

# Senior News

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## Meet Fran Washko!

by CLAIRE HOUSER-DODD

Cover: Mike and Fran Washko will be celebrating a 56-year Wedding Anniversary on March 9, 2016

**J**ust how did we meet Fran Washko? It was years ago on a nice sunny afternoon behind the Municipal Building in Byron, GA. Our daughter introduced the owner and operator of a delightful old southern plantation type Bed and Breakfast with a great front porch for visiting and talking. And that's just what we did.

Very soon we realized Fran was the perfect hostess, so welcoming, so friendly, so full of life. About that time it hit us, "we'd met her before, but where?" Oh! The Officers' Club at Robins. That was confirmed and naturally the connection was made. This little lady was no fly by nighter. She was and is a professional who began her career as a waitress and hostess at the Noncommissioned Officers' Club in Elmendorf, Alaska and we later read the Justification for Department of The Air Force's Award for Outstanding Civilian Career Service to Frany A. Washko. It is quite an impressive document commending her for her excellent service for 1 August 1969 to 28 February 1997 for making "significant and lasting contributions as a progressive leader in the field of food service management."

This thoroughly researched document goes back to her college days in GA, MS and Germany where she maintained a 3.5 GPA while holding down full time demanding positions in catering and club management.

continued on page 5



March 2016  
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## Taking Care

# One size doesn't fit all caregivers!

by LISA M. PETSCHÉ

**M**uch is written about caring for aging relatives, offering general advice and specific tips to family caregivers. It may all sound good, but for any particular caregiver, some ideas will ultimately be more helpful than others. That's because, although caregivers face many similar challenges, no two caregiving situations are alike.

Numerous factors account for the differences among caregivers, experiences.

### Caregiving Variables

- **Interpersonal issues:** The nature and history of the caregiver's relationship with their relative plays a key role in how caregiving unfolds. If personalities, habits, expectations or values clash, the caregiver is likely to experience more stress than the average person in that role.

- **Caregiver's health:** If they have physical or mental health challenges, caregiving is likely to be experienced

as more difficult. Even if their health is initially good, this may change over time, especially if caregiving is prolonged, intense or marked by complications and crises.

- **Timing:** Since some stages of life involve more responsibilities than others, the timing of the caregiving journey has a major impact on caregiver burden and coping. Caring for an older relative can be especially challenging when the caregiver is looking after multiple relatives, raising their own family or employed, especially in a demanding type of work. If more than one of these applies, caregiver stress is further multiplied.

- **Care receiver's needs:** The more physical and mental limitations a care receiver has, the more time, energy and skills are required of the caregiver to meet the person's needs. The extent to which the care receiver's health is stable is another significant variable in caregiver coping. Stress can also be higher when the relative has multiple major medical diagnoses – for example, Alzheimer's disease and cancer.

- **Available supports:** Caregiving is not meant to be a one-person job, but in some cases, the primary caregiver may be the only caregiver, which puts them at a high risk for burnout. Ideally, other family members pitch in

and regularly give the caregiver a break; however, for various reasons this does not always happen. Community resources also help to support and supplement a caregiver's efforts, but the availability of such resources varies from one community to the next, as does the cost.

- **Finances:** If the caregiver or care receiver can afford the financial cost of home renovations, medical equipment and private healthcare services as needed, this is likely to make caregiving safer and less stressful. And if the cost of a regular vacation for the caregiver and concomitant respite care for their relative is feasible, this can go a long way towards keeping the caregiver healthy in body, mind and soul.

- **Expectations:** Sometimes a caregiver can be their own worst enemy, expecting too much of themselves or the person for whom they are caring.

Care receivers, too, vary in their expectations – regarding caregiver availability, privacy (if they live together), outside help (whether or not they will accept it) and financial arrangements (who pays for what), among other things.

Cultural factors may also play a role. For example, in some cultures

it's expected that elders will be cared for in the home of one of their children until their death. Consequently, arranging long-term care in a residential facility tends to be perceived as shirking of one's familial responsibilities and the caregiver judged harshly by those close to them.

Such an expectation can place undue pressure on a caregiver who feels stretched to their limit and is wearing down.

### Words of Wisdom

If you are a caregiver, try not to compare yourself with others in this role. Their circumstances are likely to be different, although it may not be evident from where you sit.

When you come across caregiving advice, no matter what the source, know that it won't always be applicable because, in some ways, your situation is unique.

Ultimately, you need to do what works for you and feels right.

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*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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## State agencies working together for Special Needs Students

Special to Senior News

**I**n order to improve services for children with special needs, an agreement was signed in early January by the Georgia Department of Early Care and Learning, Georgia Department of Public Health, the Georgia Head Start Association, the

Georgia Department of Education, and Region IV Administration for Children and Families. These agencies developed a plan to coordinate services, transition, screen and refer children for special services, and to share training among each agency. The purpose is to make certain that all children with special needs receive high quality services.



In photo are (L-R) DECAL Commissioner Amy M. Jacobs; Dr Brenda Fitzgerald, Commissioner, Dept of Public Health; Richard Woods, State School Superintendent; Stephania Whitehurst, President, Georgia Head Start Association. Back row: Donna Johnson, State Director Children and Youth with Special Health Care Needs; Jan Stevenson, Education Program Specialist, Preschool (619) and Speech/Language Impaired Program Division for Special Education Services and Supports, Georgia Department of Education (GaDOE); Jennie Couture, Director PSS, DECAL; Janice Haker, Director State Head Start State Collaboration Office. Not pictured is Carlis Williams, Region IV ACF Administrator.



## Let us entertain you

by CLAIRE HOUSER DODD

*First a howling blizzard woke us,  
Then the rain came down to soak us,  
And now before the eye can  
focus Crocus.*

Lilja Rodgers

**T**his past month has been very busy. Let's hope March will slow down a bit. But, February was a lot of fun. Especially for us celebrating our birthday with family and friends. Sandee and William Khoury took us up to Forsyth to the Anvil Run for a six course dinner which was way too much food, but we ate it anyway, and enjoyed every second of it. Luwana Walton and Chris Khoury were loving it with us. Annette Brennan took us to Texas Road House so we could visit with Grand Denver, and we got lots of cards and calls from friends and family here and in Atlanta. These are some very good things about getting older. You know a lot more people, and they don't expect so much from you. Now, ain't that a plus!

The Peach County Historical Society had Micaela Moreau, this year's winner of the DAR (Daughters of the American Revolution) Essay Contest from Fort Valley. Both clubs met at the MacArthur/Saxton House on Miller Street in Fort Valley. How exciting to have a High School Senior speak so eloquently on what it takes to become a really good citizen. Micaela is an honor graduate, and seems to excel in all endeavors. She is also a member of the Golden Girls and we're happy they will be joining the Georgia Peach Festival Parade on Saturday the 4th of June in Fort Valley, which will be honored by the presence of Miss America, Betty Cantrell, from right here in Peach County. This year promises another great festival with Sandee Davis Khoury as our new president.

The DAR held a luncheon with George and Martha Washington in the middle of the month that was a big thrill. You can read about it in the column on Fran Washko. Hope they do it again next year and you can come!

You can tell our moniker as "A Vulture of Culture" really fits us. Another outing was to Christ's Church in Macon to see Elisabeth Von Trapp in concert. Yes, that one. Elisabeth is the granddaughter of the legendary Maria and Baron Von Trapp, and "The Sound of Music" are part of her earliest memories. Whether they come from the original baroque instruments and four part harmonies of the family choir, on their Vermont radio, or from the diverse collection of musical instruments always

in their living room; piano, cello, guitars, ukulele, accordion, recorders, dulcimer or zither.

Elisabeth was inspired by her father's guitar playing and singing, and started taking piano lessons at age eight. By sixteen she was playing guitar and traveling the back roads of New England with her family performing at weddings and gospel meetings, town halls and fairs.

Music made her family name in Hollywood legend. Everybody remembers when and where they first saw "The Sound of Music." We saw it at Louis Grand in downtown Atlanta on a huge (at that time) screen with daughter Emily. Adorable, Memorable, never to be forgotten.

Elisabeth's concert was breathtaking. It took everyone back in time to their first sighting as she sang medleys from the show. She has been influenced by the classical artists of her grandfather, Beethoven, Bach, Vivaldi and Mozart as well as her father's records and the voices of The Beatles, Dylan and Joni Mitchell and the Rolling Stones.

She has been heard from the Subway platform of New York City, to the Kennedy Center and The White House, and has been featured on BBC Radio, Japanese National Radio and CNN Spanish Radio. She has also appeared on CBS's Eye on People, ABC's Good Morning America and BBC-TV.

Elisabeth says: "Cold winter nights... I would sit on my bed in the dark, picking out a Joni Mitchell song on my guitar as the sounds of Tchaikovsky's Violin concerto on the phonograph would float up the stairs from the living room below where my mother sat knitting. Some of my earliest memories are of music... it has had an impact on me and continues to guide me; music has given me a place to be."

As this article has to go in early, we're not sure who won what in the February Camellia Show at Masee Lane. We're happy we won some little something. Our trees are just now beaming with several different blooms on one tree, and are really pretty. William Khoury, our Camellia expert, said we should enter. So me did. If we win, we'll brag next month. If we don't, you'll not hear another word.

Easter is early this year, consequently, so is Palm Sunday, also known as Sunday of Orthodoxy and Vernal Equinox.

Don't forget Daylight Savings time is on the 13th at 2 am. Remember, we spring forward! Cause it's Spring. And fall back when it's fall. Easy to remember that way.

And for the most important

holiday of all... Happy Easter!

*Starting over is an acceptance  
of a past we can't change, an  
unrelenting conviction that the*

*future can be different, and the  
stubborn wisdom to use the past to  
make the future what the past was  
not.*

Craig D. Lounsborough

### Louise Truitt, MSHRM, SPHR, joins Coliseum Health System as Vice-President of Human Resources

Special to Senior News

**C**oliseum Health System is pleased to welcome Louise Truitt as the new Vice President of Human Resources. She will provide leadership and oversight to the human resources department for Coliseum



Louise Truitt

Medical Centers and Coliseum Northside Hospital.

Prior to accepting this position, Louise worked for Human Resources Operations Strategy & Support at Hospital Corporation of America's corporate office, where she provided vice-president support for hospital facilities experiencing human resources transitions. Her extensive background also includes serving as the Vice-President of Human Resources for Capital Regional Medical Center in Tallahassee, FL and Human Resources Director for Doctors Hospital in Columbus, GA.

Louise earned her undergraduate degree in Business Administration from Troy State University, where she also received a Master of Science in Human Resource Management. She is a Certified Senior Professional in Human Resources as well as an Advanced Certified Patient Account Representative.

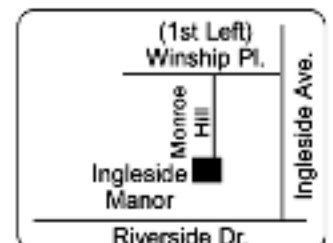
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# Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please email it to seniornewsga@cox.net or mail it to Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

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## THE CAREGIVER TREASURE

by Norman Drummond

*Here comes Betty walking near me,  
Here comes Thomas, there sits John,  
Anne, and Alfred, Margie, Elsie,  
Seeing them, though they're all gone.*

*Life provides an endless mixture,  
Scenes scroll like a movie show,  
Watching reels of old, old pictures,  
Mem'ries etched on heart and soul.*

*Moving on, though ne'er erasing;  
Living in the now instead.  
Other elders daily tracing  
Precious scenes inside my head.*

*Can the heart be over loaded,  
Reach a point too full to care?  
At the brim and running over –  
No more space for mem'ries there?*

*Do our chests have their own  
measure?  
Lord, when cups fill up to brims,  
Make them so to hold more  
treasures –  
Precious jewels and sparkling gems.*

\*\*\*\*\*

## MY ROOM

by Beverly Bryson Norton

*My room is cheerful and bright as  
the sun peaks through my window  
in the early morning light;*

*Outside my window stands a tree  
sturdy and tall, and I watch it  
change with the seasons for a  
special delight;*

*Winter brings tiny snowflakes or ice  
that light up and sparkle like a  
Christmas Tree at night;*

*The other seasons bring the buds,  
leaves and flowers that become a  
welcome sight after the long  
winter's plight;*

*Beyond the tree, a gazebo stands  
like a white edifice magnificent  
and tall as the vines and flowers  
entwine throughout the walls; this  
is a restful place to enjoy where  
one can sit, meditate and dream;*

*This is not all I see as the waterfall  
comes into view;*

*The birds gather to drink and take  
a bath as they flutter their wings  
and chirp and sing;*

*With the bird houses so close by,  
I can always watch the colorful  
birds in this lovely scene;*

*My room becomes a happy place  
as I try to remember the past,  
but I find joy in watching these  
everyday things.*

## Giving... The Anatomy of Stewardship

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

**B**iblical Stewardship is all about the personal extension of time, talent, and substance; as opposed to a selfish embrace of volumes, victory, and values! "Giving" should be the common denominator of those who have been redeemed – an automatic feature if you will – of those who's lives have been miraculously changed! The vessel who has been touched by "the Master" should forever abandon the role of "isolationist;" to take on the new stature of "bonded servant!" Giving of one's self, to the credible work of God; and, to aid the plight of those less fortunate, is central in Scripture... and essential to the maturity of a saint!

Do be reminded, that we should place our donations wisely – for many are scandalous in handling of funds! (Google your Charitable Organizations for statistics.) The liberal scattering of one's goods and reputation is explained in various tones! Consider the following!

Giving is "Reciprocal!" What goes around, comes around! "Give and it shall be given, pressed down, shaken together, and running over!" Such is the process attached by Biblical verse! (Luke 6:38)

It is also a law of "natural manner" that defies neutrality! It will happen! Every day of the week, and every week of the year, what goes out will return multiplied!

That is the central commentary of "seed!" Consider for a moment the stalk of corn! One grain is responsible for ears; and, each ear contains scores of seeds!

This is precisely the principle carried forth! It is unalterable! Our Giving should be directed toward "the Mission" (The Church as applicable); and, toward humanity!

Giving is also "Provisional" – in that conditions are set! If you be willing and obedient you shall eat of the good of the land! (Is. 1:19)

There is a "big If" in every promise of God! And while He could, God does not normally move unilaterally! His promise is based on a provision! You cannot expect God (or man) to respond to "nothingness!" It does not happen! The equation waits on the individual to become involved! You will not harvest grain (or anything else) unless grain is sown! No rabbits out of the hat... just plain common sense and direction!

Giving is thirdly, Commendatory! Your participation in supporting the work of God, and the "poverties of men," is observed and commended in every instance! Thanksgiving and celebration indicates that you have observed the reasons for contribution; and, are willing to become a part!

It means you have recognized both the admonition and the promise surrounding the effort! Read Malachi 3 carefully!

We should be cheerful givers! It is both obligation and privilege! I would not go a day without sharing of Tithes, Offerings, and Gifts – all of which are commanded, and expected! In fact, it is so profitable to becoming involved, that twenty percent is not a burden... but a celebration!

The Lord distinctly invites you to "prove Him! (Malachi 3:10) Want to be solvent? Start your Giving today!

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## FRAN

from cover page

Fran is from Harmony, PA, born to Bill and Frany Bauder. She had an older brother, Bill, Jr., and a younger sister, Lynda. Immediately upon graduation, she married her high school boyfriend, Michael A. Washko, S.Sgt., and took off for Germany on a three-year tour. Quite a jump for an 18 year old young lady from Pennsylvania. The couple welcomed their first child, Darrel, into the world at the famous Landsat Army Hospital in Germany and their second, Cari Lynne, three years later at Otis AFB in Mass. The family lived in Germany, Mass., Maryland, North Carolina, Alaska, then seven years in GA and three more in Germany. Then back to GA in 1979 when Mike retired. Fran had worked at the Officers' Club before and after this last trip to Germany.

Fran and Mike loved it here, bought a house in Byron and that is when Fran started her impressive community/volunteer services. But, 10 years before she had won the Outstanding Young Women of America Award in recognition of her outstanding ability, accomplishments and services to her community, country and profession. Now, she

steps up to prove it!

Besides keeping up with children, 8 grandchildren and one great granddaughter, Fran has been active in the Historical Societies of Byron and Fort Valley, Treasurer of Peach County Chamber of Commerce and worked on Tourism Committees such as the fabulous GA Peach Festival. She is active in her church, Westminster Presbyterian in Warner Robins, Byron Lions Club, where she is a Hall of Jamar and holds a Melvin Jones Fellow, Regent of DAR for last four years. She loves scrap booking and teaches it four days a month while keeping the Depot open to the public during the hours of 10-4.

If that's not enough, Fran is also the Byron/Centerville advisor and leader of the Leo Club, Young Lions ages 12-18. Two weekends ago, she took 6 kids to their Waycross Camp to clean up for the coming Camp for the Blind. While there, Devon, son of Sandee Davis Khoury, won the honor of becoming the Chaplain for the coming year.

Fran invited us to go with her to the DAR's George Washington's Birthday celebration Feb. 10th at the McArthur Saxon House. We were met by George and Martha, themselves. (At least it looked that way to us.) Actually they are A.T. members of the 7th Chap. Of the DAR by way of being originally from Powdersville, Ga. (That is a story in itself.)

It was fantastic to walk into the parlor of the 1800's Historical House and be introduced to the 1st President and Father of His Country standing there in his natural 1700's outfit with Martha in her Sunday best. In real times, George is Judge Jack McLaughlin of Dunwoody and Martha is his daughter, Debbie Banks of Chastain Park. George wore a blue tailored brass buttoned jacket, knicker pants and knee high black boots. Martha wore a black and white colonial dress with lace sleeves and a mob hat. Both wore the fashion of the day spectacles and he wore a powdered wig. They were magnificent in attire and actions. We were first served cider from a huge



Fran Washko, Regent Governor Treutlen Chapter NSDAR; Debbie Banks, aka Martha Washington; Lee Brown, Womens' Issues Chairman; Jack McLaughlin, aka George Washington; and, Sara Smelt, member.

copper jug in appropriate crystal cups, then invited in to dinner which was prepared by Martha's famous receipts.

Having been to a tavern in Connecticut of the same era, we were a bit apprehensive about the food, but immediately relived when we saw tables of fine green salad with cucumbers. The dinner plate contained baked chicken, pole beans and dried potatoes. All delivered with fresh herbs and creamy butter. We exclaimed to Lynn Southerland, "This is my grandmother's receipt." Of course it is, my mother's too..." all our answers dating back to this time in America! We all agreed. The other people at our table were from Macon. The multigrain bread and butter were exceptional.

When the beautiful dessert arrived we all chimed in, "This is my mother's pound cake!" It was crispy, a hint of almond, covered with boiled custard, blue berries and a sugar cookie in the shape of a hatch-et stuck up in it. Devine.

The DAR and Historical Society are looking forward to the William Wiggins Grave Marking Day on April 2 at Oak Lawn Cemetery in Fort Valley at 2:00 and to the reception following at the McArthur Saxon House.

These events don't just happen. There is a lot going on back stage. In this case, we had Lynn McLaughlin, wife of Jack, Vickie Jenkins and Ruth Langsfeld, cousins and friends all "pressed into duty" by Lynn who

is called (The Chairman of the Board and commanders the group). They are all from Atlanta and usually do all the cooking plus the work. This time Lynn, who is kin to Dawson of Dawson's Kitchen in Macon (whose mother, Frances English Kitchen in Macon was a best friend of ours in high school) to go by the recipes and prepare the food to save them the cooking and transporting of food, china, linen, silver, tablecloths, etc., for the perfect meal and occasion.

After mulling over a few of Fran Washko's accomplishments, we can see why we were so truly impressed that day at her B&B. The charm of a Southern girl born and bred in Penn. is not to be overlooked, outshone, or in any other way bypassed.

Thanks, Fran, for moving to our beloved Peach State.



Mother of two, Grandmother of eight, and Great Grandmother of two-year old Kimberly.



Devon Davis, President Byron Centerville Leo Club and newly elected MD 18 Chaplain; Fran Washko, Leo Club Advisor; Daniel Bennett, Vice President; and, newest member, Megan Humphry

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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

- **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.

**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

continued on page 7

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**Jan Tassitano at 678-575-4184**

**General Business Directory For Seniors**



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## EVENTS from page 6

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.

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

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.

\*\*\*\*\*

**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).

\*\*\*\*\*

**Middle Georgia Art Association Gallery**  
2330 Ingleside Ave., Ingleside Village,  
Macon. 478-744-9557; [middlegeorgiaart.org](http://middlegeorgiaart.org). Tues.-Fri., Noon-5 p.m.;  
Sat., Noon-3 p.m.

\*\*\*\*\*

### Divorce Recovery Group

First Baptist Church of Macon,  
located at 511 High Place, is offering a  
Divorce Recovery Group for those  
interested. The meetings are held on  
Wednesday evenings. Child care and  
children's activities will be provided.

For additional information call the  
church office at 478-742-6485.

\*\*\*\*\*

### DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at  
DivorceCare.

DivorceCare is a special weekly  
seminar and support group for people  
who are separated or divorced. The  
group meets at Central Baptist Church  
located at 1120 Lake Joy Road, Warner  
Robins. Childcare is provided for  
babies through 5th grade.

For additional information call  
478-953-9319.

\*\*\*\*\*

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 par-  
ents. 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 sen-  
iors 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-<br/>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 informa-  
tion contact PJ Johnson at 478-284-  
6905 or email: [chiefstrib@cox.net](mailto:chiefstrib@cox.net).

\*\*\*\*\*

### 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: [uni-  
cornsquest@hotmail.com](mailto:uni-<br/>cornsquest@hotmail.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](mailto:apainter1@cox.net).

\*\*\*\*\*

### 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 inter-  
ested 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).

\*\*\*\*\*

### Alzheimer's Association

#### Neighborhood Memory Café

Have concerns about your memory? So  
do we. The Café is a time of socializa-  
tion and support for people with early  
to mid-stage memory loss AND their  
spouses and friends. Meets every 3rd  
Thursday, from 2 pm-3:30 pm. Call  
Allison at (478) 328-3800, x24 for  
location and information. The Memory  
Café is made possible by Summer's  
Landing of WR and The Alzheimer's  
Association of Central GA.

\*\*\*\*\*

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# Are Free Trial Offers Really Free?

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

**F**or centuries, consumers have believed when they were told something was "Free" that it really was. Not always true in today's world. Free trial offers are used by many companies to sell everything from books to CDs, from magazines to Internet access. Free trial offers can be a great way to try out new products or services without making a long-term commitment. You should be aware, however, that by accepting a free trial offer, you might be agreeing to buy additional products and services, if you do not cancel within a specified period of time.

It's called Negative Option Marketing and according to the Federal Trade Commission (FTC), Negative Option Marketing is a term used to "broadly refer to a category of commercial transactions in which the seller interprets a customer's failure to take an affirmative action, either to reject an offer or cancel an agreement, as assent to be charged for goods or services."

Before you accept a free trial offer, be sure you know what your obligations will be. For example, you may have to contact the company to cancel during the trial period to avoid

receiving goods or services or to avoid paying for what you have already received. By not canceling, you may be agreeing to let the company enroll you in a membership, subscription or service contract, and to charge the fees to your credit card.

Pay close attention to the "material" terms advertisers use. According to the law, companies must clearly and prominently disclose the material terms of their trial offers before you give your consent. Material terms may include:

- how much time you have to cancel before you incur charges;
- the fact that by accepting the trial offer, you are actually agreeing to be enrolled in a membership, subscription or service contract or agreeing to pay for additional products and services if you do not cancel within the trial period;
- the cost or range of costs of goods or services you will receive if you do not cancel during the trial period;
- how to cancel during the trial period;
- whether you will be charged a non-refundable membership fee if you do not cancel within the trial period; and,
- whether fees will be charged automatically to the credit card you used to buy other goods or services.

Free trial offers are promoted through all types of media: newspaper

and magazine ads, TV and radio commercials, direct mail, the phone and online. In print ad offers, the material terms may appear in fine print as a footnote at the bottom of a page, or on the back of the offer. To protect yourself, read the entire offer carefully before you decide whether it is a good deal for you. When offers are made orally – whether by radio, TV or on the phone – listen carefully to the message. If you do not understand the details, ask the caller to repeat the terms and conditions as many times as it takes until you understand. Or, ask them to send you the terms and conditions in writing. Never give into pressure to agree to a deal.

When ordering online, don't click too fast. Review the order form. Look for pre-checked boxes. You may be giving permission to send you more products that you'll have to pay for if you don't cancel, or you may be agreeing to a strict cancellation policy and not know it.

The BBB suggests you ask the following questions:

- Is the free trial offer related to a membership, subscription or extended service contract?
- Do I have to contact the company to avoid receiving more merchandise or services?
- Who do I contact to cancel?

• Will I receive other products with the free item? If so, will I have to pay for them or send them back if I do not want them? How long do I have to decide before incurring a charge?

• Is there a membership fee? If so, is it refundable?

• Will you automatically bill my credit card for anything?

• Who is offering the trial – you or another company? What is the name and address of the company?

Be sure to research any company with the BBB prior to placing an order but if you do experience a problem with a free trial offer, try to resolve it with the seller first. If you are dissatisfied with the response, contact the Better Business Bureau ([bbb.org](http://bbb.org)) or the Federal Trade Commission ([ftc.gov](http://ftc.gov)).

\*\*\*\*\*

*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).*

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