

Senior News

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President... Georgia Peach Festival... Sandee Davis Khoury!

by CLAIRE HOUSER-DODD

It's true... that old adage... "If you want something done, call a busy person." Well, at least it's true when it comes to Sandee Davis Khoury. Busy as she is being a wife, mother, running Real Estate South as Broker in Byron, President of the Byron Rotary Club, Member of the board for the Middle Georgia Camellia Society, President of Peach County High School Council, member of the Lions Club, on the board of the Georgia Peach Festival AND she has also taken on the Presidency of the only Georgia Sanctioned Food Festival, which is held in Fort Valley and Byron in Peach County, GA.

Our Peach Festival is one of the oldest Festivals in the state. It was originally started sometime between 1922-1926 when Georgia was the Peach Capital of the World. Peach County was formed from parts of Bibb, Crawford, Houston, and Macon Counties. It was an up and coming, very proud community of Peach Farmers. It has been reported that as many as 40,000 people descended on the town during the festival, which was ended in 1926 because it was too successful. The Peach Blossom Festivals petered out as it started so big. We remember our grandfather talking about it a lot, as he was in charge

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April 2016
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Coliseum Health System announces 2015 HCA Awards of Distinction Recipients

Special to Senior News

Coliseum Health System celebrated the announcement of the 2015 HCA Awards of Distinction at both Coliseum Medical Centers and Coliseum Northside Hospital. The HCA Awards of Distinction include the Frist Humanitarian Awards, the HCA Excellence in Nursing Award, and the Innovators Award. Together, these three awards are the highest

honor our company bestows on its most important resource – its people.

The Frist Humanitarian Awards are given annually in recognition of the humanitarian spirit and philanthropic work of the late Dr. Thomas F. Frist, Sr., a founder of HCA. The Frist Humanitarian Awards were created to recognize one employee, one volunteer, and one physician at each HCA-affiliated facility who demonstrate extraordinary concern for the welfare and happiness of patients and their community.

The Excellence in Nursing Awards recognize the core value of nursing practice while providing the highest quality of care to the patients and communities we serve.

HCA was created through the vision of its founders, Dr. Thomas F. Frist, Sr., Jack Massey and Dr. Thomas Frist, Jr. More than forty-five years later, HCA continues to invent and develop systems to advance health and patient care due,

in large part, to ideas from its employees. The Innovators Award continues HCA's tradition of recognizing innovative thinkers.

Each of the named 2015 award recipients are an inspiration to other Coliseum Health System employees and volunteers, and their generosity and dedication serve as a living example of HCA's commitment to the care and improvement of human life.



The 2015 Award Recipients from Coliseum Medical Centers are (left to right): Excellence in Nursing Award for Professional Mentoring, Betty Ethridge, RN, Operating Room Nurse; Physician Frist Humanitarian of the Year, A. Keith Martin, MD; Lance Jones, CEO, Coliseum Medical Centers; Excellence in Nursing Award for Compassionate Care, Karen Thompson, RN, Oncology Nurse; Employee Frist Humanitarian of the Year, Carole Radney, RN, Diabetes Education Coordinator.



The 2015 Award Recipients from Coliseum Northside Hospital are (left to right): Excellence in Nursing Award for Compassionate Care, Kim Freeman, RN, Case Management; Excellence in Nursing Award for Professional Mentoring and Innovators Award for Service Excellence, Angela Lintz, RN, Director of Orthopaedics/Spine; Innovators Award for Quality and Patient Safety, Michael Dykes, RN, Director of ICU/Emergency Department; Employee Frist Humanitarian of the Year, Jim Gay, RN, Emergency Department; Stephen J. Daugherty, CEO, Coliseum Northside Hospital; Volunteer Frist Humanitarian of the Year, Anna Eaton.

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The 2016 Georgia Golden Olympics scheduled for September 21-24

Special to Senior News

The 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.

The Georgia registration forms and materials will be available by the end of April. Registration will open May 1 and 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

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.

2017 National Senior Games

The 2017 National Senior Games will be held in Birmingham, AL, June 2-15, 2017. To qualify for the National Games, an athlete must place 1st-4th (for most events at a State qualifying event. Some sports are "limited events" which means an athlete can qualify in ways other than a state qual-

ifying event. For more information on limited events, you may review the National Senior Games rules on the national website: www.nsga.com

The 2017 National Senior Games presented by Humana will be held on the 30th Anniversary of The Games, and planning is well underway to celebrate this landmark. Starting in December of this year, NSGA will begin distribution of a separate 30th Anniversary monthly e-newsletter devoted entirely to information and features about its history and the contributions of the Senior Games Movement to bring seniors quality of life through sports. The drum beat will build with introduction of a dedicated web page and then culminate with several exhibits and activities at The Games in June. This will include special recognitions and video presentations at our Flame Arrival Ceremony and Celebration of athletes.

NSGA will also provide athletes with an opportunity during this qualifying year to share their thoughts and memories of their past participation in National Senior Games. Watch for announcements soon about how to get involved and contribute to the fun and pageantry!

You are encouraged to make a tax deductible contribution to support the Georgia Golden Games, Inc. For additional information visit www.georgiagoldenolympics.org Please make checks payable to Georgia Golden Games, Inc.

Let us entertain you

by CLAIRE HOUSER DODD

It is a good thing to be rich and a good thing to be strong, but it is a better thing to be loved by many friends.

Euripides

Maybe March roared in like a lion, but from where we sit (at 80 degrees) it appears it may leave as a lamb. Everybody we know has really enjoyed the warm weather, and spent a lot of time outdoors to prove it... especially during Peaches to Beaches. A fine weekend! The Peach County Historical Society had two bumper days at the Austin Theatre in downtown Fort Valley.

So much has been going on in the Valley lately we hardly have time to sit and write about it.

Massee Lane Gardens was a busy spot several weekends ago when they hosted the Judges Reception Friday night, the judging on Saturday morning, Jack Lee's BBQ luncheon at noon and the thousands of Camellias to view, plus the Sunday afternoon showing of the March Camellia Show.

After the Friday night reception, Sandee, William Khoury and yours truly stopped by our house to see if the Camellias they had decided we needed to enter, were still valid. We found three that were in good shape after all our horrid weather, wet and dry, hot and cold! The Pink Perfection was sheer perfection Friday night. However, it was NOT on Saturday morning.

The Laura Walker, that is a beautiful pink with three stamens, and the William Forest Bray were still in their state of perfection and each won a blue ribbon. Yeah for us!

We took Grand Matthew with us for the viewing. He was mainly impressed with the extremely large camellias and went around measuring them. Not to touch, just to measure width with hands held out. They were exceptionally gorgeous and so much so that they didn't look real – more like an old classical painting by an artist of ancient times. Sandee had her grands too; Jenny and Joey brought Elena and Hillary.

The Flint Energy presentation had judges and visitors from far away counties and states. This time, even the President of ACS (American Camellia Society), James Green Campbell of Covington, LA was present. He was most entertaining. This is a varied and interesting group who love camellias and people who love camellias. It is always a fun group. We haven't received news of the big winners yet.

On Saturday night, after chasing the Grand through the Camellia Gardens and the Japanese Gardens, we still managed to get to the Ag

Center in Perry to hear and witness the grandeur of the Malibu's/Sixpence Band Reunion; 50th Anniversary. The band formed in 1965 here in Fort Valley with Dennis Herbert, David Luckie, Wess Wheeler and Chris Smisson. Eddie Byrd joined a year later. Chris dropped out and was replaced by Grundy Trussel, then Mike Jacino and the name was changed to Sixpence. They were back-up band for many of the hottest recording artists of their time, played all over the south and proved it Saturday night with their hot rendition of 70's music. Talk about loyalty, their fans came from far and wide. We saw people from North Carolina as well as the bordering states and people who don't even get out, got out! It was one fun night.

Three of the original members of the Malibu's are still performing today; David Luckie, Dennis Herbert and Eddie Byrd. This trio has stood the test of time with their musical talents. Our ticket was a birthday gift from daughter, Emily, and son-in-law, Griff. We can say without reservation that the 50th Anniversary of the Malibu's/Sixpence Reunion was a night that none in attendance will ever forget. If you missed it, you missed a wonderful experience. Rumor has it, that was the last time we will ever get to see and hear the group perform. Let's hope and pray that it was only a rumor. Perhaps with a little arm-twisting and some pleading we can get these wonderful musicians to perform for us again!

Last month we met Dr. Uppinder Mehan, Dean of the College of Arts and Sciences, for a Fort Valley Community Event. It was held at the 1800's Retreat House on Anderson Avenue, now the home of Ralph and Kathie Lambert. Dr. Mehan introduced the award winner writer, David Jose Older, who read a chapter from his book "Shadowshaper," an exciting story for young adults, in the line of Harry Potter happenings. Everybody bought the book for grands, nieces and the like. Not us, it was right up our alley and we didn't put it down that night. We can see it becoming a trilogy or more, with a movie to boot. Besides the murder/mystery, the trek around Brooklyn New York and Cony Island are enlightening.

This very cultural get together is the first in a series of artists of all disciplines of National and International Scholars organized by Dr. Mehan. It has been said, "One of the surest ways to bring communities and people together is through articles and cultural events." See you at the next function.

The next night Massee Lane and FVSU held a reception to Meet and Greet the new President Dr. Paul Jones and First Lady Sylvia Jones. As we were unable to attend, we intend to interview them at a later

date for an in depth article.

We definitely had one big weekend. Grand Matthew came to call on Friday afternoon and didn't leave our eyesight from then 'til Sunday about 6 p.m. What a blast. He never sits or stops talking. (Know our school chums would love to hear that!) We're not complaining. Actually he said he came to work for us, and that he did. We saw he made at least fifty trips to the street with his trusty yellow hydraulic dump truck filled with sticks from the front yard, and at least half that from the front part of the back yard. A busy bee! But the part that really got our attention was cleaning with the vacuum. We were too exhausted to move, so just sat and watched him in the back den. First he vacuumed floor and rugs, then rugs again, then rolled them up and vacuumed the floor under them. Then, to our amazement, he turned them over and vacuumed the underside of the rug. That was a first for us! We believe he deserves "The Good Housekeeping Award of the Year."

Having gotten entertained and our house cleaned, too, was quite a coup, but he also joined Pat Cecil and yours truly to take Ken & Pat Holloway on a surprise dinner engagement to Rusty's in Perry. Jimmy's food is always top of the line. We love the Egg Plant and

Veal Parmesan. And, of course, the Jimmy Salad can't be beat. All that plus a date with Matthew! Like we said, "Can't be beat!"

March has been one of our busiest months, and with Easter and all the trimmings, it may go down as the very busiest.

The Festival Season is upon us, and the Forsythia Festival in Forsyth and the Peach Blossom Festival at Lanes in Fort Valley have already hit; and naturally, Fort Valley and Byron are gearing up to the Georgia Peach Festival the first of June. The 3rd and 4th will start it off in Fort Valley and the next weekend in Byron will end it. As we do every year, we look forward to a bigger and better one. We're in charge of the Chicken Salad Luncheon with the Historical Society at the Saxon/McArther House on Saturday after the parade. We will be entertaining Miss America, Betty Cantrell. How exciting to have her here for the parade and the luncheon and several other activities on the 4th of June. Something to really look forward to for this 2016 Georgia Sanctioned Georgia Peach Festival.

He who does not understand your silence will probably not understand your words.

Elbert Hubbard

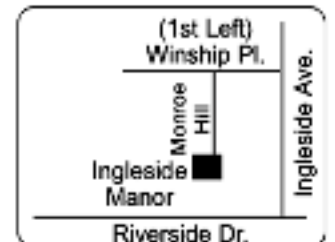
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Website

www.seniornewsga.com
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Publisher

Billy R. Tucker
Email: seniornewsga@cox.net

Editor

Ann Tunali
seniornews@msn.com

Advertising Account

Executives

David VonAlmen
Phone: 478-213-5986
Email: VAMkIPub@aol.com

Jan Tassitano

Phone: 678-575-4184
Email: jan@jjmconsulting.com

Columnists

Claire Houser-Dodd
Lisa Petsche
Dr. Anne Jones

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone/Fax: 478-929-3636
Phone: 478-293-1402
E-mail: seniornewsga@cox.net
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Senior News & Views of Georgia

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please 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.

OUR BELOVED MOTHER

by Michael Riles

*Our beloved mother
traveled the miles,
She gave us such love,
such joy and sweet smiles.*

*She lived the virtuous life,
and as we say goodbye,
At this place she called home
where at peace she will lie.*

*From this region of beauty,
she was born and raised.
She brought us such joy,
living the full measure of her days.*

*Although this journey has ended,
in our hearts and our minds,
We'll always have her laughter,
her endearing charm,
the winsome smiles.*

*My sister and I,
take solace today,
She's among family whom loved her.
she's back home,
not just in a grave.*

*Our beloved mother,
Never alone will she be,
In our hearts and minds,
she'll live forever,
as long as kindred hearts beat.*

Written by Michael Riles of Stone Mountain, Georgia for Elizabeth Tucker's son-in-law, at the request of his wife Elizabeth Riles and his sister-in-law Diana Curtis, delivered on March 22, 2016 at San Fernando Cemetery in San Antonio, Texas. Elizabeth Tucker was 89 years old. She resided with family in New Port News, Virginia for over 20 years.

LORD CAN I

by Pauline M. Brown

*I asked God, "Can I be rich?"
He said, "My child you are rich."*

*I asked God, "Can I be strong?"
He said, "My child with me you
are never alone."*

*I asked God, "Can I be free?"
He said, "My child I died for thee."*

*I asked God, "How can I love?"
He said, "My child I am love."*

*I asked God, "Can I be like thee?"
He said, "My child I'm already in
thee."*

*Finally, I asked, "Lord, what
can I do?"
He said, "My child just be you."*

WORDS OF MY LORD

by Jesse "James" Harvey

*The words of my Lord are perfect
and true.
Take them to heart, and let them
guide you.*

*They are sweeter than honey and
more valuable than gold.
The words of my Lord restores
the soul.*

*The words of my Lord are perfect
and true.*

*Matthew 22:37-39 is really all you
need to do.*

*They are sweeter than honey and
more valuable than gold.
They words of my Lord restores
the soul.*

I AM

by Allie Morris

Everyday tell yourself I AM.

*I am loved by almighty God.
Special, beautiful, happy,
wonderfully made.*

*I am a leader, bold, victorious.
So very, very smart, intelligent,
also wise.*

*I am successful, a winner.
Don't you ever call me a LOSER!*

*I am the head, not the tail.
Above, and not beneath.*

*I am more than a conqueror.
I am Strong,
I am Brave,
I am all that God says "I AM!"*

Repeat after me "I AM!"

"Satirical Commentary"

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

In order to be more disoriented, disorderly, discriminatory, politically incorrect; or, a total misfit than the present day News slot, you would have to be as confused as a "blind Eskimo herding penguins with a sling shot!" It would appear that every possible statute bordering lunacy has been enacted and are just waiting in the wings for another legal counselor to file suit in behalf of the "warps of planet earth!"

Everything is wrong... everything is illegal... everything goes against the grain of the "fruitcakes of the universe" - every word, every phrase, every action, all inaction! To even approach personal convictions in our time, one has to utilize satire; to mention, to define, to assimilate or to discuss every single idea and possibility! To announce your intentions, or feelings, and previous instructions (from the world and from the church), all your linguistic ducks must be in a row; and, all without a quack! I do not exaggerate; for the "rule book is censored and revised each morning!"

If you belong to a group or calling, you are guilty of treading on the rights of others! If you do not belong, you have conveniently and illegally omitted some well inten-

tioned folk! If you are tall, short, skinny, well kept, a slob, beautiful, cute, ugly as sin, busy or idle, Republican or Democrat, Aristocrat, Independent, traditional or sophisticate, prolific or monolithic, farmer or "dale keeper," Military or Revolutionary, Pro-life or Pro-choice, bonkers or bircher, bumper or bomber, from Peoria or Punxsutawney, you have crossed the racial, diplomatic, and political perimeters - and are in danger of the slammer or psycho ward!

The only ones to pass muster are those with funky names, funny faces, ferocious garb, glib personalities, radical vision, or just plain unpleasant to be around! If you are not a bonafide member of some abstract affiliate, then you are dirt, regardless of academics, accomplishments, or practical enunciation; and, your take on peripheral matters is considered irrelevant! And if you remain silent, prepare for litigation!

One might well think that "Green Acres" has been featured in all lives of our present generation; with Mr. Haney as Chief Negotiator of ethics; for every "drift" imaginable has been conveniently announced as reason for social, political, or monetary gain! One full read of the morning News, or a glimpse of the Media's daily presentation, and you will be convinced!

We have come full circle in a return to incivility!

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SANDEE from cover

of the food. Barbecuing by Robert Cherry Evans. For an idea of just how huge a number of hogs were pit bar-b-qued, one needs only to visit the Georgia Bob's in Byron, GA and peruse the photo gallery as you enter this establishment. Daddy and Harris Hafer always complained about being run wild while doing my granddaddy's leg work. They were his gophers.

This new Georgia Sanctioned Festival is a very special one. After a 60 year hiatus, it was revived in 1986 and moved from Peach Blossom Festival in March to the Georgia Peach Festival during Peach harvesting so the masses could have an opportunity to partake of this divine southern treat in the form of the World's Largest Peach Cobbler. Not only is it the 30th, it is hosting our own Miss America, Betty Cantrell, who is from Peach County. That is a first; and, we are so proud of Sandee, as President and our board for all the trouble and cost of securing the first Miss America, not only from Peach County, but also the only one to be presented in our Georgia Peach Festival Parade on Saturday, June 4th, beginning at 10:00 am in downtown Fort Valley, GA. She will be performing some of her favorite songs at the Gazebo and signing autographs at the beautifully restored Austin Theatre. Thanks to Tisa Horton for arranging such a lovely and COOL setting for her to meet and greet the public.

At the board meeting Sandee was telling us who all was known to be in the parade at this time, besides Miss America. Representative Robert Dickey driving his grandfather's vintage Cadillac, The US Army Reserve Post in Fort Valley tooling in some of our coolest military vehicles, very possibly the PCHS marching band, and the list is growing daily. If you have a group or organization that could add some fun, entertainment or a float to our parade this year, please call us as soon as possible. Spots are filling up quickly, especially with the newly paved and beautiful streets in

downtown Fort Valley. Thank goodness for the end of the construction!

New events this year include the Family Fun Day on Friday, June 3rd at the Festival Park in downtown Fort Valley with fun and games for our kids, followed by the Conquest band, which will perform at 7:00 p.m. Also, new to this year's festival will be the Peach Blossom Gala featuring ballroom dancing, wonderful food, raffle and more in Byron on June 10th! Another treat in Byron this year will be a fun event hosted by our own Chief Wesley Cannon featuring an opportunity for our teenagers to test their driving skills!

Tried and true favorites including Kiwanas Pancake breakfast at 7:00 am on June 4th, the Peach County Historical Society Chicken Salad Luncheon will be providing lunch for Miss America and her entourage, beginning at 12:00 on June 4th. Events will take place ALL DAY in Fort Valley. Their will be live music and entertainment throughout the day, great food, arts & crafts, the World's Largest Peach Cobbler should be ready at 2:00 pm. For an interesting twist, you may want to enter your man in the womanless t-shirt contest at the Peach Beach, next to the court house. Fireworks Spectacular should begin at 9:00 pm. Events will take place from 3:00-10:00 in Byron on June 11th including another Fireworks Spectacular after the Has Beens, Los Hombres & Friends bands perform! For a complete list of dates and times of events, please visit www.gapeachfestival.com!

Now for a little background music for our new president. Born Sandra Ethleen Howell at the Riverside Sanatorium Hospital in Montezuma, GA to Linda Jean Collins & William Ernest Arlin Howell. She is now married to William Abraham Khoury, III of Fort Valley, who is the Operations Manager & Horticulturist for Massee Lane Gardens - The American Camellia Society. Sandee's son Devon, is a Sophomore at Peach County High School taking Honors Classes and plays Soccer for the JV Soccer team, which is undefeated this year! He is also a first degree



Enjoying dinner are (L-R) William Khoury, Sandee Khoury, Sandee's son Devon Davis and Matt Dempsey

black belt in Tae Kwon Do and studied at Byron Tae Kwon Do under Master Payne. Devon also spends his time helping out as President of the Byron-Centerville Leo Club. He is very excited about getting his "official driver's license" in June, but already chauffeurs us to Forsyth to visit Williams parents William and Loraine Khoury. Sandee's two older girls are Jennie, who is married to Joey Hutchins, teaches high school Literature and Drama at Alexander High School in Douglasville, GA, and is raising two beautiful granddaughters, Elena and Hillary, who refer to Sandee as "Nana;" and, Tiffany, who has recently moved back from San Francisco and is pursuing her career at UPS headquarters in North Atlanta.

Besides all the busy hours in her

day, Sandee manages to keep up with her ever growing army of friends. On her birthday, March 25th, Tomy & Frances Mixon of Thomaston surprised her with a birthday luncheon in Macon at Kudzu! We baked the ultimate Irish apple cake and a fine time was had by all!

Sandee will always take time out of her busy day to make room for her best friends and do anything she can to help and cooperate with them. AND, that is why we are writing this article about this very exceptional lady who is President this year of the Georgia Peach Festival to be held in June in Fort Valley on the 3rd and 4th and in Byron on the 10th and 11th.

THIS IS YOUR INVITATION TO ATTEND! SEE YOU THERE!



Relaxation and funtime... (L-R) Sandee Khoury, daughter Jennie Hutchins, granddaughters Elena and Hillary Hutchins and son-in-law Joey Hutchins.

National Public Health Week Food Drive April 4th-8th

Let's Put More
Variety In Our Lives.



Your local health department is hosting a canned fruits and vegetables drive emphasizing the importance of consuming 5 servings of fruits and vegetables daily and donating 5 cans to support those in need. Drop off your contributions at:

Macon-Bibb County Health Department
171 Emory Highway
Macon, GA 31217



Food Drive
will benefit
River Edge
Behavioral
Health Center

**MACON METRO AREA
Senior Services & Events Directory**

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Senior Services &
Events Information
Available at
www.seniornewsga.com**

Coliseum Health System

"Medicare Made Easy and Advanced Directives." Coliseum Northside Hospital, 400 Charter Blvd. For complete information call 478-746-4646.

Support Groups

• **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.

• **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.

• **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.

• **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.

• **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.

• **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical

Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.

• **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.

• **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.

• **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355

• **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.

• **Extending H.O.P.E. - Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.

• **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

For information call 478-765-4116

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

Dodge County

• 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600

Lamar County

• 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516

Laurens County

• 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 12-A Family Room, 1826 Veterans Blvd., Dublin, 478-272-1210, x2328

Monroe County

• 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754

Peach County

• 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613

Putnam County

• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331

Upson County

• Last Thurs., 7 p.m.,

Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607

Telephone Support Group

• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 1-866-453-5550. To learn more about "Caring Connection" call 800-272-3900.

**Free Legal Services
Available to Seniors**

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

continued on page 7

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General Business Directory For Seniors


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EVENTS

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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

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.

Theatre Macon

438 Cherry Street, Macon 478-746-9485

• The New Mel Brooks Musical *Young Frankenstein*: April 8-23

Warner Robins Little Theatre

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

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

Alzheimer's Association

Neighborhood Memory Café

Have concerns about your memory? So do we. The Café is a time of socialization 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.

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 volunteers able to distribute meals. Please call Alesha Mathis, Meals on Wheels Coordinator, at 478-328-6070 for more information, to sign up for meals, or to volunteer.

28th Annual Dogwood Festival

April 9th & 10th, Perry, Georgia.

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Macon Health Department announces special events for 2016 National Public Health Week

Special to Senior News

During the first full week of April each year, communities across the U.S. observe National Public Health Week as a time to recognize the contributions of public health and highlight issues important to improving our communities and nation. The Macon-Bibb County Health Department has special events and an activity planned each day, and encourages community participation.

Monday will kick-off a week-long canned fruits and vegetables drive, benefiting River Edge Behavioral Health clients without homes. Please drop off cans all week long at our 171 Emery Highway location between 8 a.m. and 4:30 p.m. The emphasis on canned fruits and vegetables is based on the scientific research showing that fruits and vegetables are critical to promoting good health. The MBCHD encourages everyone to

increase their daily consumption of fruits and vegetables; and to donate five or more cans of fruits and/or vegetables to our drive so that those with limited resources in our community do not have to compromise sound nutrition.

Tuesday is a blood drive from 9 a.m. until 2:00 p.m. Please drop by with the gift of life.

Wednesday is a unique, community-wide event focusing on childhood obesity and local resources available to combat this insidious public health issue. At 3:30 p.m. in Tattnall Park (concurrent with the Mulberry Market) there will be a press conference about the impact of childhood obesity. Then, until the Mulberry market closes, families will have the opportunity to visit our vendors to acquire education, program information, and great giveaways! Children and teens can participate in activities, dance to the music of our DJ, sample healthy snacks and sign up for a chance to win a FREE bike!

Thursday our Environmental Health team is visiting stakeholders throughout our community (i.e. home buyers/owners, realtors, mortgage companies) to educate them about on-site sewage management systems.

Friday free oral cancer screenings will be offered

from 9 a.m. until 2 p.m. at our 171 Emery Highway location.

MBCHD, located at 171 Emery Highway, works to protect the health of people and their environment wherever in our community they

live, work and play. Through our services we prevent disease, injury and disability; promote health and well-being; and prepare for and respond to disasters from a health perspective.

Memory Lane Classic Car Museum & Lake Oconee Elks Club Car Show

Submitted by Susan Larson

Memory Lane Classic Car Museum and the Lake Oconee Elks Club will host their First Anniversary Car Show on Saturday, May 14 from 10 a.m. - 3 p.m. There will be various classes for cars and trophies will be awarded to top vehicles.

Bring your antique, collectable and special interest cars and motorcycles to show in front of the museum and meet other car enthusiasts.

Cost to visit museum is \$5. Food and drinks will be available. All proceeds go to youth and needy programs. 170 Scott Rd, Eatonton, GA,

For more info call 706-991-1835 or visit Memory Lane Classic Cars on Facebook.

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