

Senior News

Serving **MACON** & CENTRAL GEORGIA

Information For Ages **50 PLUS!**



*Mary Lois Kegin celebrates
100th Birthday!*

story on page 6

November 2011
Vol. 25, No. 11

Taking Care

Managing challenging Alzheimer's behaviors

by LISA M. PETSCHÉ

One in ten Americans over age 65 and almost half of those over 85 have Alzheimer's disease or a related disorder, according to the Alzheimer's



Lisa Petsche

Association. Alzheimer's disease is the most common form of dementia (loss of cognitive functioning) and involves breakdown of nerve cells in the brain. Affected persons gradually lose the ability to interpret information and to send messages to their body to behave in certain ways.

Mental changes include memory loss, difficulty carrying out routine tasks, disorientation to time and place, difficulty adjusting to new places and situations, loss of language skills and decreased judgment. Mood-wise, there may be anxiety,

decreased expression or inability to control emotions.

Some common behaviors are wandering away from home and becoming lost, repetitious behavior, sundowning (escalation in behavior in the late afternoon and early evening) and altered sleep patterns. Other challenging behaviors may include hallucinations (distorted sensory experiences), delusions (false beliefs), paranoia (suspiciousness), and agitation.

A wide variety of interpersonal strategies and environmental modifications have been found to be successful in managing, if not reducing, confusion, agitation and frustration. Medications may be used to treat some of the more severe behavioral symptoms. However, because they are a chemical form of restraint, they are generally as a last resort. Moreover, many dementia-related behaviors do not respond to medication.

If you are a caregiver of someone with dementia, you

may find the following behavior management strategies helpful in looking after your relative.

Some general advice

- Learn as much as possible about your relative's disease and its management, and educate family and friends to help them understand. (Your local chapter of the Alzheimer's Association is an excellent resource.) Knowing what to expect and how to deal with challenges can go a long way to reduce anxiety and foster a sense of control.
- Try to identify an underlying cause for behaviors of concern. Keep a log that includes triggers, strategies attempted and your relative's response. With patience and creativity you will develop a repertoire of strategies you can draw from to help prevent or manage behavior.

Interpersonal strategies

- Use a low-pitched voice to convey calmness and reassurance. Be conscious of your facial expressions and other body language as well.
- Use simple words and short sentences. Avoid clichés.
- Keep questions to a minimum and avoid open-ended ones, especially those that begin with "Why" or "How." Allow plenty of time for a response.
- Simplify tasks and break them down into manageable steps, communication them one at a time. Demonstration may help. Try different words when your message is not getting across.
- Offer limited choices – for instance, "Would you like coffee or juice?" rather than "What would you like to drink?"
- Respond to your relative's mood when his words don't make sense – for example, "It sounds like you're feeling sad." Listen, show empathy and provide reassurance.
- Use humor to deflect a tense situation.
- Be patient and allow ample time to carry out activities.
- If your relative becomes argumentative, don't debate the facts – a no-win situation. Instead, focus on feelings or use distraction.
- Learn to recognize early signs of frustration and be prepared with some calming strategies to head off problematic behavior –

for example, putting on soothing music or serving a favorite snack.

- If your relative becomes aggressive, remain calm and give him space. Retreat and seek help if you feel threatened.

Environmental adaptations

- Establish and stick to daily routines.
- Provide meaningful activities to occupy your relative's time. Investigate available day programs in the community.
- Prominently post a calendar for marking events and appointments and keep easy-to-read clocks around the house.
- Keep frequently used items in a consistent, easily accessible spot. Labels may be helpful. Store valuables and items that could pose a danger – including car keys, knives and toxic substances – in a secure place.
- Keep rooms well lit to eliminate shadows. Minimize glare by removing mirrors and covering shiny surfaces.
- Minimize noise from televisions, radios and telephone ring tones.
- Avoid changes to the environment and don't allow clutter to accumulate. Consistency and simplicity are key.
- Avoid situations involving crowds, noise or unpredictability.

Health Tips

- Ensure your relative eats nutritious meals, gets adequate exercise and rest, and has regular medical and dental checkups.
- When your relative appears agitated, investigate physical causes such as pain, hunger or need for toileting first, since these needs are easily addressed.
- Arrange a doctor visit if you notice sudden changes in your relative's functioning, mood or behavior, which may indicate an acute (treatable) health problem – a bladder infection or medication side effects, for example.
- If you have ongoing concerns about your relative's mood or behavior, request a referral to a geriatric mental health service.

Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior issues. She has personal and professional experience with elder care.

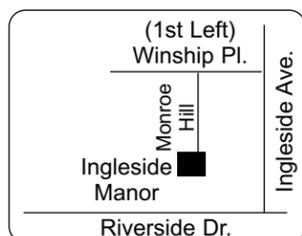
Beautiful, Affordable Senior Housing!



- Spacious One Bedroom Apartment
- Fully Equipped Kitchen, Carpet, Bay Windows
- Communal Multi-Purpose, Computer and Exercise Rooms
- Great Location – Close to Shopping, Public Transportation and Medical Facilities



Call Today for a Tour
478-722-9492
 TDD: 800-545-1833, ext. 359



Ingleside Manor

A Retirement Housing Foundation Community

478 Monroe Hill • Macon, Georgia 31204-2592



You must be 62 years of age or older. Gross income must not exceed \$18,900 for one person and \$21,600 for two people.



Let us entertain you

by **CLAIRE HOUSER DODD**

Some people come into our lives, make foot prints on our hearts and we are never the same.

Flavia

Our guess is that everybody in the reading public was at the Georgia National Fair in Perry... especially since the Macon Fair was cancelled. My grand, two-year old Matt-Matt, went and rode everything in his age group and loved it all. He rode the pony, went to the petting zoo, hugged and kissed the goat, and a little girl who got scared and was crying. Wonder which he preferred? We couldn't tell by looking. Personally, we always thought all children should have a goat. My sister and I had one as children in Rome, GA to pull our little red wagon. Grands, Denver and Eli, had two growing up in Perry, but we never saw them do anything but butt heads. The goats, not the grands! They were too busy riding the horses.

We had a girl friend from Atlanta visiting and we decided to join daughter Emily and her husband Mike and a group of friends on a trip to Jekyll Island. The weather was cool and we had a wonderful time visiting the pier, watching the ships, enjoying the old Jekyll Island Inn and the "cottages" all around. We were staying in an old house in the historic district that had the most wonderful Florida Room which looked out on a beautiful yard replete with wild animals to watch: raccoons, opossums, and deer who firmly believed they were our watch deer. They welcome you at night and sleep in the front yard.

If you haven't been on the island in a while, be aware, you are stopped immediately when entering to buy a parking ticket. We tried to promise not to park, but they charged us anyway! You can't go straight through to the beach; you have to take a detour to circle around the island. It appears the big conference center is being enlarged.

Blackbeard's is still there on the beach but under the name of Fin's. The food is still good and the ambience on the deck is breath-taking. The tides were higher than usual. In some places we could not enter the beach for such high tides. One guy got caught on the beach while the tide was coming in; the water was above his knees and he was afraid he was going to be knocked into the rocks and boulders that dotted the beach. It was an unusually windy day also. It was really quiet scary for him. We told him we were watching which he said made him feel better. He had seen us on the steps. Guess several of us could have pulled him to safety. He was white as a ghost.

Enjoyed an Edward Albee Double Theater of the Absurd with the presentation of FAM & YAM and the Zoo Story at Wesleyan's Little Theater below the main auditorium. We have taught there during the summer sessions and always likened it to the

Little Theater at the Conservatory and some theater in the round shows. Absurdist drama would do well, "in the round." Caitlin Donnelly came back from New Hampshire to direct these Albee Shows in hopes of getting a Kennedy Center invite. You have our vote; you and your actors did a jam-up job. Congratulations!

Halloween has come and gone. The baby had a ball and loved my witch hat with the huge spider, netting, and my long black gloves with satin roses, feathers and sequins. We wore them every where. So we had fun.

November entertainment looks full. For you fans of The Beatles, "The Best of The Beatles Live," with The Return who do a remarkable impersonation of the Fab Four. This event will take place on November 10th beginning at 7:30 pm at the Ritz Theater in Thomaston. Tickets may be purchased at the theater or the

Thomaston-Upson Arts Council (706-647-5372). Advanced tickets are \$15.00 and \$20.00 at the door.

The Macon Film Guild presents Senna on November 23 at the Douglas Theater on MLK, JR. Blvd at 4:30 & 7:00 PM.

Heads up for New Years Eve... you know how popular BB King and his music are in this part of the country. You know Christmas is coming and right after that, New Years. If you want to celebrate at the Macon City Auditorium on December 31st at 7:30 pm, you'd better get your tickets at the Coliseum Main Box Office, all Ticket Masters Outlets, or charge by phone... 1-800-745-3000, or on line at ticketmasters.com.

We don't know Guy Penrod, but can imagine he's good because he's being featured at Mable White Baptist Church on Saturday, November 12th at 7:00 pm (1415 Bass Road, Macon). Tickets: 478-474-7577, or online;

www.tickets.com or by phone at 1-800-965-9324.

We've been to Wesleyan at night and haven't seen the Treasure's yet... "175 years of history through art, artifacts and archives." It runs through May 12, 2012. It will be open on Saturday, November 12th from 9:00 am to 1:00 pm and Monday through Friday, 1:00 pm to 5:00 pm. Admission is FREE.

Have a great Thanksgiving with family and friends. Then plan to go to the Grand Opera House at 7:30 pm to see the McDuffie Center Strings Orchestra, and the Mercer Singers for \$12.00, general admission. This is part of the 10th Anniversary Concert Series, call 301-5470 for tickets.

Every man should have a fair-sized cemetery in which to bury the faults of his friends.

Henry Ward Beecher

Food Stamp benefit distribution date may change

Client's Food Stamp benefit availability now dependent upon client ID

Submitted by **Ravae Graham**

SNAP (Food Stamp) recipients will soon experience a change in the timing of their monthly benefit. Starting in November, the State will use a new formula to determine when clients will receive their benefits. Food stamp benefit amounts will not change as a result of this new process and the date will still fall between the 5th and the 14th of each month. Benefits will now be distributed based on the last two digits of the Client ID for the Head of Household.

The Client ID is a unique number assigned to each Division of Family & Children Services (DFCS) client when applying for food stamps. The Client ID can be found on all notices received from the Georgia Department of Human Services (DHS). The chart below can be used to determine the benefit availability date.

Last 2 digits of Client ID	Monthly DEPOSIT Date
00-09	5th
10-19	6th
20-29	7th
30-39	8th
40-49	9th
50-59	10th
60-69	11th
70-79	12th
80-89	13th
90-99	14th

Since the Client ID does not change over time, this will help

ensure that clients receive food stamp benefits on the same date each month. A Client ID is used by several programs in DHS and can also be used to create an online account via COMPASS at www.compass.ga.gov. On COMPASS, DFCS clients can

apply for eligibility, check their benefits, report changes, and renew benefits.

If assistance is needed with obtaining a Client ID, please contact a DFCS Eligibility Specialist at your local DFCS office.



GEORGIA DERMATOLOGY & SKIN CANCER CENTER

Quality Care Since 1969

www.GaDerm.com

Mohs Surgery	Skin Cancer Surgery	Skin Exams
Mole Removal	Psoriasis	Warts
Rashes	Acne	Phototherapy



Warner Robins
212 Hospital Dr.
922 - 9281

Macon
1157 Forsyth St.
750-SKIN
(7546)

Senior NEWS

Serving Macon & Central Georgia

Website

www.seniornewsga.com
www.seniornewsgeorgia.com

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

Jan Tassitano
Phone: 770-993-2943
Email: jantas@bellsouth.net

Columnists

Claire Houser-Dodd
Dr. Bill Baggett
Christine Coleman
Lisa Petsche

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

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logos, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

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

CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037
FAX: 478-929-4258
www.seniornewsga.com
E-mail: seniornewsga@cox.net
Copyright 1987
Senior News & Views of Georgia

Times Not Forgotten

Cotton Picking and Mullet Fish

by CHRISTINE COLEMAN

I feel sure you've noticed those large fields of open white cotton as you drive along the highway. To me, that's a beautiful sight. I can enjoy it now much more than when I was growing up in the early 1930s.

We lived on the farm and cotton-picking time came around every year in late summer. It had to be gathered before "September Gales" came and made the crop less profitable.

As a young child, my mother would let me sit on her cotton sack as she picked cotton and dragged me along after her. Soon I was big enough to have a flour sack bag (made just for me) that I could use to pick cotton like the others in my family. Now, that was so important! A bag of my own! Little did I know that in the future, I'd feel different about picking cotton. Those long days

were hot and our backs would ache from bending over for long hours. Of course, that was a job that had to be done, and you didn't question why.

During those hot days, someone in the group went for a bucket of water for those who were working. That person was instructed to hurry and also to draw water from the "north" side. Drawing water from the north side meant to lower the well bucket into the well and hold the well chain so that the bucket would enter the water on the north side. Water from there meant that it would be cooler. Back then, grown ups were offered water first and then the children drank. Mind you, everyone used the same dipper, and we all lived.

A special tradition of ours was during cotton-picking time. When Papa carried a wagonload of cotton to be ginned, he always brought home mullet fish and a block of ice. We knew we were

going to have mullet for supper. My brothers would go out to the wagon and get the block of ice Papa had brought home. It would be embedded in cottonseeds he had brought home from the gin. In this way, the ice would not melt so quickly. That night, we'd have fish and corn bread and tea. That's all we wanted. Today, people have side dishes, but we didn't want more.

To add to this pleasure, Mama would do a different menu for breakfast. She'd mix fish eggs and hen eggs to cook. Now, this was another special treat. We'd have our dual dish eggs and hot biscuits. With this memory in mind, we didn't go back to the cotton field feeling so bad. We knew that when Papa carried a load of cotton to be ginned, he'd bring back a block of ice and some mullet fish.

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

Spiritual Notes

A Season of Thanksgiving!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

As we approach November, our thoughts turn to Thanksgiving and the stories of the pilgrims as they gave thanks to God for His blessings in this new land. Growing up I can recall the anticipation of quality time with family members we had not seen in a long time as well as great food and fellowship. There was also a strong emphasis at our house on the spiritual meaning of this season.

It is rewarding today when you

hear a "thank you" if you extend a courtesy to someone. Unfortunately, too often these words are not spoken in response for a good deed. Not only should adults be conscious of this fact but we need to be role models for young people. Youth of today are sometimes given so many material "things" that the expectations exceed the need to be grateful for the gifts they receive.

I remember attending a birthday party for a young niece. When she finished opening her many gifts, she looked around and asked, "Is this all?" My wife's mother was a wonderful "giving" person. It was very difficult for here to receive a gift.

She would always exclaim, "Honey, you shouldn't have done this." After hearing this many times, my wife said, "Mother, just say thank you." At any age it is sometimes difficult to be thankful.

Most importantly, as did the Pilgrims, we need to give thanks to God for the manifold blessings we receive every day. David expressed it so beautifully in a song of Praise and thanksgiving for the Lord's faithfulness in the following Psalm:

"Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; come before His presence with singing. Know that the Lord, He is God; It is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. Enter into His gates with thanksgiving and into His courts with praise. Be thankful to Him and bless His name. For the Lord is good; His mercy is everlasting, and His truth endures to all generations." (Psalm 100)

Elizabeth Bibesco said it best; "Blessed are those who give without remembering and take without forgetting." As we receive God's daily blessings as well as gifts from others, let us not forget to say a heartfelt Thank You!

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

Senior News Newspapers
NOW AVAILABLE ONLINE!!!
 Check us out at our new website...
www.seniornewsga.com
 and
www.seniornewsgeorgia.com
 To view recent editions of *Senior News*
 click on **ARCHIVES**
 For advertising information
 click on **CONTACT US**
 or call us at 770-698-0031!

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.

FREEDOM'S PRICE

(In memory of the casualties of Pearl Harbor on December 7, 1941)
by Henry Newton Goldman
Veteran – WWII

*Each veteran approaches the rail,
drops a flower into the water,
gives a salute and steps away.*

*Oil drops rising from the ship below,
burst upon the water, spread
outward in a circular rainbow of
color, as if those entombed below
are accepting these floral honors.*

*Echoing Taps bugle across the water,
as down the cheeks of wrinkled
veterans tear trickle slowly –
slowly as the flowers float away.*

*A naval custom is observed as a
destroyer cruises slowly by the
memorial, all hands lined up on
deck dressed out in navy whites
standing at attention.*

*The flag over the memorial is flying
at half mast. Prayers are said:
admirals speak to the occasion.*

*One veteran's words linger; "I want
my grandchildren to remember
that freedom does not come cheap,
and retaining it, is an ever vigilant
task."*

HARBOR NO HATE

(Dedicated to the Greatest Generation)
by Vera King

*The barbed wire on Waikiki
Was to deter the enemy*

*But it was too late to save
The victims in their Harbor grave*

*By a desperate Axis Team
Seeking to fulfill their dream*

*On this 70th Anniversary
We usher in the memory*

*Of what will Live in Infamy
And all the troops who set us free*

*The pity of this previous plight
Is still today we fear and fight*

*But peaceful times may be in sight
When our world leaders see the
light.*

Author's Note: I saw the barbed wire when I served at Marine Barracks, Pearl Harbor.

AGE

by Frankie Lee

*It's not easy getting old
I hear my mother say
You have no idea how hard it is
To get through each and every day*

*The many things you've done before
Seem so, so far away
And, oh how badly you want that
time back
You ask for each time you pray*

*So many things you can no longer do
That you have done before
So many places you want to go
Little things like going to a store*

*To rake the leaves in a yard you love
And even cut the grass
The many things you used to do
That now you need to ask*

*Sometimes its lonely, your children
gone
Only a bird left to greet you
And the memories of all you had
In your heart you long*

*It's not easy getting old
I heard my mother say
Sometimes with tears in her eyes
As she would nightly pray*

*The many things you want to do
That you can't do anymore
You even have a hard time
Getting up to answer the door*

*No one seems to understand
How hard it gets to be
To have so much help
When it used to be just me*

*So much you used to do alone
Whatever you wanted to do
No one to ask for a ride
To places you need to go to*

*It's not easy getting old
I heard my mother say
And now I suddenly understand
For I am 60 today*

*I hold her hand tightly
As we both walk slowly away
To be together hand in hand
Makes for a Great Day!*

Author's Note: I wrote this poem for my mother.

ENEMY MINE

by Carlton C. Cook

*I saw my worst enemy today;
I met him face to face.*

*I've tried to overcome his force
and do as only I wish,
but it seems he controls me
as if he holds my leash.*

He causes me to contradict

*the thoughts I know are pure;
and laughs at me for all the
misery he causes me to endure.*

*He tries to make an evil thing
of so many upright deeds.
Everywhere I go he's there,
and he compels me to his heeds.*

*I must free myself from this one
who has no love for me,
and do as I would have me do
and with integrity.*

*He has always been elusive,
I could never seem to win;
the struggles of mind and soul,
my deepest thoughts within.*

*But now I know him,
I have seen his ugly face;
I'm sure the scrimmage will continue
to see who sets the pace.*

*For now I am determined,
I will not be enslaved
by he who stared at me
this morning while I shaved!*

"Peaches & Screams"

by CLAIRE HOUSER DODD

What a lovely party by the Middle Georgia Camellia Society had to entertain the judges from the flower show at the Georgia National Fair in Perry. The party was held at the home of William & Mary Rumph in Marshallville, Friday night minus the Harts who were called away for an emergency. However, their very competent daughter-in-law, Shanna (Burt's wife) was there entertaining and taking pictures all around the pool and the pool house. The food was delicious; a low-country boil with Shrimp fetched from Darien, GA and cooked to perfection by Grady Stokes, the sausage and corn made the perfect compliment to the slaw made by several ladies. The desserts were unbelievable, especially a cake made with praline liqueur, one called Thunder (the chef thinks its short for Thunder Thighs) as it had to be high in calories, and a cheese cake made with Kaluah.

The judges were to be entertained so lavishly and a whole lot of Middle Georgia Camellia lovers came out to play, in fact over a hundred were in attendance. Twenty-six were out of town judges

Interesting, there were two Susan Phillips at the low-country boil, one from NC and one from

Macon. We hear there were two other similarities ... not to be mentioned.

Five-hundred-ninety-two camellias were entered in the show by 36 people each one more beautiful than the one before. The man, Miles Beach from Mt. Pleasant, SC who sent the bloom, (brought by Tom Johnson, a prior horticulturist from Masee Lane) "Georgia National Fair," to the real fair and won a special award presented by the National Fair. One man from Melrose, FL entered 100 blooms and won the Sweepstakes and six other awards.

The early camellia bloomers are treated with gibberlic acid which produces a larger bloom and much earlier in the year.

If you missed this show, put the date of the next show on your calendar now. It will be in Byron, GA on the 2nd Saturday, November 12th. And join the Middle Georgia Camellia Society so you can enjoy those gorgeous flowers that bloom in the winter time, as well as our fun parties.

Call the treasurer, Warren Thompson at 478-825-2559, membership is only \$10.00 per year, you can't go wrong. See you there!

Please be sure to contact the Leader Tribune with all the latest happenings in and around Peach County.



Home Health Care.

It's at the heart of what we do.

- Skilled & Psychiatric Nursing
- Home Health Aides
- Medical Social Workers
- Physical, Occupational & Speech Therapy
- Disease Management Programs

AMEDISYS AGENCY LOCATION:

6040-B Lakeside Common • Macon, GA 31210

(478) 476-0181 or (800) 675-1073



On the Cover

Mary Lois Kegin celebrates 100th Birthday!

by CLAIRE HOUSER-DODD

COVER:
Mary Lois Kegin's 100th Birthday Celebration Cake

Having had the distinct pleasure of meeting Mary Lois Kegin twenty years ago, we recognized her as a remarkable lady immediately. She was married to an office, and looked every bit the part. She walked the part... she talked the part.. and, certainly dressed the part. A lovely lady.

Now twenty years later, all the above are still true. Only one glaring change, we're not meeting her in the Officers Club at Warner Robins as before, but we, and a passel of others, are stopping by her home where the good lady holds court. We stopped by a couple Friday nights ago with a friend, Rodger East, and there were adults coming and going. How many people have that many friends just up and stop by? Nobody else we know. She is now as twenty years ago, extremely popular.

You may have guessed by now

that Mary Lois has turned 100 years young, is in good health, looks beautiful, and still has that zippy personality.

Earlier this year she celebrated her 100th birthday with 100 people (at least) at the Robins Air Force Base Officers Club where she and her husband, Colonel George E Kegin spent many of their leisure hours.

However, not together, he in the early years of his life as Director of Supply – Second Military man on the base who also helped plan the base. He and Colonel Charles Thomas, First Commander of the base, sat on wooden crates and created the plans for Warner Robins Air Force Base. She, in the later part of her life, enjoyed many hours at the officer's club.

How, you ask, is this dichotomy possible? Well, you see, in and around the 40's, Mary Lois had fallen in love with a very small boy who played with her sister's children in Mississippi. She later met the father whose wife was deceased and had to marry this nice man, Richard Stephen Lynn, and his wonderful little boy who so

needed a mother. They had a wonderful life here in Macon, GA with both working on the base, and were friends with Colonel Kegin and his wife.

After retirement, Mary Lois nursed her husband for 12 years here in Middle Georgia and they lost touch with the Colonel except by mail to other friends. Much later, after having lost his wife too, Colonel Kegin visits his sister in Macon and meets Mary Lois again. The good friends got together and married, enjoying an extremely happy life in Sheridan, WY, until Colonel Kegin passed away and Mary Lois returned to live full time in Macon.

That adorable little boy, her step-son, Richard Dale Lynn that Mary Lois fell in love with is now deceased, but his son Stephen Dale Lynn lives close by with his wife who is Plans and Program Director on the base. He works in the District Attorney Office in Perry. Granddaughter, Patty Lynn Conley, is Assistant Director for Big Brothers & Big Sisters of Middle Georgia Program, and another grand, Susan Dart, is a Flower Designer. Susan's husband was an all-star football player here in Warner Robins and the University of Florida.

This close-knit family got



Mary Lois Kegin

together and threw the party of the year to celebrate the 100th birthday of Mary Lois Kegin.

Susan was in charge of the cake which was a spectacular layered masterpiece. One layer was be-decked with a red candy slipper to represent her grandmother's extensive social life. Each layer represented a different phase of her life and was beautifully executed. Susan designed the cake and had it made in Macon. Besides being gorgeous it was also delicious, a grand time was had by all celebrating this very important birthday of a well-loved lady!

Along with her many other friends, we wish a Happy Birthday to Mary Lois Kegin.



Celebrating Mary Lois Kegin's 100th Birthday with her are (standing left to right): Virginia Lynn, daughter in law, and grandchildren Stephen Dale Lynn, Patty Conley and Susan Dart.

Lose Your Bifocals... Intentionally!

The ReSTOR procedure may provide you with a full range of vision, minimizing your dependence on glasses, including reading glasses or bifocals. The results of the ReSTOR procedure are amazing:

99% of patients can see well enough to drive a car without glasses or contacts

97% of patients can read the newspaper without reading glasses or bifocals

80% of patients NEVER wear glasses for any activities



Call the Eye Center today to learn more about the ReSTOR procedure and to see if you may be a candidate!

(478) 743-7061 • 1-800-743-7022

www.myeyecenter.com



Sid Moore, MD
John Ervin, MD

Spencer Maddox, MD
John Page, MD

1429 Oglethorpe Street • Macon, GA 31201

Guidelines to help you recognize early stages of Alzheimer's

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

My aunt was diagnosed with Alzheimer's some years ago. It did not come as a shock to us, but we tried to fool ourselves for quite a few years before the diagnosis came. She is a Holocaust survivor, and like my parents, lived through a hellish nightmare during World War II and survived. Her life, as with the rest of the survivors, was not easy, but she built her existence with courage and not a drop of resentment as to the hand that life had dealt her.

She married, but was unable to have children, and worked hard as a menial worker, as she didn't have the luxury of benefiting from higher education or any vocational training. In those days one struggled to provide food and clothing for herself and her husband, there was no time for training.

In her early 70s she lost her husband, who suffered from Parkinson's for many years. During all the years that she took care of her husband, all our attention was directed toward him. We all were worried about him, and followed the stages of his illness. None of us paid much attention to the telltale signs that were becoming more and more pronounced in her behavior. Being as intelligent as she was, and maybe sensing that something was wrong with her, she hid a lot of signs.

She also compensated in very brave ways to make her confusion not as easily detectable. She began to stumble while speaking, searching for words, stopping in mid sentence, hesitating, using wrong words that were similar, but differ-

ent than the meaning she was trying to get across.

She used humor to cover the shortcomings. Yet when visiting her and spending more time with her than I usually did in a short phone conversation, I started to be aware of the change in the pattern of her speech. I began to realize that she, too, was aware of the situation, and was trying even harder to compensate for it. I alerted her personal physician, suggesting that maybe some evaluations should be done and precautionary measures should be put in place.

She fought us tooth and nail; "I am okay, just forgetting some things, and it is natural for people my age" she would say. Even with some medical intervention, her condition had progressed rapidly. She began to wander in the neighborhood, left empty pots on a lit stove, and it's only by God's mercy that her house did not go up in flames.

My aunt was always involved in her community, volunteering, or partaking in social activities in the local center for senior citizens. She always loved art, sewing, and embroidering, and her work was displayed at the center.

When she became cognizant of her failing memory, forgetting the names of the others in the center and forgetting what she should do with her project midway through it, she began to feel very uncomfortable, and refused to continue attending. This was very disconcerting to all of us, because she became reclusive, anti-social, and depressed.

She also started to lose weight. It was time to step in. With the help of a local agency, we brought in a home aide for eight hours a day, on the weekends relatives rotated the responsibilities of her care. We found a different senior center, with a program that was geared for people with Alzheimer's. She did not know the

people there, which made it easier for her; she did not have to justify the fact that she did not remember their names.

Many of the activities were subtle: exercises in memory rejuvenation and establishing tools and tricks to help the participants to remember and function in the best of their ability in spite of the illness that was robbing them of their memories. Specialists in the treatment of people with Alzheimer's provided much needed help and guidance to make the home geared to promote normalization and a sense of familiarity.

When we visit with my aunt, we introduce ourselves by name, to eliminate the need for her to guess who the person in front of her is. The key is to make her life safe, comfortable, and full of love, which she had always bestowed in great amounts on all of us when she could.

As we know, although dementia is a physical illness, it manifests itself in behavioral patterns. To establish a list of guidelines, to help you recognize the early stages of Alzheimer's, the following signs may be helpful:

a. Short term memory loss

- b. Difficulties retaining new information
- c. Lost or misplaced objects
- d. Neglecting household chores
- e. Poor personal hygiene
- f. Careless appearance
- g. Unsafe decisions
- h. Decrease in language skills
- i. Decreased interest in previous hobbies
- j. Decrease in social interaction
- k. Decrease interest in family and friends
- l. Changes in old habits

It is hard to watch our parent or a loved one struggling with Alzheimer's especially as they worsen through each stage. Each stage presents different sets of problems, which affect each individual differently. There is a lot of research being done at this time, and we are likely to eventually see new techniques and more accurate diagnosis, as well as better treatment. Who knows? Maybe the baby boomers will be the beneficiaries of these future breakthroughs.

For more info – www.goldenyearsgolden.com.

FLINT RIVER MEMORY CARE

Do you have a loved one or friend who has Alzheimer's Disease? Do you know someone who is hurting their own health as a caregiver for someone with dementia? We can help. We will be a resource for you by making suggestions, giving you contact info, or just by listening. You are not alone!

Flint River Memory Care Community

250 WATER TOWER COURT
 MACON, GA 31220 - 478-471-9433

NEW LOCATION!



M·R·S Homecare, Inc.

Bringing Healthcare Home.







- HOSPITAL EQUIPMENT
- OXYGEN
- CPAP & BIPAP
- ACHC ACCREDITED

Respiratory Equipment · Oxygen · Nebulizer · Suction Equipment · Oximetry	Sleep Therapy · Ventilators · CPAP & BIPAP · Masks · Supplies
Bedroom Aids · Commode Chairs · Grab Bars · Shower Chairs · Elevated Toilet Seats · Tub Transfer Benches	Wheelchairs · Rehab · Power · Manual · Transport Chairs
Enteral Feedings Lift Chairs Hospital Beds	Walking Aids · Canes · Walkers · Crutches · Rollators

4010 Northside Drive, Unit A • Macon, GA 31210

478-741-1211



Georgia eye doctor helps legally blind to see again

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

Atlanta, Georgia –

Ever looked 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. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

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

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"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.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

– Paid Advertisement –



The Next Chapter **Now You See Her**

Book Reviews by ANNE B. JONES, PhD

Now You See Her
James Patterson and Michael Ledwidge
Little, Brown and Co., New York, 2011 (Also Available in Large Print)

Now *You See Her*, by James Patterson and Michael Ledwidge is a ninety-mile-an-hour read! This mystery doesn't let up until the final pages and even then there's a twist!

Many of James Patterson's books have appealed to me, although some have an abundance of "slice and dice," too much gratuitous violence for my reading appetite. *Now You See Her* is more into plot, impressive in its relentless pacing, and its writers hold its readers through the power of words.

Now You See Her was thrust upon me by the Harbour Shores Book Club, an enthusiastic group of women who live just south of Atlanta. As a member, I was especially

attracted to their latest gathering by promises of gourmet quiche, prepared by our hostess Ginger. Comments were as follows:

"Oh, you'll like this book," said Ginger, as soon as I arrived. "I read it in just two days. You'll open the book and keep going."

"It moves quickly from one thing to another," said Brenda.

"The author will keep you in suspense," added Sandy.

"I'm not a reader," commented Bunny, "but it was so good, it made me read. My husband read it and liked it."

"I knew immediately there was a bad cop," said Lynda, the wife of a former APD officer.

"It seemed preposterous, but it was a page turner," threw in Kathleen.

Peggy noted how the plot evolved, "Doing business can be so lucrative. Temptation is great when there are millions of dollars involved."

"The main female character was a very poor judge of character," they all agreed. "You have got to read this."

Ginger sealed my fate with "I have the book. You can borrow it."

As I read *Now You See Her*, I was reminded of the time I spent a few days as a

guest at the home of a Pulitzer Prize-winning journalist. I was working on *Gold Thunder* and sought his input. "A book must propel the reader to its end," he said emphatically. Since I was writing about a racecar driver, his words seemed fitting, but that sage advice has stayed with me throughout my writing career.

Could that journalist have also spoken with James Patterson and Michael Ledwidge? This I don't know. Nonetheless, they have also heeded those words. *Now You See Her* captures its reader's attention. Zooming from one traumatic event to another, the book is a fast-paced thriller from start to finish. It puts the reader in the groove on the first page and just doesn't let go.

The plot centers on one horrific incident that forever changes one woman's life. Its twists and turns are unexpected and the work is a fresh contemporary take on the genre. Characters could have been explored more fully, but on this super speedway paved with words, who's to notice? I liked the book. Enough said!

You may contact Anne at annebjones@msn.com; annebjones.com.

Social & Golf Memberships Available

478-218-5253

www.houstonlake.com

HOUSTON LAKE

Medicare Open-Enrollment Period ends December 7th: People with Medicare can compare and choose new plans

Special to Senior New

Americans now have seven full weeks, which started October 15, to select new Medicare plans or choose to stay with current coverage. During this year's Medicare open enrollment period, which ends December 7, the Georgia Department of Human Services (DHS), Division of Aging Services and the state's Area Agencies on Aging will offer free one-on-one

assistance and community presentations to help Georgians make decisions about Medicare health and prescription drug plans.

The GeorgiaCares State Health Insurance Assistance Program (SHIP) offers personalized assistance through a toll-free help line at 866-55-AGING (866-552-4464). Consumers may also compare plans at www.Medicare.gov or call 800-Medicare (800-633-4227).

"Choosing the right Medicare options for your unique healthcare needs, preferences, and finances takes time and research," said Dr.

James J. Bulot, director of DHS' Division of Aging Services. "Fortunately, the GeorgiaCares program offers help from unbiased trained specialists."

People with Medicare can create personalized coverage solutions from options such as Original Medicare, "Part D" prescription drug-help plans, and comprehensive "Part C" Medicare Advantage plans. Plan details may change, so beneficiaries should carefully review their current coverage annually.

GeorgiaCares SHIP counselors also assist with filling out applica-

tions for "Extra Help," which covers costs associated with Medicare premiums, deductibles, and co-payments for financially eligible individuals. Online applications are available at www.socialsecurity.gov/prescriptionhelp or through the Social Security hotline at 800-772-1213 (TTY: 800-325-0778).

For more information about GeorgiaCares and other services available to older Georgians and their families, visit the DHS Division of Aging Services at www.aging.dhr.georgia.gov or call (866) 55-AGING (552-4464).

Macon/Central Georgia CALENDAR

CALENDAR NEWS GUIDELINES

"CALENDAR NEWS" is provided FREE of charge to "true" not for profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your editorial materials by the 15th of the month prior to the preferred month of publication. Please mail your requests to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

Coliseum Health System "Medicare Made Easy"

Mon., Nov. 14, 10-11:30 a.m., Coliseum Northside Hospital, Conference Room, 400 Charter Blvd., Macon. For complete information call Consult-A-Nurse at 478-746-4646.

"Advance Directives for Final Healthcare"

Mon., Nov. 14, 12-1 p.m., Coliseum Northside Hospital, Conference Room, 400 Charter Blvd., Macon. For complete information call Consult-A-Nurse at 478-746-4646.

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.

Warner Robins SeniorCare

Call 478-923-9771 for programs provided.

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, Rozar Park
 - Fri., 9:30-11:30 a.m., Line Dancing, Houston Springs
 - 2nd Fri. of month, optional lunch (\$5) and a guest speaker is provided after exercise.

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.

- 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., Alzheimer's Association, 886 Mulberry St., Macon, 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, 478-746-7050

Houston County

- 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
- 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669

- 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532

Bleckley County

- 2nd Thurs., 6:30 p.m., Bleckley Memorial Hospital Conference Room, 142 Peacock St., Cochran, 478-308-0188

Lamar County

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

continued on page 10

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
- Access Control
- Cameras
- Library, computer center & laundry center on-site
- On-site Resident Service Coordinators
- On-site Management
- 24-hour Maintenance
- Recreational/Educational Programs
- Within walking distance of the Post Office, hospitals, theaters, restaurants & shopping

**523 Cherry Street
Macon, GA 31201**
(478) 741-4471
TTY: Relay 711
www.thedempsey.com



Funding is provided by the U.S. Department of Housing & Urban Development (HUD Section 8 Program). Annual income must not exceed income limits set by HUD.

Professionally Managed by
Barkan Management Company, Inc.
www.barkanco.com




CALENDAR

from page 9

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, 478-275-4460
- 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 1826 Veterans Blvd., Dublin, 12-A Family Room, 478-272-1210, ext. 2328

Monroe County

- 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754

Putnam County

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

Upson County

- Last Thurs., 7 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, 1-866-453-5550

Free Legal Services Available to Seniors

The Macon Office of Georgia Legal

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

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

Meals on Wheels of Macon and Bibb County

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

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

Macon-Bibb County Parks & Recreation Department Senior Center
1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478- 751-9238; Daily activities 9:00-2:00

• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry at 478-751-2790 for an appointment.

• Senior Citizen Choir: Mondays at 10:00, Macon-Bibb Senior Center, 1283 Adams St. Call Brenda for information at 478-751-2790

• Bowling: Fridays at Gold Cup Bowling Center, 10:30 to 12:30, \$2.50 per game, \$3.50 shoe rental

• Exercise: Monday, Wednesday & Thursday Evenings, 6:00 to 7:00 pm, Senior Center, 1283 Adams St. \$40.00 per month Instructor: Juanita "Poppi" James

• Needle Craft: Our fiber craft room is open daily for quilting, crocheting, knitting and sewing.

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, 478-293-1066.

• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month.

Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-293-1066.

• 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 478-293-1066.

Senior Activity Center

For information call 478-293-1066.

The Gospelaire Quartet Outreach Ministry

The Gospelaire 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

continued on page 11

General Business Directory For Seniors

SouthernCare, Inc.
provides hospice services to loved ones residing in private homes, group homes, assisted living facilities, and skilled nursing facilities.

 **SouthernCare**
Where caring is a way of life.

3312 Northside Drive
Building D, Suite 150
Macon, Georgia 31210
478.476.4627 phone
478.476.4628 fax
macon@southerncareinc.com
www.southerncarehospice.com

Advocacy Resource Center
(Turning Developmental Disabilities into Possibilities since 1953)
4664 Sheraton Drive (turns off Arkwright Road) • Macon
www.arc-macon.org 478-803-1456

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

BUSINESS CARD SECTION

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

Live well in Warner Robins!

The finest comforts of life, with the support you want.

 **Summer's Landing**
of Warner Robins

600 S. Kimberly Road
Warner Robins, GA 31088
(478) 328-3800
SummersLandingWR.com

• Memory Care
• Assisted Living
• Supportive Independent

Please call today to schedule your complimentary lunch & tour!

BREAKTHROUGH IN HEALTH
ASEA – Redox Signaling Molecules
The Key To Living Younger Longer!

ASEA
www.TeamAsea.com/Staywell
404-668-2420

 **KENNEDY DRUGS**
FREE DELIVERY CITY WIDE

10% SENIOR DISCOUNTS
Discount on Prescriptions

Watkins Products
524 Popular St. • 743-4700 • Macon, Ga.

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.

 **goodwill**

CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350

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

Home Inspection Service

Planning to Buy or Sell?
Need a Home Inspection?
Call:

David R. Von Almen
Home Inspector
(478) 213-5986
VAMktPub@aol.com



\$1.00 OFF **ADMISSION WITH THIS AD!**
1 coupon per person. Expires 11-14-11
2nd Weekend of Every Month!

Atlanta, Georgia
Fri. & Sat. 9-6 • Sun. 10-4
3 miles east of Atlanta Airport,
I-285 at Exit 55
3650 & 3850 Jonesboro Rd.
Scott Antique Markets
Call: 740-569-2800
www.scottantiquemarket.com

 **ANTIQUE & COLLECTIBLES**
America's Favorite Treasure Hunt!

Atlanta Expo Centers November 11, 12 & 13
Atlanta, Georgia December 9, 10 & 11

**Change Your Water...
...Change Your Life!**

Clean out acid and toxins on the cellular level and have a healthier, vibrant body at any age!

Dr. Hiromi Shinya says:

1. Drink the right water
2. Eat 85% vegetables/fruits
3. Exercise
4. Stay happy

To learn about the right water go to
www.ILoveGoodWater.info
404-668-2420

CALENDAR from page 10

impaired. Fellowship and membership are welcomed.

Georgia Leathercrafters Guild

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

Health Education

The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses, community-based organizations, and faith-based organizations upon request.

For additional information call 478-749-0113.

The Macon Arts Alliance's Arts Art Gallery

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

Massee Lane Gardens

For information call 478-967-2358 or www.camellias-acsc.com (The American Camellia Society.)

Macon Little Theatre

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

Museum of Arts & Sciences

4182 Forsyth Road, Macon
478-477-3232 or visit website www.mas-macon.com.

Theatre Macon

438 Cherry Street, Macon

478-746-9485

Warner Robins Little Theatre

South Pleasant Hill Drive
478-929-4579; www.wrlt.org

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

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.

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 or 478-788-2262
"Back To The Cross" will be in concert at 6 p.m. on Sun., Nov. 6.

**NAMI Central Georgia
National Alliance on Mental Illness**
Barabra Long, Executive Director

478-328-0508

(Call for details on events)

• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.

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

FAMA Meetings

FAMA (Families Against Methamphetamine Abuse) meets the 3rd Tues. of each month, 6 p.m., Centerville Lions Club. Call 478-953-6955 or visit www.middlegefama.org for complete details.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call

Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

MGRACA Meeting

The MGRACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information. Forsyth-Monroe County Convention & Visitor's Bureau.

Evening of Comedy

Mark Ballard will present an *Evening of Comedy* on Nov. 8th, 7:00 p.m., at the Welleston Center located at 155 Maple Street in Warner Robins to benefit The Heart of Georgia Developmental Disabilities Ministries. A Silent Auction will be held beginning at 6:00 p.m. Tickets for the event at \$15. For information call 478-953-2992 or 478-396-1773.

Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Monday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: chiefstrib@cox.net.

College Hill Commons Enrichment Center Community Open House

Sat., Nov. 5, 10 a.m.-1 p.m., 1090 Washington Ave., Suite 108, Macon. Call 478-284-6756 or visit www.collegehillenrichment.com.

General Business Directory For Seniors

Vineville Christian Towers

An Apartment Home for Senior Citizens

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

2394 Vineville Avenue • Macon, GA 31204

478-743-4661

Macon and Middle Georgia

477-5501



To us, it's personal.

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

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

St. Paul Apartments & Village

62 & Older and Disabled Persons Welcome
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 & Doctor Appointments
Range of Planned Activities
Washer/Dryer On Each Floor
Subsidized and market units.



MAKE MONEY DAILY!

Struggling to make ends meet every month? Join me in this Home Base Business. You'll need to be computer savvy, love to talk on a phone, and have a desire to be successful!

Call Ann at **404-668-2420**

Flint River Memory Care

250 Water Tower Court, Macon
478-471-9433

Flint River Memory Care is a licensed memory care community – specializing in care for loved ones with Alzheimer's disease. Flint River provides a safe, secure environment and has activities tailored to the needs of those living with this disease. Flint River's daily goal is to have each resident function independently at their own level of ability while providing care and assistance where needed. The specialized Alzheimer's training of their staff helps them achieve this goal.

They encourage you to come in and meet their staff and see how their memory care programs enrich lives of their residents and give their loved ones peace of mind.

If you are caring for a loved one suffering from Alzheimer's disease, please call Flint River Memory Care at (478) 471-9433 for more information or to schedule a tour of this memory care community. You will get to meet caring professionals that have your loved ones best interests at heart.

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

Start Getting Better Now!!!

Phone: 478-745-5431 Fax: 478-765-4359

FREE PRESCRIPTION DELIVERY

The Medicine Shoppe

Barry M. Bilbro, R.Ph.

Compounding Pharmacist

Your Bio-Identical Hormone Specialist

1550 Watson Blvd. • Warner Robins

www.medshoppe.com

478-922-2067

Warner Robins' Oldest Independent Pharmacy

A peice of Fort Valley history... Avera Drug Company... closes!

by CLAIRE HOUSER DODD

There is a pall over Fort Valley as Avera Drugs has filled its last prescriptions. The latest owner/operator, Gary Sheffield, has given up his valiant fight to find another independent contractor to keep this 141 year old business up and running and carrying on its singular distinction of being the oldest business in the Valley plus the 2nd oldest continuous operating pharmacy in the State of Georgia. Avera Drugs was also a bit of a museum, holding antique containers and some old apothecary equipment. It is like we have lost an old, respected and beloved friend.

Most of us old guard mainly remember the thick and delicious malted milk shakes made by Bill Hopkins while he was attending Fort Valley High School. While Bill was working as a "soda jerk" at Avera Drugs, he dreamed of the day when he would become the pharmacist and owner too. His dream came true. Bill sold the business to Gary in 1996 and then retired to Franklin, NC.

Many young people received their training and formative years at this store when it was Avera Drug Company. Among them were Malcolm Taylor, Roy Gilbert, Mary Beck Johns, Wiley Boudreaux, Charles Cato, Troy Whatley, Gordon Smith and Pete Peterson. Some went on to open their own stores and some worked for other drug stores, but all had outstanding careers due to their early training at the Avera Drug Company.

Let us start at the beginning. With help from Jane Matthews at the Peach Public Library, we gleaned some of the history of this well-known drug store.

The business started out as an

apothecary in 1870, the first owners were Matthews and Green. In 1885 W.C. Wright and his son purchased the business. An interesting side note is that W.C. Wright's pharmacy license was signed by the Board of Pharmacy board member, John S. Pemberton of Knoxville, GA. Pemberton was responsible for the formula for Coca-Cola.

In 1924 the owners were Homer J. Avera and Ben Anderson. It was called Anderson Drug company until Ben passed away in 1941 when the store became known as Avera Drug Company, and has remained that name for 71 years through four owners: Homer J. Avera (who began his career as a pharmacist in Tennile, GA) and then C.W. (Pete) Peterson, Mr. Avera's son-in-law, became a partner after returning from the Korean War. After that W.P. (Bill) Hopkins (who had worked at the store at the age of 10) bought the drug store on January 1, 1967. The present and last owner, Gary Sheffield, took ownership in 1996.

We went over to CVS where Gary is currently holding court and his many customers can pick up their prescriptions. We saw a new but familiar face among the CVS workers and were lucky enough to share a few minutes in a private conversation with Gary. Gary lamented that he very much hated to have to close Avera's but it looked as though he had only two choices, buy a new building or close the doors. His plans were to work for two more years; but, under the circumstances that arose, he decided that he was too old to buy a building and the only other option was to close. Gary remarked that he hates to leave his business and mess up the 141 year old legacy of this well-respected drug store.

While we were talking to Gary at CVS at least a dozen of his former clients came up to discuss past and on-going problems. Gary will be sorely missed as much as a doctor and lawyer would be missed. We especially enjoyed the story about the little girl who had hurt her finger and really wanted to go back to school with something to talk about to her classmates. While getting a tongue depressor and tape for a splint, Gary saw his "horse needle" (an extremely large-sized utensil) and picked it up and suggested that per-

haps she needed a shot to dull the pain. She's never been seen since! As you can see Gary will be missed for many reasons up to and including his entertainment prowess!

We're sorry to lose a 141-year old establishment in Fort Valley; but, even more so, an extremely respected pharmacist who has served the people of the Valley as well as their physicians for many years. For the time being you can still visit Gary at CVS.

After talking with William Khoury and several other business owners around town, we realize more than ever the void that will be felt by all of us over the closure of Avera Drug Company. This leaves Stephen Lindsey of Anthoine Machine Shop on Railroad Avenue at the oldest remaining business in



town, followed by William & James Khoury of Khoury's Men's Wear on Main Street in Fort Valley. The Khoury's have just recently celebrated 75 years of being in business.

Many thanks to James Khoury for providing the photos of Avera Drug Company!



HOSPICE STANDS *Ready*

WWW.HCOGA.COM

Hospice Care Options stands ready

as a team of professionals trained to provide support to loved ones and family members during this difficult time. We can help take on some of the daily responsibilities for your loved ones; caring for them in their home, your home or in a skilled nursing facility. Hospice Care Options will take some of the burden off family members and others who may need extra time to cope with the situation. We stand ready. Call Hospice Care Options today.

Hospice Care Options™

Macon
486 New Street
478.743.3033
800.563.8680

Warner Robins
136 Hospital Drive
478.922.0515
877.922.0515

GA Lic # 011-100-H

GA Lic # 076-0351-H

Services provided regardless of the ability to pay