

# Senior News

Serving **MACON** & CENTRAL GEORGIA

Information  
For Ages  
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Nick  
Strickland

## *A Birthday for Nick!!!*

by CLAIRE HOUSER-DODD

**M**ike and Emily Griffin, James Khoury, and yours truly were celebrating Mike's birthday at Tapitos on Thursday night when James told us about the secret Birthday get-together for Nick Strickland (one of our most famous athletes of the Fort Valley Greenwaves) the next morning at Burger King breakfast. It seems Nick and some close buddies meet every AM around 7, and his Birthday would be no different except for a few more drop -ins and a beautiful cake brought by W.L. Brown. There is a story drifting

continued on page 5

June 2016  
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## Taking Care

# Flexibility is Key for Parkinson's Caregivers

by LISA M. PETSCHKE

**P**arkinson disease (PD) is a progressive disorder involving damage to nerve cells in the brain that control muscle movement.

According to the American Parkinson Disease Association, 164 Americans are diagnosed with PD every day. Incidence increases with age and the majority of cases develop after age 60.

The main symptoms of PD are shaking (known as tremors), slow movements, rigidity and balance problems. Other symptoms may include fatigue, excessive sweating, loss of coordination, loss of facial expression, difficulty initiating or continuing movement (freezing), stooped posture, a shuffling walk, difficulty with handwriting, decreased speech volume, swallowing problems, sleep problems and depression.



Lisa Petschke

Dementia may occur in the later stages.

Although symptoms and the rate of progression vary considerably among individuals, PD usually advances slowly and patients can lead active lives for some time. Disease progression tends to be more rapid in older adults.

Currently there is no cure for PD. Medications are available to alleviate certain symptoms, but their effectiveness can decrease over time. In cases where medication does not work, surgery may be considered. Lifestyle modifications are an important part of any treatment plan.

### Coping Strategies

If you have a loved one with PD, read on for a variety of tips for coping with caregiver stress, including uncertainty about what the future holds.

### Mental Well-Being

- Accept the reality of the illness and the need for ongoing adjustments. Let go of any bitterness resulting from unrealized

plans and dreams, so you can channel your energy in constructive ways.

- Learn as much as possible about PD and its management and educate family and friends. The American Parkinson Disease Association at 1-800-223-2732 or [www.apdaparkinson.org](http://www.apdaparkinson.org) is a good resource.

- Accept that how your relative feels and what they can do may vary throughout the day, and from one day to the next. Be flexible about plans and expectations.

- Concentrate on what your relative can rather than can't do.

- Cultivate a focus on living in the moment and enjoying life's many simpler pleasures.

### Emotional Self-Care

- Stay connected to people who care.

- Allow yourself to experience all emotions that surface, including resentment and guilt. Do get help immediately if you feel an urge to harm your relative or yourself.

- Find an outlet for expressing your thoughts and feelings – talking with a friend, keeping a journal or attending a caregiver support group.

- Seek help from your primary physician or a counselor if you continually feel anxious, sad or angry. Depression is a legitimate medical condition and is treatable.

### Spiritual Well-Being

- Set aside quiet time each day, to nurture your spirituality and help keep you grounded. Do things that center you and bring inner peace, such as meditating or getting out in nature.

- Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone less fortunate. Just be careful not to take on too much.

- If applicable, turn to your religious faith for comfort and strength.

gious faith for comfort and strength.

### Practical Tips For Daily Living

Because PD is incurable, the goal, from a medical perspective, is to achieve the highest possible level of functioning and prevent or minimize complications. The following strategies can help:

- Find a neurologist with PD expertise, whom you and your relative respect and trust.

- Help your relative follow the management plan prescribed by medical professionals, which might include medication, diet changes, exercise, rest, adaptive aids, lifestyle changes, stress management techniques and regular medical checkups. Let care providers know if a plan stops working.

- Encourage your relative to do as much as possible, to maintain their abilities and independence.

- If mobility issues prevent your relative from getting around in the community, help them obtain a suitable mobility device.

- Set up a record-keeping system to organize health information.

- Be prepared to advocate for your relative in the hospital and other care settings, to ensure they receive their Parkinson medication on time.

- Make home as safe as possible – for example, remove scatter mats and install handrails along stairs. If accessibility is an issue, renovate or develop a plan to move.

- Accept offers of help and ask for assistance as needed. Find out about services in your community that can help you and your relative now or in the future.

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*Lisa M. Petschke is a medical social worker and a freelance writer specializing in boomer and senior health matters. She has a parent with Parkinson's disease.*

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## Let us entertain you

by CLAIRE HOUSER DODD

*As a rule, Man's a fool.  
When it's hot, he wants it cool.  
And when it's cool, he wants it hot.  
Always wanting. What is not.*  
Anonymous

**S**o very true, and witnessed so often this spring. Hot, cold, Baby! And don't forget wet! We just bought some new rain boots with wonderful stripped colors. And, they're comfortable, too! As a matter of fact, we had on dress sandals shopping, and, naturally they hurt, so we wore our boots home. Sheer Heaven! If you're like we are, half our shoes are bought while out shopping for something other than shoes. When we can't bear the ones we're wearing, we have to change. Anything is better than the shoe we had on!

The hard thing about writing this column is timing. As we write to get this article in, everything is about the Georgia Peach Festival in Fort Valley with Family Day on June 3rd at Festival Park, and the Big Peach Parade at 10am on Saturday with Betty Cantrell, Miss America, and the Historical Society's Annual Chicken Salad Luncheon at the MacArthur/Saxon House, the World's Biggest (and best) Peach Cobbler, Vendors, T-shirts, entertainment at the Gazebo and the Band on The Peach Beach, and fireworks.....all happening on the 4th when this paper comes out.

Everybody is so busy working, getting out of school, planning Bible Schools and vacations it is hard to get any information except about the above mentioned activities.

The good news is that the Peach Festival continues in Byron the next weekend on June 11th at North Beach Park so this information is timely for you to gear up for this fun afternoon and night with vendors, arts and crafts, and food, starting at 3 pm. The pre-concert music begins at 6 pm. That will be the Tres Hombres Band, a very popular group, that doesn't speak spanish, we count four members! To be followed by The Has Beens. They played here in 2013 and are brought back by popular demand. There were in excess of 2,500 people here for the Peach Festival that year. The Has Beens are made up of four

of the original members of Stillwater and one member of the famed Doc Holiday Band from Macon. We hear the expectation is for the audience to out do the last one!

The Peach Regional Chamber of Commerce Banquet was last Tuesday night. It gets bigger and better every year. It was held at the Southern Bridle Farms. The entertainment was country, which certainly fit the barn, with singing and strumming by Megan Fowler. This was a celebration of the communities working together for Economical Prosperity in Middle Georgia. Bobby Barnes, Vice President, welcomed the guests. Rev. Chris Cortee of Fort Valley State University gave the invocation. Catering by Yoder's Catering, Tom Morrill, President gave remarks, the silent auction was held and Mr. Barnes concluded. A really fun evening was enjoyed by all.

We attended the Phoenix Health Fair on 96 by the Health Center and Phoenix House on the grass, in comfortable chairs in the shade. The children had two slides, one for the very young and one for older ones. They had a wonderful time and enjoyed the cotton candy, ice cones, face painting, hot dogs, juice and water drinks. The weather cooperated and everyone enjoyed their annual Health Fair.

The Fort Valley Farmer's Market opened on Friday the 13th to scant attendance. Lots of vendors, were ready with their wares and live music with Dennis Herbert's 3 piece ensemble, but disappointed that not many shoppers showed up! Was it advertised? Hey! Those that attended had a great time, loved the music and were as astonished as anybody at the slim crowd. The Farmers Market continues each Friday down by the Rail Road tracks. See you there!

If you receive your Senior News this AM, perhaps you can make it to the parade, Fort Valley Historical Society's luncheon, the free peach cobbler, vendors and Peach Beach with DJ music and dancing before the Great Fireworks Spectacular. Always a really fun night. For complete list of times and events please visit [www.gapeachfestival.com](http://www.gapeachfestival.com)

### THIS IS YOUR INVITATION TO ATTEND! SEE YOU THERE!

A few other Peach happenings:  
• Dickey Farms



Tres Hombres

3440 Musella Road, Musella  
478-836-4362 or 800-732-2442  
[www.dickeyfarms.com](http://www.dickeyfarms.com)  
Peach Season (May-August) Daily,  
8:00 am-6:00pm

- Dickey's At The Hilltop  
Corner of Hwys 74 & 341  
at the roundabout, Culloden  
478-836-4362  
[www.dickeyfarms.com](http://www.dickeyfarms.com)  
May-August 8:30 am-5:30pm daily
- Lane Southern Orchards  
50 Lane Rd, Fort Valley  
478-825-3592 or 3362  
[www.lanesouthernorchards.com](http://www.lanesouthernorchards.com)
- Pearson Farm  
5575 Zenith Mill Rd, Fort Valley  
478-825-7504  
[www.pearsonfarm.com](http://www.pearsonfarm.com)  
May-August (Peaches)  
9:00 am-5:00pm.

### My Love to Thee

*The hours I've spent with Thee  
dear Lord  
Are pearls of priceless worth to me.  
My soul, my being merge in sweet  
accord,  
In love for Thee, in love for Thee.*

*Each hour a pearl, each pearl a  
prayer,  
Binding Thy presence close to me;  
I only know that Thou art there,  
And I am lost in Thee.*

*Oh, glorious joys that thrill  
and bless!  
Oh, visions sweet of love divine!  
My soul its rapturous bliss can  
ill express  
That Thou art mine, O Lord!  
That Thou Art Mine  
Myrtle Fillmore*

## The 2016 Georgia Golden Olympics

Special to Senior News

**T**he 2016 Georgia Golden Olympics is scheduled for September 21-24, 2016 in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department. Join us for the 2016 event and qualify for the 2017 National Senior Games scheduled for June 2-15, 2017 in Birmingham, AL.

Registration will continue

through August 1, 2016. If you have competed in the Georgia event in previous years, you may register online (after May 1, 2016) from the website: [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org)

If this is your first time to compete, you may print the form from the website and mail with your fees and age verification to Georgia Golden Olympics, PO box 958, Winder, GA.

For more information about the games you may go to website or call 770-867-3603.

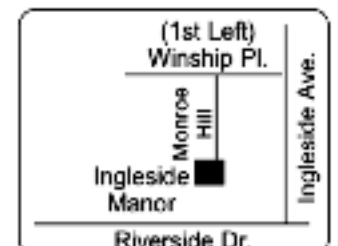
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# Poets' Corner

## TO MY DAD by Michael Riles

*In 1987, the Lord took him away.  
A quiet man, with little to say.  
To Chicago he trekked,  
from the field's of Monroe.  
In the 1920's,  
Louisiana to Chicago.*

*A true raconteur,  
that was my dad.  
I heard all his stories,  
the surreal, the good and the bad.  
The Flappers, the strikes,  
labor riots and Al Capone.  
With his brother, my uncle,  
the two were never alone.*

*He was drafted into the Army,  
in 1942,  
My dad, like many others,  
to their nation true blue.*

*Dad survived Normandy,  
Bastogne and Ramagen  
liberated Dachau,  
in a war long since forgotten.*

*Dad arose at 430,  
every morning he'd go.  
to work so we'd be fed,  
come rain, heat or snow.*

*In 1960,  
on his shoulder's I'd see,  
a parade passed by,  
Ike Eisenhower waved to me,*

*Saw many dads,  
salute as he passed by,  
and on many of their faces,  
I saw grown vets cry.*

*That generation of dad's,  
they did what they did.  
Today dad's numbers have dwindled,*

*resulting in so many lost and sad  
kids.*

*On this father's day,  
Dad, I'd like to say.  
Thanks for saving the world,  
and giving me the life I've loved,  
each and every day.*

Michael Riles is a baby boomer and the author of numerous books. He is a US Army vet who served as a Russian interpreter and analyst in what was West Berlin, Germany from 1977-1981. He has one son, a mechanical engineer, and is a retired TV advertising sales-representative living with his wife of 36 years in Stone Mountain, Georgia.

\*\*\*\*\*

## ALLEGIANCE

by Henry N. Goldman

*No one asked, "why send me?"  
When they were sent across the sea,  
Our country to serve, to keep us free,  
With allegiance they did serve.  
Away from home many did go,  
And so quickly the young did grow,  
Into men, and into battles did flow -  
Never a moment from duty swerve.*

*Salesmen, college boys, fathers  
were sent,  
Fighting and dying for freedom,  
they went,  
Stood their ground with bravery  
unbent -  
Knowing well the task they had.  
On foreign fields so many did fall,  
For God and country, they gave all,  
That tyrants and madmen they  
forestall -  
In a world seemingly gone mad.*

*Now our world is a much better  
place,*

*Because these refused to turn their  
face,  
From duty and allegiance - did  
not disgrace -  
Yes to all these our glasses we raise.  
For all who fought in wars before,  
Protecting ideals from foreign foe,  
May we on them our gratitude  
bestow -  
To these we owe our eternal praise.*

\*\*\*\*\*

## HAPPY FATHER'S DAY by Ron Dennard

*I hope that you will have a great  
time today.  
Filled with God's blessings coming  
your way.  
You've been good to me through  
the years,  
You helped me conquer life's fears.*

*Have a happy day surrounded by  
those you love.  
You reared me and taught me the  
meaning of love.  
You are a strong man and gave  
me strength,  
Teaching me to straighten things  
that were out of shape and bent.*

*Happy Father's Day to a wonderful  
guy.  
You understood when I had the  
need to cry.  
I love you Dad and know you  
love me,  
Your hand was there leading me  
to victory.*

*This is a good time to let you  
know how I feel,  
I love you Dad, it's for real.  
Have a good day and may it be  
well spent,  
You are really a deserving gent.*

# Update on the American Dream

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

**I**t is amazing that "the American Dream" is substantially mentioned on a daily basis, primarily by those who have become disappointed in where they reside socially, financially, and academically! Just how do we define this aspiration al plateau... and by what means do we arrive on it's threshold?

James Adams, in 1931, declared that "life should be better, richer, and fuller for everyone!" Another states that "everyone in the U.S. should have the chance to be successful!" Still others speak of "the Dream" as a "state of ample gold, a college education, a big house (at least 1500 square feet), a good job, a full fridge, an excellent employment (maybe six figures), a vacation in Vegas or Paris; and, friends in the "beltway!" Some even hypothesize a viable dream without morals or ethics! And

some aspire to success without pains, plans, or patience!

Well, let me share some light on the subject!

The dream, the desire, the potential, and the vision of elevation in life – for all Americans (and for a host around the world) – has not changed since Adam was created... and subsequently squandered his opportunity, by attempting an alternate route! Success has always been predicated on an individual exerting efforts, and pursuing a path of morals and ethics! The proposed dream will not make an unmerited appearance! It is awarded to those who are alert, who care about people and values; and, who are eager to share the necessary burdens and liabilities!

The problem with a 21st Century definition is that we have multitudes who have become acclimated to a socialistic and criminal atmosphere that extends empty promises, without a personal and virtuous participation.

To the individual who will

emerge from a lackadaisical stance... who will refrain from drugs, alcohol, and "party time"... who will abide by Biblical commands... who will eat right, walk right, and act right... who is willing to work... and will live within their means... there will always be a place of acceptance; with a job, with academics, and with a reasonable residence! Marriage, and family, and health will fall in place; and, that is your best definition for the "American Dream!"

If you are one to insist on the governmental bodies catering to selfish whims, and a social standard that guarantees your fair share to be subsidized on a daily basis; your college to be paid for and a "chicken in every pot;" then you will never have enough! Such an Orwellian mentality is diametrically opposed to practicality, Biblical morality, and planetary economics! It is also indicative of a parasitic attitude! The American Dream is a distinct possibility for every person who chooses to align with a responsible pursuit of life!



## BIRTHDAY from cover

around about Nick and the Mistletoe Caper. James thought we should appear early in the AM and give Nick a Birthday Kiss. As it turned out, he received two, one from Peggy Herbert and one from your writer, simultaneously!

About 20 or so well wishers showed up and a great time was had by all. We couldn't quite make out the number on the cake. One time it appeared to be 83, which we knew was an error; and, the other way it was 38. We decided to stick with a good round number like 12!

Now, that was a good day's work... and, there was more to come. On Saturday Nick and wife Syl were at the sale at the Methodist Church and everybody made a big "to-do" over his "Surprise Party." Then on Sunday he was congratulated from the pulpit. Quite an honor. Later, friends Orve and Carole Bergman who had been out-of-town and missed the festivities, took Nick and Syl to dinner at the Mennonite Restaurant.

His birthday was actually on April 24th and we held the celebration a day early, but his family, Elaine and Elizabeth, came in on the actual day of his birth. They had a close family get together at his home on Knoxville Extension.

Nick Junior, as he was often known around town because he

worked with his father at Strickland Hardware which was open 50 years. Nick Senior opened the Hardware Store in 1939, Nick came in to work with him in 1954, after a stint at Mercer, bought it in 1965, and ran it until he closed in 1988. We remember his sister, Mable, and her husband, Ralph Cannon, coming up from Florida for the official closing. We were giving Nick a congratulatory hug and Mable said, "Those two haven't changed a bit!" Guess we never will.

As we were talking the other day, Nick said "It was different when we were in school. You didn't just go around with the people in your class, you were good friends with the entire high school. We were all good friends, knew each other, liked each other and supported each other. We had each other's backs." That was certainly true.

Nick lived on Central Avenue across from the Episcopal Church where the empty side yard had beautiful soft green grass. We lived on the corner of Everett Square when we moved back to Fort Valley, and every night (in good weather) we all met on that lawn to play Tag or Chase or whatever until the street lights came on. We remember Nick saying "I 'm not gonna play when Claire is 'It,' she doesn't have to run, her arms are so long she just reaches out and snatches you!"

While speaking at the Historical Society not so long ago, Nick said, "I've had a good life in a good town here in Fort Valley. I had the right



Nick and the "gang" celebrate his birthday!

parents, right town, right state and the right time." We suspect that has a lot to do with his positive outlook on life, his upbeat personality and his spiritual life.

Known as a great athlete, he played football three years in High School when we won State Champs in 1948 and we were runner-up one year. Our record was 30-4 for those three years.

Wilton Walton has been known to say that Coach Faircloth said "Nick Strickland was the best all-around FVHS athlete at that time." Our hats are off to you, Nick, and there are others of us still hanging around who REMEMBER!

After selling the Hardware Store, Nick went to work at the FVSU as

Conference Organizer for the Pettigrew Center. He retired from there after 10 years and is now in his 16th year at Lane's Southern Orchard.

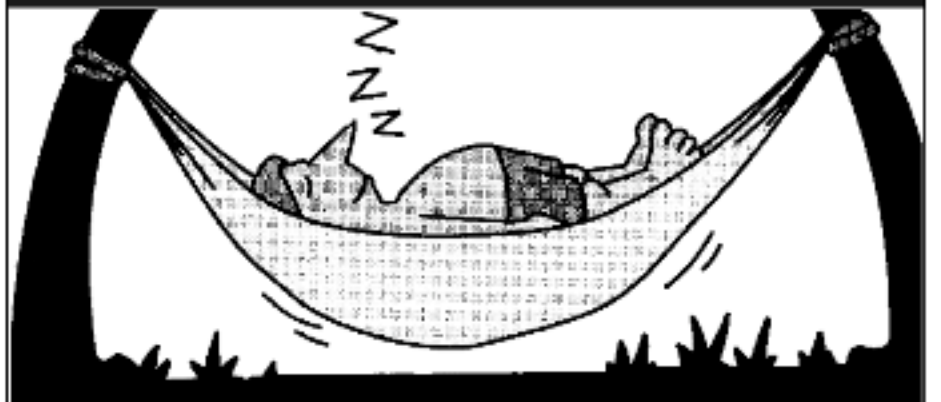
Yes, we agree, Nick has had a charmed life here in the Valley. He and Syl are busy with church (their social life is mainly related to children and grandchildren) as Nick believes in having an obligation to return the goodness and kindness that has been shown to him. He thinks this is his best and biggest birthday ever, and we believe he has carved a really good life out for himself and it just may be that every day is his birthday!

Congrats for a long and healthy life, and another Happy Birthday!



Nick Strickland

## Tired of Retirement?



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**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 478-765-4116

**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

- 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 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.

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**MG Sprouts Summer Camp is coming soon!**

**Special to Senior News**

**D**o you remember the wonder of watching a seed germinate? Have you experienced the joy of watching plants grow? Do you know a child who would be interested in these experiences?

University of Georgia Cooperative Extension Houston County, in partnership with Master Gardener Extension Volunteers, is offering an MG SPROUTS Summer Camp for children who have completed Kindergarten, 1st, or 2nd grades. This three-day experience will introduce youth to the wonder of gardening through a series of activities and books. Through hands-on activities, garden journals and reading, participants will learn about "ugly vegetables," Jack's garden, and plants gone wild. Conducted in

the Multipurpose Room of the Houston County Extension Office, sessions are held from 9:00 AM-12 Noon on Monday, June 27, Tuesday, June 28, and Wednesday, June 29. Cost for the camp is \$20 per child.

MG SPROUTS Summer Camp will be led by Master Gardener Extension Volunteers who are screened and trained volunteers partnering with UGA Extension to extend gardening and horticulture information to the public. These volunteers participate in at least 40 hours of classroom training and 50 hours of volunteer service on behalf of UGA before earning the Master Gardener title.

Registration is required for participation in MG SPROUTS Summer Camp. Contact the Extension Office in Houston County at 478-987-2028 for complete details. Space is limited, so register early!

# General Business Directory For Seniors

  
**Waller Occupational Therapy**  
At-Home Occupational Therapy Services  
**Eulanda Waller, OTR/L, CAPS**  
Owner/Therapist  
**478-227-8968**  
[info@wallerot.com](mailto:info@wallerot.com)  
*Creating Solutions, Rebuilding Lives*  
[www.wallerot.com](http://www.wallerot.com)

Home Inspection Service  
Planning to Buy or Sell?  
Need a Home Inspection?  
Call:  
**David R. Von Almen**  
Home Inspector  
**(478) 213-5986**  
[VAMktPub@aol.com](mailto:VAMktPub@aol.com)

**SCOTT ANTIQUE MARKETS**  
**JUNE 9, 10, 11 & 12**  
3,500 Booths!  
Second weekend of every month!  
Atlanta Expo Centers Atlanta, GA  
• Show Hours: Thurs. 10:45am-6pm, Fri. & Sat. 9am-6pm, Sun. 10am-4pm  
• Directions: 3 miles East of Atlanta Airport, I-285 at Exit 55  
740-569-2800 (3650 & 3850 Jonesboro Rd. SE)  
ONE coupon per person. Expires 6-13-16  
[www.scottantiquemarkets.com](http://www.scottantiquemarkets.com)

**St. Paul Apartments & Village**  
62 & Older and Disabled Persons Welcome  
1330 Forsyth Street • Macon, GA 31201  
Call **478-745-0829**  
Rent Includes All Utilities • Beauty Shop  
Library • Optional Lunch 5 Days/Week  
Bus for Groceries & Doctor Appointments  
Range of Planned Activities  
Washer/Dryer On Each Floor  
Subsidized and market units.

**The Medicine Shoppe**  
**Ryan Pugh, Pharm D**  
Compounding Pharmacist  
Your Bio-Identical Hormone Specialist  
1550 Watson Blvd. • Warner Robins  
[www.medshoppe.com](http://www.medshoppe.com)  
**478-922-2067**  
Warner Robins' Oldest Independent Pharmacy

**Choosing your first Medicare health plan is a big decision**  
Call a Humana sales agent today.  
**Agent: Sharon Young**  
**478-733-9214**  
TTY: 711  
9 a.m. to 5 p.m., Monday - Saturday  
**Humana.**



## EVENTS

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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

### Warner Robins Senior Citizen Services (50+ Years Old) Warner Robins Recreation Department - Felicia Wright, Director

Email: FWRIGHT@wrga.gov; 478-293-1066

### 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](http://www.cggs.org).

### 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](mailto:bswinney@mg-rc.org) for details.

### MGRAACA Meeting

The MGRAACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information. Forsyth-Monroe County Convention & Visitor's Bureau.

### Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Thursday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905

or email: [chiefstrib@cox.net](mailto:chiefstrib@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](mailto:fas-midga@gmail.com), or visit [www.fas-midga.org](http://www.fas-midga.org). FAS Gallery of Art is located at 2507 Moody Rd., Warner Robins.

### 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](mailto:nhill@mgcaa.org).

## BUSINESS CARD SECTION

For Advertising Information Call

Billy Tucker at 478-929-3636

David VonAlmen at 478-213-5986

Jan Tassitano at 678-575-4184

# General Business Directory For Seniors

*America's Choice in Homecare.*  
**VisitingAngels.**  
LIVING ASSISTANCE SERVICES

Dementia Care • Transportation  
Hygiene Assistance • Medication Reminders  
Flexible Schedule • Respite Care  
Meal Preparation • Fall Prevention

**478-971-1608**

**COLISEUM PARK**  
PROFESSIONAL PHARMACY

360 Hospital Drive Macon, GA 31217

Across from the Emergency Room  
**BOB MOODY RPH.**  
Pharmacist, owner  
Start Getting Better Now!!!  
Phone: 478-745-5431 Fax: 478-765-4359  
**FREE PRESCRIPTION DELIVERY**

**Macon and Middle Georgia**  
**477-5501**

**Home Instead**  
SENIOR CARE  
*in us, it's personal.*

The world's trusted source for non-medical companionship and homecare for the seniors.

- Companionship & Personal Care
- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

**Goodwill NEEDS YOU!**

**YOUR DONATIONS**  
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

**YOUR TIME**  
Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.

CALL: Mid GA: 478-475-9995  
OR CSRA: 706-650-5760

To find a location near you, visit  
**[www.goodwillworks.org](http://www.goodwillworks.org)**

**Need Help Doing it All?**

**THE ORGANIZER**

**MY FRIEND, KATHERINE**

**Get Organized! Get Happy!**  
Home, Office, Financial  
Organizing Services & Life Coaching  
20 Years Experience  
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[katherine@myfriendkatherine.com](mailto:katherine@myfriendkatherine.com)  
Licensed, Bonded & Insured!

Free phone consultation (478)731-3748

**Vineville Christian Towers**  
~ Accepting Applications ~

Applicants must be at least 55, meet income guidelines, have good rental and credit history and acceptable background screening.

**Studio & 1-Bedroom Apartments**

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



# Tips for buying a home security system

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

**M**illions of homeowners seek to secure their homes, families and belongings with a home security system. In fact, last year Better Business Bureau received nearly 600,000 inquiries from consumers researching alarm system companies.

BBB also received a lot of complaints from consumers about less than ethical companies attempting to get them to switch their alarm service, often by knocking on the door and claiming to be their current provider offering an "upgrade," or saying their current alarm service is out-of-business or was sold to the door-to-door salesperson's business.

Make sure the company you choose is credible by searching on bbb.org and following these tips:

Choose a reputable business. The best home security system will accommodate your lifestyle and specific valuables you want protected. Carefully consider your security requirements and budget. You may also get recommendations from your homeowners or renters insurance carrier. Deal only with reputable firms and check out the company with BBB first.

Contact at least three companies before making a selection. Find out if they are properly licensed and ask if the company runs a criminal background check on employees prior to hiring. You can also look up companies on the websites of the Electronic Security Association (esaweb.org) to make sure they have pledged to uphold industry standards.

Ask about all charges up front. Prices for home security systems will vary based on the level of protection and type of technology used. Be sure to compare bids on similar systems. Do not forget to factor in the initial installation charge, as well

as monthly monitoring fees. Also, talk to your insurance agent; some systems may qualify you for a discount on homeowner's premiums.

Know the ins and outs of your contract. If your alarm system will be monitored, either by your installing company or by a third-party monitoring center, find out the length of the contract. Typically, monitoring contracts are two to five years in length. What is your recourse if you are not satisfied with the services provided? Can you cancel the contract? What are your rights if your monitoring company is purchased or acquired by another alarm company? These are the types of questions you need to consider before you obligate yourself to a long-term contract.

## Here are some "red flags" to watch out for:

High pressure sales tactics. A reputable seller will give you time to think through the deal and will make an appointment to return at a later date. Do not give in to high-pressure sales tactics; take the time to do your research and make an informed decision.

Deals that sound too good to be true? Some sellers might offer an extremely good price for their products or services. The adage holds true that you get what you pay for and many people have been quickly disappointed when the products didn't live up to the hype or the company did a shoddy job.

Lack of company identification. Any legitimate salesperson will be able to provide you with positive identification for both themselves and their company. Also beware of sellers who don't appear to have any ties to the community. Itinerant workers often enter and exit an area quickly, and may not deliver everything promised.

A poor rating with BBB. Always check with BBB first to see

how many complaints the company has received and how they've handled them, as well as other information available in the BBB Business Review.

For more trustworthy consumer tips, visit [bbb.org](http://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](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org). For more consumer tips that you can trust, visit [bbb.org](http://bbb.org).



Beth Tabor, Regent General Daniel Stewart Chapter NSDAR; Fran Washko, Vice Regent Governor Treutlen Chapter NSDAR; and, Georgia State Society Corresponding Secretary, Marcie Fletcher.



Georgia State Regent of the National Society Daughters of the American Revolution, Ida "Bea" Fisher, (right) with new Governor Treutlen Regent, Lynn Southerland. Ms. Fisher recently visited the Fort Valley and Perry Chapters of NSDAR to install new Officers. Governor Treutlen Chapter is the only Peach County Chapter of the NSDAR. For additional information you may contact Fran Washko at 478-396-0131.



Sunday June 26th

Independence Parade 6 pm

Washington - Main - Courtney Hodges

Hometown Heroes, Military Units, Colorful Floats, & Much More!

Freedom Fireworks Celebration 7 pm

Fireworks at Dark

Georgia National Fairgrounds West Gate

Kid's Zone, Bring a Picnic, Food on Site

Back by Popular Demand! Live Music with Backwoodz Branded!