

Senior News

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Information For Ages **50 PLUS!**

Hilda and Her Dolls!

story on page 5



Walt and Hilda Wilson

October 2016
Vol. 30, No. 10

Taking Care

Living well with heart disease: How to take charge of your health

by LISA M. PETSCHÉ

It started with a routine visit to the doctor, who didn't like Jim's heart rate. A trip to a hospital emergency room, for a thorough assessment, followed. Signs of heart damage were discovered, suggesting a recent (silent) heart attack.



Lisa Petsché

Further medical tests and consultations were booked. Meanwhile, Jim, age 55, began to experience angina (chest pain). He was prescribed medication and instructed to curtail his activities.

Jim and his wife were unnerved. His father had had bypass surgery and died prematurely from heart disease.

A subsequent coronary catheterization (angiogram) revealed that one coronary artery – a vessel supplying the heart with blood – was narrowed. The doctor was able to correct this through balloon angioplasty and insertion of a stent (a permanent, mesh tube made of metal).

Jim later learned the artery in question had been 90 percent blocked. Complete blockage in that location would have caused instant

death.

Heart disease is the leading cause of death for adults in the United States. Coronary artery disease (also known as arteriosclerosis or hardening of the arteries) is the most common type.

CAD is caused by accumulation in the coronary arteries of fatty deposits called plaques. This results in narrowing within the arteries, restricting blood flow to the heart.

Typically CAD progresses over many years and may go undetected until a crisis occurs. Symptoms can include angina (usually brought on by physical exertion or emotional stress), shortness of breath and, if a coronary artery becomes completely blocked, a heart attack.

A diagnosis of CAD can cause anxiety and fear. If heart disease runs in their family, the diagnosed person may become fatalistic, believing there's no point in trying to manage their disease. Some people cope through denial, carrying on with their usual lifestyle. Others, particularly those who have had a heart attack, may embrace changes in habits that can help halt or slow disease progression.

Family members, too, respond in various ways. Anxiety and fear are common, and may be manifested in behaviors such as regularly checking

if their loved one has taken prescribed medication, scrutinizing and criticizing their eating and other habits, and overprotectiveness (due to concern that any stress or physical exertion might cause a heart attack).

Coping Tips

If you have been diagnosed with CAD, here are ways to take charge of your situation.

- Learn as much as possible about your disease and its management, and educate family and friends.
- Focus on controllable risk factors. Commit to making lifestyle changes, keeping in mind it takes 3-4 weeks to develop a new habit.
- Find an outlet for expressing your thoughts and feelings – perhaps talking with a friend, keeping a journal or joining a support group.
- Stay connected to people who care. Let them know how you wish to be treated, and keep communication lines open.
- Learn to live in the present and enjoy life's simpler pleasures.
- Set aside quiet time each day, to nurture your spirituality and help keep you grounded.
- See your primary physician if you continually feel sad, angry, overwhelmed or unmotivated. Depression is treatable.

Practical Tips for Daily Living.

- Find a cardiologist whom you respect and trust.
- Follow the prescribed management plan, which might include medication, a smoking cessation program, blood pressure monitoring, diet changes, exercise, rest, stress man-

agement techniques and regular check-ups. Ask loved ones to support you – and, where applicable, to join you – in making lifestyle changes.

• If you've had a heart attack, join a cardiac rehabilitation program. To locate one, talk to your doctor or contact the local office of the American Heart Association.

• Keep an up-to-date medication list in your wallet. Consider crisis options such as medical alert jewelry and, if you live alone, a personal emergency response system for summoning help.

• Set up a record-keeping system to organize your health information. Ready-made products can be found in stores.

• Eliminate sources of stress where possible. Set priorities, simplify tasks and learn to settle for less than perfection.

• Keep as active as possible. Just don't overdo it. If you're concerned about particular types of activity, consult with your doctor.

• Cultivate a healthy sense of humor.

• Do something you enjoy every day.

• Don't hesitate to ask for help when you need it (for example, with moving furniture).

• Take a holistic approach to your health and keep in mind that even modest lifestyle changes can make a difference. Take small steps, build on your success and enjoy how good you feel.

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

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Used Book Sale

Special to Senior News

Houston-Peach Branch is holding its 51st Used Book Sale at the Centerville Galleria October 20-22. For more than 52 years, the Houston-Peach Branch has served the local community through providing and supporting programs to improve the lives of women and their families.

Proceeds from Used Book Sales include numerous educational endeavors such as: sponsorship of RIF, Reading is Fundamental, for some 37 years, wherein volunteers have supplied over 64,000 free books to some

15,500 elementary students, a writing contest for middle school girls and a scholarship for a nontraditional college woman pursuing a STEM field. We also believe the selling of used books at bargain prices offers citizens an opportunity to enjoy and increase literacy in the community.

Hours this year are expanded with all featuring free admission.

Thursday, Oct 20, noon to 9 pm;

Friday, Oct 21, 9 am to 9 pm;

Saturday, Oct 21, books are one half price from 9 am to noon; noon to 2 pm is "Bag or Box" sale.

For information: 478-918-2666;

Website: houstonpeachauw-ga.aauw.net.

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Let us entertain you

by CLAIRE HOUSER DODD

We love it when we hear back from a reader. This time we heard from Robert A. Bowen, Jr. from Macon about the Pig N Whistle, one of our favorite topics. Everybody we know brings up the Pig at one time or another. Robert is like us, we don't remember the Pig moving around in Macon. When we read the article someone sent us we figured it was perhaps before our time, but maybe it was an article about BBQ and they assumed any BBQ place was considered the Pig.

Oh, no, not to us Pig lovers of Macon. In our hearts there was only one and it was on Georgia Avenue. It

was right there by I-75 where Church's is now. Right across from the fire station and behind the Post Office which was Wesleyan Conservatory. We could come out of the back building which housed the swimming pool, cross where we parked our cars and practically go into that side of the Pig N Whistle, where the dining room was. It was built, or at least rebuilt, in the early 50's, if it wasn't there before.

Maybe there was another BBQ place out by Wesleyan College. We don't remember it, but do seem to remember an Igloo or something out that way. We seem to associate it with ice cream which was our other favorite food.

We remember a dark and kinda scary place around 7-Bridges where

Daddy drove into and got large containers of BBQ or maybe chicken salad to take home when we were leaving Macon on a shopping spree or some such outing. So, perhaps the person who wrote that other article had that in mind. Like history, stories differ. We once was just reading about an old family in 1870 or 80's where a man's son was listed as being born almost before his father. It is said, "Time fades memories."

We were talking with Gloria Lacy the other day about all the fun places in Macon when we were growing up. Besides Lakeside and Reagans Park, two very well-known recreation parks, there were a bunch others. Remember The Whistle Stop, Cags, Pine Brook Inn, of course the Pig, and Varsity, Fincher's.

Barbara Hale, who grew up in Macon, remembers walking to Baconsfield Pool and stopping by Chichesters on the way home to get a "triple dip" ice cream cone.

Going to the zoo at Baconsfield Park and watching the Peacocks and monkeys was always fun. So was playing tennis at night. She remembers going to Sunshine Dairies on Vineville for a Frosted Malt with her dad.

Since all of those places remind us of food, we shared a dinner party we were invited to in Macon several Sunday nights ago at the home of Mr. & Mrs. Scott Harkins. Laura is a gourmet cook, especially of oriental food. She made about twenty of us into real lovers of her cooking. It was new to us, and exciting!

Fall inspections make for warmer winters

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

Fall is about to be in full swing which means that cooler weather and the heating season are not that far away. The Better Business Bureau recommends that consumers consider having central heating systems, any wood heating appliances and components inspected before they are fired up for daily use in cooler weather. The Consumer Product and Safety Commission, recommends that a qualified heating contractor should inspect home heating systems annually.

Equipment that should be inspected includes: the furnace or boiler, its electrical and mechanical components, thermostat controls and automatic safety switches. Chimney, flues and venting systems should also be checked for possible blockage. Birds' nests and loose mortar are materials commonly found clogging passages. Make sure that your flue, all joints and connectors fit together tightly and are rust or crack free to prevent a back-up of toxic gases. Rust and cracks can cause leakage of toxic fumes into your home which could also result in carbon monoxide poisoning.

A chimney sweep should clean the chimney if the inspection reveals an accumulation of soot on chimney walls. Chimneys should be checked and cleaned, if necessary, on an annual basis. Homeowners converting to gas from oil should have their chimney inspected at the time of the conversion and then yearly thereafter. Your BBB reminds consumers that it's always a good idea to check out a chimney sweep before hiring one.

If you are using a wood stove this season, be sure that your stove and stovepipe was installed according to the manufacturer's recommendations and local codes. If there is any doubt, a building inspector or fire official can determine whether it has been properly vented and installed an appropriate distance away from any combustible surfaces. Always operate your appliance within the manufacturer's recommended temperature limits. Too low a temperature increases creosote buildup which could cause a chimney fire. Too high a temperature may eventually cause damage to the chimney and may also result

in a fire.

If work needs to be done on your present heating system or chimney, be certain to hire a contractor with a good reputation for dependable, reasonably priced work. Obtain a listing of BBB Accredited Businesses, ask friends, neighbors and colleagues for recommendations and always check out any company being considered at BBB.org.

Obtain at least two estimates for the work. All bids should be in writing and should provide a full description of the services to be provided and the materials to be used. Ensure that all companies provide enough detail to adequately compare services.

Many heating and air companies offer annual service contracts where they provide system checks and emergency maintenance each year at a lower cost to you. Check to see if your company offers any discounts or incentives.

Additionally, the U.S. Department of Energy (www.energy.gov) also offers a free home energy checklist of home

heating tips and other energy related measures that can be taken to improve efficiency that may also help you save money.

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

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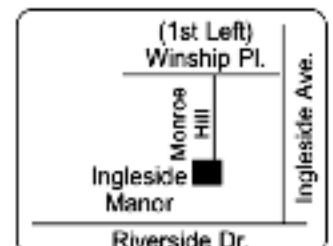
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Senior NEWS

Serving the Macon Metro Area

Website

www.seniornewsga.com

Publisher

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VA.MktPub@aol.com

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Published monthly. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Approximate Monthly Readership: Metro Augusta, 27,000; Macon/Central Georgia, 21,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication. Editorial information you would like considered for publication should be mailed to: Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005.

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Phone 478-929-3636

www.seniornewsga.com

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Senior News & Views of Georgia

Poets' Corner

BOUND

(The anaphora)

by Henry N. Goldman

*Bound by mind's subconscious
tethers,
Bound by Father Time's quick claim.
Bound by metaphoric fetters,
Bound by poetics' phantom chains.*

*Bound by lyrics' straining schisms,
Bound by meter's rhythmic beat.
Bound by dactyls' straining rhythm,
Bound by lack of numbered feet.*

*Bound by titles' limitations,
Bound by substance in my verse.
Bound by doubting inhibitions,
Bound to read and then reverse.*

*Bound to lyrics – I'm defender,
Bound to write it – hard I'll try.
Bound and never to surrender,
Bound to poetry until I die.*

THE SUN CAM SMILING

by Mary N. Carson

*The sun came smiling thru my
window
One bright and shinny morn
To wake me from my sleeping
To see what was going on.*

He entered very quietly

*On tiptoe, I suppose,
Because I did not hear him
'Til he slanted across my nose.*

*I felt his warmth and opened
My sleepy eyes quite wide.
I was so glad to see him,
I felt such joy inside!*

*"Good morning to you, Sunshine!"
I thought, or maybe I said,
As I arose another morning
And slid down from my bed.*

*My heart sang within me
As I worked the whole day thru.
So thank you, Mr. Sunshine.
You're so good at the job you do!*

THE FIG TREE IN MY YARD

by Pauline M. Brown

*When I was growing up and trying
to learn about life,
My mother's fig tree seemed like
a gorgeous gem.
She would pick the figs early in
the morning,
Before the sun and the children
got to them.*

*I was too small and had to sit
on a box,
Trying not to be seen as I grabbed*

*the dusty fruit.
It was almost like dealing in stolen
goods,
And sometimes I had to move fast
when Mom told me to scoot!*

*Beauty, as everyone has heard,
Is in the eye of the beholder.
It's too bad that we forget
About that eye as we grow older.*

"LIFE"

by Patricia Karen Ray

*Joy should ring in the hearts of men,
Because life is such a wonderful
thing.
We were all created by the hand
of God,
All equal, and the same.
No race, creed, or color,
Matter in the eyes of God.
As all were made by Him,
And for all mankind, He died.
So, do you ever STOP and wonder,
What Beauty there is to see?
In this Big Word about us,
The Flowers, and the Beauty of
a tree.
You see, it is life that counts,
We make what we want it to be.
So we should all give thanks to God,
For our life, and all the Great
Beauty
we see.*

Armed Forces Retirement Homes

by DANIEL W. GATLYN, USN Ret.
Minister/Journalist

There are two Armed Forces Retirement Homes in America – one in Washington, DC; and, the other is located at 1800 Beach Drive, Gulfport, MS, squarely on the Gulf Coast! There exists other Veteran's Homes in several states (War Veterans Homes, etc.) but with vast differences.

I called Becki Zschiedrick, Public Affairs for the Gulfport Home and she scheduled me a tour of facilities with my own personal guide, Navy Retired Senior Chief Charles Pinney, himself a resident of the Home. He met me in the lobby and we immediately "hit it off!" Close at hand were items and spaces which

captured my attention... an "in house" bowling alley, pool hall, elaborate exercise rooms/equipment, barber shop, post office, banking facilities, wood working shop, excess storage spaces, extensive nurses station and personnel (Doctors are available). A full size swimming pool is on site; as is dining facilities! Every special need has been considered, and planned for! There is simply no necessity to leave the premises, unless one is extremely ill.

Numerous safety features are incorporated to ensure a valid environment! While furnishings are not patterned after the "waldorf," every item is "first class;" with floors and walls that "sparkle!"

The housing facilities consist of apartments for over five hundred

residents; with specific considerations for ladies (approximately fifty), and married couples (housing for twelve; both have to be Veterans).

Sections A, B, and C are designated for those who are fully capable of handling all personal affairs (physically and mentally). Section D is primarily set aside for Assisted Living and for those with deficient conditions. Spacious apartments are designed for single occupancy (except for married couple) in the multiple high rise structures.

Prospective residents will find there is a waiting list for entrance.

Eligibility for entrance is of the highest standard in this "non-smoking facility;" with a non-criminal record being essential.

Normal Residents are required to pay approximately forty percent of their income (from all sources); with minor additional costs for television/computers. Assisted living occupants pay an increased amount since additional care is necessary.

To eligible veterans, especially to those who have no surviving family members, the Retirement Home offers a "care free" atmosphere; one where all needs are met; and, where conversation is of mutual color.

Becki, at Public affairs, can be reached at 228-897-4429 for questions/information; or, one may write to the Home, at the address in given above. You may also contact me at dangatlyn@juno.com.

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On the Cover

Hilda and Her Dolls!

by CLAIRE HOUSER-DODD

Sometime we hate to answer the house phone as it's usually a salesperson or a charity delegate or an outright scam. Last week we had a different call. One we were glad to get. One that makes us happy. It was an "UP" call from Hilda Wilson telling me about her porcelain dolls and wall hangings, quilts, etc. It was something Billy Tucker, owner and president of *Senior News*, had heard about and wanted us to do an article. Oh, yes, these are the happy and positive kinds of phone calls we love.

Hilda informed us that the porcelain dolls and wall hangings were on display at the Vineville Methodist Church in Macon for the whole month of September... barely giving us time to get up there and take a peek!

Just how, you want to know, did

Hilda Wilson, a full time worker, find time and energy to start a new and entirely different enterprise. Our only answer is... it's creative, and supplies its own energy. But porcelain? How in the world does someone who has never done anything like this all of a sudden get into such a delicate medium?

It's like this, you see. All the while working, her Grands stayed with her and her husband, Walt, in the afternoons after work and spent most nights, while daughter Karen Mullis Walker worked.

In short, the grands, Samuel, Leghman and Lauren, were Hilda's life and loves. She took care of them, fed them, got them to school, loved them to pieces and inwardly thought life would go along in this happy circumstance forever. Not to be. Daughter had to up and move and took the children with her. Hilda was devastated. She cried, she mourned, and her hands shook. She was miserable. A good friend suggested she see psychiatrist at Mercer. She did! She says it's the best money she ever spent. He took one look at her misery and shaking hands, and said "Get a hobby. Get a life. Start doing something you love. Something you can get completely immersed in and don't stop doing it! Throw yourself into this hobby completely. Get involved."

Hilda then met art teacher Joyce Joiner who teaches porcelain sculpture. As Hilda's hands were still shaking, Joyce told her she couldn't work with porcelain with trembling hands. Hilda liked what she saw, pulled herself together, stopped shaking, and started making beautiful porcelain dolls with classic faces and handsome costumes. She also sews well, and shortly one of her first dolls won first place at a Georgia Federated Woman's Club state convention. Success creates more success.

Hilda was hooked, involved, and in love with her newly found talent. Consequently, her depression and disappointment were turned into joy and a new life.

Of course she still missed the grands, but her days and nights were now filled, and she was able to enjoy 100% of the times she could spend with her grandchildren and not live in the past or hold on to the anger she felt when they moved away. Today Hilda and Walt have five grandchildren: Allyssah, Karik, Savannah, Anna Grace and Aniyah Mullis. Most live in Juliette, Georgia and they all get together often to the enjoyment of all.

Hilda and Walt Wilson keep busy following retirement from the government. Walt retired after 41 years. He was a manager of the F-15 Aircraft Program. He left the government assignment on a Friday and on Saturday he ran the first All American Soap Box Derby, after a 40 year lapse, in Macon and then reported for work the following Monday at Smith Brown and Groover, a wealth Management Service, as an invest-

ment broker. After three years he left that company and was the first Director of The Better Business Bureau. He was well known in the community for his organizational skills and business acumen, so when it was determined that middle Georgia needed a Bureau, he was approached to get it started. Then he became a partner with GBIS (government Business Information Services, Inc.) This Company obtains disability benefits for individuals that have been denied initially.

After 39 years of Government Service, Hilda retired. Her last assignment (14 years) was served as Contracting Officer for the U-2 Reconnaissance Aircraft Program. Then she started selling memberships for The Better Business Bureau. She was recognized nationally as the Number Three Salesperson in 1998. She was a consultant with GBIS for a couple of years. She still takes art classes, makes porcelain dolls, and sews continuously making wall hangings, quilts, clothes, etc. These dolls and wall hangings were the ones on exhibit at Vineville United Methodist Church during September.



We congratulate both Hilda and Walt for their amazing work ethics and applaud them for making lemonade out of lemons and going on to have a happy, healthy, creative and awarding life. We love those gorgeous dolls!



10th Annual SEVEN ISLANDS ARTIFACT ID DAY

Saturday, October 8th, 2016

From 12:00 pm to 4:00 pm

at the

Indian Springs Hotel/Museum

1807 Hwy 42 South

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The public is invited to bring their artifacts to be identified and dated by members of the Ocmulgee Archaeological Society, who will be on hand to identify Native American artifacts from all periods and historic artifacts from the earliest days of settlement. Of special note, several noted experts from across Georgia will be on hand to identify and record Clovis, Dalton, and other early projectile points. There will be several artifact collections on display, flintknapping demonstrations as well as atlatl, primitive weapons, and friction fire demonstrations.



Sponsored by the Butts County Historical Society,
The Ocmulgee Archaeological Society, &
The Village at Indian Springs

For more information, please contact
W.J. Shannon at wjshannon123@bellsouth.net

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- Bosom Buddies + (PLUS): Call (478) 765-4805 for information.
- Breathe Easy Support Group: Reservations are required; please call (478) 751-0449.
- Caregiver Support Group: Everyone is welcome. For questions, call (478) 765-4336.
- Chemo and You: Managing the Side Effects of Chemotherapy. Call (478) 765-4805 for information.
- Chronic Fatigue/Fibromyalgia Syndrome: Call (478) 475-4908 for information.
- Helping Hands Grief Support: For information, call (478) 464-1401.
- G.L.A.D.: Call (478) 765-4338 for information.
- Lap-Band Support Group: For information, call (478) 476-8045 or email chandra.churchwell@hcahealthcare.com.
- Look Good ... Feel Better: Registration is required. Call (478) 765-4805 for information.
- Survivors of Suicide: Call (478) 741-1355 for information.
- Strive from Stroke and Heal The Heart Support Group: Call (478) 765-4413 for details. This support

group is for patients, families and caregivers whose lives have been touched by stroke.
• United Ostomy Association
Support Group: Call (478) 477-8337 for information.

H2U Activities

- For information call 478-765-4116
- 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.

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Cancer Life Center
Information and Reservations: 478-633-8537; www.cancerlifecenter.org

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 Middle Georgia, Inc.

Meals on Wheels of Middle Georgia, Inc. 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're currently needing volunteers Mondays 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 contact our Volunteer Department 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

Warner Robins Senior Citizen Services (50+ Years Old)

**Warner Robins Recreation
Department - Felicia Wright,
Director**
Email: FWRIGHT@wrga.gov; 478-293-1066

continued on page 7

General Business Directory For Seniors



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EVENTS

from page 6

Senior Activity Center
152 Maple Street, Warner Robins
Office: 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.

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.

The Macon Arts Alliance

486 First St., Macon
478-743-6940

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
• *Superior Donuts* by Tracy Letts: Oct. 14-23

Warner Robins Little Theatre

South Pleasant Hill Drive
478-929-4579; www.wrlt.org
• *Who Killed Elvis?* (farce/comedy), Director: Cathy Collins. Auditions Oct. 3 & 4; Play Dates: Nov. 11-13, 16-19

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.

New Dimension of Praise International Ministries, Inc.

Uletha Durham, Pastor, 207 S. Davis Dr., Warner Robins, Church: 478-329-8780, Cell: 478-283-9494

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.

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 Carol Cannon, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: ccannon@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: chief-scribe@cox.net.

Fine Art Society of Middle Georgia

Meets 4th Mondays at the Flint Electric Building, Hwy. 96 & Sutherland Dr., Warner Robins. For details call 478-396-9198, email: fas-midga@gmail.com, or visit www.fas-midga.org. FAS Gallery of Art is located at 2507 Moody Rd., Warner Robins.

Houston County Council on Aging/Meals on Wheels

Houston County Council on Aging/ Meals on Wheels is a nonprofit that delivers meals to home bound seniors. We have openings for seniors in need of meals and for volunteers able to distribute meals. Please call Alesha Mathis, Meals on Wheels Coordinator, at 478-328-6070 for more information, to sign up for meals, or to volunteer.

Ocmulgee Audubon Society

Meets 2nd Monday monthly (except July), 7:30 p.m., Museum of Arts and Sciences, 4182 Forsyth Rd., Macon. Birders and visitors welcome. Additional information, call 478-477-7016; <http://ocmulgeaudubonsociety.blogspot.com>.

General Business Directory For Seniors

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VIN Cloning swindles luxury care buyers

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

You see a classified ad for a late model luxury used car – a BMW, Lexus, Porsche or Cadillac Escalade. But the price advertised is thousands of dollars under what you would expect to pay. When you call the seller, he says that his family has large medical bills or credit card debt and he needs cash quickly. You cannot believe your luck!

You jump at the bargain, meet to inspect the car, transfer the titles at the state motor vehicle office and pay him the cash. He disappears with your \$20,000 (or more) and you enjoy driving your beautiful luxury car for a few days – until the police knock on your door and inform you that the car you are driving is stolen! You have just lost your cash and your car and joined the ranks of victims of a growing scam called vehicle identification number (VIN) cloning.

State motor vehicle offices

require a VIN to register a vehicle, and the number is also recorded on a car or truck's title. A VIN cloner takes the unique identification number from a legally owned or junked vehicle and uses it to forge documents for a stolen vehicle of a similar make and model. Experts suggest that VIN cloning costs consumers and insurance companies more than \$4 billion each year.

VIN cloners typically steal VINs from high-end, luxury vehicles and expensive SUVs because they can command a higher price in the used-car market than standard makes and models. The numbers are often stolen by thieves strolling through parking lots (VINs may be found on the dashboard, driver's side door jamb, rear-wheel well or engine) or through Internet classified advertisements and auctions.

Once they have a legitimate VIN, the thieves find a vehicle with similar characteristics and steal it. Sometimes they punch out a new VIN and replace the stolen vehicle's dash VIN with the new one. Or they use com-

puter technology to print out authentic looking documents with phony VINs. The last step is selling the vehicle, usually through classified ads or other informal methods. Some altered vehicles end up in auctions or on unsuspecting used-car lots.

This type of scam artist preys on middle-income consumers who are thrilled to get a great deal on an expensive vehicle. To help prevent falling victim to VIN cloning, the Better Business Bureau suggests the following:

- Be extremely cautious if you see a late model luxury car selling significantly under normal market price.
- Do not fall for the "we need cash quickly" excuse; exercise due diligence.
- Check the VIN number on the dashboard against the car's title documents. If there is a discrepancy, that is a definite red flag.
- Make certain the dashboard VIN number also matches the number under the hood and at the door jamb on the driver's side.
- Closely examine the car's title, registration and other docu-

ments. Fake documents sometimes contain misspelled words, which points to something amiss.

• If you still have questions about the validity of the vehicle's VIN, obtain a comprehensive vehicle history report.

If you think you may be a victim of VIN cloning, contact your local police department.

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

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