

Senior News

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Casey's Knuttty Knitters!

Story on page 5

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Taking Care

Reap the rewards of autumn initiatives... Homework can pay off for caregivers

by LISA M. PETSCHÉ

Autumn is a good time for implementing change. There is a fresh-start feeling and renewed sense of purpose and productivity that typically accompany the early part of a new school year, ingrained in us from our youth and perhaps also from years of raising children. As well, moderating temperatures tend to result in an increase in our energy.



Lisa Petsche

Homework that pays off:

Although your school days may be behind you, doing some homework in the coming weeks can really pay off, improving your well-being and that of the person you care for. Read on for suggestions.

- If you have not yet done so, educate yourself about your relative's medical condition and share the information with him or her and other family members as appropriate, to ensure you have a common and thorough understanding.

- Request a medication review by your relative's primary physician or

a geriatrician, to check for drug interaction and determine whether your relative still needs all the medications they are currently taking.

- Arrange for an experienced lawyer to assist your relative in assigning powers of attorney for personal care and property (finances) and preparing a will. Or review such documents if they were done some time ago, to determine if they need updating.

Self-care strategies:

It is well known that self-care can improve your effectiveness and longevity as a caregiver. So it is worthwhile to consider the following strategies.

- Book an appointment with your primary physician if you are overdue for a medical check-up or you are experiencing physical or mental health issues.

- Buy a piece of home fitness equipment, such as a treadmill, or get some workout DVDs so you can exercise with leaving home.

- Do something that provides you with meaning and purpose apart from caregiving, such as scrapbooking or researching your family tree. It is important to nurture your identity, Revive an old pastime or try something new.

- If it is physically difficult for you to perform outdoor maintenance tasks such as mowing the lawn, tending the garden and raking leaves, or finding time ins an issue, enlist the help of a reliable neighbor (considering hiring a teenager from the block) or contract with a reputable yard maintenance service.

- If your relative can safely be left alone but you are anxious about the prospect, supply him or her with a portable phone and get yourself a cell phone so you can stay in touch. An emergency response system may also help put your mind at ease.

- If your relative cannot be left alone, research respite services in your community so you can arrange breaks from caregiving. It is a win-win, because your relative will benefit from the added stimulation that comes from a visiting companion or meeting new people and trying new things at a community program. In-home options include respite provided by home healthcare agency staff, an individual hired under a private arrangement (most often located via word of mouth or newspaper classified advertising) and a trained volunteer (for example, from the Alzheimer's Association). There are

also adult day care programs and residential care homes that have a short-stay program (so caregivers can plan a vacation). To learn about resources, contact your local office on aging or the non-profit organization associated with your relative's disease.

- Connect with other caregivers. Consider joining a community support group; some offer concurrent care. Information on caregiver groups can be obtained from community social workers and your local office on aging. Online caregiver message boards and chat rooms and electronic mailing lists or discussion forums are some at-home alternatives.

- Join a caregivers' organization – for example, the Caregiver Action Network (formerly the National Family Caregivers Association) at www.caregiveraction.org, which offers information and support and advocates for caregivers' needs.

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

Kent receives Honorary Rotary Membership

by JACK STEED

Alline Kent, a columnist for the Neighbors section of *The Telegraph* was recently presented a Rotary Honorary Membership by the Rotary Club of Centerville because its members consider her to be a leader in her vocation.

Kent tells the public in *The Sun News* about the good things the good people of Middle Georgia do which conveys to its readers that Middle Georgia is a great place to live.

She has shown an affinity for Rotary's number one goal – the eradication of Polio world-wide. Kent was named for her great grandmother who was a victim of polio and her support of this Rotary cause is considered to be a tribute to her grandmother and all grandmothers who have been afflicted with this disease.

Honorary membership is a privilege, which carries with it many obligations and Alline will carry the ideals and principles of Rotary service to the public.



Left to right: Jennifer Burk, Editor, *The Sun News*; Jack Steed, Past President of the Centerville Rotary Club; Alline Kent, Columnist, *The Sun News*; and, Kenny Kitchens, President of the Centerville Rotary Club.



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Let us entertain you

by **CLAIRE HOUSER DODD**

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Confucius

The good news is our Ginger Lilies are blooming and perfuming the whole front yard. The bad news is we missed the Gourmet Club dinner at Frank and Connie Freshwater's home with Italian cuisine. Oh well, can't have it all... while we ask, "why not?" We made our decision to go to the beach and go to the New Jekyll Island Convention Center to see Dean Torrence and the Surf City All Stars. He played with Jan & Dean and they recorded "The Little old Lady from Pasadena" and "Surf City," both famous songs and all the musicians in the band played with the Beach Boys at one time or the other! The Carolina Breakers, who sang "Board Walk Angel," were also there. Quite a night. We all had a Blast From The Past moment and fell in it!

Although Fort Valley is going through a rather dramatic overhaul downtown to pull our drainage system up to par, let's remember that our businesses in the path of that area along Hwy 49 i.e., Fort Valley Hardware, Valley Auto and Wellston Pawn, are being ignored, bypassed and suffering. Be courageous, and brave the elements and shop downtown with our local folks. They will certainly appreciate it.

Chelle Brennan of Fort Valley Hardware says, "If you drive up and toot your horn we'll come out and wait on you." The horn would be difficult to hear so... you could call or even order by phone 478-825-2626 and one of the employees will bring your order to your car. Sounds like "Service with a Smile" to us. Really, like Fort Valley use to be... friendly and cooperative. Try it... it will work for you!

Having enjoyed several things around the Valley this summer, but missing taking pictures at exactly the right time, we'd like to share. First, the Stumps flower garden on the left side of their home on W. Church Street. It was an explosion of colors and varieties, just lovely. Secondly, the front of Lily Ward's porch on College Street, and right this minute, the Hartley house on Everett Square and the Lee Houser house on the corner of W. Church and Miller Street. What a service to the city to have these pluses.

We've never had so much fun at the Fort Valley United Methodist Church since childhood revivals, but four days in September changed all that! The Master's Storyteller came to town.

A one-man show doesn't begin to describe it, but that is what the Rev. Wesley Putnam does... in spades. He takes the Bible stories and ratchets them up to the 21st century, Big Time! He must have 39, or 53?, characters and voices in his hip pocket. And, believe you me, he uses them all. A Master Storyteller, a creative genius who delivers a magical and effective ministry of evangelism.

Now here comes Jonah – "overhauls," plaid shirt, strange fishing hat. Me thinks as a South Louisiana Cajun redneck, if there ever was one. And Wesley Putnam knows from experience. He was born in Lafayette Louisiana. Wesley's sound effects are unbelievable. For instance, when he is suddenly swallowed by the whale and suggests that this was probably the first known water slide. He depicts miracles of how God shows mercy and forgiveness and no matter how his characters try to ignore God's word and God's commandments, they always return to do his bidding.

The story of Gideon comes to us from a Yiddish version of Barney Fife to show God calls on the small and unlikely to do his bidding. Daniel struts on stage in his boots and big black hat as "Cowboy Dan," and Elijah appears as a tough-as-nails Bronx cop complete with an imposing police uniform and a New York City tough guy accent to go with it!

This ministry imparts eternal truths while engaging the audience from two year olds to the most hardened seniors. The spirit is there, and we all know God loves a merry heart. That's how Wesley Putnam leaves his congregation, happy, laughing, singing, talking and loving God's words. He is a gifted musician, playing many instruments; singing (with the help of his very attractive wife). He has written over 150 songs, and recorded on video.

Rev. Putnam as an ordained United Methodist evangelist who graduated from Asbury Theology Seminary plus several other colleges and Universities.

He served as pastor for nearly nine years before stepping into full-time evangelism in 1981. He is available to come to your community in several different event formats such as the four day revival event shown at the FVUMC; weekends of story and song including a Saturday morning just for children; speaker or musician for retreats, banquets, camps and conferences.

If you're interested in this creative and hysterical rendering of God's word by mouth, voice, singing, acting, and in costume, you may contact the Wesley Putnam Ministries at 682-651-1320. Email: wesley@wesleyputnam.org; website: www.theMastersStoryteller.org.

The main two points of interest for October are: First, the Georgia National Fair in Perry, Thursday, October 3rd through Sunday October 13th. Next is Halloween, Thursday the 31st. But before you get all the way into Halloween mode, you might want to visit Perry's Haunted Barn, 2235 US Highway 41 North in Perry. 478-319-1048.

It consists of the Haunted Barn, The Attic, and the Zombie Zone Open October 11 & 12, 18 & 19, 25 & 26 and Wednesday the October 30th and Thursday the 31st.

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Garrison Keillor

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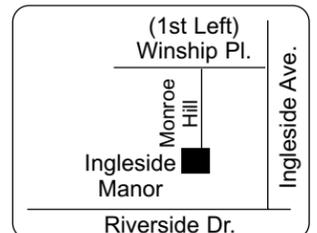
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Poets' Corner

WHAT'S BOILING IN YOUR LIFE? LET GOD HELP YOU OUT!

by Pauline M. Brown

*What's boiling you your life?
Is it problems or daily fights?*

*What's boiling on your mind?
Too many problems will get you
down.*

*What's boiling in your heart? Is it
fear?
God knows all about it.*

*We all are human and at our best
We sometimes fail.
Jesus has all the power! He is able.*

*When life's problems get you down,
don't worry
Things will work out.*

*Say Jesus and feel the breeze.
Jesus has power to save you and me.*

*When things start boiling in your
life,
Relax, God is going to bring you out.*

TREASURES TO TRASH

by June D. Wilhite

*Mail boxes line roads like tin
soldiers.
Each awaits daily doses of treasures.
Though each vary in size and
exteriors,
It's their uniform functions that
matter.*

*Trash cans sit by roads like corpse
biers,
Filled with trash once esteemed as
true treasures.
Of mistreated they bear dents and
scars,
Just existing for trash to transfer.*

*Early values, impulses, and tempters,
Offer promise of rendering pleasures.
But feast turns to fat, the sale ends*

*in cinder,
Gifts are re-gifted, and looks
disappear.*

*So look down the road at the future.
Will the things that I value endure?
Or lose their appeal, become dross in
the fire?
Seek to measure the worth of the
treasure.*

*Our God can turn "trash" into
treasure.
He took soil and turned it to
creatures.
He gave hopeless souls a new future.
Gave His life, then arose. He's our
Savior!*

I SHALL NOT WANT

by Henry N. Goldman

(Psalm 23:1 - An acrostic poem)

*Thousands of blessings, a lifetime
bestowed,
Held in His arms, His love ever
flows.
Each moment so precious, being His
own,*

*Letting His death for my sins now
atone.
Over my being, love's circling band,
Reaching to lift me, His merciful
hand.
Drawn upward from world's constant
turmoil,*

*Into His haven from danger and toil.
Searching for peace, He quieted my
fears,*

*Melting away my sadness and tears.
Year after year, He supplies all my
needs,*

*Scriptures do promise, if we will but
heed.*

*Healings bestowed on this
oft-weakened soul,*

*Ever restoring, that I remain whole.
Promises uplifting, gives hope and
great joy,
He always bestows, our Lord will
employ.
Ever here for me, He is there every
day,
Returning to bless me in so many
ways
Death shall forsake me - my
Shepherd will save.*

SOUL MATE

by Robbie Harris Allen

*Many women have husbands
Who play out that role.*

*But only a few, have a mate
Of their soul.*

*A soul mate is one who,
Loves you complete.*

*A love you never dared dream
Could be so sweet.*

*You know to protect you,
He would give his own life.*

*And makes you feel special
everyday,
Just to be his wife.*

*With him you travel down
The road this life sends.*

*Some days warm sunshine,
Some days fierce winds.*

*But no matter what comes,
You know he won't leave your side.*

*And you both strive to stay
Grounded in the Almighty Guide.*

*A Guide who you know in your heart
Brought you together.*

*And that's why you know
You will be soul mates forever.*

Spiritual Notes

RECHARGE

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

On numerous occasions I talk to senior adults who are frustrated and unhappy with life, generally. Aging in today's world is more difficult than in years past. Families are more mobile and, in many cases, do not live near family members. In

some instances grandparents rarely have opportunities to see their grandchildren. Young families are so involved with activities and so often they live miles away.

In addition to family separation issues, with aging comes health problems, retirement concerns and a rash of other dilemmas. All of these tend to deflate and cripple spirits. No doubt most senior adults can identify with one or more of these circumstances.

We all have our weary days and burdens to bear. Jesus said in Matthew 11:28-30: "Come to me, you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Isn't it

great that we have this promise?

A pastor friend shared this passage with his senior adult parishioners and encouraged them to get involved with each other along with various ministries in the community and the church. His message was meant to RECHARGE his congregates. The promise of Jesus can only be played out if there is positive action on the part of the listeners.

The Lesson is, rather than engaging in self pity and frustration, realize that we have been yoked with Jesus as our companion. He will teach us with gentleness. It may be time to RECHARGE your life!

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

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On the Cover Casey's Knutty Knitters!

by JANE WINSTON

COVER: The Knutty Knitters' leader, Casey Andrews

On any Wednesday afternoon at 2:30 p.m. folks with a yen to knit... some beginners and some seasoned-knitters... can be found on the cozy couches at the Bare Bulb Coffee shop located at 1117 Highway 96, Kathleen, Georgia. And the friendly lady there to greet knitters and show them the ropes... err, the yarn... is Casey Andrews who has been knitting for 60 years. When she was only 12, she knit a baby blanket for her new born brother... and that type knitting is not for amateurs. She could accomplish that feat as she began knitting at eight or nine with her mother, grandmother and aunts.

Casey is a retired teacher. She began in 1986 at the old Perry Elementary School as a PE teacher and then a music teacher. Ultimately she transferred to Northside Elementary where she taught 3rd grade until 10 years ago when she retired to pursue all those "things she had always wanted to do but had not had enough time to do." And hanging out at the Bare Bulb and knitting with friends ranks high on the list of things she enjoys doing.

Joining her the day I visited was Patricia Bogatschow from Warner Robins knitting a beanie hat; Patrice Strader who has been knitting with Casey for one year and is also from Warner Robins was working on a beautiful scarf knit on the bias; Liz Pifer also from Warner Robins was busily crocheting... yes, crocheters are welcome also... a baby blanket for her daughter who is now one year old. And rounding out the group was Tara Haussler from Bonaire, one of the originals to the group beginning in January 2012.

These ladies knit caps for cancer survivors, fingerless mittens for the homeless, booties for children of their own and for children at Cherished Children, slippers and Mary Janes for their friends and fam-

ily plus sweaters, scarves and pot holders. The list of knitting projects is endless. Casey admits she has not even begun to find all that she can do and is constantly looking for new projects. One of her favorites is a scarf she just finished... and was wearing... which she said took two months, many hours and several rip-outs and restarts. It was magnificent!!!

She guesstimates that she has taught 25 people from eight to 65 years old to knit in the past few years. The group that gathers on Wednesdays is not always the same, but it is free and everyone is welcome!

As to the name Knutty Knitters... Nikki McMillan, the Head Percolator and Ministry Director of the non-profit Bare Bulb Coffee Shop, posted on their website a few years back, "Come and knut with us Wednesday afternoons." Of course, the ladies got a kick out of the typo, liked the look and the sound, adopted it, and became the Knutty Knitters! They invite you to bring your own supplies or let them supply you and learn to cast on, cast off, knit, purl, yarn over...

We of *Senior News* invite you to explore the Bare Bulb Coffee Shop and their offerings at their website: www.barebulbcoffee.org.

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.



Booties done and under construction



Patrice, Liz, Patricia, Tary and Casey on knitting Wednesday.



Liz crocheting and Patrica knitting



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Trip to Talbotton!

by CLAIRE HOUSER DODD

Speaking about a day trip, several weeks ago we went to Talbotton, Georgia to meet Wesleyan roommate Varese Chambliss Hillis, have lunch, take a driving tour of sixteen antebellum buildings, and go to Zion Episcopal Church for one of their four services per year. What a full day... all piled into one Sunday afternoon.

We saw four or five tax filing offices, but only one little restaurant; chicken of course, catfish too! After our strange little lunch we went in search of some antebellum mansions and were so thrilled with our findings. The Bell House was one of the most outstanding with its bold motif above the Victorian front porch and between two tall triangular arches.

The Straus-LeVert Memorial Hall is one of the most well-known with its Doric columns across the front in pure antebellum style, built in 1856 by Lazarus Straus, a Belgian merchant whose business was the forerunner of the Macy's chain. Madame Octavia Walton LeVert, for whom the LeVert Female College was named, was the granddaughter of George Walton, a Georgia signer of the Declaration of Independence. LeVert Female College for young ladies in Georgia was patterned after

Wesleyan Conservatory in Macon. Octavia Walton LaVert had a unique proficiency in languages both foreign and domestic (Native American dialect). The Straus family had settled in Talbotton where Lazarus had opened a dry goods store. After the American Civil War, the Straus family moved to New York City where Lazarus and son Isidor formed L Straus & Son, importers of crockery, china and porcelain. In 1874 another son, Nathan who had completed his education and joined the family business, convinced Rowland Hussey Macy to allow L Straus & Sons to open a crockery department in the basement of his store. Later in his life, Isidor and his wife while traveling back from a winter in Europe... spent mostly at Cap Martin in Southern France, perished on the maiden voyage of the RMS Titanic which struck an iceberg on the night of April 14, 1912. Isidor's wife, Ida, refused to get into a life boat without her husband and chose to perish with the rest of the unfortunate souls on that fateful night. It was reported that Ida said, "I will not be separated from my husband, as we lived, so will we die, together."

Our destination, The Zion Episcopal Church constructed in 1848, is quiet unique; built of

continued on page 8



Landmark Zion Episcopal Church

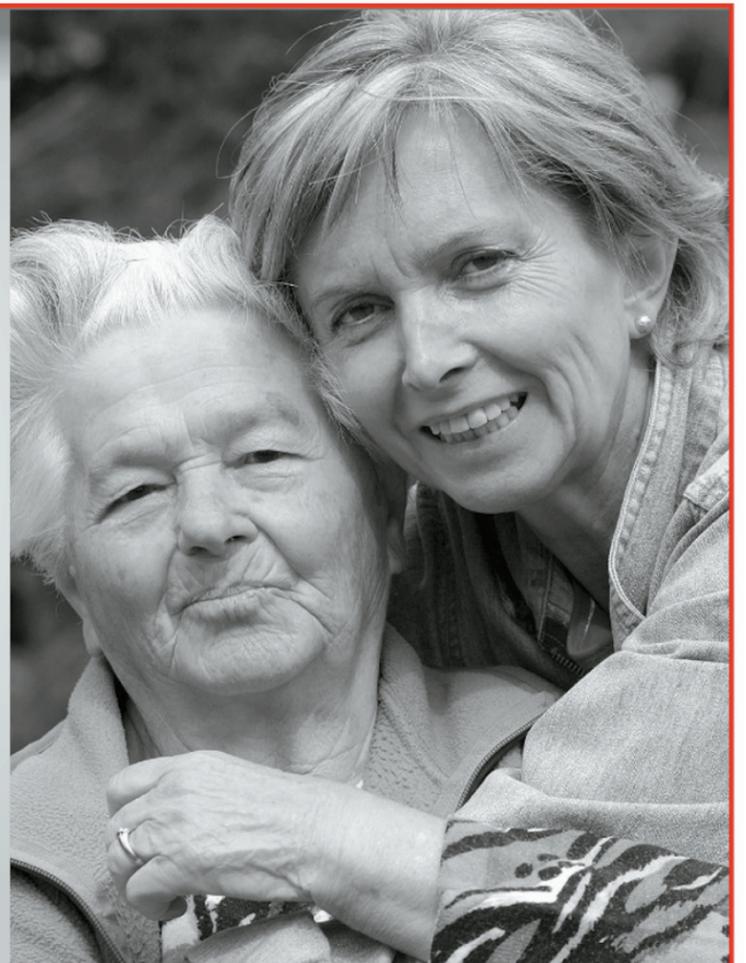
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TALBOTTON from page 6

weatherboard, brick and stucco it's architectural style is of Gothic Revival. The edifice is a perfect replica of a typical rural Parish church of the Tudor Gothic period. The alter, communion rail, lectern-pulpit and prayer desk are handmade of native walnut. The entire structure is put together with wooden pegs and homemade iron nails. The pipe organ, installed in 1850, has been in continuous use since that time. It is a Pilcher and was operated by hand pump until recently. The choir loft at the east end of the structure, opposite the sanctuary narthex (an entrance hall leading to the nave of a church) is flanked on three sides by a gallery where slaves worshiped prior to the conflict. The church locks are original and require a large brass key of five inches or so to open the big beautiful front door.

The "seats," are portioned off with family pews, each having its own doors. There family pews will seat approximately six members... depending on the size of each individual.

The Father was from the Atlanta Diocese and was great, especially when he informed us that Jesus was from Georgia! He said he knew this because... "Jesus was a good boy and told good stories... so HE had to be from Georgia!"

Rebel Ridge is one of the most outstanding antebellum architectural examples between Richman and Natchez. This house shows a colossal portical designed in the Greek architectural heritage. There are 26, 30-foot tall with 6-ft base Dorric columns that surround the entire perimeter of the house. They are crafted from the finest Cypress timber to withstand centuries of weathering. The kitchen was a separate building with a dog trot connecting it to the rear patio and dinning room.

The interior of the home is a fine example of the traditional south plan of four up and four down rooms separated by wide halls for maximum air circulation. A stairway, with mahogany railing with spindle balusters rises on the right side of the lower hall with another stairway leading from the second floor to the attic.

There are double parlors separated by folding doors with windows down to the floor and lower sashes that can be opened for summer entraining and dances on the wide planks that compose the floors. This home was placed on the national register of historic places in 1980. Clarence and Betty Robinson have since purchased the home and completed the prior restoration.

The next church service will be in November and we're already making plans to attend when the weather will be much cooler. You see, there were no windows open, no fans and

no air conditioning, but lots of candles. We were able to survive that hour and fifteen minutes, but just barely. Our programs were beaten to death as they served as our impromptu fans.

One more day trip, and probably less than 50 miles from Fort Valley, and not much more from Macon. It's a straight shot from Macon, and almost from Fort Valley. We take Highway 96 till we see the Talbotton exit. Be observant as you drive into town as there are many lovely old homes to be seen.

If you'd like more information, you may call Pam Jordan, Executive director of Chamber of Commerce at 706-665-8079 or info@talbotcounty-chamber.org.



Straus - LeVert Memorial Hall



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Macon/Central Georgia CALENDAR

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“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 Advanced Directives”

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 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

- **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 kjhague@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
 - **Lymphedema Therapy:** Ask physician to call 478-201-6748 for referral.
- Cancer Life Center**
Information and Reservations: 478-633-8537; www.cancerlifecenter.org
- **The Pink Alliance:** Thurs., Oct. 17, 12 noon-1 p.m., 478-633-8537
 - **The Pink Alliance HoPe Chapter:** Wed., Oct. 16, 12 noon-1 p.m., 478-719-8528
 - **Look Good, Feel Better:** Thurs., Oct. 10, 5:30-7 p.m., 478-633-8537
 - **Prostate Cancer 101:** Mon., Oct. 14, 12 noon, 478-633-8537
 - **Men-to-Men Support Group:** Tues., Oct. 1, 7 p.m., 478-633-6349
 - **Chemotherapy Orientation Classes:** Mon., Oct. 14 & 28, 10-11:30 a.m., 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.

- **Mammo Marathon Day:** Fri., Oct. 11, 7 a.m.-6 p.m., Central Georgia Breast Care Center, 1014 Forsyth St. or Central Georgia Diagnostics, 5925 Zebulon Rd., Macon. No appointment necessary.

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

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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.

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.

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.

Theatre Macon

438 Cherry Street, Macon 478-746-9485

• To Kill A Mockingbird: Oct. 18-26

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

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Assistance available to Medicare Recipients

Submitted by Butch Swinney GeorgiaCares Coordinator, Middle Georgia Area Agency on Aging

Health Department complex, which also houses the Middle Georgia Regional Commission/Area Agency on Aging.

The Middle Georgia Regional Commission Area Agency on Aging, in partnership with Fort Valley State University's Cooperative Extensive Service, is offering assistance to Medicare recipients who wish to review their current health and prescription coverage. Medicare Open Enrollment begins on October 15 and ends on December 7, 2013. All beneficiaries are encouraged to review their prescription drug coverage and Medicare supplement plans to see what changes in costs, coverage, and benefits will take effect in 2014.

Open enrollment events will be held at 175 Emery Highway, Macon, in the parking lot of the Bibb County

Dates

- Wednesday, October 23, 2013
- Wednesday, November 20, 2013
- Wednesday, December 4, 2013

The events will be held from 10:00 a.m. until 3:00 p.m. Please call 478-751-6489 for reservations.

GeorgiaCares is a statewide program, offered locally through the Area Agency on Aging. It provides free, unbiased, and factual information and assistance to Medicare recipients using trained community volunteers.

For more information or to discuss your concerns, please telephone GeorgiaCares' toll free at 1-866-552-4464 (Option 4) or locally, 478-751-6489.

General Business Directory For Seniors

The Medicine Shoppe
Barry M. Bilbro, R.Ph.
 Compounding Pharmacist
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 1550 Watson Blvd. • Warner Robins
 www.medshoppe.com
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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.

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 per-

sons 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.

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.

Sporting Clay Fun Shoot
Fri., Nov. 1, The Meadows National Gun Club, 1064 Rumble Rd., Forsyth. Registration, 9:30 a.m.; event starts at 10:30 a.m. Individual, \$100; Teams of up to 6 shooters, \$500. To benefit Boys &

Girls Club of Central Georgia. Details, call 478-743-4153.

Cancer Prevention Study - 3
Volunteer today for a cancer-free tomorrow! Enrollment appointments: Sat., Nov. 16, Galleria Mall, 9 a.m.-12 noon. Tues., Nov. 19, Central Georgia Tech, 3-7 p.m. Wed., Nov. 20, RFCU, 10 a.m.-2 p.m. For additional information call 1-888-604-5888 or visit www.cps3houstonga.org.

Opinion

Subject: A Caution for Christians!

by DANIEL W. GATLYN
USN Retired
Minister/Journalist

While we rejoice for every person who subscribes to the Biblical verse, a confession of faith does not make a person perfect – and we are very much aware of daily errors – some of which are more serious than others! One of the most common mistakes committed by Christians is in the act of viewing others with an extremely critical eye; even dismissing their role as "part of humanity" – and prematurely placing hellish designs on their future! To simply disenfranchise a person, or segments of society, because their culture, language, or deeds differ from ours is a distinguishing mark of theological immaturity! We must

care for all!

Granted, we live in an exceedingly disturbed world; and, many of the "subjects" we partner with in work, play, or travel are ingeniously evil, following criminal and despotic activity! Multitudes are capable of the most hideous offense; having no interest in a moral approach! It is easy to allow our attitudes toward such people to become distorted and disinterested in "their eternity"!

This attitude speaks volumes of our "central evaluation" of just what Christianity is about and is an indication of a dangerous deficit in our Spiritual walk!

We, as Americans (and other great companies of freedoms, moral virtues, and truth), should always do everything in our power to battle the forces of evil, and to deter such persons from a caustic course – con-

demning their wrong as diametrically opposed to Godly deeds – but let us never forget the great price that was paid for the souls of every person born on the planet! Jesus loves the sinner – every single one – regardless of geographical or cultural emanation! If we lose sight of this great Truth, we have just placed "Missions" in jeopardy! Every man, woman, boy and girl is of vital importance to the Kingdom of God; and, each has the option of believing in the Cross of Calvary! "With God, there is no respect of persons!"

In the Twenty First Century, when chaos and violence seems to infiltrate each day – and when evil appears to garner all cause – a word of caution is extended to the Christian Camp! Let us never hinder the proclamation of "whosoever will may come!"

General Business Directory For Seniors

Vineville Christian Towers
An Apartment Home for Senior Citizens

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

2394 Vineville Avenue • Macon, GA 31204
478-743-4661

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Macon, GA 31211
478-955-7404
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David VonAlmen at 478-213-5986
Jane Winston at 478-542-1642
Jan Tassitano at 770-993-2943

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- Menstrual bleeding
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- Sacrocolpopexy - surgery for uterine or vaginal vault prolapse

COLISEUM Robotics
INSTITUTE

For more information about robotic surgery at Coliseum Medical Centers, or to schedule an appointment with a doctor trained in robotic surgery, call **478-746-4646** or visit coliseumhealthsystem.com.

Join our local online community for women.

h2uwomen.com