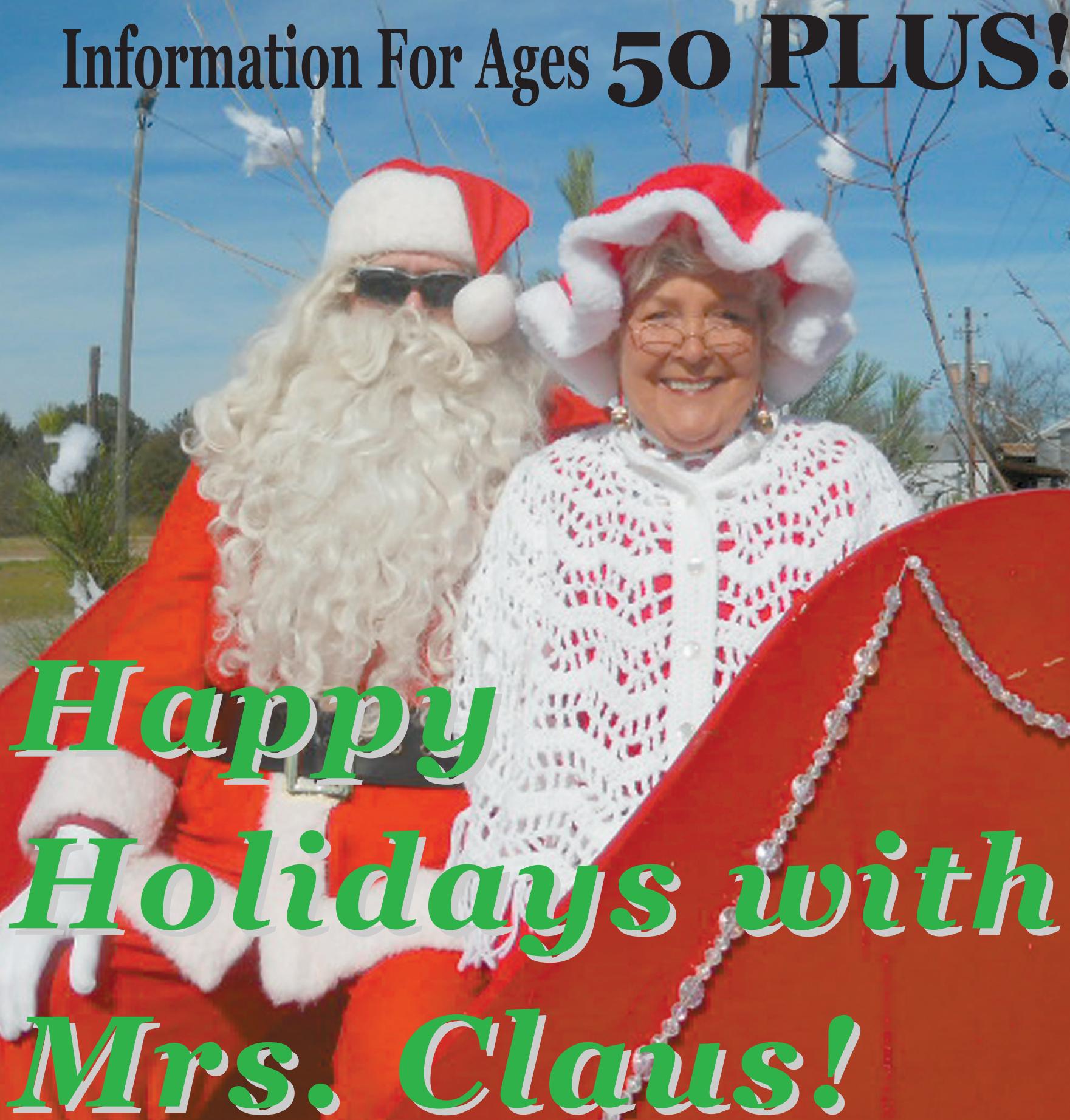


Senior News

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*Happy
Holidays with
Mrs. Claus!*

Story on page 2

December 2012
Vol. 26, No. 12

On the Cover

Happy Holidays with Mrs. Claus

by JANE WINSTON

ON THE COVER

Mrs. Claus, Connie Marker Short, and Santa, Wayne Lettice.

We meet up with Connie Marker Short of Byron, GA for this *Senior News* issue as she dons her yearly disguise as Mrs. Claus. What began as a one-time event for Connie... when a community mem-



Connie serving as a Georgia National Fair Volunteer

ber asked if she would portray Mrs. Claus... has evolved into 20+ wonderful years of bringing smiles to the faces of thousands of children. Filled with nostalgia, Connie shares that the 23-year old young man who lives across the road from her once sat in her...aka Mrs. Claus'...lap as a small child! Early in December Connie and Santa Claus, Wayne Lettice, start their season with the annual Byron Lunch With Santa, and then the rest of the month they visit hospitals, nursing homes, children's homes and occasionally are asked to attend a private party for which they actually get paid! The real payment for the Christmas duo comes, however, from the children.

Connie routinely becomes Mrs. Claus each winter in Byron, but in summer 2011 she decided to become Ethel Mertz in Jamestown, New York. Jamestown is Connie's hometown; it is also Lucille Ball's hometown! So in 2011, the Jamestown community decided to sponsor a Lucy Fest in honor of Lucille's 100th birthday. Excited by the celebration and driven to be involved, Connie convinced a close friend, Para Vinson, that Ethel needed a travel partner in the form of Lucy to



Left: Para Vinson, Lucy, and Connie Short, Ethel

go to New York for the celebration. They dressed the parts, were well-received and awesome...which is no surprise as whatever Connie decides to do is always awesome! The two of them were invited to be in the big parade, and join in the myriad of events. According to Connie, being Mrs. Claus for the past 20+ years has been great, but being Ethel Mertz at the Lucy Fest In her hometown of Jamestown, New York tops anything she has ever done.

Not only is Connie great portraying someone else, Connie is great just being Connie! She is a volunteer extraordinaire in her community of Byron and beyond. She is a long-time Georgia National Fair volunteer. She has coordinated the Byron Red Cross Community Blood Drive



Connie as Ethel Mertz

for over 20 years. She is active in the Byron United Methodist Church. In fact, she had just completed Good Samaritan Shoe Boxes for the Church when we spoke. She is the Secretary for the Byron Area Historical Society (BAHS) and works with the Blue Star Mothers, an organization of mothers who have children serving in the military; Connie's daughter, Julie, is a Naval Nurse stationed in Jacksonville, Florida.

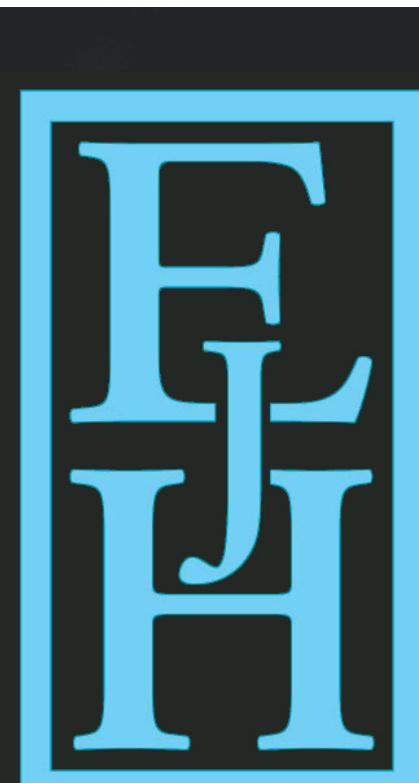
And Connie likes to laugh and have fun, so she makes time for friends and hobbies. She line dances wherever and whenever she can. She is active in the Byron Red Hatters group. She is a quilter and a knitter and has knit miles and miles of scarves, blankets and hats. Plus, she loves gathering antiques and sells them from her booth at the antique store at the Big Peach in Byron.

I have known Connie for years, and when I say this article is "only the tip of the ice berg," it is "only the tip of the ice berg!!!"

Jane Winston is a freelance writer in the local area. If you know a senior in the area you would like featured in Senior News, contact her at jwinston1939@gmail.com.



Connie Short, aka Mrs. Claus



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Let us entertain you

by CLAIRE HOUSER DODD

Always build bridges instead of walls.

Anonymous

Christmas is coming. We can see it is the eyes of our three year old. Matthew is so excited about Ho Ho, better known to the rest of us as Santa Claus, but ever since he could talk, he's been Ho Ho! Matthew went to Macon to visit Santa, sat on his lap and was promised a great big truck under his tree, and Matt can hardly wait. His eyes get bigger and bigger when he tells you about it. And, he wants to go again because he has thought of several other things he's like for Christmas. Oh yes, we bet!

Hey, you guys, we heard this from Kelly & Michael on the morning show on Channel 13 the other day, and believe it just might be worth remembering. They said many divorces come about from the wrong choice of a Christmas present that the husband chose to give his wife. So pay attention, guys.

Gifts to Avoid Giving Wife

- Cheap Jewelry
- Kitchen Utensils
- Perfume (usually because you can't smell)
- Toiletry (same thing)
- Underwear

That about covers everything, but expensive jewelry and cars! Good luck!

Of course Christmas is not about what you get, but what you give. The joy of giving is all wrapped up in the birth of Christ. Remember that, and celebrate. Enjoy all the wonderful Christmas programs at church. Especially, Christmas Eve.

Get ready for two good movies during the holidays. "Lincoln" and "Skyfall" with Daniel Craig as James Bond, our present day favorite. We haven't seen it, but it has already set records as the Bond film with the largest opening in the franchise's history. I've heard it is a two hour edge-of-the-seat thriller. As soon as we get our eye patch off we will be warming a seat in one of the movie houses showing it.

Friend Pat and yours truly caught "Hope Springs" at the \$1.99 Parkway Cinema on Russell Parkway in Warner Robins. Tommy Lee Jones is an all-time favorite, and Meryl Streep always does a fine job. She was the Oscar winner for best actress last year for her portrayal of Margaret Thatcher in "The Iron Lady." It was hysterically funny as Meryl kept trying to get noticed by hubby Tommy Lee. What is so funny is the ridiculousness of WHY? They are an old married couple and you keep wondering how she has this extra time or energy to be thinking "that" way! Like – get a life, girlfriend! Finally, she gets him to a shrink, and

he is really confused, and how we love that confused, out-of-it look as only he can do! The show was a winner except for one scene that should have been deleted. The editor must have nodded off on that one!

December 4-22: "Holiday Artists Market" presented by the Middle GA Arts Association on Ingleside Avenue in Macon. The opening reception will be held on Friday, Dec. 7th. This is an association you may want to join. It is for all, you may paint or not, take classes or not. "Shake the Winter Blues," a program MGAA starts in January will advertise many different venues. You may be interested in several. Call (478) 744-9557 for more information. Even if you'd like to present a program!

On Dec. 7th, 6:30 p.m. - 8:45 p.m. Santa will be at the Museum of Arts and Sciences. He will be telling stories and entertaining young children. Children tickets are two for \$30.00 (\$15.00 each). Adults are \$25.00 each. This also looks like a babysitting opportunity. The kids get entertained while the adults go out for dinner!

Dec. 10: The Macon Film Guild presents "Robot and Frank" directed by Jake Schrader at the Douglas Theater. For advance tickets, call 742-2000. Also – Attention Seniors – they are planning a free Senior Cinema on Wednesday at 2 p. m. They also present the Metropolitan Opera HD live for \$20.00 for Seniors.

Praise to the Museum. We hear Santa's Secret Shop is better than ever this year with much finer gifts for all ages. Well Grand, go yourself and take your kiddies. They love choosing their own presents, and are surprisingly good at it. We distinctly remember our daughter at the age of two choosing perfect gifts for everybody at Prickens Toy Shop up with the Pink Pig!

The exhibit to see is Dixie Webb Stewart's acquired paintings she left to the Museum in 2009. As she was founder and owner of Ship and Shore Travel Agency she had the opportunity to buy wonderful art from around the world... such as the French artist, Matisse and Russian-American painter Roman Chator of Atlanta and Bruno Bupon who now resides in Columbus, Georgia.

On a humorous note, here is something I overheard at the doctor's office recently. A minister is in a gas station line trying to get gas for a holiday trip. He waits and waits until the gas station attendant approaches him... exasperated he tells him, "Sir, I'm sorry for your wait, but it seems everybody waits until the last minute to prepare for a long trip." The minister replied, "I understand son. It's the same in my line of work, too."

Every artist dips his brush in his own soul and paints his own nature onto his canvas.

Henry Ward Beeckor

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Website

www.seniornewsga.com
www.seniornewsgeorgia.com

Publisher

Billy R. Tucker
Email: seniornewsga@cox.net

Editor

Ann Tunali
seniornews@msn.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
Dr. Anne Jones
Jane Winston

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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
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Tis' the Season for Holiday Scams – Don't let them take you for a Swindling Sleigh Ride

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

Looking forward to the holidays? So are the scammers. As many begin to make their holiday gift list and charity donations, unscrupulous scammers are gearing up to deck the halls with their tried and true holiday scams. The Better Business Bureau is warning holiday shoppers and donors to know the red flags and to be on their guard for this season's holiday scams.

Every year, thousands of shoppers fall victim to the holiday deals that seem too good to be true, and the bogus charity pleas that pull at the heart strings. This holiday season, the BBB urges consumers to take the following tips into consideration before doing their holiday shopping and making charity donations:

Always check a business's BBB Business Review, at www.bbb.org, before making a purchase in the store or online. Make sure that the company has a physical address and telephone number. When shopping online, some websites offer electronics or luxury goods at prices that are too good to be true. Every holiday season, the BBB hears from holiday shoppers who paid for a "great deal" online, but received little or nothing in return.

If you shop Craigslist or other free

bulletin board sites, look for local sellers and conduct transactions in person. Bring a friend if you're uncomfortable meeting the seller alone. Never wire money as payment. If you're shopping on auctions like EBay, look at seller ratings and read their reviews. Don't buy if the deal sounds too good to be true and don't go outside the auction's site to complete a purchase.

Don't let yourself get bogged down in purchases or lose track of your wallet. While you're struggling with bags of presents, identity thieves may see an opportunity to steal your wallet or look over your shoulder to copy your debit or credit card numbers. Know where your credit and debit cards are at all times and cover the keypad when entering your PIN while purchasing items or getting money from an ATM. Make sure you put your card back in your wallet after each purchase.

Always research charities with the BBB before you give to see if the charity meets BBB's 20 Standards for Charity Accountability. <http://tucson.bbb.org/Charity-Standards/> The holidays are a time of giving, and that creates an opportunity for scammers to solicit donations to line their own pockets. Beware of solicitations from charities that don't necessarily deliver on their promises or are ill-equipped to carry through on their plans. Resist demands for on-the-spot donations. Up-to-date reports on local and national charities are available at

www.give.org.

Don't click on any links or open any attachments to emails until you have confirmed that they are not malicious. Phishing emails are a common way for hackers to get at your personal information or break into your computer. Around the holidays, beware of e-cards and messages pretending to be from companies like UPS or FedEx with links to package tracking information. Email addresses that don't match up, typos and grammatical mistakes are common red flags of a malicious phishing email. Also beware of unsolicited emails from companies with which you have no association. Make sure you have current antivirus software and that all security patches have been installed on the computer.

For more holiday tips that you can trust, visit www.bbb.org for a full list of tips in English and Spanish.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

Spiritual Notes

Listen! —

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

As we age many of our body parts either wear out or need repair. Hearing loss is one of the big issues faced by many senior adults. In countless cases the problem is not a hearing loss but simply a case of not listening. How many husbands

and/or wives have said to their spouses, Please listen!!!

"Listening," according to Dr. Karl Menninger, "is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us, makes us unfold and expand."

The Bible is filled with references to listening. In the book of

Deuteronomy, 11:27, Moses said, "I am setting before you today a blessing, if you listen to the commandments of the Lord your God." Jesus, when teaching in Mark 4 said, "Listen to this! He who has ears to hear, let him hear." His hope was that the listeners would understand the message by paying close attention.

As we enter the holiday season we will hear many sounds. The Thanksgiving and Christmas holidays are filled with sounds; music, gifts, family and parties. It is so important, as we listen, that we hear the deeper meaning of this time of celebration. So often we get caught up in the peripheral activities rather than the deeper significance of the observance.

So often we are prone to speak rather than listen. Someone has said, "Nature arranges it so that we can't shut our ears but that we can shut our mouths." During these days of celebration, let us listen to the "sounds of the season" and give thanks to God for his blessings and love.

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

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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.

LIFE'S FLEETING FLOWER

by Henry N. Goldman

*Life's time is fleeting as the flower,
Grows shorter with each day.
Each soul allotted measured years,
Upon this earth to stay.*

*God's fields are ripe for hands to
reap
His harvest upon this earth;
But so few souls who will come
forth,
To witness to His birth...*

*And tell the world of His sad death,
Upon a hand hewn tree,
To witness that His suffering days,
Were spent to set us free.*

*We often seek in our own way,
Things of the world to please,
Forget how short these measured
hours,
Are wasted, in life's ease.*

Oh with each passing hour may we

*See Christ upon a cross,
Redeem each precious moment spent,
Before life's flower is lost.*

COME CAROLING

by Vera King

*Sing me a song that is cheerful
One in keeping with the Season
That is sure to brighten my day*

*Start with a favorite love song
For us lonesome oldtime lovers
Who haven't much longer to stay*

*Then sing about love of country
And love for all the people
We just may meet along the way*

*They may be from foreign places
Or maybe our nearby neighbors
At all the places where we pray*

*To finalize your caroling
Sing me a song about peace
Come to this earth to stay.*

SADNESS

by Mary Elliott

*As I sit here looking out my window
At the trees and sky,
I feel sad and don't know why.
Some days are like that, you know,
As sad feelings come and go.*

*Then time passes to another day.
Thank God the Sadness has gone
away.*

*These feelings are not always bad.
There's no such thing as always
being glad.
Even though Sadness slips in,
It doesn't mean that I'm unhappy
within.
I'm just drifting to another place in
time,
But I come back and all is fine.*

THIS HOLIDAY

by Mrs. Geri Noel

*Whether happy, joyous, exhilarated
or sad
Excited, blissful, grieved, despondent
or mad
Holidays brings out a lot of emotions
Even with God in mind with pure
devotions*

*We tell the story over and over again
As we celebrate His birth
Remembering how He taught us
about heaven
As He walked the Holy Land of
Earth*

*He taught us how to pray
Saying... our Father which art in
heaven
And how our Father created heaven
and earth*

In six days, then rested on day seven

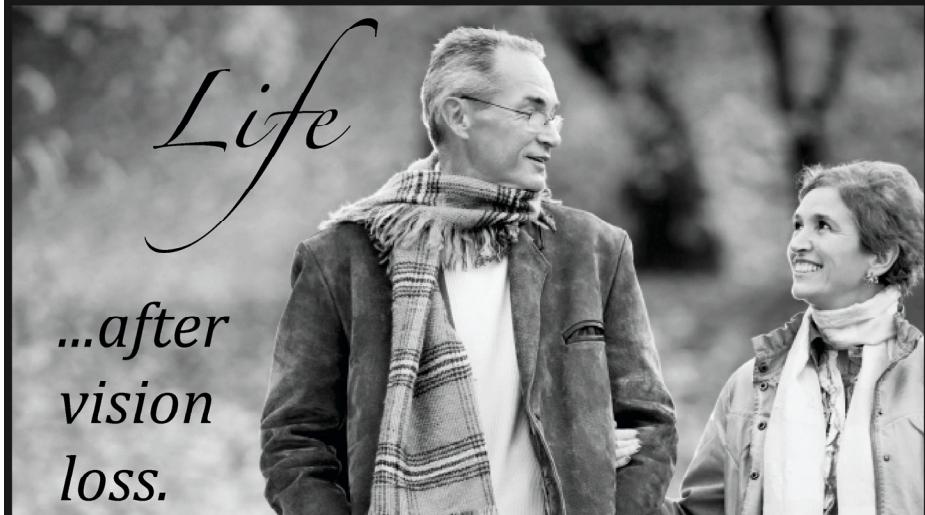
*This holiday we will remember loved
ones lost
This holiday we will miss their
presence
But we will take glory in knowing
That white light they saw was God
and heaven sent*

*God sent us His one and only son
And He is truly the spirit of
Christmas
Sweet baby Jesus laying His head
Upon His virgin mother Mary's bust*

LIFE

by Minnie Ferguson

*Times keep changing day by day
All for the better so they say.
I've got my doubts about tomorrow.
Will it bring me joy or lingering sor
row?
Faith and Courage are tools to
carry,
In case life gets gloomy or just plain
scary.
Just look up, not down the road;
There's always help to carry your
load.
Life hands out jolts and rocks;
Not counting the constant human
knocks.
It's up to you to choose your route;
All in All, that's what life is about.*



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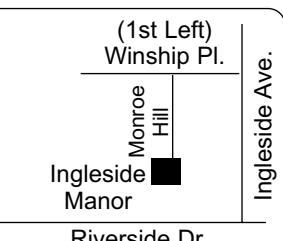


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BBB offers Tips for a Safe Holiday Shopping

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

The holiday season is a busy time as people hunt for the perfect gifts for family and friends. The Internet can make your shopping faster and easier, but there can also be pitfalls if you're not careful. Here are some key tips to ensure you have a safe online shopping experience, so that your gift-giving is a joyous occasion, not an opportunity for cyber thieves:

- Know who you're dealing with. Check out unfamiliar sellers with the Better Business Bureau. If you're buying gifts on an online auction site that provides a feedback forum, check the track record of the seller before you bid. Don't buy things in response to unsolicited emails from unknown companies, since these may be fraudulent.

- Get all the details. Check the name and physical address of the seller; how much the product or service costs; what is included for that price; whether there are shipping charges; the delivery time, if any; the seller's privacy policy; and the cancellation and return policy.

- Look for signs that online purchases are secure. At the point that you are providing your payment information, the beginning of the Web site address should change from http to

shttp or https, indicating that the information is being encrypted – turned into code that can only be read by the seller. Your browser may also signal that the information is secure with a symbol, such as a broken key that becomes whole or a padlock that closes. Without this assurance, do not enter any of your personal information.

- Pay the safest way. It's best to use a credit card, especially when you're purchasing something that will be delivered later, because under federal law you can dispute the charges if you don't get what you were promised. You also have dispute rights if there are unauthorized charges on your credit card, and many card issuers have "zero liability" policies under which you pay nothing if someone steals your credit card number and uses it. These protections don't exist for those using wire transfers.

- Never enter your personal information in a pop-up screen. When you visit a company's Web site, an unauthorized pop-up screen created by an identity thief could appear, with blanks for you to provide your personal information. Legitimate companies don't ask for personal information via pop-up screens. Install pop-up blocking software to avoid this type of scam.

- Keep documentation of your order. When you've completed the online order process, there may be a final confirmation page and/or you might receive confirmation by email. Print or save that information and keep

it handy in case you need it later.

- Know your rights. Federal law requires orders made by mail, phone or online to be shipped by the date promised or, if no delivery time was stated, within 30 days. If the goods aren't shipped on time, you can cancel and demand a refund. There is no general three-day cancellation right, but you do have the right to reject merchandise if it's defective or was misrepresented. Otherwise, it's the company's policies that determine if you can cancel the purchase and whether you can get a refund or credit.

- Be suspicious if someone contacts you unexpectedly and asks for your personal information. Identity thieves send out bogus emails about problems with consumers' accounts to lure them into providing their personal information. Legitimate companies don't operate that way.

- Check your credit card and bank statements carefully. Notify the bank immediately if there are unauthorized charges or debits, if you were charged more than you should have been, or if there are any other problems.

- Keep your computer secure for safe shopping and other online activities. Protect your computer with spam filters, anti-virus and anti-spyware software, and a firewall, and keep them up to date. Go to www.staysafeonline.org and www.onguardonline.gov to learn more about how to keep your computer secure.

- Beware of emails offering loans or credit, even if you have credit problems. Con artists take advantage of cash-strapped consumers during the holidays to offer personal loans or credit cards for a fee upfront. These scammers simply take the money and run.

- Contact the seller promptly about any problems with your order. Check the company's Web site for a customer service page, "contact us" link, email address, or phone number to get your complaint addressed or questions answered. If you can't resolve the problem, begin documenting your attempts and contact the Better Business Bureau at www.bbb.org for help.

A few simple precautions and your Christmas can be the joyous occasion that you had envisioned.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.



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Taking Care

Spread holiday joy to an ill friend

by LISA M. PETSCHE

The holiday season is a hectic time for many people, due to the preparations and festivities that typically take place. Staying sane, not to mention enjoying this time of year, is even more of a challenge for those with a long-term health condition that significantly affects their daily life.

The following are some suggestions for lightening the load of a chronically ill person in your life.

Lend a hand

- Bake extra holiday treats to share with them.
- Let them know when you are heading out to the grocery store or on other errands, and ask if there is anything they need.
- Offer to help them decorate, wrap gifts or perform other seasonal tasks. If they enjoy these activities, ask what other tasks you can do to lighten their load so they have the time and energy for seasonal preparations.
- Offer to address greeting cards and take them to the post office, or assist the person in preparing and sending a newsletter to update family members and friends.
- If they plan to entertain, offer to help with preparations and cleanup, or to assist during the event itself so they can spend more time interacting with guests.
- If your friend does not drive, offer transportation to the mall, a church event or somewhere else that they would like to go.

• Encourage the person to practice self-care by eating nutritiously, exercising as appropriate and getting sufficient rest. Do whatever you can to help make this happen. For example, bring over a meal or offer to join them for a walk.

• Surprise your friend with a treat, such as a rented movie (perhaps a holiday classic) or a poinsettia plant or other seasonal decoration. If your income is limited, sign out magazines, books movies or music CDs for them from the public library.

• Ask, rather than guess, what kind of practical help the person could use most; perhaps it is dusting and vacuuming or running errands. If they decline assistance, continue to express your desire to help.

Meanwhile, take it upon yourself to deliver a casserole or baked goods and, if you are a neighbor, to sweep both walks or bring in both sets of garbage cans. Encourage the person to ask for help if they are trying to manage alone.

• Keep in mind that emotional support and your time are the two most valuable gifts you can give someone living with a chronic illness.



Lisa Petsche

Gift ideas

- Booklet of IOUs for one or more of the following: home-cooked meals, baked goods, household chores or repairs, yard work, dog walking, chauffeuring, running errands.
- Answering machine or cordless phone.
- Wall calendar with plenty of space for noting appointments.
- Health binder for keeping records and organizing paperwork.
- Membership in the non-profit organization associated with their disease (for example: the Multiple Sclerosis Association or Parkinson Foundation).
- Gift certificate for a home health-care agency, medical supply store or cleaning service.
- Taxi gift voucher, or book of tickets for the local accessible transportation service if the is unable to ride in a car.
- Inspirational collection of verses or short stories, or the latest book by their favorite author.
- Subscription to a magazine that reflects an interest (such as nature) or favorite pastime (gardening, for example).
- Hardcover journal for recording their experiences, thoughts and feelings.
- Relaxation CDs or miniature water fountain.
- Bird feeder and seed, or binoculars for bird watching.
- Hobby or craft supplies.
- Writing paper and envelopes or a set of all-occasion note cards, along with postage stamps.
- Scented items: hand and body lotion, cologne, bar soap, bath salts or shower gel, drawer sachets, potpourri or votive candles.
- Basket of sweets, gourmet coffees and teas, jams and jellies or dried fruit and nuts.

Gift certificate to a restaurant with

takeout and delivery service, a dry cleaner with pickup service or a pharmacy or grocery store that delivers.

- Two tickets to a cultural event, so a friend can come along.

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

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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"](#) and ["Advance Directives for Final Healthcare."](#) Coliseum Northside Hospital, Conference Center, 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
- Implantable Cardioverter Defibrillator (ICD) Support Group: 478-633-7157
 - Stroke Support Group: Tues., Dec. 18, 4 p.m., 478-201-6500
 - Spinal Cord Injury Support Group: Tues., Dec. 4, 4 p.m., 478-201-6500
 - Brain Injury Support Group: Tues., Dec. 18, 6:30 p.m., 478-201-6500
 - Parkinson's Disease

Support Group: Thurs., Dec. 13, 2:30-3:30 p.m., 478-743-7092, ext. 254

- Parkinson's Disease Caregivers Support Group: Thurs., Dec. 13, 1:30-2:30 P.M., 478-743-7092, ext. 254
 - Crohns and Colitis Support Group: 3rd Sun., 3 p.m., 478-737-8788 or kjhague@cox.net
 - Community Seminar for Arthritis, Knee & Hip Pain: Fri., Dec. 14, 1:30 p.m., 478-633-1865
 - Central Georgia Autism Support Group: For information call 478-633-8088
- [Cancer Life Center](#)

Information and Reservations: 478-633-

- 8537; www.cancerlifecenter.org
- Mammo Marathon Day: Thurs. Dec. 13, 7 a.m.-6 p.m., www.cgbreastcarecenter.org.
 - The Pink Alliance: Thurs., Dec. 20, 12-1 p.m., 478-633-8537
 - The Pink Alliance HoPe Chapter: Wed., Dec. 19, 12-1 p.m., Houston & Peach Counties, 478-719-8528
 - Look Good, Feel Better: Thurs., Dec. 13, 5:30-7 p.m., 478-633-8537
 - Prostate Cancer 101: Mon., Dec. 10, 12 p.m., 478-633-8537
 - Man-to-Man Support Group: Tues., Dec.

continued on page 10

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CALENDAR

from page 9

4, 7 p.m., 478-633-6349

• Chemotherapy Orientation Classes: Mon., Dec. 10, 10-11:30 a.m., 478-633-8537

• Cancer WellFit: 12-week oncology recovery program, 478-757-7847

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

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Warner Robins SeniorCare

Centerville SeniorCare

Perry SeniorCare

TOPS Club, Inc.

Call 478-923-9771 for programs provided and additional information.

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

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

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

Macon-Bibb County Parks & Recreation Department 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 Wright at 478-751-2796.

• Choir - "Band of Angels:" Practice Mondays at 10 a.m. Call Brenda at 478-751-2790

• Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.

• More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238

• Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790

• Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. &

Wed., 12:30 p.m. Call Dona at 478-751-9238

• Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.

Warner Robins Recreation Department, Senior Citizens Services Wellston Center

• AARP: 4th Wednesday of each month. Jeanine Frey, President, 478-922-5489.

• 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. Melanie Lewis, Program Director, 478-293-1066.

• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Helen Daly, President, 478-956-0214. Melanie Lewis, 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 Stacy Colbert, Site Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more information call 478-293-1066.

continued on page 11

BUSINESS CARD SECTION

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

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CALENDAR

from page 10

Senior Activity Center
For information call 478-293-1066.

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 at Geico on Weaver Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315, Tom Maldonado.

The Macon Arts Alliance's Arts Art Gallery

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478-743-6940

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• Meet Me in St. Louis: Through Dec. 8

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

NAMI Central Georgia

National Alliance on Mental Illness

Barbra 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@mgc.

rc.org for details.

Heart of Georgia Chapter 2

Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Thursday 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: chieftribe@cox.net.

Support Group for Caregivers of Frail Elderly Family Members

First & third Tuesdays of each month, 3:30-5 p.m., 6060 Lakeside Commons Place (off Bass Rd.), Macon. Call Martha Duke at 478-808-6957.

Parkway Assembly of God to Present "The Christmas Song"

Sat., Dec. 15, 7 p.m., and Sun., Dec. 16, 6:30 p.m. Nursery will be provided. Located at 5191 Eisenhower Parkway (across from Macon State College), Macon. For additional information call 478-477-5678.

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