

Senior News

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Music of Susan McDuffie

by CLAIRES Houser-Dodd

Thank goodness we heard about Susan playing that beautiful 53-rank Schlieler at St. Joseph's Catholic Church Oct 16 at 12 noon. We rushed up to meet Wesleyan Conservatory room-mate Varese Hilli from Calloway Gardens, daughter-in law, Carla, and Mitzi from Perry for the delightful concert. Actually, the first of the 2016-2017 series.

It is a treat to hear these Third Thursday Organ Interludes played on the current organ which retrieves a small number of ranks from the original 1903 Pilcher by anyone, but to hear our Conservatory School mate, Susan Thigpen, perform is an even larger thrill. Just think, we've been following and enjoying our friend for quite a few years now. Actually, we graduated in 1953, but don't tell anybody! Just kidding, we are all so proud of and fortunate to have been involved with the Conservatory. It was completely unmatched for a degree in The Arts.

Having been friends for all these years, we are aware of many of Susan's talented endeavors. We have known her and Bill since they first met at the Conservatory. She was from Edenton, North Carolina and he from Arlington, Georgia. It was love at first sight – obviously – as they have been married for 60 years and still going strong!

Susan and Bill have four children, Kathy Pye, Macon; Robert McDuffie, New York; Sherwood McDuffie, Atlanta; and, Margery Whatley of Birmingham, Alabama.

Besides performing as piano and organ soloist, Susan also collaborates with instrumentalists, vocalists, other pianists and son Robert who is a world-renowned violinist, and daughter Margery McDuffie Whatley, a concert pianist; meanwhile continuing to serve as organist and organist/choirmaster at many area churches. Susan has also served on the faculty at Wesleyan College and as accompanist for the Bacon Civic Chorale and the Middle Georgia Choral Society, but she says, "The thing I'm the proudest of is my students and their work," she shared.

As this article goes to press, son Robert is coming to Macon to play a new venue with long time Macon friend, Mike Mills of R.E.M. Rock

continued on page 5

November 2016
Vol. 30, No. 11

Taking Care

Caring for Caregivers is a Special Gift!

by LISA M. PETSCHKE

The holiday season is a hectic time for many people, due to the preparations and festivities that typically take place. Staying sane, not to mention enjoying this time of the year, is even more of a challenge for those providing care to a chronically ill relative.



Lisa Petschke

Lighten the Load

The following are some suggestions for lightening the load of a caregiver in your life.

- Bake extra holiday treats to share with them.
- Let them know when you are heading out to the grocery store or on other errands, and ask if there's anything they need.
- Offer respite for an hour so they can get their hair done, or for a longer stretch so they can go shopping or to a holiday event.
- Offer to decorate, wrap gifts or perform other seasonal tasks. If they enjoy some of these activities, occupy their relative so they can engage in them without interruption.
- Offer to address greeting cards and take them to the post office, or assist the person in preparing and sending a

newsletter to update family members and friends.

- If they plan to entertain, offer to help with preparations and cleanup, or to attend to the care receiver during the event so the caregiver can concentrate on hosting duties and mingle with guests.

- If the person doesn't drive, offer transportation to the mall, a church event or somewhere else that they (and perhaps also their relative, if feasible) would like to go.

- Encourage the caregiver to practice self-care by eating nutritiously, exercising and getting sufficient rest. Do whatever you can to help make this happen. For example, bring over a meal or offer to sit with their relative so they can take a walk.

- Surprise the person with a treat, such as a rented movie (perhaps a holiday classic) or a poinsettia plant or other seasonal decoration. If you're on limited income, sign out magazines, books, movies or music CDs for them from the public library.

- Ask, rather than guess, what kind of practical help the caregiver could use most; perhaps it's dusting and vacuuming or running errands. If they decline assistance, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or baked goods and, if you're a neighbor, to sweep both walks or bring in both sets of garbage cans. Encourage the person

to ask for help if they are trying to do it all alone.

Keep in mind that emotional support and your time are the two most valuable gifts you can give a caregiver.

Thoughtful Gifts

- Booklet of IOUs for one or more of the following: home-cooked meals, baked goods, respite care, household chores or repairs, yard work, chauffeuring, running errands.
- Answering machine or cordless phone.
- Wall calendar with plenty of space for noting appointments.
- Caregiving binder for keeping records and organizing paperwork.
- Membership in a caregivers, organization or non-profit organization associated with their relative's disease (for example, the Alzheimer's Association or Parkinson Foundation).
- Gift certificate for a home health-care agency, medical supply store or cleaning service.
- Book of tickets or gift voucher for accessible transportation, if the care receiver is unable to ride in a car, so they can go out together.
- Inspirational book (choose a collection of verses or short stories if the caregiver doesn't have much time for reading).
- Subscription to a caregiving periodical, or a magazine that reflects an

interest (such as nature) or favorite pastime (gardening, for example).

- Hardcover journal for recording their experiences, thoughts and feelings.
- Relaxation tapes or miniature water fountain.
- Bird feeder and seed, or binoculars for bird watching.
- Hobby or craft supplies.
- Writing paper and envelopes, or a set of all-occasion note cards, along with stamps.
- Scented items: hand and body lotion, cologne, bar soap, bath salts or shower gel, drawer sachets, potpourri or candles.
- Basket of sweets, gourmet coffees and teas, jams and jellies or dried fruit and nuts.
- Gift certificate to a restaurant with takeout and delivery service, a dry cleaner with pickup service or a pharmacy or grocery store that delivers.
- Two tickets to a cultural event – so a friend can accompany them – and an IOU for respite care.

For higher-cost items, pool resources with family members or friends.

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

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Let us entertain you

by CLAIRE HOUSER DODD

Friendship is unnecessary, like philosophy, like art. It has no survival value, rather it is one of those things that gives value to survival.

C. S. Lewis

If you missed the Robin's Air Show this year, we're so sorry. It was the best ever. We go every chance we get and each time consider it to be "The Best." This year we went the VIP route with Sandee Davis Khoury, William Tell and their exchange student. Sandee is a member of the Military Affairs which had the best tent show of all. By show, we are speaking of all the nice people we met, and the delicious food we ate. We kept saying, "the United States of America knows how to feed you." Then all say, "Guess we do, we'd feed the world!"

We love the wonderful patriotic feeling that engulfs you when around all the service people from all over the world. We took an Italian with us and net one sitting behind us. She had married a GI! At a gathering this large, estimated at 250,000, you see every race, color, creed – all pulling in the same direction – and you feel SAFE. There were plenty of Sharp Shooters in high places. Although beer was offered, we saw few takers and there were no "incidents!"

Saturday was perfect weather. San Francisco Weather we like to call it. Layer Weather. Cool in the AM, warm midday and cool again at night. We had on a T under a linen shirt, and about 11:00 a.m. we started pulling the strap out of the right arm and Sandee helped pull the left out of the left arm. We had in mind to leave it around the waist; not Sandee, she yanked it on down and we stepped out on to the air strip minus our hot T shirt! Do you think that's a first on the Air Force Airstrip? We doubt it. When it's hot; it's hot!

The planes were exciting. All colors and sizes. We went mainly to see Matt Griffin, Mike's son who flies the F-15, one of our very favorites. We asked someone to take a picture for us to put in the paper. She showed me after he flew by at 700 mph near the ground. It was clear sky – too fast. We were too close, but we were waving anyway. Too fast for us, but we are in complete adoration for those who can master these planes and heights and

speeds.

The Shockwave Jet Truck went by about that time. Three huge jet engines J34-48 Pratt H Whitney's originally out of the US Navy T2 Buckeye. The combined horsepower is 36,000 lbs., making a total of 21,000 lbs. of thrust which propels this truck to speeds over 350 mph while racing planes at airshows and over North America. Shockwave is not only the most powerful truck in the world, it also holds the record speed for Semi-Trucks at 376 mph. We don't imagine it has much competition. If you've seen it only once in your lifetime, you're not likely to forget. Forget the speed, the noise alone will knock you off your feet. It assaults all your senses. Not only that insane deafening noise, but huge flames shooting out of the three after burners plus fire shooting out of the smoke stacks... intense heat and SPEED! It is owned by Darnell Racing Enterprises, Inc. out of Springfield, Mo. and driven by Chris Darnell.

We'd like that for our next vehicle! Do you think it'll be street safe?

Patty Wagstaff, one of the world's top airshow pilots was flying her thrilling, low-level aerobatic demonstration of breathtaking skill and showmanship. Having met her before at exciting airshows, we are always looking for this exciting six-time recipient of the "First Lady of Aerobatics" Betty Skelton Award. Impossible to list all her achievements here, we would like to mention the Airbase most prestigious award, the "Sword of Excellence," The Bill Barber Award for Showmanship, won recently, the Air Force Association Lifetime Achievement Award.

This Robins Air Force Base 2016 "Thunder Over Georgia Air Show" is a way of saying "Thank you to proud Americans across the Southeast for your steadfast support throughout the decades" from Team Robins and Colonel Jeff King, Commander of the 78th Air Base Wing.

All the show was a winner from the parachutists, the Black Daggers descending from 12,500 feet above at 120 mph, free fall maneuvering this flight to make a pinpoint landing two miles below, to the Grand Finale, the United States Air Force Thunderbirds performing their unbelievable aerobatics with such skill as to be almost unbelievable.

Everyone present and/or in the area enjoyed a spectacular and patriotic two day show. And all partici-

pants are in agreement with the author, "The harder you train, the luckier you get."

Bobbie McDuffie and Mike Mills "concerto violin, rock Band, one String Orchestra: merged the boisterous raw rock with the melodic rhythm of symphonic music to a gasping, dropjawed full house Oct 27 at Macon City Hall. Unbelievably beautiful. Bobby and Mike have been friends since childhood.

A few of the concerts to be held at St. Joseph's Catholic Church in coming months are: 12 noon – 12:30 p.m., Thursday, Nov. 17, 20th – Ellen Watson, Organist; Thursday, Dec 15, 2016 – Nelda Chapman, Organist; Thursday, January 19, 2017 – Charles Higgs, Organist.

Friday night Oct. 28 at Cox

Theatre in Macon, Jaimo and his Connecticut Jazz Band performed for his many friends and fans from his days here with the Allman Brothers. We saw Jaimo in a then new casino way out on the very end of Connecticut in 1998 and hadn't seen him sense. We keep up with him and hear about him from one of his best friends, Ellen Haygood.

The last matinee of Seussical by YAC at Theatre Macon downtown at 438 Cherry St. will be held through Nov. 6. One of the most performed and loved performances today. Everybody loves Dr. Seuss and his characters. The Cat in the Hat tells the story of Horton the elephant. Go see! For ticket information and show dates and times call 478-746-9485 or visit www.theatremacon.com.

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Senior NEWS

Serving the Macon Metro Area

Website

www.seniornewsga.com

Publisher

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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

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Senior News & Views of Georgia

IRS phone scam takes a hit, but don't let your guard down

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

The Better Business Bureau (BBB) and many local police departments have been warning consumers about a phone scam that is demanding money and threatening jail time over bogus unpaid tax bills. In fact, the IRS scam has consistently been the top scam reported to the BBB for the past couple of years. The scam has accounted for one in four reports to BBB Scam Tracker during its first year of operation.

In early October, police in Mumbai, India, raided a call center where there were more than 750 employees making these calls. Since this raid, BBBs have seen a significant decline in the number of complaint calls and reports about the IRS scam. Although it is welcomed, it is rare to see such immediate success from a raid such as the one in India. Hopefully, this decline will continue but BBB wants consumers to remain vigilant and educate themselves on how this type of scam works.

Consumers have been contacted by the "IRS" or the "Treasury Department" saying they owe money and it must be paid promptly. Consumers are instructed to buy a preloaded debit card or wire transfer funds to pay the debt. If the victim

refuses to cooperate they are threatened with arrest, home foreclosure, deportation, or suspension of business or driver's license. The caller often times becomes very demanding, hostile and insulting.

The BBB wants consumers to know that the IRS will never ask you for credit card numbers over the phone or request a pre-paid debit card or wire transfer. The IRS will most likely contact taxpayers via mail in regards to tax issues.

These callers simply try to scare consumers into paying them money they do not owe. Consumers should not be threatened into making any payments they are not certain that they owe. The scammers use these strong arm tactics because they know many people will pay the money to avoid being arrested.

Some other characteristics of this scam:

- Scammers use fake names and IRS badge numbers
- Scammer may actually have the last 4 digits of your Social Security number.
- Scammers can spoof Caller ID phone numbers making it appear the call is really from the IRS or their local police department.
- Victims can hear background noises of other calls being conducted to mimic a call site.
- After threatening jail time or deportation, scammers hang up and soon call back pretending to be from

the local police, to help support their claim.

• Never trust callers who use threats and hostility to bully their targets into doing what they want. This is a scare tactic many scammers use.

The BBB recommends the following if you receive a similar type call:

- If you know you owe taxes or think you might owe taxes, call the IRS directly or your accountant.
- If you know you don't owe taxes, call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or treasury.gov.
- If you've been targeted by this scam you can contact the Federal Trade Commission and use their Complaint Assistant at FTC.gov.
- Also report your experience on the BBB's Scam Tracker at www.bbb.org/scamtracker/central-georgia, so we can track the activity and warn others.
- If you are not sure if the call is legitimate or not, contact the BBB at 1-800-763-4222 or at bbb.org.

Remember that as we head into tax season, we can expect that the IRS name is going to be used in a multitude of scams so be alert and never provide your personal information.

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.

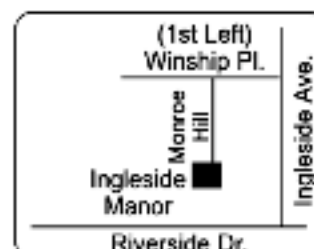
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SUSAN from cover

Band. It will be held at the Macon City Auditorium on Oct. 27 and our bet is that it will be a sell-out for "Concerto for Violas, Rock Band and String Orchestra." It doesn't happen often that there different varieties of music come together on one stage at one time, but when it does it makes for an exciting and jaw dropping event. Robert and Mike are also putting a record out somewhere about this same time. Mills will be playing bass and keyboard while the rest is the rock band will consist of guitarist William Tonka and drummer Patrick Ferguson (Five Eight) and guitarist John Neff (ex-Drive by Truckers). It was recorded at a con-

certo with students of the Robert McDuffie Center for Strings at Mercer University with Robert McDuffie as violin soloist.

It is so refreshing and exciting to go to one of Susan's concerts; to see one of our Conservatory friends still working, performing and still winning awards. She is a recipient of a 1998 Cultural Award given by the Macon Arts Alliance for outstanding contributions to the arts scene in Middle Georgia. She has also won the Wesleyan Alumnae Award for Distinguished Service to the Community and the 2016 Robert McDuffie String Center Award. And, Susan has just recently been named "Teacher of the Year" by the Georgia Music Teachers' Association and oddly, this award will be given to her on

Nov. 4, the same week *Senior News* comes out. Timely, huh?

Program
Toccata: Theodore Dubois

Sonata in C minor
Opus 56: Alexandere
Guilmant

Improvisation on
"Ashgrove:"
Wood/McDuffie

Be Thou My Vision (Slane)
Opus 21: Paul Manz

Prelude on "Come,
Christians,
Join to Sing: Traditional
Melody
by Jack Jones
Toccata: Symphony

No. 5, Opus 42: Charles-
Marie Widor

Congratulations, Susan, for being such a valued graduate of Wesleyan Conservatory, a talented music maker for self and many many others, and for being a prized friend. We'll always make that extra effort to see and hear you wherever you play. Thanks for being so special!



Susan and Bill McDuffie



Susan McDuffie and Dr. Jane Kimbrel performed on an organ recital at Wesleyan College in May 2016.



Susan McDuffie, Dr. Michael McGhee, Gail Pollock, Dr. Fletcher Anderson and Dr. Jane Kimbrel performed an organ recital at Wesleyan College in May 2016.

Early Detection is Key to Surviving Lung Cancer



November is National Lung Cancer Awareness Month. For many individuals in our community, battling the disease is already a part of their lives. For others, taking steps to prevent lung cancer and getting screenings that detect the deadly disease earlier can be life-saving steps.

It should be a no-brainer that the most effective step to take in the prevention of lung cancer is to quit smoking. About 90% of lung cancer is attributed to cigarette smoke – even second hand smoke causes lung cancer. So before you do anything else, quit smoking and if someone around you is smoking, take action to rid your air space of their dangerous habit. While cigarette smoking is an undisputed cause of lung cancer, not all cases of lung cancer occur in smokers or former smokers. As many as 20% of the people who die from lung cancer in the United States every year do not smoke or use any other form of tobacco.

Getting the appropriate screening can tell your doctor if you have lung cancer, enabling you to get early treatment and increase your chances of surviving and living a good life. Several years ago, the American Association of Thoracic Surgeons (AATS) published lung cancer screening guidelines as a result of the National Lung Screening Trial. As a result, lung screening programs are using guidelines that better detect this deadly disease earlier. The study revealed that low dose chest CT screenings could reduce lung cancer mortality by 20% in roughly 7 million of the estimated 94 million former or current smokers in America.

There is very specific criteria for this type of screening and is based on three high risk categories identified by the AATS. It might be surprising that you might not qualify just because you are a smoker. Instead the screening criteria looks at several factors that place people at the most risk. The eligibility requirements for a CT lung screening are:

- Age 55-77
- Asymptomatic (you are without signs or symptoms of current disease)
- Smoking history of 30 pack years (A person could have a 30 pack year history by smoking one pack a day for 30 years or two packs a day for 15 years)
- Current smoker or stopped in the last 15 years or less
- Involved in shared decision making with your physician.

If you think that you're at risk, talk to your doctor about getting the appropriate screening. If you are interested in a CT lung screening, you can attend Coliseum Medical Centers' CT Lung Screening

event on Tuesday, November 8 anytime between 8:00 a.m. and 5:00 p.m. The cost is \$150, which may be lower depending on insurance. Dr. Norman Hetzler and Dr. Jonathan Dean will also give a free lunch and learn presentation at 12 Noon. To register for one or both of these events, call (478) 746-4646.

If a suspicious tumor is found, you need to find a qualified lung specialist or surgeon. The only cure for lung cancer is to remove the tumor. Chemotherapy and radiation can slow a tumor's growth but it can't get rid of the cancer.

For more information on treatment options and screenings for lung cancer, or for a referral to a qualified lung specialist, call our free health information and physician referral line at (478) 746-4646.

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• Helping Hands Grief Support: Call (478) 464-1401
• G.L.A.D.: Call (478) 765-4338
• Lap-Band Support Group: Call (478) 476-8045 or email chandra.churchwell@hcahealth-care.com.
• Look Good ... Feel Better: Registration is required. Call (478) 765-4805
• Survivors of Suicide: Call (478) 741-1355
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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,
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Lamar County
• 4th Tues., 6:30 p.m., First United
Methodist Church, 375 Thomaston
St., Barnesville, 770-358-4516
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• 1st Thurs., 2 p.m., Carl Vinson VA
Medical Center, 12-A Family Room,
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• 1st Thurs., 6 p.m., Monroe County
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• 3rd Thurs., 7 p.m., The Medical
Center of Peach County Cafeteria,
1960 Highway 247 Connector,
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• 3rd Wed., 10 a.m., First Baptist
Church, 115 N. Madison Ave.,
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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
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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

spare two hours a day one day a
week, then you may just be the per-
son needed. We're currently need-
ing volunteers Mondays and
Fridays. Meals on Wheels is a won-
derful organization which takes
pride in everything it does. This pro-
gram would not exist without volun-
teers.

If you are interested in volun-
teering, 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 activi-
ties 9:00-2:00

Warner Robins Senior Citizen Services (50+ Years Old) Warner Robins Recreation

continued on page 7

Tired of Retirement?



Want Some Extra Spending Money?

Senior News newspaper is adding to our
team of advertising sales representatives!

Work Full or Part-Time calling on businesses in the Macon
Metro Area. Excellent communication and organizational
skills, creative thinking, positive attitude, and being computer
savvy a must. Advertising sales experience preferred.



Attractive Commission Based Plan!

Send Resume To
seniornewsga@cox.net

General Business Directory For Seniors

Monroe County

attitude. If you can

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.

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Home
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Service



Planning to Buy or Sell?
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Call:

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Home Inspector
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Flexible Schedule • Respite Care
Meal Preparation • Fall Prevention

478-971-1608

FOR ADVERTISING ASSISTANCE!

Please Call
David Von Almen
at 478-213-5986
or **Billy Tucker**
at 478-929-3636

EVENTS

from page 6

Department - Felicia Wright, Director

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

Senior Activity Center

152 Maple Street, Warner Robins
Office: 478-293-1066

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• *Seussical the Musical*: Through
Nov. 6

Warner Robins Little Theatre

South Pleasant Hill Drive
478-929-4579; www.wrlt.org

• *Who Killed Elvis?* (farce/comedy),
Director: Cathy Collins. 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 peo-
ple 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.

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.

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.fasmidga.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 non-
profit that delivers meals to home
bound seniors. We have openings for
seniors in need of meals and for vol-
unteers 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 wel-
come. Additional information, call
478-477-7016; http://ocmul-
geaudubonsociety.blogspot.com.

Middle Georgia Community Action Agency Heating Assistance Available

Appointments will be made by
PHONE ONLY. Appointments
scheduling will begin in Houston
County for households in which all
members are Homebound and/or
Elderly (65 or older) on Nov. 1, 8
a.m.-5 p.m. For complete details and
appointments call 478-328-0333/1-
800-422-9063.

Free Car Seat Checkup

2nd Wed. of the month, 10 a.m.-2
p.m., Bibb County Health Dept., 171
Emery Hwy., Macon. SAFEKIDS
Central Georgia. For details call 478-
749-0144.

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.

ARE YOU READY TODAY

by Terrie Price
(Dedicated to Les Smith)

*Have you read your Bible,
Have you read it today?
What chapter, what verse,
What lesson in life came your way?*

*Have you read your Bible,
Have you read it today?
Where did it take you,
What did it say?
Have you found Jesus along your
way?*

*Have you read your Bible,
Have you read it today?
Oh, for the wisdom of His way,*

*For only in Jesus can we surrender
and obey.
And only through our personal
relationship,
Can we follow His way.*

*Have your ready your Bible,
Have you read it today?
Did you read of His coming,
No hour, no day.*

*Have you read your Bible,
Are you ready today?*

A PRAYER FOR AMERICA

by Shirley Glisson

*Our Father, God, with humble
hearts
We petition Thee today,
Forgive our sins and heal our land.
Free may she always stay.*

*Protect her by Thy might power
That all the world may see,
Faith in Thee has made us great,
And given liberty.*

Old Glory, may you always wave,

*Above the land and sea,
And may The Lady ever stand
To raise the torch of liberty!*

THE FOUR UPS by Cynthia Underwood

*Get Up... Venture out; explore
your options.
For the idle mind leaves much
to wonder about.
So ponder the brain for fresh ideas.
Remember! Every day brings
something new.*

*Man Up... Admit to wrong doing.
Let honesty and truth prevail.
Then be available to carry out
your mission.*

*Face Up... To each task ahead;
For today comes but once.
So be ready to tackle the issues
at hand.*

*Rap Up... All that is evil.
Put yourself in the driver's seat;
Wipe out the negative and
implement the positive.*

General Business Directory For Seniors

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

Macon and Middle Georgia 477-5501



The world's trusted source for
non-medical senior home care.

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- Medication Reminders & Meal Prep
- Dementia Care & Hospice Care
- Light Housekeeping & Errands/Transportation
- Fall Prevention & Watchful Oversight



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BOB MOODY RPH.

Pharmacist, owner

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478-743-4661





ALL CLEAR?

Lung Health & Diseases: *Are you at risk?*

**A Free Lunch & Learn
Tuesday, November 8
12 Noon - 1:00 p.m.
First Floor Classroom**

Lung health is important whether you smoke or not. Join Dr. Norman Hetzler and Dr. Jonathan Dean as they discuss how to keep your lungs healthy!

CT Lung Screening is not required. A free sack lunch will be served. Reservations are required.

CT Lung Screenings

Coliseum Medical Centers

Tuesday, November 8

8:00 a.m. to 5:00 p.m.

\$150 CT Lung Screen

(Cash price. Insurance is also accepted.)

**Call (478) 746-4646
to register for the
lung screening or the
free lunch & learn!**

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MEDICAL CENTERS

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www.coliseumhealthsystem.com