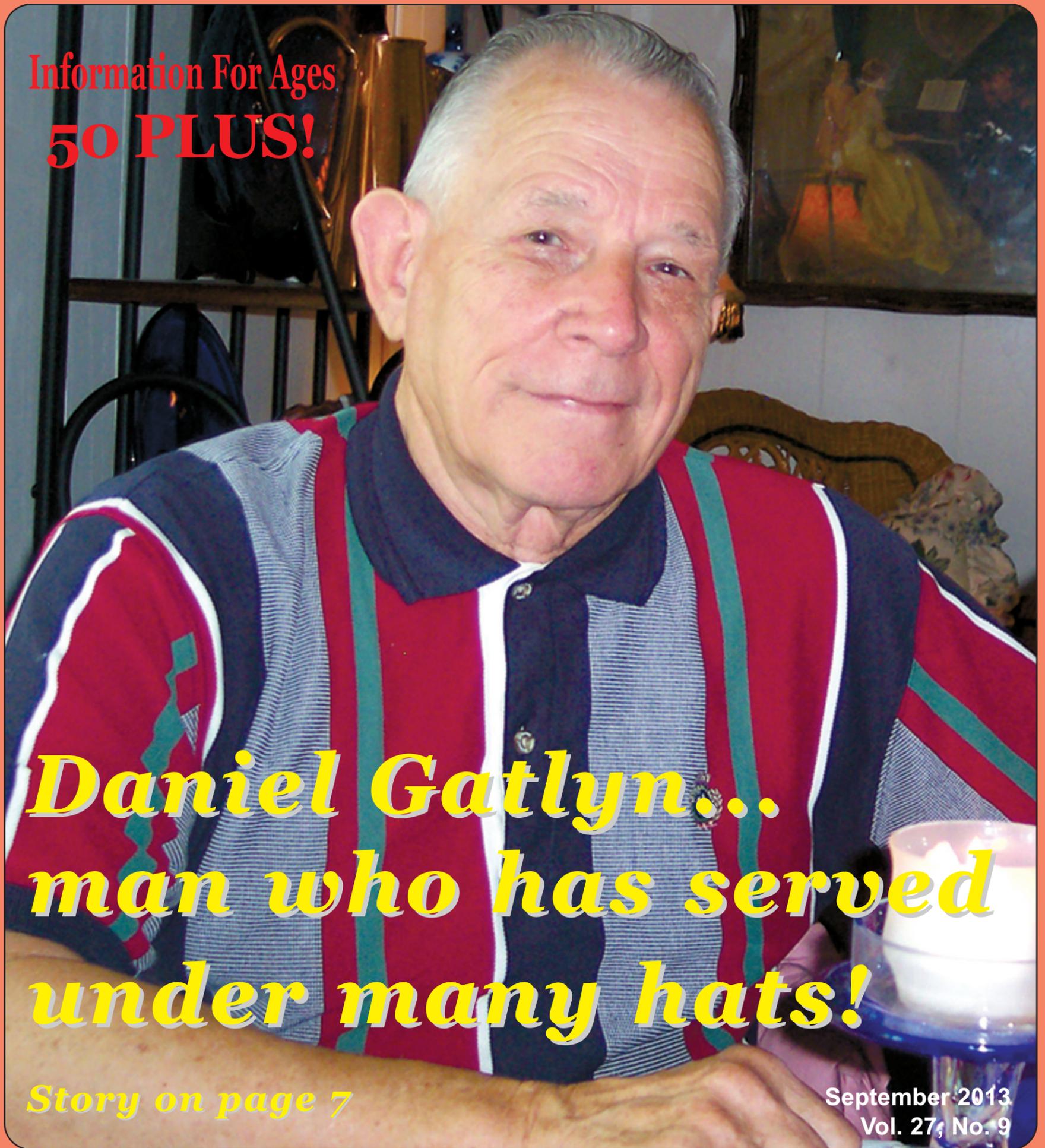


Senior News

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***Daniel Gatlyn...
man who has served
under many hats!***

Story on page 7

September 2013
Vol. 27, No. 9

New resources available to help consumers navigate the Health Insurance Marketplace

HHS awards \$67 million to Navigators and recognizes more than 100 organizations as Champions for Coverage

Special to *Senior News*

Health and Human Services (HHS) Secretary Kathleen Sebelius recently announced \$67 million in grant awards to 105 Navigator grant applicants in Federally-facilitated and State Partnership Marketplaces. These Navigator grantees and their staff will serve as an in-person resource for Americans who want additional assistance in shopping for and enrolling in plans in the Health Insurance Marketplace beginning this fall. Also today, HHS recognized more than 100 national organizations and businesses who have volunteered to help Americans learn about the health care coverage available in the Marketplace.

“Navigators will be among the

many resources available to help consumers understand their coverage options in the Marketplace,” said Secretary Sebelius. “A network of volunteers on the ground in every state – health care providers, business leaders, faith leaders, community groups, advocates, and local elected officials – can help spread the word and encourage their neighbors to get enrolled.”

The announcement builds upon the significant progress in outreach and education made this summer. Consumers can learn about and enroll in coverage later this fall through HealthCare.gov. HHS launched 24-hours-a-day consumer call center ready to answer questions in 150 languages. More than 1,200 community health centers across the country are preparing to help enroll uninsured Americans in coverage, and a partnership with the Institute of Museum and Library Services will help trusted local libraries be a resource for consumers who want information

on their options. In addition, HHS has begun training other individuals who will be providing in-person assistance, such as agents and brokers and certified application counselors.

Navigators are trained to provide unbiased information in a culturally competent manner to consumers about health insurance, the new Health Insurance Marketplaces, qualified health plans, and public programs including Medicaid and the Children’s Health Insurance Program. The Navigator funding opportunity announcement was open to eligible private and public groups and people who are self-employed who met certain standards to promote effectiveness, diversity, and program integrity.

Navigators will be required to adhere to strict security and privacy standards – including how to safeguard a consumer’s personal information. They’ll be required to complete 20-30 hours of training to be certified, will take additional training throughout the year, and

will renew their certification yearly. All types of enrollment assistors – including in-person assistors, Certified Application Counselors, and agents and brokers – are required to complete specific training and are subject to federal criminal penalties for violations of privacy or fraud statutes, on top of any relevant state law penalties.

The growing list of Champions for Coverage is one more example of businesses and organizations across the nation pitching in to help consumers understand the coming options for quality, affordable coverage. Champions for Coverage, among others, include: American Medical Association, League of United Latin American Citizens (LULAC), NAACP, National Baptist Convention, National Partnership for Women and Families

For a list of Navigator awardees or more information about Navigators and other in-person assistors, please visit: <http://ccio.cms.gov/programs/exchanges/assistance.html>.

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Ocmulgee National Monument to hold Annual Indian Celebration

Special to *Senior News*

Ocmulgee National Monument will host the Annual Ocmulgee Indian Celebration September 21 and 22. This cultural experience provides an opportunity to interact with people from all of the Southeastern Native cultures, plus representatives of other tribes from throughout the nation. Over 300 Native People, artists, dancers, storytellers, musicians, and historic lifestyle demonstrators, will share their culture with the visiting public. The Celebration is open from 10:00 a.m. to 5:00 p.m. both days. The cost is \$6 for adults and \$3 for both chil-

dren 6 to 12 and active duty military, children under 6 are free.

This year’s Celebration will feature many of the popular artists, dancers, and storytellers returning from past years. New event will include a Native stickball game demonstration. Native foods such as Indian tacos, fry bread, buffalo burgers, and roasted corn will be available along with drinks, ice cream, and hot dogs.

Superintendent Jim David stated, “This is a great opportunity for people to come out to interact and learn from the people whose ancestors were on this site for thousands of years before the city of Macon was founded. It is an event that all members of the family can enjoy.”

Lamback to be featured at the Central Georgia Genealogy Society Meeting

Special to *Senior News*

The September 9th Central Georgia Genealogical Society meeting with feature Sam Lamback as “Uncle Sam” in “Tales of American Heritage and Patriotic Music.”

Descendants of “Uncle Sam” and early patriotic music composers are encouraged to attend the meeting to be held Monday, September 9, 7:00 p.m. at the Flint Energies Building Conference Room, 900 Hwy 96, Warner Robins. For additional information visit www.cggs.org or call 478-987-1830.

Let us entertain you

by **CLAIRE HOUSER DODD**

He imagined he was in love with her, whereas I think she did the imagining for him.

MARK TWAIN

We love Mark Twain, but often wonder if Samuel Clemens were of a different cut of cloth? As America's foremost satirist, Mark Twain is a bit caustic, and as he wrote; "the difference between the regret word and the almost regret word is the difference between lightening and the lightning bug." As Twain always struck with lightning, we wonder at the condition of his home life. However, when we visited his home in Hartford, Connecticut we found it beautiful, soft and cozy with good vibes. There was lots of love in that house... and laughter, too. So much for meandering back in History.

Having had the distinct pleasure of entertaining or being entertained by the four year old grandson, who only wants to be two this past weekend, we are exuberantly happy and just as tired. After a jog to a park, a festival, a train ride, holding hands with flying child of four and being dragged along at

break-neck speed, we are hesitant to suggest you attend any more festivals, go on any more day-trips or visit a museum or a play ground. However, for the sake of this article, we must forge ahead to more happenings in September.

As we are called The Historic Heartland by Georgia Magazine, let us mention "Wild Music Sounds and Songs of Life," which is advertised through September 8th at the Museum of Arts & Sciences in Macon. This is an interactive exhibit of sound including underwater, forest's edge and city squares. Sounds great, doesn't it? For more information: www.mas-macon.org or call (478) 477-3232.

Just a couple of hours away are Callaway Gardens near Pine Mountain, a beautiful place to kick back and relax and enjoy the sights and sounds. Robin Lake Beach will close on September 02, which seems a little early to us with the weather still being great for swimming and other outdoor activities. But with school starting, et all, we guess it's time to close. However, Nature Knows How goes on through September 26 where you can learn environmental benefits of gardening for butterflies and see their beautiful butterfly gardens.

For more information: www.call-awaygardens.com or call (800)-225-5292

This time of the year, people love to go to farms, gardens, orchards, etc. We saw a map of these types of adventures in Georgia; you would not believe the large number around Ellijay, up towards North Georgia. We used to always go up in the Fall of the year for the large variety of apples that you cannot purchase in your local grocery stores. But it is a treat and fun too. Another day trip!

One of our favorite trips is to Helen, GA for some more mountain beauty with a touch of Bavaria too. The annual Lumberjack Competition begins on September 7th, call 800-858-8027 for information.

Let's not overlook two local farms and orchards right here at our backdoor; Lane Southern Orchard located on Highway 96, opened all year, selling most everything in the food line and lots of good stuff not in the food line! Another local place to visit is Pearson Farms located off Highway 341, is opened and has great peach ice cream and other peach items for sale. We have heard that Brown's Fruit stand on

Highway 49 South has some great Elberta peaches... 'course now they also sell all sorts of vegetables, canned goods and even fresh baked cakes!

We just got back from another short and quick weekend trip to Jekyll Island with a bunch of girlfriends to partake in the Beach Music Festivities at the new Jekyll Island Convention Center. This year the Jan & Dean Show was the featured act. Jan Berry is the original member of the famed sixties surfing group that had a string of hits; "The Little Old Lady from Pasadena," Surf City," and "Dead Man's Curve." The Surf City All-Stars feature members that have performed with the Beach Boys. Also taking place was the annual Shag-a-Ganza festivities where varied workshops for learning the legendary dance of the South, the shag were taught. A hurry up trip that was a lot of fun for all of us, to say the least!

As usual... "keep moving and keep enjoying our beautiful state of Georgia!"

Thunder is good, thunder is impressive; but it is the lightning that does the work!

MARK TWAIN

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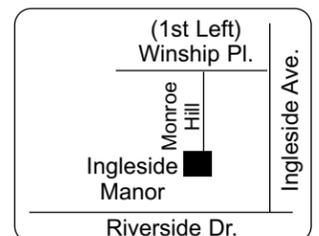
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Senior News & Views of Georgia

Chained CPI affects more than COLAs, Seniors would get less, pay more

Special to *Senior News*
Alexandria, VA (August 19, 2013)

Most seniors are aware of the impact of the consumer price index (CPI) on their cost-of-living adjustments (COLAs). But a widely-debated deficit reduction proposal that would switch to the more slowly-growing "chained" CPI to determine COLAs would have far greater impact than Social Security cuts alone if applied government-wide, warns The Seniors Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups.

President Obama included the proposal in his fiscal year 2014 budget plan, and it has won support among Congressional proponents on both sides of the aisle. "Chaining the COLA is getting so much attention because it's a deficit cutter's magic bullet," says Larry Hyland, Chairman of TSCL. The Congressional Budget Office has estimated that the proposal would cut federal spending by \$216 billion and increase revenues by \$123.7 billion- reducing the deficit by \$339.8 billion in the first ten years alone.

In addition to Social Security, beneficiaries of the Supplemental Security Income program (SSI), military retirement and veterans programs, Rail Road Retirement, civil service and federal workers

programs – more than 62.5 million beneficiaries in all – would bear the brunt of the cuts by receiving lower benefits. But in addition to the cut in income, the change would also increase seniors' costs. Specifically:

- Some Medicare coverage would become less generous, such as more slowly-growing Part D coverage amounts.
- Fewer low-income seniors would qualify for Medicaid, or such seniors would have to wait longer to qualify. This could include nursing home stays as the income limits rise more slowly.
- Fewer low-income seniors would qualify for food stamps, and the food stamp benefit would grow more slowly.
- Seniors would pay more in taxes as tax brackets, exemptions, and deductions, which are indexed to the CPI, rise more slowly.

TSCL has compiled a chart, "12 Ways Seniors Would Get Less, Pay More," which illustrates these effects.

"Efforts have been quietly underway for months to lay the groundwork for a far-reaching fiscal deal that involves Social Security cost-of-living adjustments (COLAs) and Medicare benefits," Hyland notes. "It's important for older Americans to realize that switching to the "chained" CPI is no single, or small, one-time cut. It's a permanent

annual cut across multiple senior programs that grows bigger over time the longer one lives," Hyland states. "In the meantime senior taxpayers would pay more in taxes," he adds.

TSCL is fighting "Chaining the COLA" and higher Medicare costs, and encourages seniors to attend town hall meetings and to contact their Members of Congress. To learn how much COLA cuts would cost you, try TSCL's Chained COLA calculator. To subscribe to TSCL's newsletter The Social Security and Medicare Advisor, visit www.SeniorsLeague.org.

With about 1 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of TREA The Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

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Spiritual Notes

What would Jesus do?

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

In recent years I have become aware of the lack of civility in our country. We hear snide speech, put downs, experience rudeness in stores and on the roadways. Obviously so many folks have not read the Scriptures or "Miss Manners."

Following is a good illustration of this point:

"A man was being tailgated by a stressed out woman on a busy boulevard. Suddenly, the light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk even though he could have beaten the red light by accelerating through

the intersection. The tailgating woman was furious and honked her horn, screaming in frustration as she missed her chance to get through the intersection, dropping her cell phone and makeup. As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her out of the car with her hands up. He took her to the police station where she was searched, finger printed, photographed and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects. He said, 'I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the buy in front of you, and cussing a blue streak at him. I noticed the *What Would Jesus Do?* bumper sticker, and chrome-plated Christian fish emblem on the trunk. Naturally, I assumed you had stolen the car.'

My guess is that all of us can identify with this woman. She was

not living up to what she was advertised to be.

Jesus said on a number of occasions (Matthew 7:12, Luke 6:31): "Do to others as you would have them do to you." The Apostle Paul said in Ephesians 4:29: "Do not let any unwholesome talk come out of your mouth, but only what is helpful to building others up according to their needs, that it may benefit those who listen." James 3:9-10 reads: "With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth comes praise and cursing. My brothers this should not be."

It seems that civility is collapsing all around us. But Christ can change hearts by His love and the overflow of that love into our relationships. In even the simplest ways we can do our part to restore civility to our society, one life at a time. Ask yourself, "What Would Jesus Do?"

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

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Taking Care

On their own: Helping a relative who is newly alone

by LISA M. PETSCHÉ

When the loved one they have been living with passes away, many older adults face the challenge of learning to live alone, often for the first time.



Lisa Petsche

If there was a division of labor with their partner, they must either learn new life skills – for example, managing the household finances, maintaining their home’s condition inside and out or performing domestic tasks such as cooking, cleaning and doing laundry – or obtain help if feasible. If their spouse was the more physically or mentally able of the pair, living independently may pose special challenges.

If you have a parent or other close relative who is new to living alone, read on for some areas of potential concern and how to help.

Helping Tips

Medication management:

Re-request a medication review by your relative’s primary physician to determine if all medications being taken are still necessary. Ask their pharmacist about available aids for organizing and remembering to take medications. Ensure all prescriptions are filled at one pharmacy.

Nutrition: Set up a schedule to take your relative grocery shopping, arrange for a grocery delivery service, stock their freezer with heat-and-serve foods or arrange for “meals on wheels” service. Signing them up for a “Cooking for One” class at an adult education center or community center is another idea. If your

relative finds it hard to eat alone, encourage them to tie in mealtime to radio or television programs of interest, look into communal dining programs and regularly have them over for dinner.

Household maintenance:

Arrange for regular housecleaning service and, if applicable, yard maintenance service. If your relative has limited income, they may qualify for a subsidized community program. Consult the local office on aging, an excellent source of information on a wide variety of community services.

Transportation: Provide your relative with a bus pass or taxi gift vouchers, or investigate volunteer driver programs for seniors. If necessary, find out about accessible transportation services in their community.

Vision: Ask your relative’s doctor for a referral to an ophthalmologist. If nothing can be done to improve their vision, get them a magnifier for reading small print, and other adaptive items such as a large-keypad telephone and a clock with oversized numbers. List important phone numbers on a poster board (use black lettering on white), and place it on the wall by their phone.

Falls: Perform a safety assessment of your relative’s home to identify potential hazards – for example, clutter, poor lighting and lack of proper stair railings – and do what you can to rectify them. Visit a medical supply store and check out the many products that might make daily activities easier and safer. Sign up your relative with a personal emergency response service, whereby they wear a lightweight, waterproof pendant or bracelet that has a button to press if they run into a crisis and need help.

Finances: If money manage-

ment is an issue, arrange for direct deposit of pension checks and automatic bill payment for your relative’s bank account. Assist your relative with contacting a lawyer to assign power of attorney for property to one or more people they trust. If they are experiencing financial hardships without their spouse’s income, ensure they apply for all possible government and private benefits, such as survivor’s pension and income supplements. If necessary, assist them with moving to a smaller house or apartment suite or applying for rent-g geared-to-income housing.

If your relative has cognitive impairment and their partner was compensating, deficits may now be more pronounced or perhaps apparent to you for the first time. If this is the case, arrange through their primary physician for a geriatric assessment. Research home supports such as telephone reassurance services, therapeutic day care programs and home health services that offer personal care, homemaking, nursing, dietary

consultation, physical and occupational therapy and social work. A live-in caregiver is another option if finances permit. If your relative needs more help than community programs can provide and the cost of private-pay services is prohibitive, options include moving them in with you or another family member and finding a residential care setting that meets their needs.

If feelings of isolation and loneliness are the main concern, your relative may wish to consider taking in a boarder, sharing accommodations with a relative or friend, relocating to an active adult community or, if their health is frail, moving into a retirement home. They should not make such a major decision hastily, though – encourage them to carefully consider their options.

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.



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Having graphic memories of grade school

by SUSAN LARSON

When I've taken my grandchildren out to buy school supplies, I can't help but think back to growing up in a school system that provided all our supplies.

In first grade, all we had to bring were an empty Vicks jar for paste which we kept in the inkwell hole in our desk and a square of wax paper to wrap around the ball of clay we could play with when we finished our work. We received a box of Crayolas and a fat black crayon to use for writing. Mid-year we gradu-

ated to unpainted pencils which were so much fun to sharpen every morning. We also had unlimited access to this really cool one-inch graph paper for making designs with our crayons. My parents really got their tax dollar's worth out of all that paper I consumed!

In fourth grade, we did have to buy a faded blue cloth binder (I think that's all they made back then) and some notebook paper. Our teacher still handed out those unpainted pencils, but this year added dip pens and instead of Vicks jars, those holes were filled with ink.

In fifth grade we graduated to

fountain pens, but in early February we made history. While the rest of the nation was celebrating our first space satellite, our teacher informed us that we were the first class ever to be issues ball point pens.

Decades later I was a little taken aback when I learned I had to buy school supplies for my kids, but I must admit it turned out to be fun. I made sure they had real Crayolas and Fiskar scissors which they kept in a little cigar box in their desks. In later years they started having the students share all their supplies in common bins. I experienced that first hand while doing a long term sub in

kindergarten. Yes, some of the kids brought in quality supplies like mine always did, but most kids brought in pencils, crayons and scissors of the dollar store variety. The leads in the pencils were not straight down the middle and were nearly impossible to sharpen. The cheap scissors would hardly cut and the cheap crayons were mostly wax with very little color rubbing off onto the paper.

And that wasn't all that had changed since I was in school. Kids couldn't use clay unsupervised because it might get ground into the carpet. If they finished their work early, they were just given more worksheets to keep them busy.

Since I had such fond memories of that big-squared graph paper in first grade, I created some for the kids thinking they would have fun with it. I was told to remove it because creating designs on graph paper was not part of the Kindergarten curriculum, and even if it were, it was more of an art activity and only art teachers were allowed to teach art.

Oh, well, it wouldn't have been as much fun with those cheap crayons, anyway. But I do have some stashed in a drawer for when my grandkids visit.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.



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Retired physician wins Georgia Writing Contest

by SUSAN LARSON

The Georgia Writers Museum in Eatonton recently announced the winners of their first Creative Writers Contest. Entries came from all over the state, with many submissions from seniors.

Winning top prize was retired physician Barry Darugar, with "The Loot Desert." Dr. Darugar graduated Summa Cum Laude from Tehran University School of Medicine in 1959 and among other accomplishments served as Chief Resident of the Surgery Department at Emory University. In his retirement he turned to writing, a field in which he has also become very successful. He has multiple publications in various journals and last year he won first prize from the Georgia Poetry Society.

The Georgia Writers' Museum will honor Georgia's rich literary heritage with permanent exhibits for prominent Georgia authors. The museum will also offer writing workshops, seminars, youth activities, as well as host writers' groups and conferences. The future also includes more writing contests. More information is available on their Facebook page at Georgia Writers Museum.

On the Cover

Daniel Gatlyn... man who has served under many hats!

by CLAIRE HOUSER DODD

COVER
Daniel "Dan" Gatlyn

We had dinner the other night with a very special person: A retired US Navy Chief, a chaplain, a preacher, a missionary, and a crisis counselor.

Daniel Gatlyn was born in Lithia, Florida, joined the Navy out of high school, and had the good luck to visit his sister, Grace Weaver in Macon, Georgia and meet the love of his life, a lovely Christian who had given her life to Christ at an early age, Claudine Ashley originally of Byron, Georgia.

The match was perfect and a proposal was forthcoming as Daniel spent all his leaves visiting his sister in order to court Claudine. The only thing bothering her was that Daniel had not given his life to God, but this would come. It happened in Hawaii in 1959.

Dan says, "I came to the conclusion that I was going in the wrong direction and decided to turn my life around. I was lost and then I became a Christian and I was saved. I had this terrible lost feeling, as I realized that Jesus died for me. I made up my mind to give my life to the Lord. I prayed to God, and in a matter of minutes my whole world changed. If you don't accept Jesus Christ as your savior you will not get into

heaven."

Gatlyn went on to say, "It is not the denomination, the church, or its place; it is your set of mind and heart. You must BELIEVE."

"Each individual is given the power over his own decisions. You may go right or left, take the road less traveled. It is up to you," Preacher Gatlyn says. "The world is better or worse for every person who has come this way."

Back in 1986 when Reagan was president, Claudine spoke in the West Wing of the White House with a prayer group. Later, in 1997 while Bill Clinton was president, the Gatlyns were again asked to speak in the West Wing. They have spoken for God at least half way around the world. They have made the missionary work their life's work and have pastored and co-pastored together until recently when Claudine was called home.

Starting in California with Theological training at the American Bible Society and the Pentecostal Church of God, they got into Evangelism in Mississippi and went on to pastor for the Assembly of God in Waynesboro, Mississippi; Milledgeville, Georgia; Florence, Alabama; Centerville, Georgia and from 73-84 they conducted their missionary work in the Orient, Taiwan, Thailand, Philippines and from 82-83 were with the International Evangelism Program.



Dan & Claudine Gatlyn... "Still Serving" – October 2012

Upon their return to Byron in 1984 they co-pastored New Life Worship Center and served through the Peach Christian Crisis Intervention, Middle Georgia Ministerial Fellowship and Maranatha Community Church, and Paran Baptist Church. Dan also became involved with MFGF, Military Full Gospel Fellowship.

Now, this man who wears many hats, but is of one heart, says he is strict-

ly Retired Military Full Gospel Fellowship as he should be. He sees himself as a common old guy who came from humble beginnings; and, through the love of the Lord has been fortunate to share the doctrine of the Assembly of God; being born again and spirit filled.

That certainly sums up the life of one US Navy Chief, retired, who is still going strong and spreading the word of God he so loves.



Simply log on to mccg.org and click on the InQuicker Button to find the next available treatment time at one of our three convenient QuickMed locations or The Emergency Center, downtown. Then, wait in the comfort of your own home instead of in the waiting room, and upon arrival, you will be seen by a healthcare professional within 15 minutes of your selected treatment time.

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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.

SO THANKFUL

by Loretta Foster

*I am so thankful
Yes so thankful
For now I see
All the wisdom you bestowed unto
me*

*You gave me life
All I desired
You gave me strength
When my limbs grew tired*

*I have had my ups
Suffered my downs
I chose to worry about
The choices I have made*

*You gave me smiles
Ease my frowns
There was pain within
My heart the price I have paid*

*Lord you gave me free will
From the time I was born
As I grew my choices were torn
Some false while others true*

*Each choice made with its own dues
From the time we are born
Our lives are set in motion
Through your powerful grace*

*Our lives are ordained by
God's notions without knowing
The heart mankind is quick
To judge and ignorant to look*

*For endings before
They start we look past your
wisdom
We dance
We laugh*

*So we suffer when you have
Laid down our paths
For you have opened our hearts
You alone know where we belong*

*Along this path called life
I am so thankful
So thankful
Yes, so thankful*

THE REASON FOR THE SEASON

by Frankie Lee

*The seasons, they are changing
So very, very fast
It seems like this year's summer
Is almost gone and past*

*Time goes by so quickly
We don't even have a chance to think*

*So much is changing
Before our eyes even blink*

*We must make time
And use it smartly
By not just hoping days go by
But making each day very special
Or really, really try*

*If there is one great thing
In each day that we do
If we touch one person's life
Our days wasted are few
If we wake up smiling
And go to bed with prayer
We have had a great day
And made memories too*

*Our life is a gift
Given to us by God
Not to be wasted
In any way
But cherished each hour
Of our precious day*

*The seasons are changing
And so are you
Each day is a gift
Unwrap it slowly in all you may do
God bless you too*

SILENT REFLECTIONS

by Henry Newton Goldman

(In memory of Ann, my dear wife and companion for over 62 years, who went to be with our Lord January 21, 2011)

*It is in the quiet of evening
I miss her company, her voice
And now, in these hushed hours
I contemplate the emptiness –
the silence of the room.
The small talk she longed so often
to hear – words I could have said
so many times then, but did not.
And now I realize too late,*

*just how much more I should
have shared with her.
She only wanted then to know
my thoughts, and to hear what
others said to me; to tell of her
activities of the day,
share with each other what
our day was like.
Somehow I couldn't bring myself*

*to speak of small, seemingly trivial
things –
trivial only to me perhaps, but
to her;
the things she
desperately wanted to
hear.
Why was I so silent?
Please forgive me dear.*

Letter-to-Editors

Editors,

In today's jargon, there are two types of Community Service. One is the service that a person voluntarily performs for the benefit of his or her community. The other is an involuntary community service – a punishment. In this context, it is erroneous to term Community Service as an alternative to judicial punishment.

This reminds one of some judges who used to give convicted individuals a choice – either jail or the Army. The Army, or any other military service, does not need people who do not serve with enthusiasm and perseverance; and, neither do volun-

teer organizations.

Involuntary community service, usually performed lackadaisically, should be termed obligatory or punitive public service to differentiate it from those who freely and enthusiastically serve their communities in a community spirited manner. And, non-volunteers should not be commingled with volunteers and given the appearance of being civic-minded individuals.

Involuntary service to the community is just that, and to call it "Community Service" is an affront to those who generously and freely give of their time and labor to their communities.

Sincerely
Jack H. Steed

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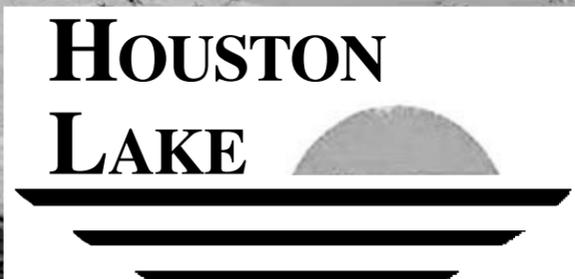

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HOUSTON LAKE



Macon/Central Georgia CALENDAR

Coliseum Health System

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Coliseum Northside Hospital, 400 Charter Blvd. For complete information call 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
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
 • **Empower Seniors Fall Risk Assessment:** 478-757-7817
 • **Stroke Support Group:** 478-201-6500
 • **Smoking Cessation:** 478-633-9090
 • **CPR Classes:** 478-474-3348

- **Spinal Cord Injury Support Group:** 478-201-6500
- **Brain Injury Support Group:** 478-201-6500
- **Parkinson's Disease Support Group:** 2:30-3:30 p.m., 478-743-7092, ext. 254
- **Parkinson's Disease Caregivers Support Group:** 478-743-7092, ext. 254
- **Crohns and Colitis Support Group:** 3rd Sun., 3 p.m., 478-737-8788 or kjh-ague@cox.net
- **Community Seminar for Arthritis, Knee & Hip Pain:** 478-633-1865
- **Central Georgia Autism Support**

- Group: For information call 478-633-8088
- **Pine Point Adult Grief Support Group:** 478-633-5615
- Cancer Life Center**
 Information and Reservations: 478-633-8537; www.cancerlifecenter.org
- **The Pink Alliance:** Thurs., 478-633-8537
 - **The Pink Alliance HoPe Chapter:** 478-719-8528
 - **Look Good, Feel Better:** 478-633-8537

continued on page 10

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877.922.0515

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- Prostate Cancer 101: 478-633-8537
- Man-to-Man Support Group: 478-633-6349
- Chemotherapy Orientation Classes: 478-633-8537
- Cancer WellFit: 12-week oncology recovery program, 478-757-7847
- Genetic Counseling: 478-633-6270
- Cancer Clinical Trials: 478-633-1738 or www.mccgclinicaltrials.org.

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

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 or 800-272-3900 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

• 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

Dodge County

• 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600
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. To learn more about "Caring Connection" call 800-272-3900.

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, 478-9238; 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. Senior Activity Center

For information call 478-293-1066.

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.

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 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.

Central Georgia Genealogical Society Meets 2nd Mon. each month, 7 p.m., Flint Electric Building, 900 Highway 96, Warner Robins. For additional information call 478-987-1830 or visit www.cggs.org.

continued on page 11

General Business Directory For Seniors

The Medicine Shoppe
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• Errands & Appointments

CALENDAR

from page 10

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

486 First St., Macon
478-743-6940

Middle Georgia Art Association

2330 Ingleside Ave., Macon
478-744-9557

a 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.masmacon.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• *The Fox on the Fairway*: September 6-14

Warner Robins Little Theatre

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

Douglass Theatre

355 Martin Luther King, Jr. Boulevard,
478-742-2000

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.

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.

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.

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: chiefstrib@cox.net.

Volunteers Needed!!!

Looking to help out in the community... you are needed as a volunteer at the Perry Hospital. Volunteer help is needed at the gift shop and in other departments at the hospital. For complete details call 478-542-7753.

Walk to End Alzheimer's Scheduled

Sept. 28, 5-9 p.m., Henderson Village, Perry with A1A official Jimmy Buffet band. Food Court and Candlelight Tribute. For details visit www.georgiawalk.org.

Alzheimer's Yard Sale Slated

Sept. 21, 8 a.m. until, 112 Thomas Court, Kathleen. For details call 478-987-6436.

General Business Directory For Seniors

Vineville Christian Towers
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Jan Tassitano at 770-993-2943

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OR CSRA: 706.790.5350

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

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Free... Fun... and Focused on Health!

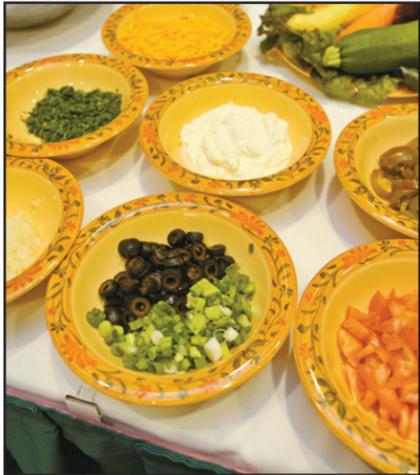
by JANE WINSTON

A free, fun event focused on health is coming to Macon. The RALLY FOR WELLNESS sponsored by Carlyle Place and held at their location at 5300 Zebulon Road, Macon, GA., is scheduled for Saturday, September 28th.

This year's special guest is central Georgia's own JAMES FARMER of Perry whose creative talents have garnered him national recognition as a home designer, author and entrepreneur. Farmer, 31, is an editor-at-large for Southern Living Magazine, a frequent guest on national television talk and news shows, and the author of several books. Autographed copies of his newest work, *A Time to Cook*, will be available for purchase at the Rally and Farmer will speak at 11:30 a.m.

RALLY FOR WELLNESS began in 2008 as a community event to encourage healthy living, nutrition and well-being for people of all ages. Attendance has grown each year and will again this year draw hundreds of people from the local area and beyond.

One popular offering at the



Ingredients for a tack



Bee vendor display

event is the produce and dairy market featuring locally-grown products for sale. Additionally, there will be more than 20 specialty booths, container gardening demonstrations, local market vendors and the ever popular Smoothie bar. Giveaways and prizes will also be available.

"The rally event underscores Carlyle Place's emphasis on embracing a healthier, happier lifestyle, a concept that has seen an upswing in our modern, 'boomer' culture," said Kimberly McGinnis, Director of Sales and Marketing for the continuing care retirement community. "We consider THE RALLY FOR WELLNESS a special gift from Carlyle Place to the community."

"Carlyle Place was one of the early advocates of enhanced living with our focus being to increase our community's understanding of health awareness," said McGinnis. "We pride ourselves in being in the forefront of the latest and best of lifestyle enhancement."

Ample, convenient parking will be available on Rally day. Once inside Carlyle Place, follow signs to the Rally. For more in-depth information, call 478-405-4500. Also, join the 2013 RALLY FOR WELLNESS Face Book page.

We look forward to seeing you at RALLY FOR WELLNESS at Carlyle Place on September 28th.

Jane Winston is a free-lance writer in middle Georgia. If you know of a senior in the local area whom you would like considered for recognition, please contact her at Jwins1939@gmail.com.



Attendees at the Rally for Wellness



Food preparation demonstration

YOU'RE INVITED TO THE 5TH ANNUAL CARLYLE PLACE RALLY for Wellness Enhanced Living.

Join Us For a Day of Enhanced Wellness Living!

Meet Author James Farmer: Our Featured Speaker from 11:30 a.m.-12:30 p.m.
Southern author, gardener and designer James Farmer will discuss his newest book, *A Time to Cook*. A Central Georgia native and Editor-at-large at Southern Living magazine, Mr. Farmer has been featured on numerous national news and entertainment programs.

Featuring more than 20 health and wellness-related booths, health screenings and cooking demonstrations. Some activities include:

- Container Gardening Demonstrations
- Smoothie Bar
- Produce & Dairy Market
- Local Market Vendors
- Health Screenings

5300 Zebulon Road | Macon, GA 31210
478-405-4500 | www.carlyleplace.org