

Senior News

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A portrait of Mrs. Gerry Noel, a woman with short, wavy, dark hair, wearing a black top and gold hoop earrings. She is smiling slightly and looking towards the camera. The background is a plain, light-colored wall.

Mrs. Gerry Noel

***What to do after
suffering a stroke!***

story on page 5

August 2017
Vol. 31, No. 8

Let us entertain you

by CLAIRE HOUSER DODD

Do not let anyone claim tribute of America's patriotism if they even attempt to remove religion from politics.

George Washington's Farewell Address to our Nation

One of the first things we received upon reaching Wild Animal Safari out of Pine Mountain was a pamphlet that began with all sorts of wonderful quotes from past presidents and statesmen about our Constitution and rights and how wonderful our country has been because it was founded on the truths of the Bible. We felt right at home with all that patriotism. It was the Pine Mountain Traveler, Issue 315, July 2017. What a boost.

The safari was excellent. It had 4 to 500 animals, many you will only see in old cowboy movies. Everything from baby piglets, deer, antelope, bison, water buffalo to tall and lanky giraffes. All wanting to be fed. Grand Matthew was having a ball. He later visited the walk about which was on a hill (we declined) and had lions, alligators and a laughing hyena. The hyena was his favorite. We suggested they had the same kind of personality!

That night we had reservations at the Carriage & Horses Restaurant out on Butts Mill Road. Take the road from town – only two miles that way. The GPS takes you around about 10 miles and drops you off not even near the restaurant. Fortunately, we had been several times or we'd still be looking!

The farm house is plain, but interesting on the front, but as soon as you enter the ambiance of old European elegance hits you where you live. It is exciting, romantic and interesting. The host and owner, Dagher, is charming; and, we were led to a white linen covered table with candle light on an indoor balcony. He had met Matthew at another place he owns in Pine Mountain for lunch and invited him to be his guest for dinner, and offered a free bottle of wine for the Oldies! We already had reservations!

The dinner was divine; we all had Filet Mignon, French beans, minted carrots and a mashed potato round along with a magnificent green salad and a Lithuanian roll that was served with their special butter. All too delicious to believe. Matthew had his ice tea in a wine goblet and thought he was all grown up. He acted like a little gentleman.

On the way home we ate at the Bulloch House Restaurant in Warm Springs again. All in all a wonderful

trip. We especially enjoyed the pool on the Mountain Top Inn. And just think, only a couple of hours from home!

From where we sit, the biggest entertainment for August will be held in the skies above us on the 21st, a total solar eclipse. The first in the U.S. in 38 years. The last one occurred on February 26, 1979. We remember vividly. We were having lunch at a restaurant just off Peachtree on Piedmont with Bill Fullwiler and Rankin Smith. Bill had made the shoe box visuals that were supposed to be the perfect foil for the brightness of the sun. It turned dark, and it was said that the chickens went to roost. A solar eclipse is a lineup of the Sun, the Moon, and Earth. The Moon comes directly between the Sun and Earth and casts a shadow on our planet. The dark part of the shadow is called the umbra, if you're in that shadow, you'll see a total eclipse. You'll only see a partial eclipse if you are in the light part (the penumbra). It has to be a New Moon, but, of course, an eclipse does not occur at every New Moon as the Moon's orbit tilts five degrees to Earth's orbit around the Sun.

Only totality reveals the true celestial spectacle: the diamond ring,

the sun's glorious corona, the strange colors in the sky plus seeing stars very clearly in what should be broad daylight!

Only if you're viewing on the center line will you see the diamond rings and the totality between them.

In the continental U.S., to be the first to experience totality, you would have to be at Government Point, Oregon at 10:15:56.5 a.m. PDT. It will only last 1 minute 58.5 seconds. The center line crosses 12 states, west to East, entering Oregon and exiting South Carolina.

Here in Georgia, the solar eclipse crosses the very Northeastern tip from just past 2:35 p.m. EDT until not quite 2:39 p.m. EDT. It is estimated the Atlanta area will get 97 percent of the Sun's surface the Moon will cover.

It is suggested if you are traveling to Brasstown Ball, Clayton or Tallulah Falls, go early and plan to stay over as roads such as I-85 will be jammed. Good luck and happy sightings!

*Sure I wave the American flag.
Do you know a better flag to wave?
Sure I love my country with all her faults. I'm not ashamed of that,
never have been, never will be.*

John Wayne

Pilot International announces new President

(MACON, GA, July 8, 2017)
Special to Senior News

Pilot International, Inc. is pleased to announce Faith Stamps as the 2017-2018 President. Faith is the CEO of the Boys Girls Clubs of the Danville Area, where she leads daily operations and works closely with a board of directors to raise funds and manage donor services.

A dedicated volunteer and professional leader, Faith also supervises senior staff at work and is responsible for planning and implementing the nonprofit's strategic plan and annual budget. She holds a Master's of Education from Averett University, as well as a Non-profit Management Certificate from both Stanford University and Duke University. In June, 2017 Faith attended Harvard University where she was one of 60 CEO's participating in Harvard's Executive Leadership program.

A member of Pilot International for 14 years, and currently a member of the Luncheon Pilot Club of Danville, Faith was the 2009-2010 Virginia District Governor, and has served in several capacities on the international level of Pilot, including membership on the 2012-2013 Partnership Task Force; and as a Division Coordinator. She served as Pilot International Secretary from 2013-2015 and Vice President from 2015-2016.

"As an international service organization, Pilot must continue to

look toward the future," said Faith. "Pilot Clubs and individual Pilots make an impact every day by meeting the needs in their specific communities through service. Pilot International must be guided by its strategic direction. This year's focus will include supporting and strengthening clubs, building training tools for future leaders and enhancing Pilot's international focus and branding."

Pilot International is a community-based volunteer service organization founded in 1921 in Macon, GA on the principles of "Friendship and Service." With 7,100 members in over 300 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. www.pilotinternational.org.

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Is it a Legitimate Opportunity or a Pyramid Scheme?

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

Many people have found success in direct selling for companies which use a multi-level compensation plan. Unfortunately, not all opportunities are legitimate, and it's easy to get caught up in the enthusiasm and big promises of a pyramid scheme posing as a trustworthy company. So how do you tell the difference? BBB provides consumers with information to help determine whether or not a company is trustworthy.

What is a Multilevel Marketing Plan? Multilevel Marketing is a method to sell goods and services through other distributors. These plans promise that if you sign up as a distributor, you will receive commissions from sales you make, as well as sales of the people you have recruited as your distributors. On

the contrary, a pyramid scheme's commissions are primarily based on the number of distributors recruited and generally ignore the marketing and selling of products and services.

The difference between these two plans can seem unclear, but there is one key distinction – MLM's are legitimate, and pyramid schemes are illegal, so it's very important to do your homework.

BBB offers the following questions to ask before deciding whether or not to join an MLM:

- Does the compensation come primarily from recruiting others as opposed to the sale of the product?
- Does the product or service seem too good to be true, and is it priced at an expensive rate?
- Do you feel pressured to join? Is the emphasis placed on the "opportunity" rather than the value of the product?
- Are there promises of large profits for minimal work and little experience?
- What is the marketability of the product? Is there a similar product on the market for less money?

Five red flags to help you spot a lottery or sweepstakes scam

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

Whether it's mail, phone, online or in person, con artists are using the promise of prizes and large cash winnings to steal from honest people. With the recent increase of calls into our office, it looks like the scammers are stepping up their game. Victims often get an unsolicited phone call, email or letter from someone notifying them that they've won a lot of money or a prize. Your Better Business Bureau (BBB) wants you to be able to recognize red flags of a lottery or sweepstakes scam.

Many times the contest letter or caller will explain that in order to collect the winnings you have to send a small sum of money to pay for processing fees or taxes. Following these instructions, victims wire the money or use a prepaid card, but never get their "winnings."

BBB receives calls every week from consumers who believe they have truly won the lottery or a sweepstakes. Unfortunately, these scams leave most people losing their hard-earned money rather than hitting the jackpot.

To avoid falling victim to a lottery or sweepstakes scam, beware of these five red flags:

You can't win a contest you didn't enter. You need to buy a ticket or complete an application to participate in a contest or lottery. Whether it's by phone or mail, scammers seek out their targets. Verify that it is a legitimate business by doing research on the company. Another thing to keep in mind is that it is illegal to play a foreign lottery.

You are offered 'too-good-to-be-true' prizes. It is almost always a large sum of money, but there is always a catch. Scammers attempt to make it sound easy to claim your prize. The reality is it is very unlikely that someone will give away large sums of money with no strings attached.

You have to give personal information. Anytime someone tries to get your bank account number, Social Security Number or other sensitive information, that should be an automatic red flag. There is also no need to access financial information, like a credit card number in response to a sweepstakes promotion.

You have to pay to win. Don't be blinded by the promise of a large sum of money in the future. If they are asking you to give them money first, that's a red flag. According to Federal Trade Commission, it's illegal to ask you to pay or buy something to enter or increase your odds of winning. Legitimate prizes do not come with processing fees, and taxes are paid directly to the Internal Revenue Service after winnings are collected.

You have to wire money or use prepaid debit cards. If you are asked to use these transfer methods in order to get a prize or any other large sum of money; that is a major red flag. It's difficult to track these types of transactions, so you will have little to no way of getting your money back.

By being aware of these tactics before being approached with one of these offers and remembering that if it sounds too good to be true, it is; you will be much less likely to fall victim to one of these scams.

For more tips 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.

If you answered yes to any of these questions, you are probably looking at a pyramid scheme. While a Multilevel Marketing Plan can be a legitimate and exciting new venture, the bottom line is, do your research as you consider a MLM opportunity. It could be a pyramid in disguise.

Here are some tips to consider before you make your decision:

- Don't pay or sign any contracts in an "opportunity meeting" or any other high-pressure situation. Insist on taking your time to think over a decision to join. Talk it over with your spouse, a knowledgeable friend, an accountant or an attorney.
- How do you feel about the way you were recruited and do you feel comfortable approaching friends and family in this same manner? People don't appreciate having their friendship exploited, this usually ruins relationships.
- Beware of those that don't command the respect themselves and lean on the credentials or character of others.
- Can you survive off of the sales of the product without recruiting other distributors? Pyramid schemes survive by pulling in new distributors and little attention is placed on the product.
- Realistically, how many people can be enrolled in any given area before saturation occurs? If everyone in your neighborhood is selling hamburgers, then pretty soon it is going to be diffi-

cult to sell hamburgers.

• Check any company or opportunity out with BBB before joining.

Keep in mind, a legitimate company will portray an honest picture of the opportunity, including the possible risks, rewards, and challenges. A pyramid scheme, however, will enthusiastically sell you on the promise of making tons of money with very little effort. Unfortunately, self-deception is the hardest to recognize so take the time to research thoroughly before getting caught up in the hype.

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

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 83 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB by visiting bbb.org, by emailing info@centralgeorgia.bbb.org, or by calling 800-763-4222, site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

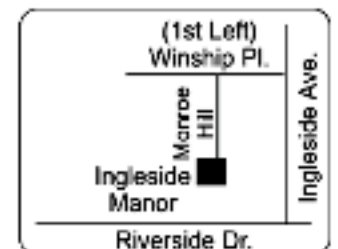
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Senior News & Views of Georgia

Poets' Corner

THE LIGHT OF DAY

by Ronald Dennard

The light of day comes and things are alright

*Better than they were at midnight
God was with every sister or brother*

Protecting both father and mother

*The light of day was not beheld
by some*

*The reason God sent His only Son
If we pray to Him and give Him our hearts*

He will tell us what to do, what to start

The light of day gives us a new song

*Putting our hearts in order, things where they belong
Give the Master the glory in what you do*

To Him, always be true

God gives us light so we will not stumble and fall

He is powerful, the Maker of us all

Just remember how much He loves us

And in His name, let us continue to trust

WHERE IS GOD?

by Shirley Glisson

I saw God this morning

When I awoke to see

The beauty of the sunrise

As the rays peeked through the trees.

I saw Him in the garden

Where plants pushed through the sod.

*No one else can make a flower,
Yes, I'm sure that it was God.*

Some still ask, where is God?

And yet they fail to see.

Fools may say there is no God.

But, He is real to me.

DRESS TO IMPRESS

by Theresa Richards

The lady is dressed from her head to her toes,

Where she did her shopping, nobody knows.

She has a style that's all her own.

She dresses in good taste even when she is at home.

The lady dresses with eloquence and is quite sassy.

When it comes to fashion, she is definitely classy.

Her purse, hat and shoes match just right,

When she steps out, she's really "out of sight."

The lady dresses with a unique taste.

She walks with such confidence and grace.

Everyone sees her as attractive or cute,

But I see her as being fashionably astute.

The lady is always dressed in the right attire for the occasion.

She puts together her own creation.

Her accessories always compliment her beautiful attire,

She has the look and style that all

women desire.

(Picture Poetry Collection c2008) tpr

ALL ROADS LEAD TO SOMEWHERE

by Joanne Kenzy

(October 2016)

On our way to somewhere

The wheels are humming on the black tar

*Leaving behind life that we knew
Memories embracing that place where we grew*

*Sometimes unendurably bumpy
The road unfurls before us*

*Yesterdays are all that we know
There are signs on the road to see as we grow*

Where the road meets a road and the road has a bend

We make a decision so the road does not end

We bend with the curve, pick the one we think right

Avoiding the road leading into the night

(After full-time employment for 54 years, Joanne, then 72, found herself with nothing to do. She decided to go to their private book shelf to find something to read. The book she found was, "What to do with yourself, when you don't know what to do with yourself." O.K. Then came the commitment of ten minutes per day. Her selection was writing. Words kept flowing and were so loved. Explore the wonder further by going to: www.thepoetqueen.com.)

Opinion

Newest Aircraft Carrier Joins Fleet

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

On July 22, 2017 at the Norfolk, Virginia Naval Base, the Nuclear Aircraft Carrier, Gerald R Ford, CVN 78, was commissioned by Donald E. Trump, President of the United States. On hand (as sponsor) was Susan Ford Bales, daughter of former President Gerald Ford, amid numerous high ranking Military officials! This ultra modern vessel represents the most efficient "wartime capability" of the American Fleet... and indeed gains the attention of friends and foes.... both near and far! It is 1,106 feet long, weighs 100,000 tons, carries a crew of 4,660 Sailors and Marines and a complement of 75 supersonic aircraft. The cost to American tax payers was 12.9 billion dollars... and worth every cent!

In addition to being new, and freshly painted with 200,000 gallons of paint, this unprecedented Carrier comes equipped with the worlds most "up to date" weapons system, catapult and arresting gear; forged by hundreds of engineers and technicians; and, a communications system without equal in the world. With the blessings of President Trump, Defense Secretary Mattis, and scores of National Representatives, the Gerald Ford will work it's way through "shakedown and fine tuning" over the coming months and then join the Fleet as firm notice to all Nations that the most elaborately furnished Offensive Weapon on the planet now sails the seven seas!

While much of America is continually unaware of our Naval importance and strategy (and without negating Missions of the Army, Air Force, Marines, and Coast Guard), let it be known to all ears

that the ships of the American Fleet are continuously monitored by our leaders (and our enemies) as to location and possibilities for military action. One of the first (if not first) questions asked in the Situation Room when peril looms on the world scene is: "Where are our Carriers?"

I watched the exhilarating Commission Ceremony with pride (and lots of memories) recalling my multiple tours with the (early Carriers) Boxer, Lexington, Ranger, and the Hancock. I am substantially familiar with the potential, strategies, missions, and peril that such ships pose. The antics of world powers, and technologies, of the world continue to accelerate; challenging all human aspirations surrounding war, peace, and freedom!

I salute the crew of the USS GERALD R FORD... and subsequent missions of necessity!

On the Cover

What to do after suffering a stroke!

by CLAIRE HOUSER-DODD

COVER: Mrs. Gerry Noel

Mrs. Gerry Noel had a stroke. Before that time she had been an artist... a painter to be exact.

After a second stroke and paralysis of her right and dominant side, Gerry could no longer paint. Her right hand would not work for the control it takes to draw or paint. The third stroke almost took her eyesight, but she can still see to type one letter at the time.

Since Mrs. Noel is retired and has moved to Warner Robins from Philadelphia to be closer to her four children; one son in Rome, another in Florida, and a daughter here in Warner Robins, as is another son. She feels so fortunate to be here close to all four of her children.

Here to fore, in Philadelphia, Gerry made dolls: clowns, baby dolls, rag dolls, and teddy bears. She said, "The clowns sold best." This was a home based cottage business; other than doing quality control for several companies, including the Government.

Gerry has been down South for eight years and has mainly worked for her daughter-in-law, Denise Noel, a dentist with Beautiful Smiles.

Her daughter, Dawn, had her own Beauty Parlor where Gerry hung her art work, of pictures, not her sculpturing which she only does for herself. "Her sister, Anna May Rimes, is the real artist," she says. "Eighty four and still painting. She mainly gives her paintings for gifts to family and friends; and, they are truly appreciated."

"Many people who have strokes give up, but I couldn't because of my daughter and son. My preacher, Pastor Levi, was with me at the hospital when I had my stroke. He assured

me I would be all right, and people prayed for me and I didn't want to let them down. My daughter was at the hospital every day. She took complete care of me. She did everything. My son came and told me I could use my right hand, and when he told me I could walk, I believed him. He came home with me and told me I could walk I didn't need the wheel chair – so I got out of it and used the walker. With his encouragement and my faith in God and my son and Pastor Levi, I put the walker away and am now using only a cane."

"The doctor asked me if I were depressed;" and, I told him, "No, I have Pastor Levi in my life and that's why I am not depressed."

"I have written and published three books so far. I have another ready for Press that will be sent in this month. The fifth is almost finished."

Gerry's three books are at Barnes and Nobles. They can be downloaded on Amazon. It's easy. Go to Amazon.com. Type in her name and the books come up.

The first book is called *Pricilla in Pumpkinville USA*. It is about a very bad little girl. It is Halloween and she is being punished, falls asleep wishing she could be a fly on the wall, watch them, and they would miss her. In her dream, she comes to in the pumpkin, meets a witch, has such a bad experience she starts to believe in God – she returns to reality a better child.

The second, *Kamiyah at the North Pole, A Musical*, is about a little girl on Christmas Eve who doesn't believe in Santa Clause. She believes there is a Seal in her room and they go to the North Pole. Trying to get home, she meets Santa and begs him to take her back home. He tells her that all she must do is "Believe," and she does.

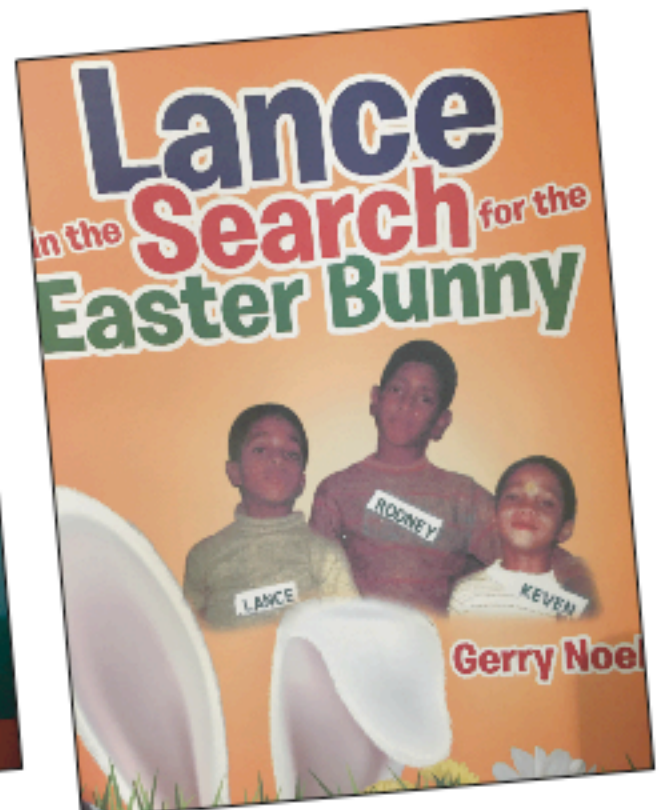
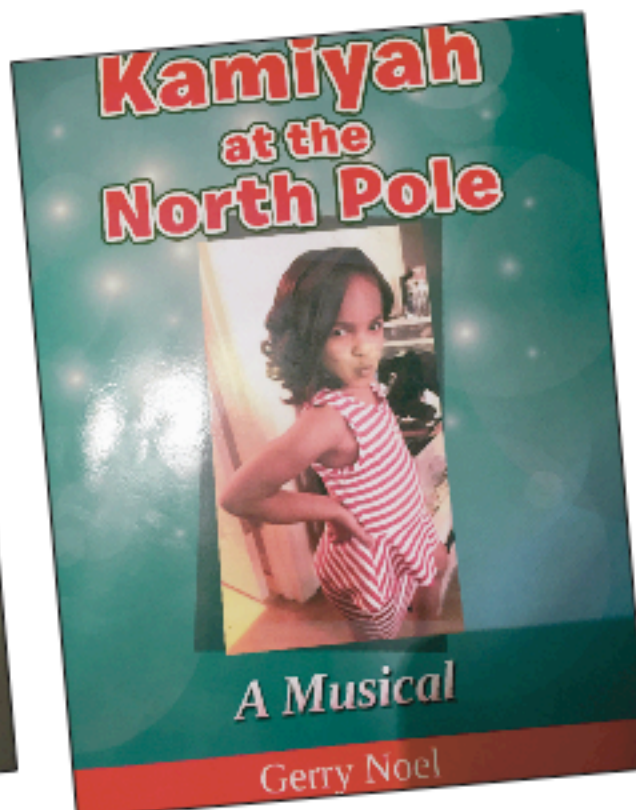
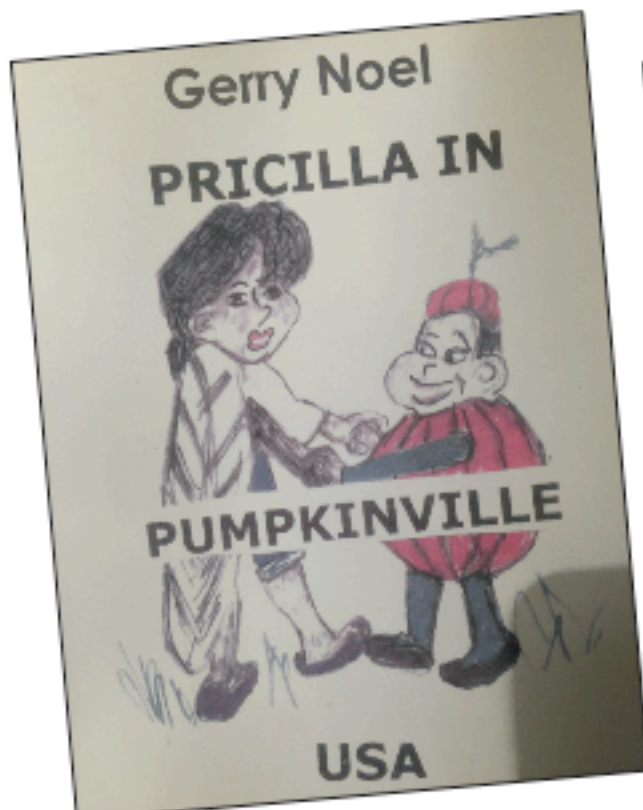
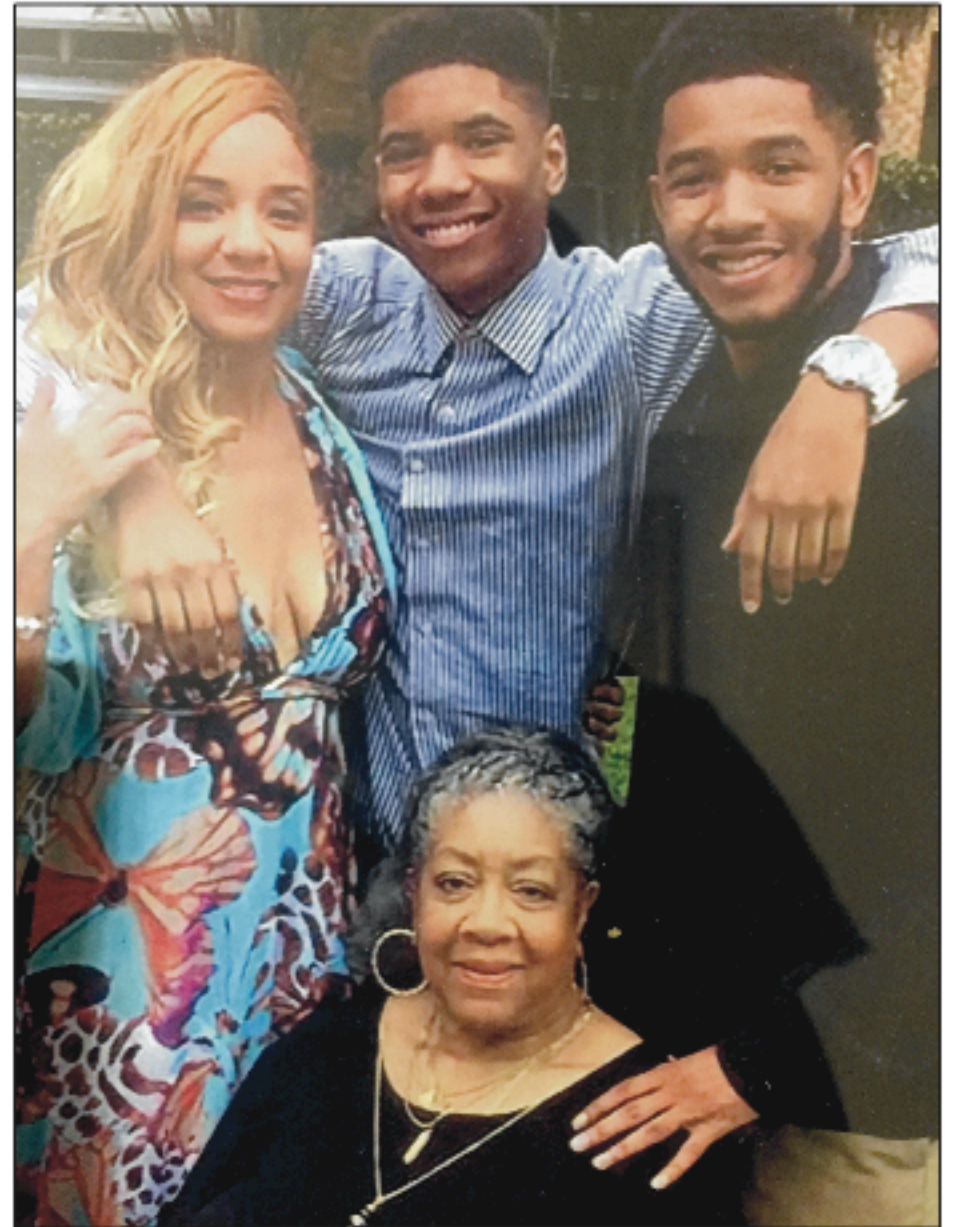
The third, *Lance in the Search for the Easter Bunny* about a 9-year old boy who asks Mother the meaning of Easter and since she does-

n't know, he goes to the Florida Everglades and meets animals and asks the meaning of Easter. They are as puzzled as he. Back at home, he meets the real Easter Bunny and learns the true meaning of Easter. The resurrection of Jesus and all it means to the world.

What wonderfully enlightening stories, from a wonderful lady who has gone through three strokes, mirac-

ulously survived, and has lived to be an inspiration, a guiding light to everyone around her, and even to put her faith and believing of The Almighty in writing for children to be rewarded for years to come. Thank you, Gerry, for your witness. It gives us all hope and the thrust to get up and out and do something worthy and lasting.

There is life after a Stroke!



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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
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in the following counties BY
APPOINTMENT ONLY: Bibb,
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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 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

Masse 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

Warner Robins Little Theatre

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

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; [middlegeorgiaart.org](http://mid-
dlegeorgiaart.org). Tues.-Fri., Noon-5
p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group

First Baptist Church of Christ,
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.

continued on page 7

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EVENTS

from page 6

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.

Open Sketching Portraits

Presented by the Fine Art Society of Middle Georgia, every Tuesday that is not a holiday, 6-7 p.m. at the Gallery of Fine Art, 149 S. Commercial Circle, 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 Energies 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 Fine Art is located at 149 S. Commercial Circle, 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 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.

Mid Georgia Orchid Society

Meets 2nd Tues. each month from Jan. through Nov., 7 p.m., Houston Lake Baptist Church, 2300 Houston Lake Rd. (2300 GA Hwy 127 E), Perry. Meetings include social gathering and fellowship period, business discussion, "orchids" program, refreshments, show & tell and raffle (members only please). For additional information please email: rwfaber1@gmail.com.

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To find a location near you, visit
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Taking Care

Summer Caregiving Savvy Tips for Protecting Vulnerable Seniors

by LISA M. PETSCHKE

Attention, caregivers: summer sun, heat and smog can be harmful to your older relative's already fragile health.



Lisa Petschke

At this time of year, the elements bring increased risk for certain problems, some potentially fatal. These include:

decreased circulation and an altered sensation of thirst; chronic illness, such as heart or lung disease; improper or overuse of medications; and being significantly underweight or overweight.

The following tips will help you protect your relative's health and keep him or her comfortable during the dog days of summer.

- Before planning your day, listen to the weather forecast for the current and anticipated temperature, humidity level and air quality reading.
- Stay indoors and keep windows closed when smog alerts are issued.
- Close blinds and curtains to block the sun's powerful summer rays.
- Have your relative avoid all unnecessary physical activity.
- Serve lighter, more frequent meals and offer more fruits and vegetables, which have a high water content. Avoid hot, spicy, high-fat and protein-rich foods.
- Offer plenty of extra fluids, regardless of whether your relative expresses thirst, and be sure to take some beverages along whenever you go out. Water is best, but if he or she isn't a water drinker, try vegetable juice or diluted fruit juice. Avoid caffeinated and alcoholic beverages. If your relative is on fluid restrictions or a special diet, consult with the doctor before making any changes.
- For cooking, use a microwave oven, toaster oven or barbecue rather than a conventional oven or stovetop. Consider buying pre-cooked foods that only require warming. An even cooler alternative is to order takeout food.
- If you don't have central air-conditioning, use fans or window air-conditioners to improve airflow and evaporate sweat. Stay on the lowest possible floor of your home, preferably on the shaded side. If necessary, cool your relative with a refreshing bath, shower or sponge bath, or by placing a cool washcloth on wrists and forehead. Open windows in the evening if there's a breeze.
- If you don't have an air-conditioning unit, seriously consider getting one, especially if you and your relative can't easily get out. Otherwise, plan to spend the hottest

part of the day in a climate-controlled environment: a friend's or relative's home or a public place such as a seniors' center, library or shopping mall.

- If you need to go out with your relative, do so in the morning before the heat reaches its peak, or in the evening. Avoid situations involving a crowd. If your vehicle isn't air-conditioned, time your trips and plan your routes to avoid traffic congestion. Before getting in, open all the windows or doors to let heat escape. Never leave your relative in your vehicle while doing errands, as heat can quickly build up to a dangerous level during the summer months.

- Whenever you go out, see to it that your relative is wearing sturdy, comfortable shoes with good treads, and that he or she has any recommended mobility aids.

- One final piece of advice: Don't forget to protect yourself from the ill effects of excessive summer sun, heat and smog. You matter, too!

If Your Relative Lives Alone

- Make daily checks during heat waves to ensure your relative is eating and especially drinking sufficiently (arrange for more groceries as necessary), isn't overdressed and is acting normally. Seek medical attention if you have any concerns about his or her physical or mental state.
- Ensure any air conditioners or fans are in good repair and being used.

- Help to obtain an air conditioning unit if your relative doesn't have one, or arrange during a heat wave for him or her to stay with someone (you, another relative or a friend) whose home is climate-controlled.

- Provide or arrange for transportation to appointments, for errands, or to take your relative to a cool place. Walking any distance or waiting at bus stops in extreme weather is not advisable.

- If you live at a distance, arrange for a local friend or neighbor to make a daily visit. Supply your relative with a list of local businesses that offer delivery service, including grocery stores and pharmacies, so he or she doesn't feel the need to venture out in extreme conditions. If your relative doesn't have air conditioning, call the local public health office or Agency on Aging to find out if there's a program that subsidizes the cost of air conditioners, or a

public cooling center in the area.

Lisa M. Petschke is a social worker and a freelance writer specializing in boomer and senior health matters. She has personal experience with elder care.

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