. Don't forget. It'll be a winner too!

The Rose Theatre in Forsyth has been remodeled and given over to the Backlot Players, Inc. a theatrical group in the community. They are also adding movie Fridays at 8 p.m. and movie Sundays at 2 p.m. for only \$5 per show or \$25 for a pass that is good for six shows or people. AND: they have a \$1 concession! Imagine popcorn for a buck. We have not seen that in ages. If you'd like to go, you can't miss it. It's right there on the square next to Grits Café. Schedule: Oct. 1 & 3 Night of the Living Dead, Oct. 8 & 10 Wax Work, Oct. 15 & 17 Dance of the Dead, Oct. 30, Saw I, II, & III (Saturday only) marathon at 6, 8, & 10 PM. Sound gruesome enough for you? Well, you

know, it is Halloween! Think we'll just stay at home and decorate our front porch with scarecrows. We asked two friends but they can't stay still that long.

On Oct. 21, 2010 at 5:30 p.m. The Federated Garden Club of Macon will offer a tour of Neel Reid homes called a Rolling Ramble. This will be a bus tour of 30 historic Macon sites associated with Neel Reid. After touring these very exciting homes, a cocktail party and silent auction will be held at the Garden Center 730 College St., a Reid home itself. Tickets are \$40.00 for Federated Garden Club members and \$50.00 for non-members and guests. For more info call (478) 742-0921 or www.Fgcmac.org. This lovely affair is sponsored by the Jeanne Jones Holliday Memorial Fund, and well worth the effort.

If you haven't gotten your tickets for the Macon Symphony Orchestra, do so now. You don't want to miss Rei Hotoda, a fabulous female conductor in November. Call (478) 301-5300 or www.maconsymphony.com.

Get by the GA Music Hall of Fame to see the Steve Penley portraits of GA musicians from Macon, Georgia: Cradle of American Music. He is fabulous. We remember seeing his paintings 20 years ago when we went with Dr. Dodd to Steve's father's music shop in the Macon Mall and hearing concerts there. Steve was very talented for one so young. He had music as well as art in his blood.

Aristotle discovered all the half truths which were necessary to the creation of science.

A.N. Whitehead

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Website

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Publisher

Billy R. Tucker

Email: seniornewsga@cox.net

Editor/Columnist

Faye Jones

Email: byronfaye1@aol.com

Advertising Account

Executives

David VonAlmen

Phone: 478-213-5986

Email: VAMktPub@aol.com

Cindy Arnold

Phone: 478-972-2821

Jan Tassitano

Phone: 770-993-2943

Email: jantas@bellsouth.net

Columnists

Claire Houser-Dodd

Dr. Bill Baggett

W. Maxwell Duke

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037

FAX: 478-929-4258

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E-mail: seniornewsga@cox.net

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Oh my, the time I love most is here – fall. I can't help dreaming of times gone by when days were filled with picking apples off the tree, scuppernongs and grapes from vines and the last of winter squashes. My children were not as thrilled as I about all the picking and washing of fruit. Of course, when the beautiful jars of jams, jellies and preserves were lined along the cabinets, it was a whole "nother" story and if memory serves me right, a bit of bragging passed those childish lips though licking spoons was what they did best.

A few days ago daughter Susan and I passed a local fruit and veggie farm. Signs were out for scuppernongs, grapes, okra, tomatoes, etc. I nearly went wild until I remembered that there is no one left at my house to eat all those great things I used to prepare for winter. With one daughter and one granddaughter, neither of which eats jams or jellies, a jar of

jelly will last at least a year around my house and that doesn't sound too much like fun.

As children, fall was a happy part of our school year. The Fall Festival was much more fun than the Christmas Bazaar. Fresh pulled and boiled peanuts were among our fall favorites. Oranges from Florida were coming on the market and there was usually a pick-up truck full ready for selling at the Fall Festival. Isn't it strange how our taste buds are so closely tied to our long term memory? Can you walk in a kitchen where cinnamon cookies are being baked and not remember scenes from your own family kitchen when you were a child? It's impossible.

I think I mentioned in one of my columns that my family has decided not to give gifts this year. This has been coming on for a long time. It seemed that after the opening of gifts, I had a feeling like the old song, "Is this all there is?" We were spending a fortune on things no one would really use. Older members of the family were weary of receiving glassware and decorative articles.

We all have a house full now. Therefore, we thought it would please us and the Lord more if we did something for others instead of ourselves. How wonderful it will be to give to dear people who are in need.

Giving to the poor is dear to my heart because there was a time when my family was on the receiving end of Thanksgiving and Christmas gifts. A mother with four children and a husband hospitalized for almost a year was the scene at our tiny farm house in the early 1940s. But for the love of friends and strangers we would have gone hungry and cold. But my mother seemed to attract miracles at the 11th hour and with her indomitable faith we were always taken care of. What beautiful memories I have carried for more than 70 years. God willing, we shall make more this Christmas. It will be like walking on sunshine!

©9/27/10

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

Spiritual Notes

God Honors Work

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

The economic news in the U.S. has been disturbing in recent months. They entire country has been affected by the down turn in industry and the job market. Men and women have lost their livelihood and many are now on welfare. Hopefully this will improve soon. America has been a resilient nation in past years when this type of crisis has arisen.

Our country just recently celebrated Labor Day. We have come a long way in regards to the protection of and respect for laborers. President Grover Cleveland established the first Monday of September in 1894 to be a national holiday to be known as Labor Day. In those early years workers had a work day of 12 to 14 hours. Now anything over eight hours in a day and one expects more pay.

The Bible is replete with references to labor and work. In Exodus 20:9 we read the Commandment, "Six days shalt thou labor, and do all thy work." It further states that the seventh day is to be one of rest – "a Sabbath to the Lord your God." Ecclesiastes 2:24 says: "A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, for without Him, who can eat or find enjoyment."

The Apostle Paul writes in the book of Colossians, chapter 3:23-24: "Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

God's people are to engage in meaningful work for six days. He desires that people be industrious and excel in their work, and rest and give him "the Sabbath" on the seventh day.

Jackie Riley wrote in an article that "Work is an anchor related to other aspects of my life; the 'flow'

and 'rhythm' are significant to my sense of self-worth and mental well-being." She further states we should view our work as a gift from God.

The lesson is that we should be hard working people who know how to rest and be grateful to our creator. In addition, pray for our country as we face a time where so many of our countrymen are out of work.

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

Historic Macon church celebrates milestone anniversary

Special to Senior News

Park Memorial United Methodist Church will celebrate its 120th anniversary, on Friday and Saturday, October 16 and 17, at the historic church on Arkwright Road in Macon. Saturday's events will start with a picnic at 3:00 p.m., and include music by Park's Pickers and others. On Sunday, the church will have its homecoming/anniversary service at 11:00 a.m., with former pastor Rev. Mark Ledbetter deliv-

ering the sermon.

Park Memorial United Methodist Church began in 1890, when Captain Robert E. Park built the little red brick church by the Ocmulgee River, to honor his wife, Ella Holt Park. At that time the thriving Arkwright Road community was known as Holton.

Rev. Cecil E. Hazen is the pastor at Park Memorial. The church is located at 5290 Arkwright Road, Macon. For more information, call the church office at (478) 477-3740 or visit www.parkmumc.org.

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

Retirement

by Geri Noel

Here I lay alone in my bed
So many thoughts going on in my head
Thinking 'bout what this day will bring
Pop in the CD... let Whitney sing

Today is the first day
Of the rest of my life
Separation of job and retirement
Cuts like a knife

Grey hair... can you believe it?
I've lived life long enough to achieve it
Time has shaped body and mind
Sometimes I feel like Methuselah
One step at a time

Retirement... no more nine to five
In contentious weather... no long drives

Coffee, hot chocolate on the run
Buttered croissant... cinnamon buns

I think the trick to keeping your insanity
Is to explore your talents... your vanity
Join a place of worship... take the leap

That's all she wrote folks
I'm going to sleep
Retirement... M-M-M-M-M-M-M

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Butterfly

by Bobby Cline

It was a bright and sunny day,
A butterfly came out to play.
Before my eyes it flew around,
But never did it make a sound.

Gold and black its color bright,
This thing of beauty while in flight.
Around the meadow it flew at ease,
And caught the early morning breeze.

It danced around, and hovered near,
As if to search for something dear.
Then gently settled to the ground,
To drink the nectar it had found.

I looked and listened as it set,
But not a sound could I detect.
It drank its fill of morning dew,
Then slowly out of sight it flew.

Both peace and joy did fill my soul,
To think about what I behold.
Of all the things my eyes have seen,
Only a butterfly is so serene.

Boyhood Lost

by Charles W. Cook

Dragon flies and polliwogs,
Slithering snakes and croaking frogs;
Somewhere lost in ebbs of time
As I once played in algae slime.

Slippery stones and hanging vine
Were simple joys a boy could find;
Reflected sunlight from my head,
Complete with nose and cheeks of red.

Stinging bees and prickly briars,
A rusty bike with patched up tires;
Recalling memories of my soul,
But lost forever thoughts untold.

Jungle trails through swampy mud,
Summer rains that quickly flood;
Apple trees with fruit to bear
Cobwebs tangled in my hair.

Woodland vales, my paradise,

Wondrous hours it would entice;
I wish to roam as I did then,
But boyhood never comes again.
©2010

Summertime Treasures

by Vera King

Summer is for fun in the sun
When grandchildren come to play
From distances to stay a while
Not just for a night or a day

To catch up on what's changed since last time
Measure heights and weights just right
Get a glimpse of who they have for friends
All the things since they've been out of sight

Find out all about their ball games
Brag on them for honors at their school
Pray together even when we picnic
Remind them to observe The Golden Rule

Of course all this is time consuming
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But who would change a single thing
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On the Cover

"SUPERDAWG"

by CLAIRE HOUSER DODD

ON THE COVER

J. T. "SUPERDAWG" Ricketson

What passion? What loyalty? What a "SUPERDAWG" yep! That's J.T. Ricketson, past owner retired of Ricketson Drug Company, 101 West Main Street, Fort Valley.

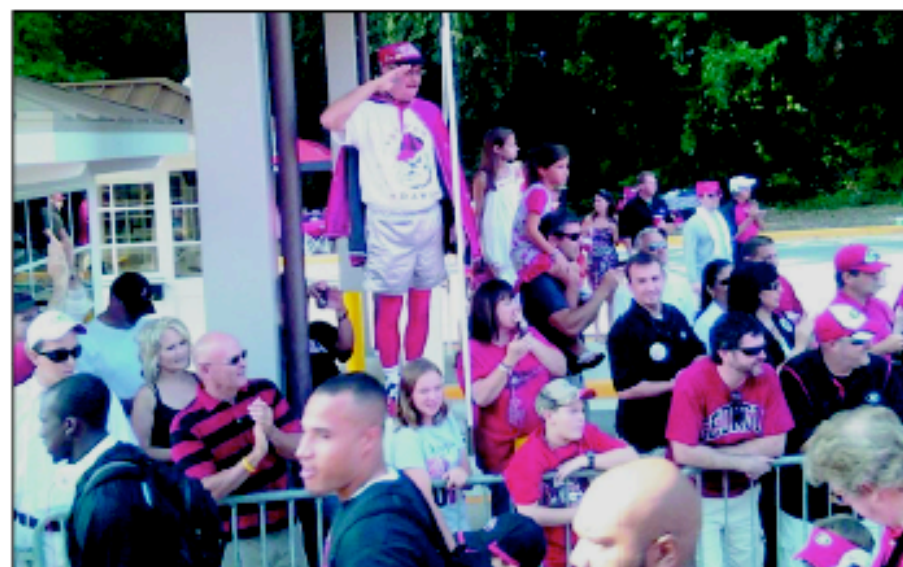
Good Heavens. We walked into Larry Smith's lovely flower shop in The Valley and ran into J.T. helping with the computer. (We know not what as we're 100% computer illiterate and happy about it). Anyway, there he was in a good looking GA black and red shirt which we probably mentioned. That started the dialogue. This man is a dyed in the wool, whole hog (er-dawg) fan. Nothing can stop him. Not rain nor snow nor black of night. Not to mention an aorta malfunction or heart

attacks or a 6 way by-pass. This may be not only Superdawg but Superman as well.

We've been asked, probably in Atlanta or somewhere way out of town, about this crazy person who wears an insane costume and salutes the dawgs before and after the games. Naturally, we didn't know who they were talking about as everyone in The Valley is totally sane.

Now that we've seen the costume, the cape, the sequins, the powerful GA colors in person, we know the truth. The people asking the question were the nuts. J.T. is a perfectly sane human being who loves and worships his alma mater. The big UGA emblazoned on his chest proclaims exactly who he is.

His costume is to die for. We want one. Maybe if we're real nice he'll let us borrow it? Nope. We're afraid not. This man is serious. He is studied, educated, eats and breathes



J. T. "SUPERDAWG" Ricketson

the GA football team. Knows all coaches (past and present) all players and plays, is a veritable walking history of the game as The University of Georgia plays it.

Having been to the first game in Athens on September 4th where the dawgs beat Louisiana 55-7, he could not hold back his enthusiasm and had to go into detail about The New Sheriff in Town (also known as Coach Grantham). It seems he chewed out the team for letting Louisiana Lafayette make 7 points. The crowd cheered, loved it,

clapped, so Grantham returned to the field and chewed the team out again. Ah, football! Here to stay if we don't turn it into field hockey!

With a cheerleader like J.T. Superdawg who would not cheer for the University of Georgia Bulldogs? We salute you (while you salute them). J.T., admire your chutzpah, love your passion.

And aren't you lucky to have a wife like Jean who goes along with your antics, cheers for GA, even when playing Tech.

Go you Hairy Dawgs!



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Celebrate Fall with the Green Tomato Festival

Special to Senior News

Celebrate fall with the Green Tomato Festival October 23-24 in downtown Juliette. This quaint festival is celebrates Juliette's Hollywood fame and the Whistle

Stop Café.

Festivalgoers can peruse a variety of booths selling everything from sterling silver and handmade-beaded jewelry to glass wind chimes and vintage art, and of course, grab a plate of fried green tomatoes! Join us from 10 a.m. - 5 p.m. Saturday or Sunday for this family-fun event. For more information, call 888-642-4628 or email karen@forsyth-monroe-chamber.com.

About the Green Tomato Festival

Before filming *Fried Green Tomatoes*, Juliette had become a little more than a ghost town. Founded in the 1880s, it was a booming community with numerous industries. However, time marched on, rail declined, mills and shops began to close, and the downtown buildings sat empty. All that changed in 1991 when movie producers for *Fried Green Tomatoes* chose Juliette as their movie set. Now Juliette welcomes thousands of visitors year-round from around the world. On any given weekend, you'll find visitors ready to sample Juliette's great food, shopping and hospitality. So, in 2001, the Juliette Town Council voted to celebrate the food and movie that brought new life to the community with the annual Green Tomato Festival.

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Rotary Club of Centerville, Georgia sends Vets to Washington



Centerville Rotary Club veterans and Doug Hastings, also a veteran – left to right: Billy Tucker, Doug Hastings, Club President Mark Waters, Jack Steed and Bob Griggers.

by JACK STEED
Public Relations Director

Douglas P. Hastings, Director of "Vets to Washington" recently presented a program to the Rotary Club of Centerville concerning the "Vets to Washington Project." He said that it will not be long before "The Greatest Generation" will only exist in our memories and in annual ceremonies held around the country. He went on to explain that it was not until 2004, almost 60 years after the end of World War II, that a fitting memorial was dedicated in the nation's capitol. This memorial was so long in coming that many of the surviving WWII veterans have little time left to see it; and, the health of many veterans prohibits them from making the trip to Washington.

Because of this the "Vets to Washington" project has been initiated.

The project covers hotel, transportation to and from the capitol and four to twelve hundred photos taken during the trip and visit for each veteran and spouse or traveling companion. For most, this is a highly emotional event and of which all are most grateful for the opportunity. A coordinator is available for each trip to assist the vets and often companions are needed to assist individual veterans. Of course, the success of a project of this magnitude depends upon community support and involvement. It takes continued sponsorship by individuals, civic organizations and businesses to enable each veteran to enjoy this tribute for their service. In this regard, the Centerville Rotary Club has proudly sponsored four vets thus far in making the trip to Washington a reality.

In reflecting on the true contributions made by WWII veterans, one will realize that they have had a greater impact on the entire world than any other group in history. Throughout the history of the United States, our service men and women have fought in many wars. Without the contribution of the United States a world ruled by dictatorial tyrants and the annihilation of at least one race of people would have resulted.

The sacrifices of "The Greatest Generation" made possible the lifestyle and freedom we enjoy today. Your support of the "Vets to Washington" project will enable these veterans to experience the gratitude of a grateful nation and a chance to pay homage to their deceased comrades.

If you like to suggest a veteran for this trip or sponsor a vet for this trip, please contact Doug Hastings at 706-832-6483.

The Next Chapter Deception

Book Reviews by
ANNE B. JONES, PhD

Deception
by Jonathan Kellerman
Random House 2010

When a female staff member at a prestigious Los Angeles prep school is found tortured and murdered, Los Angeles homicide detective Milo Sturgis is assigned the sensitive case. Using evidence found at the scene and the help of his psychologist friend Alex Delaware, Sturgis fights an uphill battle for clues while facing numerous political obstacles. Many of those involved are among society's heavy hitters, making the path to truth a treacherous and dangerous journey.

Traditionally, opening a Jonathan Kellerman mystery is like opening a door

to old friends. Through the years, his *Alex Delaware* series has attracted millions of loyal readers due to his expert character development, realistic dialogue, sense of setting and depth of plot. This work is an exception. *Deception* was an entertaining fast read, but doesn't measure up to Kellerman's usual quality. Amazon customers have given the book a four-star rating. Personally, I'd rate it a three. The character development is superficial and the plot is simplistic. In addition, the book has many typos, giving the appearance of hasty editing. Kellerman's unusual lackluster writing was apparent on every page. This is probably bound to happen sometime to an author who has published more than thirty best-selling crime novels, meeting continual deadlines. After the author sees his reviews, I bet the next one will be better. And, because he's a master, I'll buy it.

Feedback and comments welcome:
annebjones@msn.com.



1 9 6 0

50th
Anniversary
Celebration

2 0 1 0

People

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Georgia eye doctor helps legally blind to see again



High technology for low vision patients allows many to drive again!

by ELENA LOMBARDI

Atlanta, Georgia —

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

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

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

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

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

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

Randy Day of North Georgia

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

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

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

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

To learn more about biopic

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

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Grace House

by CLAIRE HOUSER DODD

While walking one morning, we happened by Cousin Rosalee Houser's old home place on Central Avenue. Now all prettied up with lavenders, pinks, Victorian trim and turned into Grace House. What is this, we ask?

Not knowing we enter and are shuttled over to Craig McKinney, Executive Director, where we find that this lovely house is dedicated to helping people in crisis. It is a non-denominational faith based community service organization to which area churches and social services refer people in need of financial and food assistance. It reaches across racial lines, offers no theological disputes, and only delivers faith and love to those in need.

Although many churches help and contribute and many restaurants and businesses donate, we'd like to mention but a few.

That AM we noticed fried chicken lunches being distributed and learned they were from a local KFC restaurant, also during our discus-

sion, we heard several pastors mentioned: Ted Worley of the Presbyterian church next door, Don Tate - Episcopal up the street, Kelley Dawsey - Central Union, Morris Hillsman - Shiloh Baptist, Gregory More - Trinity Baptist, and Dexton Whitley - United Methodist Church around the corner, and others.

Dexton also organized and volunteered to over-see the remodeling of cousin Rosalee's home as it had not only been forgotten, it had almost entirely disappeared behind trees, bushes and brambles. What a marvelous job. Congratulations to Dexton who has been known to do lots of great works here in the Valley as well as the middle Georgia area.

The house has been owned in recent years by Mr. Clayton Edwards, owner of Edwards Funeral Home, and he has so graciously donated this property for the sole use of Grace House and all that it entails. It is now a House of God serving the community, as it was founded by the churches of Peach County. Its mission: To help those who are less fortunate.

Grace House Services include:

- A Food Bank to provide food for the hungry.
- Financial assistance for emergency needs.
- Educational workshops and classes to include job skills, mentoring program, English as a second language, tutorial programs, parenting and budgeting classes, (as well as other classes as needs arise).
- Programs offering assistance to the elderly in their homes.
- Spiritual counseling.

Grace House is a miracle seeking more miracles. It is God's miracle, God's gift to those of us who are less fortunate in this time of depression, and His gift to those of us who are most fortunate as it gives us a venue to give, to help, to serve. This is a community organization that needs your assistance. It is all volunteer workers for families in need, and it needs your help in any way you can give it. Volunteer, donate, or organize your group or club to help in some way. You'll be happy you did.

You may contact Grace House at 203 Central Avenue, Fort Valley, Georgia 21030; (478) 825-2562.

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www.houstonlake.com

HOUSTON LAKE



C'mon, let's eat

by FAYE JONES

Welcome to fall dear readers. I believe it has finally come upon us. Trees are turning and gagles of geese are landing in the lake. Many will stay the winter and raise their babies here next spring. They are delightful to observe. Along with our excitement about fall come thoughts creeping from the back of our minds. The holidays are upon us and I have recipes for your holiday table. Hope you enjoy them as much as I have.

HERB CRUSTED RIB ROAST

1 (6 to 7 pound) beef roast, chine bone removed and rib bones frenched (3 or 4 bones. If you have a large crowd, buy two roasts)
 4 1/2 tsp. whole black pepper
 1 Tbsp mustard seed
 1 Tbsp juniper berries
 1 spoon coriander seed
 2 Tbsp snipped fresh thyme
 3 Tbsp snipped fresh parsley
 1/2 cup Dijon-style mustard

Preheat oven to 350. Trim separable fat from roast. Place roast, bone side down in a large shallow roasting pan. Set aside.

Using a mortar and pestle, crush pepper, mustard seed, juniper berries and coriander seed (or use a spice grinder.) In a small bowl stir together the crushed spices, thyme, salt, and parsley. Spread mustard over roast; sprinkle with herb mixture. Insert a meat thermometer into roast without touching bone.

Roast 2 1/4 - 2 1/2 hours or until thermometer registers 135 degrees. Cover with foil and let stand while Yorkshire pudding bakes. (The meat's temperature will rise 10 percent during standing). To serve, carve the roast between ribs. Serves 12.

Move on to making a wonderful Yorkshire Pudding.

YORKSHIRE PUDDING

3 Eggs, beaten
 3/4 cup milk
 3/4 cup water
 1 1/2 cups all-purpose flour
 3/4 tsp salt
 Pan drippings from herb-crusted Rib Roast

In a medium bowl beat eggs, milk and water with a rotary beater or whisk.

Beat in flour and salt until smooth. Cover and let stand up for 30 minutes.

When roast is done, reserve about 2 tablespoons pan drippings adding cooking oil if necessary. Cover roast and let stand. Meanwhile, increase oven temperature to 400 degrees. Place 1/4 tsp drippings in each of eighteen 2 1/2-inch muffin cups; brush on sides of cups. Heat in oven for 1 minute.

Fill each hot muffin cup half full with batter. Bake for 30 to 40 minutes or until golden brown and very firm. Remove from muffin cups and serve very hot with roast. Fantastic!

CINNAMON FRENCH TOAST

1 large egg
 2 egg whites
 1/4 cup skim milk
 1/2 tsp vanilla extract
 1/8 tsp ground nutmeg
 1-inch thick diagonally cut slices French or Italian bread
 Cinnamon sugar and reduced calorie maple syrup (optional)

In a shallow bowl, using a wire whisk, beat the eggs and egg whites until foamy. Add milk, vanilla, cinnamon, and nutmeg. Beat well. Set aside. Preheat oven to 200 degrees. Lightly spray a large nonstick skillet with vegetable spray; heat over medium heat. Dip 4 of the bread slices into the egg mixture, turning to coat and draining excess back into

the dish. Place bread slices in prepared skillet and cook until golden brown, turning once, about 1 to 2 minutes per side. Transfer cooked slices to a plate and keep warm in oven. Repeat process. Divide French toast among serving plates. Sprinkle lightly with cinnamon sugar and top with maple syrup. Serve immediately.

ly! Enjoy!
 ©9/27/10

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

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



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Macon/Central Georgia CALENDAR

Coliseum Health System

"Medicare Made Easy"

Mon., Oct. 11, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete information call Nancy White at 478-464-8171.

Support Groups

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

H2U Activities

For information call 478-757-6092

• Improving the Chemotherapy Experience:

Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.

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

Medical Center of Central Georgia - Partners In Health Classes

Golden Opportunities
The Wellness Center
3797 Northside Drive, Macon 478-757-7817

Heartworks
389 First St. (Inside the MHC)
478-633-9090

Central Georgia Rehabilitation Hospital
3351 Northside Drive
478-201-6500

Houston Health EduCare

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

SeniorCare

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

Perry SeniorCare

Call 478-923-9771 for complete details.

- Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
- Mon., 1-2 p.m., Line Dancing.
- Wed. only, PVO Bingo immediately following exercise.
- 2nd Fri. of month, optional healthy lunch (\$5)

and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise.

Warner Robins SeniorCare Water Aerobics

Call 478-923-9771 for complete details.

- Tues. & Thurs., 10 a.m., Cottages on Lakeview.

Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified instructor from June-Sept.

Centerville SeniorCare

Call 478-923-9771 for complete details.

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

TOES Club, Inc.

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

- Perry Hospital Chapter: Wednesdays, 5-6 p.m., Perry Hospital Medical Library.
- Houston Health Pavilion Chapter: Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

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

Call 478-746-7050 for details.

Bibb County

- 2nd Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., 1st Floor Meeting Space, 478-746-7050
- 2nd Wed., 10 a.m., Carlyle Place, 5300 Zebulon Road, Macon, Stafford Suites Activity Room, 478-405-4500
- 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon, 478-471-9433

Houston County

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

Baldwin County

- 4th Tues., 10 a.m., First Baptist Church, Corner

of Franklin & Liberty Streets, Milledgeville, Agape Room, 478-453-1374

Laurens County

- 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888
- 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-279-0235

Lamar County

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

Putnam County

- 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331

Upson County

- Last Fri., 3 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607

Telephone Support Group

- 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 478-746-7050

Free Legal Services Available to Seniors

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

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

Meals on Wheels of Macon and Bibb County

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

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

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
Bowden Golf Course
3111 Millerfield Road
478-742-1610

Warner Robins Recreation Department, Senior Citizens Services Wellston Center

• AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.
• NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.
• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-929-6960.
• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-929-6960.
• MGCAA Senior Center: Monday-Friday, 8:30-

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

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

The Gospelaires Quartet Outreach Ministry

The Gospelaires Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.
For additional information call 478-929-3816.

Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

The Macon Arts Alliance's Arts Art Gallery

451 Martin Luther King, Jr. Blvd.
478-743-6940

Theatre Macon

438 Cherry Street, Macon
478-746-9485
• The Little Foxes by Lillian Hellman: Oct 22-30

Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village, Macon.
478-744-9557; middlegeorgiaart.org. Tues.-Fri., Noon-5 p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group

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

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

Senior College Offers Variety of Programs

Wesleyan and Macon State Senior College offers older adults a variety of educational opportunities designed to enable continued lifelong learning and lifestyle enrichment. Courses are held on either the Wesleyan College campus, Macon State College campus, or Carlyle Place and are available to anyone over the age of 50.
For additional information call 478-471-2770.

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

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

For additional information call 478-953-9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon
478-397-6568. Logan Smith will be in concert at 6 p.m., Oct. 31.

NAMI Central Georgia National Alliance on Mental Illness

Barbara Long, Executive Director
478-328-0508
(Call for details on events)
• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.

• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals

24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

21st Georgia National Fair

October 7-17. For details visit www.georgianationalfair.com.

NAMI Central Georgia National Alliance on Mental Illness 2nd Annual Golf Tournament

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

Andersonville Historic Fair

Sat. & Sun., Oct. 2 & 3. Parade Sat., Oct. 2, at 11 a.m.; mock Civil War battles at 3 p.m. Sat. and 2 p.m. Sun. Admission per day: Adults, \$4; Child, \$1.50. For details call 229-924-2558 or 229-942-4752.

Diaper Day Drive

Tues., Oct. 5, 10 a.m.-6 p.m. Sponsored by the Middle Georgia Republican Women to support a local food pantry. Donate your "bags of disposable diapers" at the Houston County GOP office located in Galleria Square, Watson Blvd., Warner Robins. For details visit www.mgrw.org.

"Paint the Town Pink" events schedules

Paint The Town Pink is an October-long event to help raise awareness for breast cancer, the most prevalent cancer in the world today. During October, special events and free screenings from The Medical Center of Central Georgia (MCCG) and Central Georgia Breast Cancer Center will be available for the Central Georgia community. For complete details and schedule of events please visit www.PaintTheTownPinkMacon.org.

General Business Directory For Seniors

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478-743-4661

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

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Open Enrollment is approaching FAST!

Submitted by
Butch Swinney AA, BS, CIRS
GeorgiaCares Coordinator
Middle Georgia Regional
Commission

The GeorgiaCares State Health Insurance Assistance Program (SHIP) is helping Medicare recipients make informed decisions about which prescription drug and Advantage plan options are best for them.

Medicare Parts C and D Open Enrollment begins November 15, which means recipients have until December 31, 2010, to make their choices. With so many options available, choosing the right one is important.

"GeorgiaCares SHIP counselors will be available to help people sort through their options to choose the one that best meets their individual needs and preferences," said Butch Swinney, Middle Georgia GeorgiaCares Coordinator.

GeorgiaCares SHIP counselors are available through the statewide network of Area Agencies on Aging and will provide community education sessions and answer hotline calls to help beneficiaries understand their options for next year. Beneficiaries can call GeorgiaCares

toll-free at 1-800-669-8387 or Medicare at 1-800-Medicare (1-800-633-4227) for assistance.

Companies start marketing their plans October 1, 2010. Beginning October 15, Medicare beneficiaries can start comparing the 2011 Drug Plan online at www.medicare.gov. GeorgiaCares SHIP and the Centers for Medicare and Medicaid Services (CMS) are advising people who wish to make a change to do so as close to the opening date as possible to ensure their coverage will be available on January 1, 2011.

GeorgiaCares SHIP services are free and also assist Medicare beneficiaries on Medicare, Medicaid, and Medigap matters, including long-term care insurance, claims, resolution to billing problems, information and referral on public benefit programs aimed at those with limited incomes and assets, and other health-care insurance information.

GeorgiaCares SHIP urges everyone to review their coverage and make sure that any changes to the Plan for 2011 will still meet their needs. Beneficiaries who do not want to make a change can remain in their Plan from 2010.

Beneficiaries who want to consider all of their options will have access to help from many sources, including a notice of any coverage

changes from their drug plan; the enhanced Medicare Drug Plan Finder at www.medicare.gov; the Medicare & You 2011 annual handbook that explains Medicare cover-

age; 1-800-Medicare (1-800-633-4227), which will be available 24/7; and GeorgiaCares - Local Help for People with Medicare, 1-800-669-8387.

Older workers to help community service agencies

Submitted by the Georgia
Department of Human Services

The Department of Human Services invites community service agencies to apply now to host a wage-subsidized older worker through the Senior Community Service Employment Program (SCSEP).

Authorized by the Older Americans Act, SCSEP provides low-income adults, age 55 and older, with paid community-service job training plus assistance with finding permanent work in for-profit, government, and nonprofit fields. The Department of Human Services (DHS) Division of Aging Services administers the program in Georgia.

"Older Adults are dependable and experienced, and they add diversity to the workforce," said Dr. James Bulot, director of the DHS Division of Aging Services.

Participants fill a variety of job roles: performing administrative and

clerical duties, caring for older adults and people with disabilities, working in food service and childcare, making simple repairs, and providing other services to the community. The program operates in collaboration with Department of Labor One Stop Career Centers.

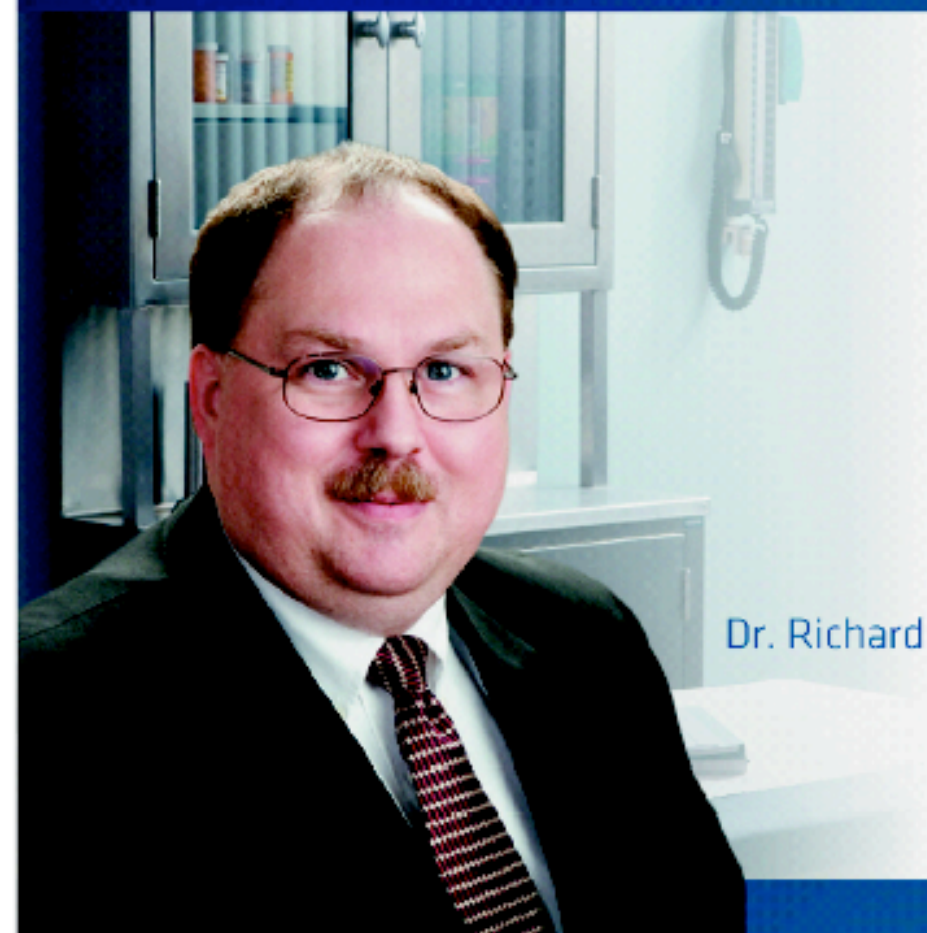
Participating agencies typically host each SCSEP participant for six months while the older worker receives training, SCSEP-funded wages and fringe benefits, supportive services, annual physicals, and help in obtaining unsubsidized employment. In exchange for a short-term federally funded SCSEP worker, a participating agency provides on-the-job training and access to future employment opportunities if available.

To learn more about opportunities to host a participant, contact Sarah Collins, SCSEP Director, DHS Division of Aging Services, at (404) 657-5332 or slcollins@dhs.state.ga.us. General information about services available to older Georgians and their families is available by phone at (866) 55-AGING (552-4464) or online at <http://www.aging.dhs.ga.gov>.

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