

# Senior News

Serving **MACON** & CENTRAL GEORGIA

Information For Ages  
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## ***Eric Fowler... Metal Detector!***

by CLAIRES Houser-Dodd

**O**ne can always meet interesting people in Fort Valley and they're usually here because they are fascinated by our rich heritage. Tim Youngquist called on Monday afternoon to say that a very nice Metal Detecting Hobbyist, a retired USAF Chief, Eric Fowler of Warner Robins, was at his house.

Naturally we assumed he was retired, but NO, he is on an engineer technician now in the ergonomical line while supporting Robins Air Force Base. He concentrates on the health and safety of the workers. His passion is mainly on body health, i.e. the position of the body while working on aircraft and all the different shops, so as not to become injured. Eric said, "What I do is so diverse I may be doing five different things in one day at Robins."

We asked, "Exactly how did you happen to begin this new hobby of yours?" "When my last son left the house, as an empty nester none of my present endeavors offered enough experience. Meeting people or following the internet is history."

He now had plenty of time on his hands to go out and find historical artifacts, recover history that has been lost for years, meet new peoples,

continued on page 8

**Eric Fowler detecting  
an old creek bed.**

February 2017  
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# Beware of Paving Scams

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

**W**ith the unusually warmer temperatures that our area seems to be seeing, we are also seeing a higher than usual number of out of state paving crews going door to door. We always tend to see these crews as the weather begins to warm but our local paving companies and consumers are reporting more traveling paving crews offering "too good to be true" deals on driveway repairs. While driveway repair scams are fairly common, there is never a shortage of victims that get taken; from the consumer who pays for an inferior job to the local paving company losing out on local business. The Better Business Bureau wants you to know how you can avoid paving scams.

Usually the setup involves a less-than-trustworthy sales representative visiting your home claiming they have leftover

materials from a previous paving job. They are looking for homes with cracked driveways and say they can take care of your driveway for a very large discount over the normal price. The catch is that you have to pay up front. From there, consumers have complained to the BBB about multiple issues.

Since the representative is using leftover materials, the quality of work is poor because there is normally not enough asphalt to adequately cover the area. This causes uneven spreading and thin layers which increases the risk of cracking or crumbling of the consumer's driveway. The other issue consumers complain about is that the representative begins work, only to find out there is not enough asphalt to complete the job that same day. He or she will apologize and promise to return the next day to finish. Consumers report the representatives never come back and the consumer is left with an unfinished driveway and less money in their bank account. If they do

return, the price to finish will be significantly increased.

Often, consumers do not have a way to contact the representative or the company they work for because they were never given a business card, they only have a cell number (that no longer works) and they don't have an agreement in writing. To make sure this does not happen to you, here are a few red flags that you can look for in a driveway repair scam:

- There are leftover materials from another job. Professional asphalt contractors know, with great accuracy, how much paving material is needed to complete each project. Rarely will they have large quantities of leftover material.

- You are pushed to make a quick decision. Trustworthy contractors will provide a written estimate that will be valid for days or even weeks. It should specify in detail the work to be performed and the total price. They also don't mind you checking them out before signing a contract.

- Cash-only sales. Most reputable contractors will take checks or credit cards and don't require payment up front. BBB recommends never paying more than 1/3 up front, and only with a written contract.

- The company is from out of state. Look at the truck the representative travels in. If it is

unmarked or has an out-of-state license plate, be cautious. Even if the representative claims to have a local phone number, scammers can easily purchase disposable cell phones to provide a local number in the area they are soliciting. Also, don't be afraid to ask to see their driver's license. If the worker is from out of state, how likely are they to come back if a problem arises in the future?

If you suspect that you are dealing with a paving scammer, report them to your local police department and the BBB.

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

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

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## Volunteers needed in Mississippi and Georgia

Special to Senior News

**S**erve homeowners in southern Mississippi and Georgia, where tornadoes devastated homes and took lives. There's an urgent need for volunteers after Mississippi and Georgia's brutal storm system that spawned dozens of tornadoes which caused millions of dollars in damage and left at least 20 dead across the Southeast recently. Volunteers are desperately needed to serve through Samaritan's Purse as the organization helps Mississippi and Georgia homeowners in Jesus' Name.

Volunteers are needed to patch damaged roofs and remove

trees and other debris from properties around Hattiesburg, Mississippi and Albany, Georgia. "These killer tornadoes have ripped up homes and left many families with nothing," Samaritan's Purse President Franklin Graham said. "I hope as many people as possible can help us come alongside these homeowners and show them the love of Christ." Please share this need with your church and keep affected homeowners and our teams in your prayers. "As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God." 1 Peter 4:10 (NKJV)

For complete details concerning volunteering visit [SamaritansPurse.org](http://SamaritansPurse.org).



## Taking Care

# Variety Abounds in Retirement Home Market

by LISA M. PETSCHKE

**R**etirement residences are private pay, wellness-oriented facilities that enable active seniors to maintain or improve their independence and overall health. Their goal is to offer convenience, security, companionship and the opportunity to engage in a wide range of activities, according to personal choice.

However, they vary considerably in terms of price, size, amenities and services, which can make choosing one difficult. Thus, it's important to go beyond location, curb appeal and ads and take personal tours. Visit several places, accompanied by a friend or relative. Prepare questions in advance and photocopy the list so you can take a fresh one on each tour and make notes.

The following are some questions to include.

### Resident Suites

- Are a variety of suite sizes and styles available?
- Is there sufficient natural light from the windows, and do they open?
- What furnishings are provided? Can you bring your own?
- Does each room have an ensuite bath equipped with grab bars, a raised toilet and an emergency call bell? Is it wheelchair accessible?
- Is there a kitchenette?
- Is there cable and phone hook-up?
- Is there a smoke detector and sprinkler in each room? An intercom system?
- Can you control the temperature in your suite?

### Medical Services

- Are professional nursing staff on duty around the clock?
- Is there a staff physician who makes regular visits and is on call the rest of the time? Can you continue with your own doctor if you prefer?
- Is there pharmacy service? A medical room? Onsite capability for x-rays and lab work?
- What about podiatry (foot care) service, physiotherapy and outreach dentistry?
- Is convalescent care (during acute illness or recovery from surgery) available? If so, to what extent and at what cost? Can enhanced service be purchased on a longer-term basis?

### Other Services

- Are three meals a day plus snacks included? Is there more than one sitting? Can special diets be accommodated? Is there a choice of entrees? Is tray service available when you're not feeling well?
- Can visitors stay for meals?
- What is the frequency and extent of housekeeping service? Are linens and towels provided?
- Is there laundry service? Dry cleaning service? What about facilities for doing your own laundering (e.g. washing delicates, ironing)?
- Is storage space provided for seasonal items?
- Is there a lounge and kitchenette on each floor?
- Are there guest suites?
- Is there a hair salon? Onsite banking? Mail service?
- Is transportation provided to shopping and appointments?

### Recreational Activities

- What kind of weekly programming, special events and outings are offered?
- Is there a full-time, professionally

trained activity director?

- Is a monthly newsletter or calendar of events distributed?
- Are friends and family members welcome to participate?
- Are there a variety of areas for recreation and socializing, such as: TV lounges, activity rooms, exercise room, workshop, craft room, horticultural center, hobby kitchen, games room, computer room, library?
- Are worship services offered? Is there a dedicated chapel?

### The Premises

- When was the place built? Does it appear to be in good condition?
- Is it spacious? Clean? Bright?
- How many floors are there? What is the resident capacity?
- Are the furnishings and décor attractive and modern?
- Are there areas for relaxing quietly? What about for entertaining (a party room or private dining room)?
- Is the building fully air-conditioned?
- What kind of security measures are in place?
- Are the grounds nicely landscaped? Do they include benches? A furnished patio? Shaded areas? A residents' garden?
- Is there ample, free parking for residents and visitors?
- Which, if any, of the following are within walking distance: variety store, drug store, community or seniors' center, park, public transit?

### Financial Considerations

- Are accommodation rates reasonable and all-inclusive? If not, what amenities are extra? How often do rates increase, and by what percentage?
- Are you required to sign a lease?
- Is there a trial-stay plan?
- Can you set up a petty cash account, with regular statements?

### Admission Criteria

- Are scooters and wheelchairs accepted?
- Are any forms of oxygen therapy accommodated?
- What is the smoking policy?
- Is a medical assessment required?
- What happens if your health declines significantly?

### Accreditation

- Are state licenses and industry memberships displayed, and are the dates current?

Talk to some residents to find out how long they have been there and what they like or dislike. Stay long enough to get a feel for the place. Immediately following a visit, make detailed notes. Keep them in a folder, together with brochures, business cards and other relevant paperwork.

Before making a final decision, consider a weekend stay at the place that appeals most to you.

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*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.*

## Coliseum Medical Centers now offers House-Calls to eligible patients

Special to Senior News

**C**oliseum Medical Centers, in partnership with Home Physician Care, now offers house-calls to discharged hospital patients. These at-home follow-up visits are designed to ensure the patient is doing well after their hospital stay and to reduce avoidable hospital readmissions. Patients who benefit from this service include, but are not limited to, those with chronic obstructive pulmonary disease, congestive heart failure, coronary artery disease, diabetes, and other chronic health problems. As part of the hospital or emergency room discharge process, physicians and case managers will recommend patients for house-call services. A doctor, nurse practitioner, or physician's assistant, along with a licensed EMT or paramedic will then visit the patient in his or her home within seven days of discharge from the hospital.

Todd Dixon, Chief Operating Officer at Coliseum Medical Centers, said, "Coliseum Medical Centers is

committed to the care and improvement of the lives of our patients. With this service, we can help our patients continue their recovery once they leave the hospital by bridging the gap between hospital discharge and the follow-up visit with their physician. This allows us to help our patients stay on the path to recovery and lowers the likelihood of hospital readmission. It is a much needed service and we are proud to be the first hospital in Middle Georgia to provide this service to our patients."

Our partner, Home Physician Care, has been providing house-calls since 2007, and utilizes teams comprised of a physician or an advanced practice provider supported by a licensed EMT or paramedic. They maintain all of the pre-hospital medical supplies and equipment required of State Licensed First Responder units, as well as most equipment commonly found at a typical doctor's office. Common activities for a typical house call may include, but are not limited to:

- Physical & History Exams
- Diagnostics & Lab Tests
- Medication Checks

- Diet & Nutrition Review/Education
- Referral Services
- Social Services

House-call fees are based on usual office visit fees and are covered by Medicare and most health insurance. For more information about house-call services, please call Coliseum Medical Centers at 478-765-4104.

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# Senior NEWS

Serving the Macon Metro Area

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## Poets' Corner

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

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### A GRANDMOTHER'S PRAYER by Shirley Glisson

*Thank you Lord, for allowing me  
To play a brand new part.  
For joy and feelings all so new,  
You've placed within my heart.*

*Help me not to interfere,  
But be a helping hand.  
To be there when I'm needed,  
But never give commands.*

*As I look upon his face,  
And hold him oh so near.  
I'm reminded he's a part,  
Of one I love so dear.*

*Grandmother's role is a privileged  
one,  
So help me Lord to take  
Advantage of each precious moment  
I pray, for Jesus' sake!*

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### THE SWING by Dot A. Jones

*We have memories to share of just  
about everything. One special one  
is the endearing swing.*

*School yard swings, now a thing*

*of the past bring thoughts of  
reaching to the sky with dreams  
to last. Someone to push as  
higher we went, until tiring arms  
brought a descent.*

*A yard swing with slats of wood  
to sit in and watch as the world  
goes by, as the clouds overhead  
made figures in the sky. In the  
cool of the morning and evening  
time the swing brought leisure to  
life, as the chain needing oil  
brought a whine.*

*A porch swing was a joy to many.  
Young couples sat holding hands,  
stealing a kiss or two, hoping  
adults would stay inside, so in  
their reverie they could abide.  
Often, a young man brought a  
proposal and a ring, as he and his  
true love sat in the swing.*

*Swings are usually made with  
loving hands. A child is watching  
in joyful glee as the swing is  
hung from ropes in a tree. Maybe  
an old tire or a wooden seat,  
either was fine, as neighborhood  
children wound a path to it beat.*

*Older folks have shared many  
happy memories sitting side by  
side in the old wooden swing.  
Times spent with children on  
their lap, lulling them into a  
quiet nap. Sometimes, songs  
were sung or stories told as the  
swing rocked back and forth,  
soothing cares of life, removing  
stress and strife.*

*If you have never enjoyed a swing*

*in your life, you have missed so  
much. I recommend you acquire  
a swing and see what a difference  
it will bring. You will hear the  
birds sing, the crickets chirp, the  
croak of the frogs, the hoot of an  
owl. The world will be calm and  
you will feel close to God, as you  
listen to His psalm played out in  
the sway of the swing and lifted  
on an angel's wing. There is  
nothing like a swing, joy to bring.*

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### WHERE I'M FROM by Kelly Baldwin

*I'm from granite hills  
and whippoorwills.*

*I'm from slamming doors  
on the back porch.*

*I'm from black-eyed peas  
and grits and sardines.*

*I'm from rocking chairs  
and "I do declares."*

*I'm from railroad tracks  
and "that sure takes me backs."*

*I'm from brown eggs in the fridge  
and "come on, Little Pidge."*

*I'm from cheddar cheese  
and Russian iced tea.*

*I'm from a red brick house on  
Green Street. I came from all  
of these  
and all of these are what make  
me, me!*

## Know what's involved before cosigning a loan

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

**W**hat if you were asked to cosign a loan for a family member or friend? Would you do it? Before you give your answer, make sure you understand what cosigning involves. Under a Federal Trade Commission rule, creditors are required to give you a notice to help explain your obligations. The cosigner's notice says:

You are being asked to guarantee a debt. If the borrower doesn't pay the debt, you will have to. Be sure you can afford to pay if you have to, and that you want to accept the responsibility.

You may have to pay up to the full amount of the debt if the borrower does not pay. You may also have to pay late fees or collection costs.

The creditor can collect the debt from you without first trying to collect from the borrower. The creditor can use the same collection methods against you that can be used against the borrower, such as suing you, garnishing your wages, etc. If the debt is ever in default, that fact may become a part of your credit record.

What are the chances that the bor-

rower will default? Some studies of certain types of lenders show that as many as three out of four cosigners are asked to repay the loan.

Despite the risks, there may be times when you decide to cosign. Perhaps your son or daughter needs a first-time loan. The Better Business Bureau, along with the Federal Trade Commission recommends that you consider the following before you cosign.

Be sure you can afford to pay the loan. If you are asked to pay and you cannot, you could be sued or your credit rating could be damaged.

Before you cosign a loan, consider that even if you are not asked to repay the debt, your liability for this loan may keep you from getting other credit you may want or need and it could also hurt your credit score.

Before you pledge property, such as your car or home, to secure the loan, make sure you understand the consequences.

Ask the lender to agree, in writing, to notify you if the borrower misses a payment. This will give you time to deal with the problem or make back payments.

Obtain copies of important papers, such as the loan contract, the Truth-in-Lending Disclosure Statement, and any warranties if you are cosigning for

a purchase. The lender is not required to give you these papers; you may have to get copies from the borrower.

Once you become a cosigner on a loan, the likelihood that you can be removed from the loan at a later date is very remote and usually requires a new loan application. If you're told that you can just ask to remove your name, don't believe it.

Just remember, when you cosign for a loan, you are taking a risk that the lender is not willing to take; so be sure you are comfortable with all of the terms and conditions. Also, make sure you can afford to make the payments should the borrower fail to keep their obligation.

For more tips you can trust, please visit bbb.org.

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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.



## Let us entertain you

by CLAIRE HOUSER DODD

*Never be afraid to try something new. Remember, Amateurs built the ark. Professionals built the Titanic.*

**P**each County has produced a movie and is proud of it. We don't know when we can see it, but we'll tell you what we know at this writing. A guy from Warner Robins, Corey Dinkins, has started a film company, Morningstar Productions. He has been writing and performing since being introduced to Northside High School's theater program.

Copywrited "The Judgement" (maybe shade of Flannery; maybe not), directed and produced it here in Peach County. One place in Fort Valley was Rich and Beckie Adamson's blue Victorian home on the corner of Church and Everett Square. It is the original Fincher House. Judy Robinson plays Maurak Deluca, the matriarch, who intends to confiscate four million dollars' worth of diamonds. Also, part of the film was shot at Jailhouse Alley in Byron. It sounds like a winner but that's all we know at this point. But stay tuned in as we're always seeking good stories close to home and applaud artists here in the middle Georgia area photographing our historical landmarks and using local people. And, most of all, those who choose to stay in their original home places. After all, the old adage goes, "If you're not happy where you are; you won't be happy anywhere." You will have to take yourself along for the ride wherever you go!

Can't wait to hear more about Mr. Dinkins and his show. It may be next month's column!

Thursday night ago was a fine time at The Cane River Vineyard, 144 Cane River Drive, Byron. Dennis Herbert's 3-piece band, Rachael and the Rudy Toots, played their hearts out and the rest of us sat back and enjoyed the libations, the food and the friendship. It is amazing how many people see the Vineyard open and come in to book a party, a meeting, a wedding or a 50th anniversary dinner party like the one planned for eighty people on

Saturday night! Six people came in to book while we were there.

If you are in need of a place to entertain or celebrate call Emily of "Tie the Knot, Weddings and More" at 478-955-4138. On Saturday night, January 14, at 8 o'clock, sisters Vicki and Valerie entertained 80 friends and family at the Vineyard in celebration of their parents, Ray and Dereba Shepard's, 50th wedding anniversary. Valerie Harris still lives in Macon with her husband Todd and their children, Landon and Dalton. Vicki lives in Kathleen with her four children, Curt, Kathryn, Claire and Joseph.

We happened to be at the Vineyard while the girls and a cousin or two were decorating and putting up memorable and important pictures and artifacts. They were having fun working; and, we were having fun watching. They had made a lot of fantastic decorations that were adorable and we especially enjoyed the original wedding pictures and all the lovely symbols of a love lasting for 50 years – one still blooming from our view point. These girls had even made a take home memory book with crayons for the children to entertain themselves while the festivities were going on.

Ray and his wife are originally from LaGrange, but raised their family in Macon. Ray was manager of Auto Owners Inn. Co and Dereba was secretary at Heard Elementary School. Congratulations to them, and we wish you many more happy years to come.

Valentine Dinner and live entertainment – Choice of Lasagna or Brisket – Sat., Feb. 11, Cane River Vineyard behind GA Bob's BBQ in Byron. Call 955-4138 for reservations.

At our last Study Club meeting, Delise Knight introduced Colonel Patricia Ross, Ret., to educate us on a new venue to help our veterans return to civilian life more easily. It's difficult to be in the service in which every move is regimented for so many years, and then to be turned loose with only five days of unregimentation. Let us say impossible to have the whole bit of civilian life dumped on you all at once, and often having no idea how to transform yourself to a working citizen. Often one does not have any idea what they can do, or even what they

want to do.

VECTR is the name and the new entity is the Georgia Veterans Education Career Resource Center located at 1001 S. Armed Forces Blvd., Middle Georgia State University, Warner Robins, GA 31088; Phone: 478-218-3900; website [www.gavectr.org](http://www.gavectr.org).

You've probably noticed it and wondered what the handsome new brick building was housing. It is a joint initiative between the University System of Georgia and The Technical System of Georgia to support Georgia Veterans re-entering a society they left many years ago, through educational and the civilian work force assistance. VECTR provides career courses, counseling, educational coaching, work force training and much more. Some may even be eligible for state grants to receive short term certification, plus have their military training and mili-

tary experience evaluated and transformed into civilian workforce credit.

Other On-Site Partners at the facility include the Department of Veterans Services who provide VA disability claims and veteran benefits assistance.

VECTR appears to be a God-Send. If you have family or friends in need of these services, please give them the phone number to make appointments; and/or, call to see which days are good for walk-ins.

This facility is the first of its kind and we are proud to have it open here in middle Georgia. Let us rally around it as we do for our very deserving veterans. You may even be able to volunteer your services in one way or another.

*Dear Lord, Please put your arms around my shoulders, and your hand over my mouth.*



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Ray and Dereba Shepard



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listings, please visit our website at:  
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**Alzheimer's Association, Central  
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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.

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 posi-  
tive attitude. If you can spare two  
hours a day one day a week, then  
you may just be the person needed.  
We're currently needing volunteers  
Mondays and Fridays. Meals on  
Wheels is a wonderful organization  
which takes pride in everything it  
does. This program would not exist  
without volunteers.

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 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 wel-

comed.  
**Georgia Leathercrafters Guild**  
The Guild meets every second  
Sunday in the month at Geico on  
Weaver Road. All who wish to learn  
and/or expand their knowledge of  
leather craft are invited. For addi-  
tional 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 com-  
plete details call 478-987-7260 or  
visit [www.cggs.org](http://www.cggs.org).

**Health Education**  
The Office of Health Education  
at the Macon-Bibb County Health  
Department has brochures-pamphlets  
on various topics available in  
English and Spanish. These materials  
are available to businesses, commu-  
nity-based organizations, and faith-  
based organizations upon request.  
For additional information call  
478-749-0113.

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

**Massee Lane Gardens**  
For information call 478-967-2358  
or [www.camellias-acsc.com](http://www.camellias-acsc.com) (The  
American Camellia Society.)

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

**Museum of Arts & Sciences**  
4182 Forsyth Road, Macon  
478-477-3232 or visit website  
[www.masmacon.com](http://www.masmacon.com).

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

continued on page 7

# General Business Directory For Seniors

**COLISEUM PARK**  
**PROFESSIONAL PHARMACY**  
380 Hospital Drive Macon, GA 31217  
Across from the Emergency Room  
**BOB MOODY RPH.**  
Pharmacist, owner  
**Start Getting Better Now!!!**  
Phone: 478-745-5431 Fax: 478-765-4359  
**FREE PRESCRIPTION DELIVERY**

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

**Crossword Puzzles  
& Games**  
available at  
[www.seniornewsga.com](http://www.seniornewsga.com)

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

*America's Choice in Homecare.*  
**VisitingAngels.**  
LIVING ASSISTANCE SERVICES  
Dementia Care • Transportation  
Hygiene Assistance • Medication Reminders  
Flexible Schedule • Respite Care  
Meal Preparation • Fall Prevention  
**478-971-1608**

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



## EVENTS

from page 6

- *The Constant Wife*: Feb 17-26
- *Conference of the Birds*: March 3-12

\*\*\*\*\*  
**Warner Robins Little Theatre**  
 502 South Pleasant Hill Rd.  
 478-929-4579; www.wrlt.org  
 • *Steel Magnolias*: March 3-5 & 8-11  
 \*\*\*\*\*

**Douglass Theatre**  
 355 Martin Luther King, Jr.  
 Boulevard, 478-742-2000  
 \*\*\*\*\*

**Tubman Museum**  
 340 Walnut St., Macon  
 www.tubmanmuseum.com  
 \*\*\*\*\*

**Middle Georgia Art Association Gallery**  
 2330 Ingleside Ave., Ingleside  
 Village, Macon. 478-744-9557; mid-  
 dlegeorgiaart.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 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.  
 \*\*\*\*\*

**NAMI Central Georgia**

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

(Call for details on events)  
 • Monthly support group for con-  
 sumers 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  
 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.

### MGRAACA Meeting

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

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

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

### Open Sketching Portraits

Presented by the Fine Art  
 Society of Middle Georgia.  
 Every Tuesday that is not a  
 holiday, 6-7 p.m., Nola  
 Brantley Library, Watson  
 Blvd., Warner Robins. For  
 details contact Leslie  
 Hoops-Wallace at 478-396-  
 9198 or email: unicorn-  
 squest@hotmail.com.  
 \*\*\*\*\*

### 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:  
 fasmidga@gmail.com, or  
 visit www.fasmidga.org.  
 FAS Gallery of Art is locat-  
 ed 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-  
 geeaudubonsociety.blogspot.com.  
 \*\*\*\*\*

### Free Car Seat Checkup

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

## 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

## 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

## FOR ADVERTISING ASSISTANCE!

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

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



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

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

## Vineville Christian Towers

~ Immediate Openings ~

Age 55 and above. All utilities paid. Subsidy  
 for qualified persons. Heart of Macon.

*Come in and open the  
 door to your new home!*

**Studio &  
 1-Bedroom Apartments**

2394 Vineville Avenue  
 Macon, GA 31204

**478-743-4661**





**ERIC FOWLER**  
from cover page

and enjoy the past as well as the present.

"Can you name several of your most treasured find? I asked." "Probably an 1800s musket ball and Civil War bullets; one found in Macon and one in Perry. I recovered a ring for a family in Warner Robins. It had been lost for two years; an antique silver ring with stones. A grandmother had given it to her granddaughter and I recovered it before her graduation. They presented it to her at her high school graduation party. I had given it to her grandfather. I am also finding parts of a plane crash in the early 1940's, either '41 or '42. I believe it is a BT-13 training plane out of Robins AF Base or Cochran Field."

"One other is a good luck token (round aluminum) the size

of a quarter with a four-leaf clover. Round token that says 'HOW ABOUT GOOD LUCK' found in the vicinity of Houston Lake where the Houston Lake Recreational Area was. It is off to the left before you cross the bridge and dam and get to the Country Club."

Eric also found a lipstick, probably where the old Bathhouse stood. It is from Revlon. He researched the tube, white with gold, and found it to be circa 1950. When we asked if he could tell what color it had in it, we got a pantone, "Red!" This made us laugh and we said, "Russian Sable, I know it was Russian Sable. It was the most dramatic and popular and we were not allowed to wear it!" How exciting! We can't wait to see it! And you, too. We've already got him on our list for speakers at The Historical Society.

Eric says the most fun of his

metal detecting hobby and most rewarding is finding valuable and important things that people have lost and given up on finding. They are so excited to have them recovered. Like the granddaughter's ring from her grandmother. It really made her graduation party special not only for her and her immediate family, but it is a thrill for guests, too!

He has promised to help us find a pink gold ring with three diamonds that our grandfather (Captain John A. Houser) gave our father. A beautiful ring and with so much sentiment! We refuse to hope against hope, but we are firm believers of Miracles!

Chief Fowler is married to Christine Warren from Illinois – for 32 years. They have three sons, Aaron, Jesse, and Caleb; and, two grandsons, Keikila (7) and Luke (2 mo.), sons of Jesse and Aaron respectively. Aaron lives in Houston County but Jesse lives in Indiana – a long way away when you have a grandchild. I bet you'd already guessed, Jesse and his family

lived in Hawaii when Keikila was born, hence the Hawaiian name.

We're so glad Chief Fowler has selected such an interesting hobby – we're glad for him, of course, and, for us as well. It will add some historical enlightenment to our area, keep the past with us, and give us another perk in our lives.

Thanks, Eric, and Happy digging!



Eric & Chris Fowler



Sample of items found metal detecting.



Sample of items you find when detecting an old home site.

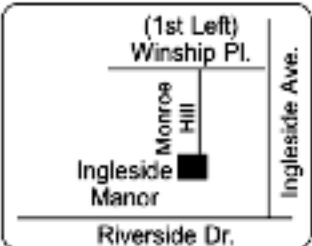
**Beautiful, Affordable Senior Housing!**



- Spacious One Bedroom Apartment
- Fully Equipped Kitchen, Carpet, Bay Windows
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- Great Location – Close to Shopping, Public Transportation and Medical Facilities



Call Today for a Tour  
**478-722-9492**  
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**Ingleside Manor**

*A Retirement Housing Foundation Community*

478 Monroe Hill • Macon, Georgia 31204-2592

You must be 62 years of age or older. Gross income must not exceed HUD guidelines for income.

