

Senior News

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Story on page 8

May 2015
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Thoughtful Gifts for Caregivers

The contribution of informal caregivers of seniors often goes unrecognized in our society. These unpaid helpers provide practical assistance and enhance quality of life for ill or frail older adults who might otherwise require placement in a long-term care residence.



Lisa Petsche



Lisa Petsche

Typically, caregivers are spouses or children; many are seniors themselves. The majority are women. The loved ones they care for have physical or mental impairment (perhaps both) caused by one or more chronic health conditions, stroke and dementia being most common.

The caregiver role involves physical, psychological, emotional and financial demands. It is a heavy load, exacerbated by

But there are rewards for caregivers, too. These may include a closer relationship with the care recipient; increased creativity and assertiveness; increased insight into their own strengths and limitations; a general increase in compassion for others; rethinking of values and priorities; learning to live in the present and appreciate the simpler things in life that make it enjoyable. Then, too, there is the satisfaction of knowing they are doing something meaningful.

The caregiving journey can be long, though, and particularly challenging when the elder has heavy hands-on needs, a demanding personality, or cognitive impairment. A variety of emotions may be experienced along the way, including sadness, grief, frustration, anger, resentment, guilt, anxiety and loneliness. Burnout is common.

Thoughtful Gifts:

To show you care, the following are a variety of gift ideas for the caregiver in your life – for special occasions and for no particular occasion (that is, as a nice surprise).

- Booklet of IOUs for one or more of the following: home-cooked meals, baked goods, respite care, household chores or repairs, yard work, chauffeuring, running errands.
- Answering machine, cordless phone or cell phone.
- Wall calendar with plenty of space for noting appointments.
- Caregiving binder for keeping records and organizing paperwork.
- Membership in a caregivers organization or the non-profit organization associated with their relative's disease (for example, the Alzheimer's Association or Parkinson Foundation).
- Gift certificate for a home healthcare agency, medical supply store or housecleaning service.
- Book of tickets or gift voucher for accessible transportation, if the care receiver is not able to ride in a car, so they can go out together.
- Inspirational book (choose a

- Subscription to a caregiving periodical, or a magazine that reflects an interest (such as nature) or favorite pastime (gardening, for example).

- Decorative journal for recording their experiences, thoughts and feelings, and a high quality pen that glides smoothly.
- Relaxation tapes or miniature fountain.
- Bird feeder and seed, or binoculars for bird watching.
- Hobby or craft supplies.
- Writing paper and envelopes, or a set of all-occasion note cards, along with postage stamps.
- Scented items: hand and body lotion, cologne, bar soap, bath salts or shower gel, drawer sachets, potpourri or votive candles.
- Basket of sweets, gourmet coffees and teas, jams and jellies or dried fruit and nuts.
- Gift certificate to a restaurant with takeout and delivery service, a dry cleaner with pick-up service or a pharmacy or grocery store that delivers.
- Two tickets to a cultural event so a friend can accompany them and an IOU for respite care.
- For higher-cost items, pool resources with family members or friends.
- Keep in mind that emotional support and your time are the two most valuable gifts you can give a caregiver.

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

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
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by CLAIRE HOUSER DODD

*If you want to gather honey,
don't kick over the Bee Hive.*
Dale Carnegie

Chapter 1: *How to Win Friends
and Influence People*

It is so great to live here in Middle Georgia. We're so centrally located, you can get anywhere from here and almost back in a day. Well, maybe not everywhere, but we're sure close to a lot of good places. Just last week, we could have gone to Macon to play in the snow and a week before to bask in Cherry blossoms. This weekend we went to the GO-FISH GA EDUCATION CENTER on Perry Parkway, behind the Ag Center. What a lovely modern building, and chocked full of wonderful exhibits. More fish than we ever even heard of on the walls and in the aquariums which are below a real life pond with glass sides looking up to a very real and tall waterfall.

Besides all that and the active fishy pond beyond, there were real boat exhibits where you could simulate all kinds of water adventures including deep sea fishing. Very realistic and FUN! Imagine our surprise to find a quasi-shooting gallery with bears, squirrels, birds and the like to shoot. This was probably our favorite as the day was hot and we don't care about

fishing, just like to cast and reel. Grand admonished us for reeling too fast to catch a fish. He understood completely when we explained we only wanted to catch fast fish that were smart enough to dress themselves and maybe even throw themselves into the pond!

Oh! And the crocagators, as Dr. Dodd called them all – being unable to distinguish between them.

May has quite a few special days besides May Day on the first. That celebration used to be BIG, but Cinco de Mayo has it beat! Naturally, Mother's Day on May 10th is our big day, followed by armed Forces day on the 16th and Memorial Day on the 25th. It's nice to remember and celebrate all important days, and it's especially good to be feted on Mother's Day as many of you reading this article will be. Congratulations!

Everybody we know is getting geared up for the Peach Festival. Here in Fort Valley on the 13th of June. We're trying to find out how many kids have signed up to be Peach Ambassadors and ride in the parade with the Mayor and other dignitaries. Sounds like an exciting thing to do for little folks. The announcement has supposedly already gone out to the elementary schools explaining the process – know our Grand would love that. Everybody loves a parade, and we hear that (for real) the streets will be ready this year!

Call Michelle, the Parade Coordinator at 478-308-0577 or stop by the Troutman House to sign up to be in

the Peach Festival Parade.

After the ribbon cutting for the new Five Points Pharmacy, behind BB&T and in front of Jolly Nut Company, on Friday night, Annette King and yours truly were invited to the Painted Door Art Gallery on Watson in Warner Robins to a wine and cheese party with 99 Bottles of wine on the Wall and many more artifacts. We didn't count, but feel sure there were at least 99 bottles on shelves on the walls with all sorts of wonderful paintings tied around them. Avery attractive and clever presentation of every type medium possible. All sorts of artworks were on display and studios open where the artists taught. A really lovely night with Otis adding to the ambience with his mood setting sax.

Good news to Fort Valley. Marion Allen has bought the train depot and is putting an upscale restaurant in the side toward Fred's and a Coffee Shop on the side toward Main Street. Now, if we can get some "perking up" done, and some destination-like deals going, people can say, "Oh! Let's go to Fort Valley and browse around, or have lunch and spend the day! Wouldn't that be nice?"

Back to our bragging about our situation in Middle Georgia being so convenient – The Hot Sardines Jazz Band is playing in Atlanta next Sunday.

This group has dearly been touted. The way we knew about it is a freebie. Saw them on a cruise and fell "in love." Later she was in Tallahassee and they had already sold out of tickets a month

before the show, and even later was in New York for the Dog Show at Madison Square Gardens when she saw them advertised. The Gardens people managed to get her and her husband seats – so now, we'll all see them together in Atlanta. We are all that's left of the Atlanta Ski Club and The Young Republican Party. Maybe with a few new comers.

Theatre Macon presents Vanya & Sonia & Masha & Spike by Christopher Durang, May 22-30. Another wacky family comedy about two sisters taking care of elderly parents while the other roams the world with a 20-year. old boy toy, and a soothsaying cleaning woman to spice things up a bit. 478-746-9485.

The Holy Journey of Confucius by Artist YumZhu Lin will run through May 22 at Wesleyan in the Confucius Institute, Willet Library M-F 1-5 p.m.. Free (478-757-5212). There are 14 original paintings by first Class National Chinese Artist telling of Confucius' journey.

If you haven't stopped by the Wesleyan Market on front campus on 2nd and 4th Saturdays, it's a fun community event featuring locally grown and produced items, art, and jewelry. Plus the art galleries in Porter are open from 10 a.m.-2 p.m.

*Who soars too near the sun
With golden wings,
Melts them; to ruin his own
Fortune brings.*

W. Shakespeare

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Senior News & Views of Georgia

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.

WHO IS THIS

by Brenda G. Partridge-Brown

*Who is this?
That created the whole world in
six days by the power of his
own hands.*

*Who is this?
That took clay from the earth and
created man by the power of his
own hands.*

*Who is this?
That can speak to the wind and rain
without delay causing a violent
storm to obey!*

*Who is this?
That overpowered a great king and
his host, and departed the red sea!*

*Who is this?
That can order the sun to rule the
day and the moon to rule over the
darkness of night, who gave names
to all the stars, these lesser lights
that shine so bright!*

*Who is this?
That can forgive us of all our sins,
with a free gift of grace and mercy
were able to make in in!*

*Who is this?
How would he answer this question?*

I AM THAT I AM

SPRING

by the Elmcroft Writers Club
Ms. Holley Howard, Club Director

*Spring is charming us again
Pompous flowers, green buds send
Romance shows in every bloom.
Inspiring us to live anew
Nature resurrects the land
God's paintbrush in His hand.*

MY BIRTHDAY VILLANELLE
by Nancy Moen

*So quickly have the days gone
slowly by.
Each filled with full stops and
with exclamations.
Some memories rise and shine.
Some sadly sigh.*

*My golden friends and silver,
too, arrived
and colored life with jubilation.
So quickly have the days gone
slowly by.*

*United, yellow roses, children
thrive...
An epic ear filled with
"glad"ulations.
Some memories laugh out loud.
Few sadly sigh.*

*To teach, to write, to love – I
am alive.
I meet each falling leaf and greet
the season.
So quickly have the days gone
slowly by.*

To think that slowing down is

*to survive
knows nothing of my grand boys'
incantations.
As memories rise, today, there are
few sighs.*

*The parchment leaves of sixty-seven
arrive.
I'll pen each page a first edition.
So days, go slowly now, not
quickly by
and mostly shine between a few
sad sighs.*

THINKING AT 75
by Ms. Geri Noel

*Sitting in my bed after a stroke,
So I am thinking at 75,
Am I above the waves,
Or am I sinking?*

*I can walk a little,
Still a little weak.
I can talk and write,
But my body is meek.*

*My God, my belief's in you.
My thought then and now,
Will I ever get well.
Please, God, don't let me down.*

*Thanks to my family,
Who was always there.
Thanks to my daughter,
Who gave me the best of care.*

*Thanks to the Church,
To the people who called.
Gave me the strength,
To withstand it all.*

2015 Georgia Golden Olympics dates set

Special to Senior News

The 2015 dates for the 33rd Georgia Golden Olympics have been set for September 16-19, 2015. The games will be held in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department.

Information about the games, registration forms and schedules will be available by early May. The form will be emailed to past participants and mailed to others. Complete information will also be available on the website as soon as final. The website is www.georgiagoldenolympics.org. On the website you'll also find information about volunteering for the event, making a financial contribution and a media kit for use by athletes and others interested in promoting the event. Also, follow the Georgia Golden Olympics on facebook and twitter for additional information and

updates.

2014 Georgia Golden Olympics

The 2014 Georgia Golden Olympics was held September 17-20, 2014 in Warner Robins. Over 650 athletes competed in over 20 sports and hundreds qualified for the 2015 National Senior Games to be held in Minnesota.

2015 National Senior Games

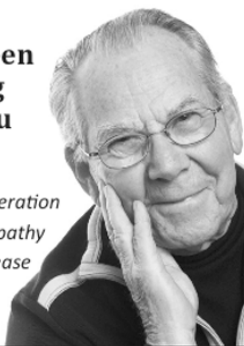
The National Senior Games, presented by Humana is scheduled for July 3-16, 2015 in Bloomington/Minneapolis/St. Paul, Minnesota. For more information about the National Senior Games please go to www.nsga.com.

To make a tax deductible contribution to the Georgia Golden Olympics please find more information on the website: www.georgiagoldenolympics.org or send to GGO, P.O. Box 958, Winder, GA. 30680.

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Eight ways to save on your next summer vacation!

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

Vacations can sometimes come with a hefty price tag. Rather than overspending, be proactive and plan ahead. This time around, you can enjoy a real vacation without depleting your funds or creating unnecessary debt. As you begin planning your trip, check with your BBB to make sure that all deals are legitimate. Avoid being scammed by doing your research and planning carefully. Here are eight ways you can better manage your budget when preparing for your next excursion:

- Put away those credit cards! Avoid the debt trap by saving up ahead of time for your get away, and use cash whenever possible. When you run out, you run out.
- Prepare a budget –

Planning is key. Make a little room in your budget by cushioning it for unexpected occurrences and emergencies. The rule of thumb: Set a budget and stick to it.

- Be resourceful – Check the Chamber of Commerce website where you will be vacationing for suggestions and links to recreational ideas. Or consider a staycation – a budget vacation where you visit nearby attractions but sleep in your own bed at night.

- Timing is everything – If you do plan on traveling outside of your immediate area, aim for the off-season. Prices are usually substantially lower, and you won't have to deal with the crowds. Off-season depends on where you are: summer can be a terrific time to visit a ski resort, where you can get nice rooms and all the non-skiing amenities for a fraction of the cost of a winter trip.

- Short and sweet – You don't have to go on a two-week trip in order to feel refreshed after a vacation. Take a long weekend or two, and maximize your itinerary by planning activities well ahead of time.

- Avoid unnecessary costs – Don't find yourself trapped by additional charges or fees. For example, avoid hotel room phones, which often carry hefty surcharges and stay away from room service.

- Pack your own meals – When on the road, avoid the urge to stop for snacks by bringing along your own sack of goodies. Also, check your local visitors' center or websites for coupons to local restaurants.

- Transport yourself – Choose a location with lots to see and do, and walk from place to place. Also, consider using the local bus or transit service rather than driving and parking.

Vacations don't have to break the bank; with a little prior planning and saving, you can have a relaxing and refreshing vacation without the stress of paying a mountain of credit card debt afterwards.

For more tips you can trust, visit bbb.org.

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




Janie Lowe is an author who shares her stories "as a way to bring laughter to others and hopefully help them." And now Janie hopes that sharing this particular story will actually help save lives. As an associate minister at St. Matthew Baptist Church in Macon, Janie is an active member of the community. She's led an interesting life from serving in the U.S. Army to caring for patients as a nurse. But she's also had her share of health issues, including two strokes related to hypertension. She is the first to tell you that high blood pressure is the 'silent killer,' and on one day in February, that condition, which she thought was under control, gave her a scare that sent her to Coliseum Medical Centers for treatment.

"I had been on medication for years for high blood pressure," said Janie. "But I had changed my diet, was exercising, and felt I had it under control. So about a year ago, I stopped taking my medicine." Janie's doctor wasn't happy about it, but she told him she would check her blood pressure weekly as a precaution. "I was feeling fine and I just didn't think I needed it." She decided to attend a health screening at Coliseum and was shocked when the nurse providing blood pressure checks said that hers was quite high and she needed to get it addressed. "I told her that couldn't be right, I felt fine and her machine must be off. I just knew there was no way it was that high." Although this was a Thursday and Janie's routine was to check her own blood pressure each Friday, she decided to check it herself around 4 that afternoon. "It was high but I'd been running around doing things so I decided to check it again later that night when I'd had time to relax." At 11 p.m., as she got ready for bed, Janie did another check of her blood pressure and saw that it was even higher than it had been earlier that day. "I was feeling fine but I said to myself that's too high to be comfortable with, I can't deny there's a problem. I knew I needed a place that was close, where I wouldn't have to wait long, so I chose the Coliseum Emergency Department." When Janie arrived at the hospital, her blood pressure was 216/111. "They quickly worked to prevent a stroke," she said. The attending physician put her on an IV drip of medication to lower her blood pressure. By the time she left nearly 4 hours later, it was down to 125/57 and she was sent home

with a new prescription that she promised to take faithfully. "I'm very grateful to Coliseum for having that screening. I was feeling fine and if I had not gone to the screening, I don't even want to think about what could have happened," she said. Janie credits Coliseum for first identifying the problem during the screening and then warding off a potentially deadly stroke with quick, effective treatment in its Emergency Room later that night. Now Janie's message to others is, "if you have hypertension, stay on your medication! If you're feeling well, it's because of the medication and if you stop, you're at risk of a stroke or worse."



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(478) 746-4646.

Georgia native, Fort Valley grad guides NASA scientific discoveries on International Space Station

Submitted by Tracy McMahan
Marshall Space Flight Center
Huntsville, Alabama

Growing up in south Georgia in rural Grady County, Lewis Wooten spent many summer days playing baseball in open pastures or working for local farmers tending peanut and vegetable crops. One historic week in July 1969 changed all that.

"All my friends were out playing ball and wondering where I was," Wooten says. "I was inside, riveted to the television, watching humans explore the surface of the moon. My universe got a lot bigger that day."

The Whigham native set a new goal for himself: join NASA and be part of the group exploring the universe. He achieved that goal 11 short years later when, soon after earning a master's degree in applied mathematics from Atlanta University in Georgia, now known as Clark Atlanta University, he drove through the front gates as a new employee of NASA's Marshall Space Flight Center in Huntsville, Alabama.

He spent the next 35 years helping pursue scientific discoveries. In the 1980s, Wooten served as an engineer and payload operations director on Spacelab missions, a self-contained lab that



Lewis Wooten

flew in the cargo bay of the space shuttles and served as an early model for the International Space Station. He was the flight director of the Chandra X-Ray Telescope in the 1990s, coordinating the technical and science operations teams for the world's most powerful X-ray telescope. In the new millennium, Wooten managed the avionics integration for NASA's Space Launch System, the country's new rocket designed to take astronauts farther into space than ever before.

Earlier this month, NASA assigned Wooten a new challenge, naming him to the Senior

Executive Service position of director of the Mission Operations Laboratory at the Marshall Center. He will oversee more than 500 civil service and contractor employees analyzing and developing flight and ground support systems including managing the around-the-clock science operations on the International Space Station.

"I'm constantly reminded by the new people who arrive here at NASA just how exciting it is to be a part of the space program," Wooten said. "I experienced it myself as I drove onto the center my very first day, and I want to

continue assembling a team that will help rewrite textbooks and enable discoveries that will expand our knowledge of our world and our universe."

Wooten will manage the staff and facilities of the Payload Operations Integration Center, the command post for all space station science and research activities. The position is a Senior Executive Service appointment, which is the personnel system covering most top managerial and policy positions in the executive branch of the federal government.

"I look at this new challenge as a giant puzzle," Wooten said. "People and projects are the individual pieces and my job is to help make them all fit together. We have a responsibility to push the boundaries of exploration and I just want to contribute my piece to the puzzle as well."

Wooten holds a bachelor's degree in mathematics from Fort Valley State University in Georgia and has earned numerous awards with the space agency, including a NASA Medal for Outstanding Leadership, a NASA Medal for Exceptional Achievement, a Director's Commendation Award, a NASA Certificate of Appreciation, a Marshall Certificate of Appreciation, and many group achievement and special service awards.

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The story of the next-to-last person to get a cell phone (wait for the happy ending).



Okay, I confess. I was probably the next-to-last person in the USA to get a cell phone. I didn’t see the need. For years, when I needed to make a call, there was always a phone booth around. Then one day there wasn’t. Phone booths had gone the way of the typewriter. And I didn’t give up my typewriter until the Millennium. Clearly I’m not big on technology. My motto is: keep it simple.

Cell phones are not simple. You open one up and there are little red and green phone icons, and three dots here, and an envelope symbol there. What’s it all mean? Where’s the dial tone to greet you? Incoming calls are no fun either: when it rings, there’s nobody there when you say: “Hello? Hello?” Is there a step I’m missing in all this? And is this extra step necessary? And what’s up with a phone that works in only one part of the country? Wouldn’t it make sense for all phones to make use of all the towers in the U.S.? Thinking you have phone service and not having it is a scary prospect. Is there any reason to sign a long-term contract to get a cell phone? I’m not buying a house here—it’s a tiny little phone. And why do cell phones have to be so small anyway? You can’t press one number without hitting two or three of them. Something must be wrong with the design of most of them too, since people are always yelling into them. I’d yell too, if I had to pay \$40 or \$50 a month for the few little calls I would make. I can’t imagine who people need to talk to on the phone as they’re walking down the street or standing in a grocery store line. Do they really think they’re that important? I think cell phones are fine in an emergency or a pinch, but don’t expect to find me driving along talking on the phone. I have to ask: Does anyone really need a cell phone that plays music, provides video games,

connects to a computer, downloads and offers 25 other features unrelated to phoning? Not me! I don’t even use call waiting and caller ID at home. The only reason I would ever need a cell phone at all would be for security, like when I’m out in the car and have a problem. Or for emergency 911. Or maybe sometimes just to call my daughter and check in when I’m out and about.

So, how come I’m writing a recommendation for a cell phone? Because I heard about Jitterbug. Jitterbug is incredibly easy. It’s easy to use. It’s easy to see. It’s easy to hear on. It’s easy to talk on. It’s easy to afford. And it’s easy to love, even if you’re formerly a cell phone hater like me. So, if you’re the LAST person around without a cell phone, look into a Jitterbug. Better yet, call them up and they’ll give you all the details (1-888-802-9912). Jitterbug is the cell phone designed for those of us with the good sense to wait for exactly what we need.

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IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. All rate plans and services require the purchase of a Jitterbug phone and a one-time set up fee of \$35. Coverage and service is not available everywhere. Other charges and restrictions may apply. Screen images simulated. There are no additional fees to call Jitterbug's 24-hour U.S. Based Customer Service. However, for calls to an Operator in which a service is completed, minutes will be deducted from your monthly balance equal to the length of the call and any call connected by the Operator, plus an additional 5 minutes. Monthly minutes carry over and are available for 60 days. If you exceed the minute balance on your account, you will be billed at 35¢ for each minute used over the balance. Monthly rate plans do not include government taxes or assessment surcharges. Prices and fees subject to change. We will refund the full price of the GreatCall phone and the activation fee (or set-up fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics Co., Ltd. ©2015 Samsung Telecommunications America, LLC. ©2015 GreatCall, Inc. ©2015 firstSTREET for Boomers and Beyond, Inc.

On the Cover

A True Southern Gentleman, Alton Griffin

by CLAIRE HOUSER-DODD

COVER: Alton with wife Cindy

A prominent, well respected and loved citizen of Fort Valley has had a terrible mishap. Our tall, handsome, athletic, and seemingly healthy Alton Griffin had a massive stroke on January 28 of this year. He was completely disabled, comatose and in ICU for 22 days. He was at the Macon Medical Center until February 22.

After a partial recovery, awake and aware but still paralyzed, he was accepted at The Shepherd Center in Atlanta where he stayed until April 17.

He is now at home with his wife Cindy, and children Stormie and Shadoe, who were with him at the Center in Atlanta. Gathering strength and regaining health for a month, then back to the Shepherd Center for more therapy. A little known fact; The Shepherd Center doesn't take anybody unless they are sure they can help them. So, you see, it is an honor and privilege to be allowed into this hallowed place, and Cindy says "We have known all along how blessed we were to be there, and to see that God has His hand in every move we make."

We talked to Alton and he is mainly thanking us and everybody else for their prayers and warm wishes. He

says, "I'd like to thank everybody for everything they've done, for the prayers, the donations, the visits and the cards. He had no clue so many people cared so much; and, "I can't say thank you enough," he shared.

Alton is especially moved by the outpouring of love and caring from total strangers who are moved to write, to stop by and to send warm messages.

If you are one of the very few in Middle Georgia who hasn't heard about Alton Griffin's tragic stroke and/or has not met him, let us introduce you to a very fine young man we met when we moved back to The Valley. At that time, he was manager of Food Depot, was a well-known wrestler, and was a role model for teenaged boys. He also held wrestling matches in a building on Highway 49 North of Fort Valley. On the side he ran a tree trimming business. It was called Alton's Tree Service. He worked for Food Depot for 27 years. Was manager in Fort Valley and at Food Depot on Watson in Warner Robins, when he became ill.

As you can see, Alton is a fine upstanding citizen of good character; never smoked, drank or drugged.



Alton with his wife Cindy, his four children (Laura, Shadoe, Stormie and Juston) and three of his grandchildren (Logan, Hannah and Zoey).

Not exactly the kind of person you'd expect to have a stroke, now, was he? Never-the-less, this obviously healthy person is down and out at this writing, and rather than working 17 hours a day, and always being on call to help others, he can use a little help himself.

We ask that you pray for Mr. Griffin, and if you're so moved, you may contribute to Alton's Recovery Fund set up by Helen Shaw at CB&T Bank. You may call or visit any CB&T Bank to deposit your gift to this "True Southern Gentleman" for whom we expect a full recovery. With



Alton catches a big one at a pal's pond... now almost a river be-cause of all the rain.

God on his side and so many friends, how can he not win.



Alton with grandson Logan

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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
• 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 Navicent Health – 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: 478-633-8537
• Look Good, Feel Better: 478-633-8537
• Prostate Cancer 101: 478-633-8537
• Men-to-Men Support Group: 478-633-6349
• Chemotherapy Orientation Classes: 478-633-8537
• Genetic Counseling: 478-633-6270
• Cancer Clinical Trials: 478-633-1738 or www.mccgclinicaltrials.org.
• Lymphedema Therapy: 478-757-0884
• Mammo Marathon Day: Call 478-633-8537 for date and details

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
• 1st Wed., 10 a.m., Martha Bowman UMC, 500 Bass Rd., Macon, 478-743-7050
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
• 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 12-A Family Room, 1826 Veterans Blvd., Dublin, 478-272-1210, x2328
Monroe County
• 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754
Peach County
• 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613
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

continued on page 10



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EVENTS
from page 10

478-333-2972.
• Ted Wright Senior Citizens Social Club: Information, call Betty Lou Lovain , President, at 478-922-7774.
• Warner Robins Senior Citizens Social Club: Information, call Van Adams, President, 478-923-2174.
• LMNO (Ladies and Men’s Night Out): For information call 478-293-1066.
• MGCAA Senior Center: Located at 155 Maple St., Warner Robins. Mon.-Fri., 8 a.m.-3 p.m.; closed Wed. Lunch (by appointment only), transportation, information, & referral services. For information call 478-923-0229.

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.

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., 7 p.m., Flint Energies Conference Room, 900 Hwy. 96, Warner Robins. For complete details call 478-987-7260 or visit www.cggs.org.

Theatre Macon
438 Cherry Street, Macon
478-746-9485
• *Vanya and Sonia & Masha and Spike*: May 22-30

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.

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.

Open Sketching Portraits
Presented by the Fine Art Society of Middle Georgia. Every Tuesday that is not a holiday, 6-7 p.m., Nola Brantley Library, Watson Blvd., Warner Robins. For details contact Leslie Hoops-Wallace at 478-396-9198 or email: unicornsquest@hotmail.com.

Heritage Day... Visions of the Past
June 13, 9 a.m.-4 p.m. Presented by The William Harris Homestead Foundation, Inc., 3636 Georgia Hwy. 11, Monroe. For details visit www.harrishomestead.com.

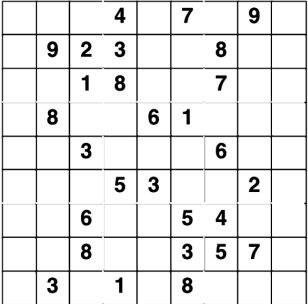
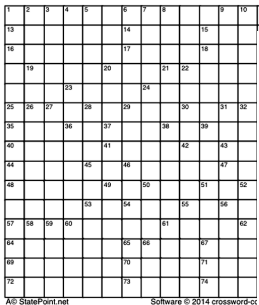
Fine Art Society of Middle Georgia
Meets 4th Mondays at the Flint Electric Building, Hwy. 96, Warner Robins. For details contact Allan Carey at 478-213-2230 or email: apainter1@cox.net.

Turkey Creek Festival
May 2, Byromville, GA. Vendors open at 9 a.m.; parade at 10 a.m. Exhibits, slide show, crafts, games, rides, food, door prizes & entertainment. Info: 478-244-

1318; www.turkeycreekfestival.com.

Volunteer Advocates Needed for Ombudsman Program
The Middle Georgia Ombudsman Program is seeking volunteers to train as advocates for residents of personal care homes and assisted living homes. Trained volunteers will visit residents at least once a month to have friendly conversations and to participate in ensuring that their rights are protected. Ombudsmen volunteer candidates will need to complete a training course to be offered in the Macon/Warner Robins area in the near future. If you are interested in becoming a volunteer advocate with the Ombudsman Program and would like more information about the program, please contact Nancy Hill at 478-922-4464 or nhill@mgcaa.org.

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- Author/Speaker

Coliseum Medical Centers has been saving lives, like Janie's, by having the tools, technology, and experienced physicians and staff to be able to quickly detect and treat a stroke. Through a free screening at Coliseum Medical Centers, Janie discovered she had high blood pressure. When it rose to a scary level, she sought help in the Emergency Room at Coliseum Medical Centers and was quickly treated to stop her stroke. Today, Janie is happy to be able to enjoy doing what she loves most, writing and sharing laughs with her friends.

COLISEUM
MEDICAL CENTERS

Take a stroke risk assessment online at:
coliseumhealthsystem.com/our-services/stroke-center/

For more information on stroke prevention, call us
at (478) 746-4646.



The Coliseum Primary Stroke Center has been recognized by the American Heart Association and American Stroke Association for five consecutive years as a *Get With the Guidelines - Stroke Gold Plus* facility.