

Senior News

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Lucille to Sole Hope!

by CLAIRE HOUSER-DODD

Our Georgian former President, Jimmy Carter and First Lady Rosalyn Carter, have received another honor. They have been named joint recipients of the 2017 Ivan Allen, Jr. prize for Social Courage, given annually by Georgia Tech. The award is named for former Atlanta mayor Ivan Allen and it recognizes the Carters' work throughout the world to improve human rights and alleviate suffering.

President Carter said, "Our work to advance people and health for the world's less fortunate people through the Carter Center has been the pinnacle of our lives. We are grateful if our experiences offer inspiration to others to reach out and do what they can to help make life better for their neighbors next door or those in this nation."

The Carter Center announced its program to eradicate Guinea Worm Disease in 1986 when there were 3.5 million cases. They have successfully reduced that number to only 25 human cases of Guinea worm disease being reported in 2016 in three countries: Chad, Ethiopia and South Sudan.

The Carters certainly offered inspiration to Lucille Parham and sister Betty Allen. It is a project to eradicate a sand flea

continued on page 8



Lucille
Parham

April 2017 • Vol. 31, No. 4

Taking Care

How to live well and cope with Parkinson's

by LISA M. PETSCHKE

Parkinson's disease (PD) is a chronic, progressive disorder involving damage to nerve cells in the



Lisa Petschke

brain that control muscle movement.

According to the National Parkinson Foundation, 1.5 million Americans currently have the disease and

approximately 60,000 new cases are diagnosed each year. Incidence increases with age and the majority of cases develop after age 60.

The main symptoms of PD are shaking (known as tremors), slow movements, rigidity (due to muscle stiffness) and balance problems. Other symptoms may include low energy, loss of coordination, loss of facial expression, difficulty initiating or continuing movement ("freezing"), stooped posture, a shuffling walk, decreased speech volume, apathy, anxiety (especially when medication is wearing off and symptoms are not controlled) and depression. Early symptoms are subtle and may

be overlooked.

Diagnosis is arrived at through a thorough examination by a neurologist, who may order tests to rule out other conditions with similar features.

Although symptoms and rate of progression vary among individuals, usually PD advances slowly and patients can lead active lives for many years.

While no cure exists, medications are available that alleviate the symptoms. In cases where medication doesn't work, surgery may be considered. Lifestyle modifications are an important part of any treatment plan.

Upon diagnosis of a degenerative condition such as PD, patients typically experience shock or disbelief. Subsequent emotions may include anger, fear, anxiety and sadness.

Once they accept the reality of the disease, they can focus on taking control of their situation as much as possible.

Coping tips

If you've been diagnosed with Parkinson's disease, here are ways to empower yourself mentally, emo-

tionally and spiritually.

Mental well-being

- Learn as much as possible about PD and its management, and educate family and friends.
- Be receptive to learning new ways of doing things. Concentrate on what you can rather than can't do.
- Recall past life challenges and how you overcame them, to remind yourself of your resilience.
- Cultivate an attitude of gratitude. Learn to live in the moment and enjoy life's many simple pleasures.
- Find role models: celebrities or other people who are living well with PD, from whom you can draw inspiration.

Emotional self-care

- Allow yourself plenty of time to adjust to your illness and the changes it necessitates. Recognize that your family and friends will also need time to adjust. Let them know how you wish to be treated, and keep the lines of communication open.
- Find an outlet for expressing your thoughts and feelings. Consider attending a support group.
- Accept that how you feel and what you can do may vary from day to day, and be flexible about plans and expectations.
- Stay connected to people who care. If your social network is limited, develop new connections through volunteering, taking an adult education course or joining a club or group.
- Seek help from your family doctor or a counselor if you continually feel sad, angry or overwhelmed. Depression is highly treatable.

Spiritual well-being

- Set aside quiet time each day, to nurture your spirituality and help keep you grounded.
- Do things that provide you with meaning and purpose, such as writing a family history or helping someone.
- If applicable, turn to your religious faith for comfort and strength.

Practical tips for daily living

Because PD is incurable, the goal, from a medical perspective, is

to achieve the highest possible level of functioning and prevent or minimize complications. The following are some strategies that can help.

- Find a neurologist whom you respect and trust.
- Follow the management plan prescribed by health professionals, which might include medication, diet changes, exercise, rest, adaptive aids, lifestyle changes, stress management techniques and regular medical check-ups. Let them know right away if the plan is no longer working.
- Join an exercise class for people with PD. To locate one in your area, call the American Parkinson Disease Association at 1-800-223-2732 or go online to www.apdaparkinson.org.
- Use a cane or walker when recommended, to minimize the risk of falls. If mobility issues prevent you from getting around in the community, rent or buy a scooter or wheelchair.
- Set up a record-keeping system to organize your health information. Ready-made products can be found in office supply stores and bookstores.
- Do as much for yourself as possible. Set priorities, simplify tasks and learn to settle for less than perfection.
- Find substitutes for enjoyable activities you can no longer engage in. Just don't overdo it.
- Make your home as safe as possible - for example, remove scatter mats and install handrails along stairs. Arrange for an occupational therapist to perform a home assessment, to identify hazards and recommend ways to carry out daily activities more easily and safely. If your home's accessibility is inadequate, renovate or move before a crisis develops.
- Accept offers of help and ask for assistance as needed. Research services in your community that can help you now or in the future.

Lisa M. Petschke is a medical social worker and a freelance writer specializing in boomer and senior health matters. She has a close family member with Parkinson's disease.

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Let us entertain you

by CLAIRE HOUSER DODD

The key to being without fear is not Believing that nothing you fear will Happen, but that nothing will happen apart From God's intervening grace.

By Jennifer Kennedy Dean
In *Live a Praying Life without Fear*

We got asked the other day by Grand Matthew if we prayed. Oh yes, we're in constant prayer, isn't everybody? He was afraid not. We said we thought they ought to be; and, he agreed.

While driving home from Dublin with a friend the other day, a dark green (perhaps a Charger) started drifting over into our lane. We eased over to be sure he had room, hit the accelerator and got out of there. However, there was a black truck behind us we were praying for. We thought the Charger jerked back on his side of the road just before hitting the truck. We relaxed and said simultaneously "Praise the Lord!" And we both agreed that another miracle had just occurred. Our thoughts are that we don't readily recognize the many miracles we see every day. We need to!

Yet another barn has been opened in Middle Georgia, The Wedding Barn at L'Horne. It is a new building built to look just like an old barn, but with a deck on back and side. It is behind a 116 year-old original barn on Mosley Road in Byron owned and operated by Jim, Anna and Jeremy Ottinger who had a deluxe ribbon cutting last week by The Peach Regional Chamber. Anderson's Catering of Kathleen did a beautiful job with the food and presentation. Our 25 or 30 participants were lost in the large

barn. It is huge, attractive and even smells like a newly finished barn. What a nice venue for a wedding or whatever you may have in mind.

We have to tell you about First Things. First with FVSU First Lady, Sylvia Jones, celebrating Women, Community and History Thursday night, March 23 at 5:30 p.m. It was held at the old Dr. Hendricks' home on Camp John Hope Road that the University has refurbished into a lovely venue for most any occasion.

The First Lady, Sylvia Jones, is lovely, charming and quite beautiful. We had been meaning to do an article about her ever since she and Dr. Jones arrived. (Stay tuned, it's coming up.)

Dr. Chanta Haywood presided over the program with finesse. Victoria Dubriel welcomed the audience in most every language we can imagine. Chanta Robinson, a Biology major, sang and Sylvia Malone introduced the First Lady, who spoke eloquently on her past and on her present hopes for the University and the community – especially of women.

Sylvia Malone introduced Dolly Horton with more accolades than we could possibly list. Dolly Horton, chair of the Peach County Utility Commission, as the Speaker, entertained us with her great stories and again celebrity women, community and history. All in all it was a delicious and delightful supper party. We especially enjoyed seeing a lot of good friends and catching up on their lives and making plans to "do lunch," later! This was a very classy event with probably more well educated people in one room than the law allows. One lady had been to FVSU from the age of 4, and on through graduate school.

A really good friend, President of RMFGF (Retired Military Full Gospel Fellowship) and pastor, Dan Gatlyn, USN Ret., went to President Trump's

inauguration and was so impressed to be in this enormous crowd celebrating the new President of the US. Although he was standing in the rain, the magnitude of the event did not escape him. He was blessed. He said, "We cannot lose since God has been brought back centerfold! Prayer has been answered in the affirmative and we rejoice!"

Let us hope April 1, April Fool's Day, went by for you "undramatically." We usually get caught, one way

or another. We celebrated with Tim Reynolds the 15th year of his business, Tim's Total Fitness Gym in Byron.

How Big is God? Data by NASA: The space probe Voyager 1, launched in 1977, passed Jupiter in 1979. It is now sailing through space at 11 miles per second; and, will be close to earth's nearest star – Alpha Centauri – in 40,000! Yes – that is FORTY THOUSAND YEARS! Unimaginable!

Pilot International announces new Director of Programs and Events

Special to Senior News

Pilot International, Inc. is pleased to announce the addition of a new Director of Programs and Events, Kerry Freeman.

Kerry was previously Events Coordinator with The Walt Disney Company in Orlando, Florida. She is a graduate of the Terry College of Business at the University of Georgia.

Pilot International is a community-based volunteer service organization founded in 1921 in Macon, GA on the principles of "Friendship and Service." With more than 7,300 members in some 340 Pilot Clubs, Pilots can be found across the U.S., the Bahamas, Japan and South Africa.

Pilots carry out their mission to "Do More, Care More and Be More" by providing financial and hands-on support for national and local initiatives in keeping with its causes of youth development leadership; brain safety fitness; and caring for families in times of need. In addition, there are over 7,500 school-level Anchor Club members worldwide. Through a professionally developed curriculum and strategic partnerships, Pilot encourages and provides opportunities for youth development leadership.

Pilot remains headquartered in Macon, where its staff serves its international constituency. The name "Pilot" was inspired by the mighty riverboat pilots of that day who represented leadership and guidance.

Reminder: Rates change at Flint Energies on bills rendered after April 1st

Special to Senior News

As Flint Energies announced in January, on Flint Energies member billings after Apr. 1 the base residential rate will move from \$25/month to \$27/month. It follows a rate change plan that calls for the residential base charge to increase to \$29/month by 2018.

"We have calculated the actual cost of providing service to a residential location at over \$32/month," according to Flint Energies Sr. Vice President Jimmy Autry. "We anticipate our monthly base charge to rise a bit each year as we cover these higher costs of service."

The base charge is the fixed amount charged each billing period to cover Flint's cost of a meter, reading the meter, billing the account through data processing, and collecting and crediting payment, Autry

added. It also includes covering the co-op's cost to provide 24/7 service and an outage reporting system.

Also with this rate change, the kilowatt-hour charge for all rates will increase \$0.0055 (just over one-half penny). The cost of a kilowatt-hour is driven by the wholesale price of the electricity generation which Flint purchases. Flint's residential rate will go from 10.0 cents per kilowatt-hour to 10.55 cents per kilowatt-hour on April 1.

All Rate Classes Will See April 1st Increases

Flint Energies rate changes on Apr. 1 will affect all rate classes: residential, business, commercial, industrial and agricultural. Base charges increase on all rate schedules and the average increase in the kilowatt-hour charge is around 5%. Please contact Flint directly if you have questions about your own non-residential rate schedule.

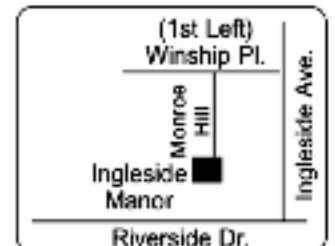
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Senior News & Views of Georgia

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.

THREE CHEERS FOR HOPE by Paul Gray

*Like a song bird perched upon
his bough,
Sharing love songs with his voice,
Clinging fast to hope he believes
somehow,
There's a chance he'll be her choice.
Now he's just a bird and his song's
the same,
Like all others, non-unique,
But it's hope itself keeping
hope alive,
And a song upon his beak.*

WE THE CHURCH by Joy Mitchell-Booker

*The collective voice of the Church
Has been silent for far too long
We've neglected our commission
To help keep our nation strong*

*Our collective voice has been silent
When we should have been shouting
out loud
Have we been quietly asking?
When we should have been
demanding
It is up to us to lend a guiding hand
To assist those in power positions,
help them to take a stand
Our light is no longer shinning
bright
Our salt has all but lost its flavor
It's no wonder the world is lost
We've not glorified our Savior
We should be the moral compass;
we speak out God's word
Regardless of the consequences,
in spite of what we've heard
We will be held accountable for
not taking a stand
Allowing the world to dictate to
us, when we know they don't
understand
The Word of God is final, no
further discussion needed
Our nation was built on this
foundation
Why has the Church conceded?*

CLIMBING THE MOUNTAIN by Cynthia W. Underwood

*Climbing the mountain calls for
incentive and motivation;*

*Motivation to accomplish and be
the best of the best*

*So seize the moment to capture
your dream!
Welcome the opportunity to
stand tall.
Strive for what is in your reach
and then some more.
For nothing is impossible, if you
only believe.*

COUNT YOUR BLESSINGS by Shirley Glisson

*Counting our blessings
Seems such a chore,
We think we have finished
But then there are more.*

*God is so gracious
So loving and kind,
When counting our blessings
We're always behind.*

*When lying in bed with
No sleep to be found,
With the day's problems
Still hanging around.*

*Try counting your blessings
Instead of sheep,
Then will come rest
And sweet peaceful sleep.*

Don't Fall Victim to Bogus "Tech Support" Calls

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

Many residents are still reporting to your BBB that they have received telephone calls from individuals claiming to be with tech support from well-known software companies. Microsoft and Apple have been very popular claims, but there have been others as well – and even some claiming to be with federal law enforcement agencies, such as the FBI.

The Scammers may know your name and other personal information, which they get from publicly available directories. They might even guess what computer operating system you are using. Don't be fooled.

The caller tells you that your computer is sending error messages, and they've detected a virus on it. He says that only a tech support employee can remove the virus, but first you must grant him access to your machine. If you give the OK, the caller will run a scan of your files and actually point out how the virus has infected the computer. The scammer then offers to remove the virus... for a fee. Of course, they need your payment information first.

You might think that this is another form of telephone fraud designed to get your credit card information, but there are actually two twists to this ruse. It is possible that if you allow the caller to access files on your computer, they can access banking information by using

your computer to log into your banking programs.

In addition, they could download spyware onto your computer, which could allow them to monitor your keystrokes. Many people reporting this crime to the FBI's Internet Crime Complaint Center indicated that if they allowed the caller remote access to their computers, whether they had paid for the virus to be removed or not, they had difficulties with their computers afterwards. Some said their computer would not turn on or that certain programs/files were inaccessible. Some victims even reported taking their computers in for repair and the technicians confirmed that software had been installed.

What to do if "Tech Support" calls?

- Be wary of answering calls from unknown numbers. Instead, let the call go to voicemail and if it's important, they will leave a message.
- Don't rely on caller ID; scammers have the ability to spoof their caller ID numbers to appear legitimate.
- Never give control of your computer to a third party unless you can confirm that it is a legitimate representative of a computer support team with whom you are already a customer and you initiated the support call.
- Never provide your credit card, financial information or prepaid gift card numbers to someone claiming to be from tech support.
- If a caller notifies you that he or

she has detected a virus or other threat to your computer, hang up.

• Take the caller's information down and report it to the BBB Scam Tracker at www.bbb.org/scamtracker.

If you did allow a caller to access your computer:

- Change the passwords for your computer, email and online banking and credit card accounts.
- Be sure to update your antivirus software and run a complete virus scan.
- Consider placing a fraud alert on your credit report if you shared personal and banking information with the scammer or if you suspect that malware was installed.
- Find a trustworthy computer repair company to ensure that all malware has been removed.

To find a computer repair company or for more consumer tips that you can trust, visit 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 or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org. For more consumer tips that you can trust, visit bbb.org.

Tips to prevent pestering Robocalls that can scam you out of your money

by JUSTIN LAVELLE

In today's landscape, it is not uncommon to receive multiple robocalls a week on both your landline and your cell phone, even though you've registered your phone numbers with the Do Not Call Registry. They're offering everything from lower credit card rates to free vacations and medical alert devices. It's not only annoying, but many of these calls come with a high probability of scam. Robocalls are scams run by con artists who are trying to trick you out of your money and they simply ignore the law. Below are must-know tips for putting an end to robocalls:

- Do Register with the Do Not Call Registry. Although the Do Not Call Registry isn't always consistent, it's important to register with them to help eliminate a good portion of calls. If you've been on the Do Not Call Registry for a month or longer and still get calls, file a complaint with the FTC. It doesn't take long, and sometimes enough complaints can get policy changed. Report illegal robocalls to the Federal Trade Commission at consumercomplaints.fcc.gov or call 888-225-5322.

If you're constantly being called by the same few numbers, consider blocking them. A variety of apps and services, many of them free, make it possible to cut down on unwanted calls on some landline

and mobile phones (both Android and iOS). They work by blocking them, alerting you to a possible robocall, or forwarding suspicious calls to voicemail.

- Set-up "Anonymous Call Rejection" Option. Call your phone provider to find out if this option is available for your landline. It lets you screen out calls from callers who have blocked their caller ID information – a tactic of telemarketers.

- Sign-Up for Nomorobo. Nomorobo uses a "simultaneous ring" service that detects and blocks robocalls on a blacklist of known offender numbers. Similar to the Do Not Call Registry, it's not infallible but adds a layer of protection. It's free for landlines and subscription based for mobile.

- Check Your Caller ID. If you do not recognize the phone number on your caller ID, do not answer the phone. Let it go to voicemail or the answering machine. Most telemarketers will hang up and not leave a message. If it's important, the caller will leave a message. If you answer and there's a pause, that's often an indication of a robocall, and you should simply hang up. Never follow the automated voice asking you to press 1. Do not push any numbers to reach a live operator, this signifies that the autodialer has reached a live number and this will probably lead to more robocalls.

- Block Incoming Numbers on Your Cell Phone. Most cell phone

providers allow you to block an incoming number to your cell. After the call comes in, follow your provider's instructions for blocking the number from calling you again.

- Download a Call-Screening App to Your Cellphone. To help with robo telemarketing calls and robo spam texts to your cellphone, get a call-screening app like Truecaller or PrivacyStar that screens and blocks them.

- Sign the Consumer Union Petition. Sign the Consumer Union petition at EndRobocalls.org to pressure phone companies to start offering free call-blocking technology.

- Check the WhitePages.com. Use the online telephone directory WhitePages.com to look up a phone number you're unsure about. The site will let you know the scam

potential of the phone number you're checking on even if it doesn't have the company name listed.

- Give Out Your Phone Numbers Sparingly. Resist the urge to provide a phone number unless is absolutely necessary. Just because you're asked for it, doesn't mean you're required to provide it.

About Justin Lavelle of BeenVerified.com

Justin Lavelle is the Chief Communications Officer at BeenVerified.com (<https://www.beenverified.com>). BeenVerified is the fast, affordable, and easy way to access public records and search for people. Find out ages, marital status, addresses, email addresses, phone numbers, criminal records, and more.

Binding principles for Success

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

Contrary to what many accept as fact, there are essential guidelines for conduct as we travel through life. Obviously, there are millions who pay little heed to instruction, conditions, or "warning signs" along the route – but such does not alter the blaring truth for which we are all responsible. The script is well known, published in innumerable circles; and, yet ignored by a host of unbelievers! And the result is judgement – meeting out penalties for the same! What are these rules? Who established them? And how valid can we expect them to be?

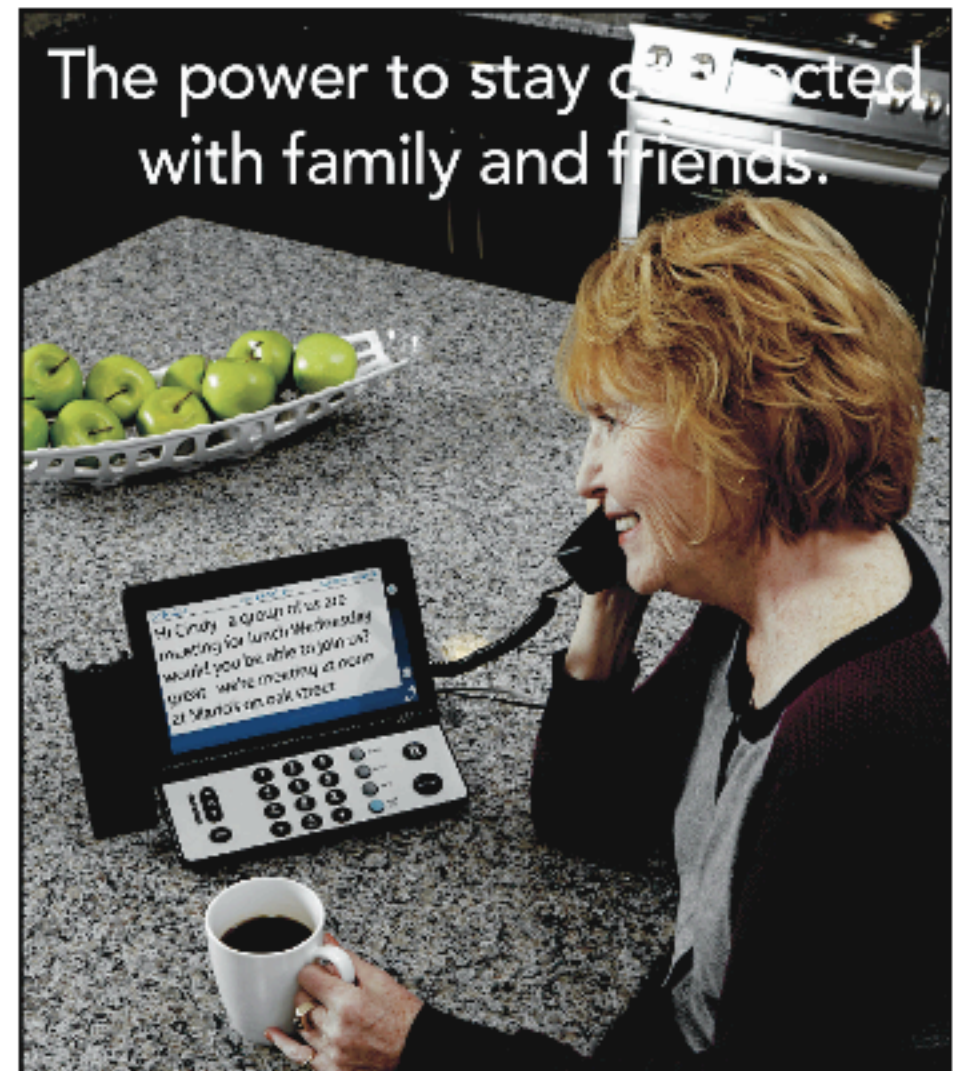
Principle (and Rule) Number One is the Moral code. Emanating with the Creator – every individual is held responsible! Since He orchestrated the statute, he will also be the one to consider the price for violation. Take it to the bank – three times over! Only the mercies of the Omnipotent One will minimize both the charge and penalty! To live in success, harmony, and a spiritual direction is to ensure joy, progress, and eternal life. There is no changing or amending these rules in our lifetime. "It is written" – with perpetual application. While Biblical patterns hold priority, there are other pertinent considerations.

Next, (for sensible existence), we are bound by Ethics. There is a path-

way explored, taught, expected, and presumed by citizens of every land. While Ethics are somewhat ambiguous, they are real, and demanding. If we expect to be honest and impartial on our journey, we will not find it difficult to adhere when it comes to Ethics! Protocol is only part of the "Ethical Walk." Consider your manner and demeanor.

Then, there is the rule of Law (Edict/Statute) which makes a "telling" appearance – with limits, lines, blue lights, or dangerous volleys. A standard course for all citizens has been etched in the parchments of City Hall. And this legality has been embraced and ordered for the best reason – your protection. In addition, there is safety, a calmed nerve, and fairness to those on the periphery. When things are done right, there is no appearance of "blue lights," citations, or crashing of vehicles – regardless of geography. Headstrong violations can easily be our final act.

Practicality might not be the final number on this list; but, all will recognize the validity of it's inclusion. There are thousands of circumstances where other rules might not apply – but where practicality reigns supreme. In the final analysis, you may escape condemnation, a ticket for reckless behavior; or, a crash and casket – but you will also be a much "happier camper" if you travel in the safe lanes of life! Take it from one who has learned from decades of "oscillating experience!"



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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

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• 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.

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 mate-
rials are available to businesses,
community-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 (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.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• *The Drowsy Chaperone: A Musical*
Within A Comedy: April 7-22

Warner Robins Little Theatre

502 South Pleasant Hill Rd.
478-929-4579; www.wrlt.org
• *The Man Who Shot Liberty Valence*
(Western Drama): April 28-30 &
May 3-6

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.

continued on page 7

Crossword Puzzles & Games

available at

www.seniornewsga.com

General Business Directory For Seniors

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EVENTS from page 6

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.

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 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 located 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: chiefstribes@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: unicornsquest@hotmail.com.

Fine Art Society of Middle Georgia

Meets 4th Mondays at the Flint Electric Building, Hwy. 96 & Sutherlin Dr., Warner Robins. For details call 478-396-9198, email: fasmidga@gmail.com, or visit www.fasmidga.org. FAS Gallery of Art is located at 2507 Moody Rd., Warner Robins.

Houston County Council on Aging/Meals on Wheels

Houston County Council on Aging/ Meals on Wheels is a nonprofit 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.

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 welcome. Additional information, call 478-477-7016; http://ocmulgeeaudubonsociety.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.

The GeorgiaCares Program

The GeorgiaCares Program helps people with Medicare understand their benefits, make informed decisions about health care options and provide ways to protect themselves from Medicare fraud, error and abuse. Call 1-866-552-4464 (option 4) or (478) 751-6489 to schedule an appointment at a counseling station in Baldwin, Bibb, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson Counties. Visit www.mygeorgiacares.org for counseling site locations and hours.

29th Annual Dogwood Festival

Sat. & Sun., April 8 & 9. Sponsored by the Perry Chamber of Commerce. For complete details call Bonnie Giles at 478-987-1234; email: bonnie@perrygachamber.com or visit www.perrygachamber.com.

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SOLE HOPE from cover

called a jigger that burrows into the bare feet of people with no shoes. The goal of Sole Hope is to offer hope, healthier lives, and freedom from foot related diseases through education, jobs and medical relief. You may learn more about this project at SoleHope.org.

Lucille Parham has been collecting old jeans, has the patterns, and is cutting out the tops for many of these shoes made and sent to the unfortunate people who had no shoes and the worm entered their feet and laid their eggs. Some so bad as to cause the foot to be amputated. Many thanks and much praise to Lucille for her participation in this very worthy cause.

At this time, our hat is off to the people who helped eradicate this terrible disease that especially affected the children.

The former president and his wife were not the only ones getting into print about helping humanity. Lucille Parham and her sister, Betty Allen, received a compliment in Mission Mosaic Magazine last year. Their main purpose to volunteer for this cause was, and still is, to save the people from the jigger sand fleas that lays eggs in the feet of the people of Uganda, especially the children who suffer so badly they are unable to attend school or even walk, some having 200 jiggers in their feet. Their feet can become so infected with these eggs growing and multiplying that sometime the feet must be amputated.

Lucille Parham resides in Fort Valley now, while sister Betty still lives in the McRae area where they grew up.



Since hearing and becoming so interested in this very worthwhile project, they have cut out the tops of over 3,800 pairs of shoes for these unfortunate people a world away who are suffering in this unimaginable way.

While Lucille and Betty cut out the tops of these shoes, which look a lot like Mary Janes with a strap across the instep, Brenda Gilstrap of Byron has personally delivered many boxes of these cut-outs to Salisbury, North Carolina. Besides collecting used jeans and skirts to make the tops of these shoes, a jean company has donated five boxes of denim pieces. These denim cut-out tops are then shipped to Jinja, Uganda where shoe makers transform them into shoes for these people in need. We have been told that the soles of these shoes are made from used tires, probably from the U.S.

Lucille brought us a sample of the tops that she had cut. They are organized pieces of denim in different shapes, tagged for the size, i.e., toddler 11, all ready to send. What a wonderful undertaking!

Lucille moved to Fort Valley from a suburb of McRae (now called Helena) with her husband Johnny McLean and three children in 1974 when he



was Director of Fort Valley Utilities. Unfortunately, he passed away in January 1978. What does a young widow with three children do at a time like this? Lucille went back to school of course to renew her teaching certificate and took a job with the Peach County School System. She continued on at FVSU to receive her Master's Degree – Middle Grade Education – plus her Educational Specialist Degree. She taught for 26 years, retiring in December of 2002 when she discovered she had breast cancer, which she faced and conquered. A very courageous lady!

In the interim, Lucille married a long time wonderful friend, Terry Parham, a prominent men's clothing store proprietor. He owned and operated The Parham's Men Store. They enjoyed a very happy and successful marriage until he passed away.

We are so happy that Lucille Parham, a good friend and almost neighbor, chose to stay in Fort Valley with her many friends and her First Baptist Church affiliations. And we thank her for all her hard work with Sole Hope. So happy a Fort Valley lady and her sister in Helena got national coverage in Mission Mosaic Magazine!

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