

# Senior News

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## *A Story of Grace!*

by CLAIRE HOUSER-DODD

A very well-known lady in these parts is Grace Howell Poole, who delivered mail in the Fort Valley area for 15 years.

She was originally from Oglethorpe GA, born to Ethleen Bivins and Edison Lee Howell in 1934, and attended school there. She completed 10th grade in May and met Buck, her husband of 65 years, and married him in August. We call that a whirlwind romance.

We have always heard such good comments and stories about both Grace and Buck and intend to share a few in this article. As we have a rather faulty mail box at the house and were complaining to Grace's daughter Lawanna on a trip back from East Beach on St. Simons Island we heard this story. "You should have had my mother when she was the mail lady, she would have had that box fixed in no time. It was not unusual to come in from school and find her painting or nailing on somebody's mail box. She would find one rotted out and lying in the ground, pick it up, take it home and redo

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## Taking Care

# 8 Reflections for a New Year of Caregiving. Questions and Suggestions That May Prompt Resolutions

by LISA M. PETSCHKE

**W**hether you are new to caregiving or have been at it for a while, you may find yourself feeling overwhelmed and worried about your ability to handle all of the responsibilities involved in looking after a relative with a long-term health condition.



Lisa Petschke

What better time than the start of a new year to reflect on your role and how you might be better able to manage it. Take time to honestly answer the following questions and consider the suggestions included.

### 1. Do you accept the realities of your relative's health condition?

#### Some Advice:

- Give yourself permission to experience all emotions that surface. Acceptance opens the door to a variety of feelings.
- Grieve losses, but do not dwell on

them.

- Recognize that there will be good days and bad days, and how you feel and what you can give may vary from day to day. Do not be too hard on yourself.

### 2. Are you opening to learning new things?

#### Some Advice:

- Educate yourself about your relative's diagnosis, and share the information with family and friends to help them understand.
- Be open to learning practical skills, such as proper transferring and bathing techniques. Mastering these tasks will make caregiving as safe, easy and pleasant as possible for both your relative and you.
- Find out about community services in your area that can help maximize your relative's independence and assist you with necessary tasks. The local office on aging is a good resource.

### 3. Do you keep communication lines open?

#### Some Advice:

- Involve your relative (if able) and other family members in decision-making as much as possible. Do not shoulder the responsibility alone.

• Develop a partnership with involved healthcare professionals. Share information about your relative, ask questions, seek advice and offer opinions and suggestions.

- Keep family members informed of changes in your relative's status. Do not act as if things are okay when they are not.

### 4. Are you prepared for changes and challenges?

#### Some Advice:

- Find out what to expect during the course of the illness, not only in terms of symptom progression but also caregiving skills, medical equipment and community supports that may be needed.
- Talk openly with your relative about his or her wishes. Discuss living arrangements, outside help, surrogate decision-making, medical intervention and end-of-life care, and funeral arrangements. Be careful not to make promises you may not be able to keep.
- Help your relative get his/her affairs in order, including completing paperwork such as advance directives, durable powers of attorney, and a will. Consult with a lawyer who has expertise in elder care issues.

### 5. Are you open to simplifying your life?

#### Some Advice:

- Keep a caregiving log so you do not have to rely on memory with it comes to medical history. Include medications tried and their results, acute illnesses, hospitalizations, tests, diagnoses, treatments, and surgeries.
- Keep relevant medical, financial, legal and other documents organized in a binder or filing system for quick and easy access.
- Seek ways to streamline your life. Set priorities and stick to them. And

let go of the need for perfection.

- Take things one day at a time. Learn to live in the moment and focus on simpler pleasures.

### 6. Do you practice self-care?

#### Some Advice:

- Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.
- Find something relaxing you can do to give yourself a break at home, whether it is enjoying a cup of tea, reading something uplifting, writing in a journal, calling a friend or listening to music. Make it a daily habit.
- Schedule regular breaks from caregiving duties. Take a couple of hours, a day or an overnight.

### 7. Do you have supportive people in your life?

#### Some Advice:

- Stay connected to friends and outside activities.
- Find at least one person you can talk to openly – someone who will listen and empathize.
- Talk with other caregivers. Join a community support group, or join an Internet group if it is hard to get out or you prefer anonymity.

### 8. Are you receptive to help?

#### Some Advice:

- Acknowledge your limitations. Recognize that you cannot and should not do everything alone.
- Accept offers of help. Ask other family members to share the load and be specific about the kind of help you need.
- Research and take advantage of respite services in your community.

*Lisa M. Petschke 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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## Medicare expands CCM Program in 2016

by M. Martin Parris, MBA  
Executive Consultant  
M. M. Parris Consulting

**T**he vast majority of doctors participating in the CCM program (84%) report that, the program is having a positive impact on patient care, according to insights from a market research CCM survey, in Healthcare IT News online.

Georgia's Center for Primary Care practices, successfully launched a CCM program to serve their 20,000 Medicare patients.

Beginning January 1st 2016, Medicare expanded the CCM pro-

gram to eligible patients receiving treatment at Federally Qualified Health Centers (FQHC) and Rural Health Clinics (RHC).

Ask Your Doctor About Participating In A CCM Program?

Here is an easy New Year resolution to make and keep. Medicare patients should ask their doctors about the availability of CCM programs, at their practices. If you have additional questions, about Chronic Care Management programs, please contact me by telephone at 404.937.9810 or email at mparris4992@yahoo.com

CCM is One Year Old on January 2016.



## Let us entertain you

by CLAIRE HOUSER DODD

**H**appy New Year to all our readers, and your families, too! Here's hoping you had a wonderful Christmas celebration and vacation, and the hit was not too hard on your pocket-book!

Are you busy returning items that are too big (or too small)? Hopefully it is the former not (to be whispered) the latter! 'Course after all our awesome parties and fabulous food, the last should be expected!

And how about your promises to self? Ours went with the Elf on the Shelf – up, up and away until next year when, hopefully, we'll have better sense than to make vows we know we can't keep! However, you dear readers are of stronger sinew and are able to keep every one of your highly aspiring thoughts and promises. Good luck and God bless.

Our Grand had to go and visit his mother in South Georgia during Christmas Holidays. That was a downer, but he was home for Christmas, which made it for us. Matthew and Jesus have almost the same birthdays, and we don't intend to miss either. We gave to Charity in Jesus' name and – so it all works out well.

Matthew loved his cowboy boot stocking, but loved the real boots his grandfather got him. The Star Wars paraphernalia may be dangerous, but we are Star Wars crazy and had to buy the Light Sword and guns. If our grands pay close attention, they'll know exactly who we are by the presents we give! May the Force be with you.

Just listen to this. After freezing to death out West skiing for 20 years, we learn we can go Snowmobiling with a heater installed, heated handlebars, and an Astra naught suit to boot. Like, hey, all the necessities of home built into one snowmobile. What a sissy sport! Where's the hysterics of freezing weather and hanging cliffs? Just kidding. Grand, Denver, went to West Yellow Stone, Montana to enjoy this sport. We know it can be dangerous, but at least you're in a vehicle with all the amenities fit for a princess. "Have fun and be safe," is our word for everyone."

*Star Wars: The Force Awakens* opened Dec. 18, and we haven't gotten there yet. However we got our synopsis from The New York Times, Arts and Leisure. "It's more than 30 years after 'Return of the Jedi' – in the film as well as in real life

– and that story's once-young heroes are back: Harrison Ford as Han Sols, Carrie Fisher as Princess Leia and Mark Hamill as Luke Skywalker. They're joined by Oscar Isaac, Daisy Ridley and John Boyega, along with, among others, Adam

Driver and Lupita Nyong'o. J.J. Abrams directed and, with Lawrence Kasdan, wrote the screenplay – about a fallen light saber, a scavenger, a runaway and a search."

Happy New Year and The Force Be With You!

## The Next Chapter

Recommendations for the New Year  
by ANNE B. JONES, PhD

• *Eat the Year*: Steff Deschenes, Running Press, 2014  
• *National Geographic Rarely Seen: Photographs of the Extraordinary*: National Geographic, 2015

• *The Boy on the Wooden Box: How the Impossible Became Possible... On Schindler's List*: Leon Leyson, Atheneum Books Reprint, 2015

**H**appy New Year! With the winter months upon us, few experiences bring more joy than good smells from the kitchen and snuggling in a blanket with a book by the fire. Among the presents I received at Christmas was a jewel of a cook-book based on food holidays. *Eat the Year* by Steff Deschenes is fun because within are wonderful recipes which easily become conversation dishes. Unknown to most, every day of the year is a designated food or drink holiday. Among the unexpected pronouncements, are January titles such as "National Bloody Mary Day" (New Year's Day, of course), "National Chocolate Covered Cherry Day" and "National Cheese Lover's Day." Along with each designation is a related quote, anecdote and information or a recipe.

One appetizing example is "National Banana Lover's Day." The section begins with a quote by Bill Gates, "Intellectual property has the shelf life of a banana." This is followed by a brief banana story and a recipe for Spicy 'Nanawiches. I particularly loved "International No Diet Day." "If nature had intended our skeletons to be visible, it would have put them on the outside of our bodies," says Elmer Rice in the introductory quote. This May 6th entry includes a personal anecdote in which Deschenes talks of her acceptance of her curvy body along with the practice of moderation. Her story is followed by a recipe for The NYC Dream Bagel Sandwich. Among the tasty treats are "R-Rated Almond Cookies" and "Frozen Cocomint Patties." Steff Deschenes is also the author of *The Ice Cream Theory* and has worked in marketing for food and beverage companies.

Described as a gallery of gorgeous photographs, *National Geographic Rarely Seen: Photographs of the Extraordinary* is

a visual pleasure and a wonderful coffee-table book. Shot by some of the world's finest photographers, *Rarely Seen* begins with an introduction by award-winning photojournalist Stephen Alvarez. An eclectic presentation, pictures include almost extinct species, 50-ton crystals, unusual heirlooms and other "little-seen objects from the far reaches of the globe." The book is 400 pages and highly recommended. Stephen Alvarez is known for his photography related to global issues such as exploration, culture, religion and the aftermath of conflict. Susan Tyler Hitchcock, editor in the books division of the National Geographic Society, is a contributor. She is the author of sixteen books.

*The Boy on the Wooden Box* is the only memoir written by a "Schindler's List" child. History

buffs will recall Oskar Schindler, a Polish factory owner who saved many Jewish lives by putting their names on the "list" of the names of his factory workers after the Nazi invasion of Poland during WWII. Appropriate for ages eleven and up, this memoir can provide a timely discussion point for parents and teachers in approaching issues of prejudice and discrimination, while presenting a firsthand account of conditions during the Holocaust. It is also a testimony to one boy's perseverance in the presence of seemingly insurmountable odds.

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You may contact Anne at [anneb-jones@msn.com](mailto:anneb-jones@msn.com)... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).

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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 [seniornewsma@cox.net](mailto:seniornewsma@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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## JUST SAYINGS

by Leatha James-Jones

*Stick and stones might break my bones, but knowledge will blend together.*

*If someone doesn't understand what you're saying, repeat it over and over again.*

*Everyday comes with a day after.*

*Every good has a better, every bad had a worse.*

*You can't be everybody's best friend, but you can have associate friends.*

*Make peace, not war.*

*No one can be you, be yourself.*

*Fall down, get back up, try again.*

*Study hard, learn with knowledge, and appreciate patience.*

*Don't worry, be happy.*

*Don't be afraid to stand alone, sometimes you might have to stand alone for what you believe or choose to be.*

*Everyone has a chance to make decisions; make a difference, rather choosing right over the wrong way.*

*Sometimes you will win, sometimes you will lose. Be able to hold your head up high and be a friendly loser.*

\*\*\*\*\*

## TIME TO PRAY

by Mary N. Carson

*When I cry about my journey  
Because my load seems hard to bear,*

*When I want just to run away  
From all of my worldly cares,*

*When it seems that I am empty*

*And my life will no change  
gears,  
I steal away for a moment  
Of intense and sincere prayers.*

*Lord, I feel your hands of mercy  
Firmly holding me as I go;  
I see your lighted countenance  
Just guiding me to the door  
Where I can find true happiness  
And a peace that calms my fears,  
Where loving arms will enfold*

*me  
And wipe away my tears.*

*I enter into your garden  
See flowers of every hue.  
I can feel the warmth of Heaven,  
And I know that it comes from you.  
I bask in the flow of your presence  
And feel life's cares slip away.  
I bow humbly to thank you  
For granting me time to pray.*

# The Basics of Christianity

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

I read with chagrin the perpetual commentary of Bill Cummings, and peripheral experts in spiritual enlightenment (sic) and really wonder how we got to this juncture of theological matters! Seems that most have complicated the simple spiritual transformation into a never ending and controversial issue of religious philosophy! Along with such, they pontificate on solid and viable truth – suggesting that the Bible speaks mostly with symbols, types, variables, and situational ethics!

Hopefully, all readers will agree that it is time to review the basics!

When we are reminded that perhaps seventy five percent of all humanity were functionally illiterate, surely we realize that "darkened or implied verse" would be totally alien to their understanding. Why do we believe that Jesus and God are One? Because he informed all life that such was the case! (St John 10:30) Why do we believe in the Virgin Birth of Christ? Because we are informed by multiple Verse that such was the case! Why do we believe in the atonement? Because we are specifically told, that "without the shedding of blood, there is no remission for sin!" Why do we believe in a literal Resurrection of Jesus after crucifixion? Historically, the secular world has proved a million times over that He left the tomb... that he was seen of many... that there was no alternate explana-

tion!

The aforementioned Biblical terms are purely academic – and steadfastly remain as Scriptural Absolutes! Which means they are necessary for redemption! Study and learn (if you will); but, never rely on academics for justification! The plan is one of simplicity!

To the issue of morality – we know how to live – the variation in conduct is simply the result of our searching a path around the basic premise! Those who walk the fence choose to excuse their obnoxious journey for any number of reasons... all to no avail... for we would never be good enough to merit eternal life!

We do not enter by being good. In fact, the Book tells us "there is none good!" So all the arguments of "being moral" is a waste! We should give morals "our best shot" even though our projected perfection never gives us a heavenly entrance!

We are only justified by accepting as a gift, the price that Jesus paid! Preposterous you say? Absolutely! Would you expect something different from the Creator of the Universe?

The basics of Christianity are clear, concise, and understandable! They are not up for debate! There is no other Script, in any country; under any setting, with any religion; with the wisest of planet earth; that offers, that demands, that explains, that reasons, that rewards all recipients equally such a divine, pleasant, elevating, glorious, and practical path; and, extends to "whosoever will" than that of verifiable Christianity!

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## GRACE

from page 1

it, paint it, have the correct address on it and return it the next morning. Everybody knew her and knew how she worked, so nobody was alarmed when the old mail box disappeared. They knew they had a new one or repaired one on the way."

Where is she when we need her? Well, at this moment, she is on Gracewood Road which Buck had bought land to build a house on. Of course, it was on a little dirt road, one car wide. He wrote to the commissioners to name the road for his wife. They didn't hear for ages (at least for months), when all of a sudden there appeared two signs, one on each end of the road declaring their road, Gracewood Road and it's been that for close to 40 years. That was Buck, always doing something nice and unexpected for Grace.

And they have five children together. The oldest is Phonsie, who lives with his family in Marshallville, 2nd child is Lawana Walton who resides in Byron, 3rd Lindsey who lives next door with his wife, 4th Rebecca Whitcher, also of

Marshallville, 5th Marsha Yow and her husband Scott live in Sanford, NC. You may remember, she was a police woman in Fort Valley for eight years as Marsha Poole before she married and moved to N.C. Grace also has 14 grands and 18 great grands.

Having been married to a law enforcement person for close to 20 years, (After retirement from Robins AFB, Buck was Chief of Police in Marshallville, Byron, and back to Marshallville) we had to ask "Did Buck teach you to shoot?" "Oh yes, even when the children were young, we went target practicing in a gully at The Bluff. We drew targets on the wall with a stick. Speaking of guns, Buck had a 38 Special which he had gold plated and had five silver bullets he had made for his belt. He was a real Modern Day Cowboy paralleling Buck Rodgers and The Lone Ranger. I guess since I am of American Indian decent, I was Tonto. Whatever, it all worked out well.

The apple doesn't fall far from the tree. Daughter Lawana learned one of her father's tricks.... how to disarm a knife wielding criminal... which she did in March of 1977 during one of his self-defense courses in Byron. As her father came toward her, knife raised, she defended herself by throwing him to the floor and taking his knife.

Grace had Lawana in Sunday School and Church at three weeks old. She always made sure the whole family got to Church. They all got an award for perfect attendance for 10 years at their regular church, Marshallville 1st Baptist Church where Grace taught Sunday School, Vacation Bible School, sang in the choir and various other things where she involved her entire family. Lawana took over the cooking part for home and church when she was about 12. This fam-



Buck Poole



Grace and Buck Poole



Grace and Buck Poole

ily was organized and everybody cooperated - as they should - with both parents working.

Some of Grace's other activities are being a member of Eastern Star, (Past Worthy Matron), Daughters of the Nile (Past Queen of the Nile), Amaranth (Past Royal Matron). Her husband, Buck, was a Mason and a Shriner, thus enabling

her to join the female counterparts.

When asked, "What do you consider your accomplishment in life?" she replied, "Marrying my husband and having my children."

What a lovely and spiritual life for one of the nicest ladies in the world. We thank you for sharing your inspirational story with *Senior News*.



Lawana Walton and Buck Poole

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- **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.
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- 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, 575 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
  - 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., Easton, 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 "Care Connection" call 800-272-3900.

## Free Legal Services Available to Seniors

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

Pulaski, Putnam, Twiggs and Wilkinson. Call the Macon Office at 478-751-6261 for an appointment.

## Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

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.

## Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

**Georgia Leathercrafters Guild**  
The Guild meets every second

continued on page 7

# General Business Directory For Seniors

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

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

**SCOTT ANTIQUE MARKETS**  
JANUARY 7, 8, 9 & 10  
Second weekend of every month!  
Atlanta Open Center Atlanta, GA  
- Show Hours: Thurs. 10a-5pm-Sat.  
Fri. & Sat. 10a-5pm, Sun. 10a-4pm  
- (Donations Welcome) End of Atlanta  
Airport, I-285 at Exit 55  
740-569-2893 (876) 600-1444 (Atlanta, GA)  
ONE coupon per person. Expires 1-11-16  
[www.scottantiquemarkets.com](http://www.scottantiquemarkets.com)

**St. Paul Apartments & Village**  
62 & Older and Disabled Persons Welcome  
1330 Forsyth Street • Macon, GA 31201  
Call 478-745-0829  
Rent Includes All Utilities • Heavy Shop  
Library • Optional Lunch 5 Days/Week  
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Washer/Dryer On Each Floor  
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CARD SECTION**  
For Advertising Information Call  
Billy Tucker at 478-829-3636  
David VonAlmen at 470-213-5906  
Jan Tassitano at 678-675-4184

## EVENTS

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Sunday in the month at Geico on Weaver Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315, Tom Maldonado.

**Central Georgia Genealogical Society**  
Meets 2nd Mon., 7 p.m., Flint Energies Conference Room, 900 Hwy. 96, Warner Robins. For complete details call 478-987-7260 or visit [www.cggss.org](http://www.cggss.org).

**The Macon Arts Alliance**  
486 First St., Macon  
478-743-6940

**Macon Little Theatre**  
4220 Forsyth Road, Macon  
Reservations: 478-471-PLAY

**Theatre Macon**  
438 Cherry Street, Macon  
478-746-9485

• *A Chorus Line*: Jan. 9-17

**Warner Robins Little Theatre**  
South Pleasant Hill Drive  
478-929-4579; [www.wrlt.org](http://www.wrlt.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.

**Bloomfield United Methodist Church**  
5511 Bloomfield Rd., Macon  
478-397-6568 or 478-788-2262

**New Dimension of Praise International Ministries, Inc.**  
Uletha Durham, Pastor, 207 S. Davis Dr., Warner Robins, Church: 478-329-8780, Cell: 478-283-9494

**NAMI Central Georgia National Alliance on Mental Illness**  
Barabra Long, Executive Director  
478-328-0508

(Call for details on events)  
• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.  
• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

**Substance Abuse Help Available**  
Did you know alcohol is the most-

used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

### Volunteers Needed

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

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

**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 interested in becoming a volunteer advocate with the Ombudsman Program and would like more information about the program, please contact Nancy Hill at 478-922-4464 or [nhill@mgcaa.org](mailto:nhill@mgcaa.org).

### 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.

**Macon-Bibb County Health Department Board of Health Meeting**  
Mon., Jan. 11, 171 Emory Highway. 4:00 p.m.: Dangerous Dog Appeal Hearing. 5:30 p.m.: Board of Health Meeting. Next regular meeting: Mon., Feb. 15, 5:30 p.m.

# General Business Directory For Seniors

*America's Choice in Homecare*  
**Visiting Angels**  
LIVING HOME CARE SERVICES

Dementia Care • Transportation  
Hygiene Assistance • Medication Reminders  
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**BOB MOODY RPH.**  
Pharmacist, owner

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Phone: 478-745-5431 Fax: 478-765-4359

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**Macon and Middle Georgia**

**Home Instead**  
SENIOR CARE

*To us, it's personal.*  
The world's trusted source for non-medical companionship and homecare for the seniors.

• Companionship & Personal Care  
• Meal Preparation & Shopping  
• Housekeeping & Laundry  
• Errands & Appointments

**477-5501**

**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: 478-475-8995 OR CSRA: 708-850-5760**

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

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## Are you affected by the latest government data breach?

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

**T**he U.S. government's Office of Personal Management (OPM) has been notifying those affected by a recent cyber security breach that their personal data was compromised. Unfortunately, scammers are also "notifying" consumers. Here's how to identify a real OPM notification letter and the signs of a scam.

So how do you spot the real letters from OPM? You don't have to be a U.S. federal employee to receive a notification from OPM. The breach was wide reaching, and there are many ways your personal information may have been included. Common ones include:

- Past and present federal employees
- Spouses and other co-habitants listed on federal background investigation applications
- Applicants for a federal job
- Those who worked or volunteered with a federal agency but are not federal employees

### Real Letters Contain:

- A 25 digit PIN to register for credit and identity monitoring service-

es. Make sure your PIN is real by entering it at [opm.gov/cybersecurity](http://opm.gov/cybersecurity).

- Instructions to visit the website [opm.gov/cybersecurity](http://opm.gov/cybersecurity) to get more information and sign up for monitoring.

Unfortunately, scammers love to take advantage of large government initiatives. Scams surrounding the roll out of the Affordable Care Act are a recent example. Be on the lookout for scammers attempting to cash in on this effort.

- OPM will not contact you for personal information. OPM, nor anyone acting on OPM's behalf, will not contact you to confirm personal information. If you are contacted by anyone claiming to represent OPM DO NOT share your information.

- Email is not used in this round of notifications. OPM did email to notify those affected by the breach this past summer. This time, they are sending letters by U.S. Postal Service. An email claiming otherwise is a scam.

- Lost your PIN or didn't receive a letter? If you have not yet received a letter but think you have been impacted, you can contact the verification center at [opm.gov/cybersecurity](http://opm.gov/cybersecurity) or by phone at 866-408-4555.

You can learn more about this data breach and the U.S. government

efforts to notify those affected on OPM's website. It is also important to be vigilant in protecting your identity from the many other data breaches that will occur in the future. BBB offers these tips for consumers who are concerned about proactively protecting their identity:

- Consider taking a preemptive strike by freezing your credit reports. This will not impact existing credit cards and financial accounts, but will create a roadblock for thieves seeking to create fraudulent accounts using your personal information. Security freezes should be completed with each of the three credit reporting agencies, Experian, Equifax & Transunion.

- Vigilance is key. Regularly check your credit reports at [annualcreditreport.com](http://annualcreditreport.com) for unauthorized charges or other signs of fraud. (NOTE: This is the only free credit report option authorized by the Federal Trade Commission.)

- Protect personal information. Shred all statements and applications you get in the mail that you don't want to keep, including credit card applications, insurance forms, financial statements, health forms, and billing statements for utilities and phone service.

- Connect with care. Use caution when logging on to public Wi-Fi hotspots and send personal informa-

tion only to websites that are fully encrypted.

- Expect that scammers will take advantage of this data breach to send out phishing emails and other messages that appear to be from Anthem, a credit bureau or other legitimate companies. Do not click on links from any email, text or social media messages about this or any other data breach.

We have to face the fact that data breaches are now a part of our lives and prepare for them early because it isn't a question of "if" you're affected but of "when" you're affected.

For more tips you can trust, visit [bbb.org](http://bbb.org).

\*\*\*\*\*

*Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*

## Your change can change a life

Submitted by  
**Amy Erickson, Executive Director,**  
Reach Out and Read Georgia  
Email: [amy.erickson@reachoutandread.org](mailto:amy.erickson@reachoutandread.org)

**O**ne of the most lovely things to do during the holidays is cuddle up and read your favorite classic book to your children as they are snuggled warm and safe in their beds.

So many of our area's most in-need children and their parents miss out on this special memory. In many homes, reading together is not possible because they don't have access to age-appropriate new books or the knowledge that reading together is one of the best things you can do to prepare your child for better outcomes in school.

We are working to change that.

In 2015, Reach Out and Read Georgia has provided nearly 75,000 children with free age-appropriate books, to help start building their at-home libraries. We also provide all these families with information on reading aloud for optimal brain development and school readiness.

This work is

changing lives, and providing children with an important moment: receiving, perhaps, their first-ever brand new book that's entirely theirs.

With your help, we can do even more in 2016.

Please consider making a gift so that we can expand into more in-need communities in Georgia and move toward fulfilling our mission of serving every child in Georgia who is living below the poverty line.

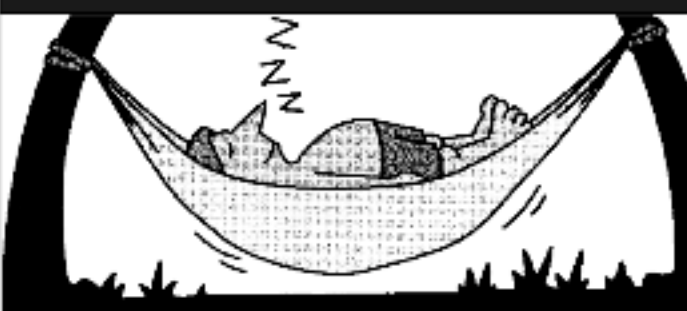
Your contribution will help us continue to provide new books, literacy education and a literacy-rich experience for kids from birth to age five during well-visits to the doctor.

Your gift will make a difference. No donation is too small. Thank you so very much for being our partners in this mission.

We look forward to making 2016 a year of work that's even more powerful and far-reaching.



## Tired of Retirement?



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