

Senior News

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*Leigh Giles and
Mandy Walker
visit USS Arizona
Memorial!*

Story on pages 5

December 2017
Vol. 31, No. 12

Taking Care

Make Your Home Safe For Older Visitors... Simple Steps To Reduce The Risk Of Falls

by LISA M. PETSCHÉ

Did you know that falls are the primary cause of injury and hospitalization for older adults, and that half of those injured do not regain their former level of independence?



Lisa Petsche

Health- and age-related changes that contribute to falls include arthritis, decreased sensation in the feet (known as peripheral neuropathy), loss of strength, visual impairment, balance problems and the use of certain medications.

Hazardous conditions in home environments are the other major cause of potentially serious spills.

If guests to your home this holiday season will include frail relatives, extra planning and preparations are advisable, to help ensure their safety.

Planning Ahead

Before extending an invitation, determine if senior relatives have special needs or limitations. Then go through your home and the surrounding property to check for potential problem areas. Consider the following:

- Is parking available close to the entrance? Are the driveway and walkways level and in good condition?
- Are entrances and interior doorways wide enough to accommodate a walker or wheelchair? If a prospective guest uses one, find out the width of it and measure to be sure.
- Are all areas of your home that guests will need to access – entrance, living room or family room, bathroom, dining area if there's going to be a meal, and sleeping area if they're staying overnight – on one level? If not, are prospective guests able to navigate stairs? If entrance steps are the only barrier, look into renting a portable ramp from a medical supply store.
- Are porch steps and interior stairways in good repair, and do

they have a non-skid surface? Are steps evenly spaced and moderate in height? Are there handrails – preferably on both sides – and are they secure? (Ideally, rails should project past the top and bottom steps.)

- Is there adequate lighting throughout your home, including in closets, hallways and stairwells? (If necessary, get battery-powered dome lights that easily attach to the wall.) What about at entrances and along outdoor paths?

- If your home can't accommodate an older relative's needs, take him or her out to a restaurant that's accessible. If you're organizing a family gathering that includes him or her, consider another member's home, a restaurant with a private dining room or a community hall, depending on the size of the guest list.

Preparing Your Home

- Ensure outdoor walkways are clear of clutter and debris. Be prepared with the necessary supplies for clearing snow and ice.
- Replace burnt-out light bulbs, indoors and out. Consider using higher wattage bulbs in place of low-watt ones.
- Remove clutter in rooms, hallways and stairwells. If necessary, rearrange furnishings so guests can move within rooms freely and easily. Relocate excess pieces to a spare room.
- Put away furnishings on casters. Also remove items that might pose a tripping hazard, such as footstools and floor plants.
- Ensure walkways are clear of electrical and telephone cords.
- Don't allow decorations to block doorways or pathways

through rooms. Be prepared to scale down decorating if necessary – for example, by using a tabletop tree instead of a full-size one.

- Collect pet toys and stash them away. Do the same with grandchildren's toys, unless your guests will include youngsters, in which case keep all toys in the corner of one room.

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they're one of the most common causes of falls.

- Have non-skid slipper socks available if you wish guests to remove footwear at the door. Be aware, though, that some older folks may need to keep their shoes on to ensure proper support.

During The Visit

- Keep lights on in all areas guests might need to access, both inside and outside.
- Keep pets – especially high-energy kittens or puppies – in an area separate from the entertaining zone, so they don't startle guests. Bear in mind that sleeping cats and dogs are also a tripping hazard.
- Reserve for senior guests some chairs that have arms; the higher and firmer the seat, the better.
- Be cautious about serving alcohol, which can impair balance.
- If a guest experiences a dizzy spell, have him or her immediately sit down until it passes, and rise slowly when they're ready to stand.

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

GEORGIA DERMATOLOGY & SKIN CANCER CENTER

WARNER ROBINS 212 Hospital Dr. 922-9281	MACON 1157 Forsyth St. 750-SKIN 478.750.7546	MILLEDGEVILLE 230 N. Jefferson St. 453-8484
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GaDerm.com

Maggie Renfroe makes appearance to benefit BEST BUDDIES

Special to Senior News

Maggie Renfroe, Middle-Georgia favorite and finalist on Season 11 of NBC's *The Voice*, will make her first Monroe County Fine Arts Center appearance this January to benefit the Best Buddies Chapter at Mary Persons High School. She will appear at the Monroe County Fine Arts Center on Friday evening, January 26 at 7:00.

Tickets for the event will go on sale December 1 at www.ticketalternative.com, or through Best Buddies Officers at Mary Persons High School.

The concert is presented by Central Georgia Autism. Additional sponsors for advertising and mer-

chandise include Seven5 Promotions, Cotique, and Z93.7 Lite Rock. All funds raised from ticket and merchandise sales will benefit the Best Buddies Chapter at Mary Persons High School. Best Buddies at Mary Persons operates as a student-run friendship club which creates buddy pairs between students with and without disabilities. In addition, Best Buddies helps to create an inclusive school climate for students and a community culture of acceptance.

For more information about Maggie Renfroe, visit maggierenfroe.com. To learn more about Best Buddies visit www.BestBuddies.org or contact Elizabeth Holloway from Mary Persons High School at elizabeth.holloway@mcschools.org.

Let us entertain you

by CLAIRE HOUSER DODD

Amazing to have so much going on during Thanksgiving week – besides the Thanksgiving comings and goings.

Our neighbor, Ed, blew off the porches, walkways, drive-ways, and sidewalks on our block. What a nice move.

When thanked and asked why, he replied, “Oh, I just wanted our block to be dressed up for the holidays.” And so, it was!

All the Wasson boys were home for Thanksgiving. They came from practically all corners of the country. They drove in, flew in, and walked in.

Whatever worked. They all got here. All eight. Yep, “8”. Let us see if we can name them.

Starting with the youngest: Walker, Isaac, Luke, Lovic, Thomas, Jack, Nim and Todd.

What’s more – most of them can cook. How do we know? We were invited to din-

ner. Wonderful... and what an array of food. (And from a house full of 9 men.) Ham and turkey for meats on the table, but a Boston Butt and Brisket in the huge cooker outside. The dogs Scout and Bo were busy watching! Then the side dishes, Stuffing, corn casserole, sweet potato casserole, fresh asparagus, mashed potatoes with cheese, cabbage casserole, gravy, Cranberry Sauce, rolls, and lots of desserts such as Red Velvet and Caramel cakes with pumpkin and apple pies. Do you think we had enough to eat? We haven’t seen that much food since the wedding. It was delicious and so nice to be around all the boys.

Meanwhile, Leigh Giles had her own house full with two sisters and a brother from Florida with nieces and nephews; and, they were all cooking for days. On Friday night they all joined up next door for another fun family gathering.

Gloria Lacey’s daughter,

Lisa, came up from Savannah immediately after having her in-laws for dinner. She was a busy, busy girl for the Holidays!

Betty Hiley had her family for the evening meal. She had a houseful with about 25!

Congratulations to all those who went to all this trouble for family and friends. Son Mike waited for Sunday to have the families from Forsyth and Perry here for Shrimpmas – a veritable feast – all the boiled shrimp and crab legs you could eat. Delicious Shrimp and Grits, slaw and all that goes with this dish. Plus, lots of desserts. Our favorite, a fourteen-layer caramel cake.

Emily and yours truly took Matthew to see “Coco,” a gorgeous animated movie about an adorable little Mexican boy looking for music; who puts his family back together for his Grandmother, Coco.

We have to have a little drama in our lives. After we left Ed’s Thanksgiving night,

we realized we had left our cell phone which was dead and needed to be juiced-up. All of a sudden, our charger was detrimental to that cell. We rushed into the house, no lights, picked up the house phone and dialed 911 instead of 955. 911 answered and recognized our voice. We apologized for the error, but they called back and said they had to follow procedure and send a policeman over. We turned the porch lights on and waited for him. Lo and Behold! It was Lieutenant Marshall, one of our University students. We said, “This is the reason we love Fort Valley. Everybody knows everybody and CARES. One of the beauties of a small town!” Lt. Marshall agreed. We had a fun conversation, and Ed came out to meet him, too! Then Ed agreed to charge our phone and all is well that ends well. Now that we have all had a Happy Thanksgiving, let’s march on toward a Merry Christmas.

USDA-NRCS in Georgia announces special sign up to assist those affected by hurricane Irma

ATHENS, GA
November 27, 2017
Special to Senior News

State Conservationist Terrance O. Rudolph of the U.S. Department of Agriculture’s (USDA) Natural Resources Conservation Service (NRCS) announced today a special statewide Environmental Quality Incentives Program (EQIP) sign up for farmers, ranchers and non-industrial forestland owners that suffered damage because of Hurricane Irma. The deadline to apply is December 15, 2017.

EQIP is available to help these producers treat crop, grazing and forest land damages caused by high winds, rainfall and floodwaters directly related to Hurricane Irma.

All 159 counties in Georgia are eligible for this special signup, but high priority will be given to the seven counties hardest hit as determined by the Federal Emergency Management Agency’s (FEMA) September 15, 2017 declaration (FEMA-4338-DR, as amended. These high priority counties are Camden,

Charlton, Chatham, Coffee, Glynn, Liberty and McIntosh.

“NRCS in Georgia has been working with our sister agencies over the last few months to ensure the public is aware of and receiving any eligible assistance USDA has to offer,” said Rudolph. “This special sign up is another example of our commitment to help those affected by natural disasters. If someone is just now hearing about our assistance or realizing the damages that Hurricane Irma has caused, please let us help you help your land.”

Those producers with Irma related damages should visit their local USDA Service Center and submit their Conservation Program Application (NRCS-CPA-1200) before the December 15 deadline, or as soon as possible to expedite any necessary damage assessments. If they already have an application submitted through recent sign-ups, they should contact their local office to ensure it is included in this special funding cycle.

Farmers and ranchers seeking NRCS financial and technical assistance can also sign up for

EQIP if already a USDA client, on-line via Conservation Client Gateway (CCG). Conservation practices available through this EQIP funding are specifically designed to address flood and wind damage, and excessive runoff to address natural resource concerns caused by the hurricane and provide future protection from exceptional storm events.

EQIP was originally established under the 1996 Farm Bill and reauthorized in the 2014 Farm Bill. It provides technical and financial assistance to landowners to voluntarily address soil, water and other natural resource concerns on private

lands.

More information on NRCS conservation programs can be found at <http://www.ga.nrcs.usda.gov> under the Programs tab.


USDA is an equal opportunity provider, employer and lender. To file a complaint of discrimination, write: USDA, Office of the Assistant Secretary for Civil Rights, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users).

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Funding is provided by the U.S. Department of Housing & Urban Development (HUD Section 8 Program). Annual income must not exceed income limits set by HUD.

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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.

FAMILY

by Sandy Straughan

*Thanksgiving and Christmas are
very special times!
We enjoy being with Family... it
is sublime!*

*On Thanksgiving we share what
we are Thankful for...
Food... Family... Fellowship...
Love... All Four!*

*Christmas is Christ's day of birth,
Our Family sharing at this time is
worth!*

*Love, Caring, Giving of ourselves
to help those in need,
Is a precious time indeed!*

*Family is "Special" and always
will be,
For people everywhere... for YOU
and me!*

CHRISTMAS GIFT

by Shirley Glisson

*Christmas is for kids they say,
With Santa, toys and reindeer,
Christmas trees and lights that blink,
And little hearts so full of cheer.*

*Tiny elves fill Santa's sleight,
As he readies for his flight.
Soon you'll hear the sleighbells ring,
As he dashes through the night.*

*Tiny tots are all tucked in,
But find it hard to sleep,
With visions dancing in their heads,
Of sugar plums and fancy treats.*

*But Christmas isn't just for kids,
It's for a special few.
Who celebrate the Saviour's birth,
As we have come to do.*

*There are gifts for all so neatly
wrapped,
Beneath the Christmas tree.
But the most expensive give of all,
Some still will not receive.*

*It has no monetary value,
To buy it you cannot.
To work for it is hopeless,
With blood this gift was bought.*

*If you have not received this gift,
Just open your heart's door.
And you will find Him waiting
there,
Where He has been before.*

*He'll give you life and peace and
joy,
And meet your every need.
Won't you accept this gift of love,
Why not now on Him believe?*

Opinion

The meaning of POW/MIA

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

Those citizens born before our major conflicts are substantially acquainted with the term POW and MIA! And those who have become Prisoners of War, or are Missing in Action, depend on the knowledge and loyalty of fellow Americans to trumpet their cause and stance. We have just passed another Veterans Day; where most are reminded of the innumerable Veterans who have served with the Armed Forces of our Nation; their sacrifice for our liberties; and, their plight to measure up mentally,

psychologically, and physically. Hopefully, all will agree that they are deserving of our accolade and support.

A youngster on the nation's academic circuit recently asked the meaning of POW (rhyming with NOW). Though ready for college, she had no idea what the letters POW or MIA stood for. Her lack of knowledge surrounding these terms, is tragic; and, proof that historical instruction is in deficit. It is also the rationale for my commentary.

POW stands for Prisoners of War, MIA for Missing in Action; and, includes the thousands who never returned. The statistics of those who rendered their best are staggering, and should never be taken for granted. And, while most are ready to support our Wounded Warriors, a majority of Americans have never really considered what it means to be totally disenfranchised from all liberties far from home. An ex-POW can enlighten you on the despondency and the excru-

ciating miseries involved.

A majority of American adults are familiar with the loss of warriors in conflicts around the globe – and mourn with next of kin as they are laid to rest. While the mainland has been substantially spared, the arrival of body bags or caskets containing remains of those who gave their all has become a spasmodic, yet continual occurrence; and, we cringe at each disturbing moment. And even though the National News Channels advise of those who have been captured, or are missing in action, this status remains a mystery to millions of our citizens. It is safe to relate that the status of POW or MIA absolutely "takes the wind from our sails" like no other news – and for the victim it is often worse than death! The Geneva Accords enacted years ago, supposedly sets down limits of allowed treatment of prisoners, yet the record for those held against their will is generally atrocious – being bereft of adequate food, medical care, and communication with families.

It is my aim, in multiple columns, to acquaint our readers with basic information surrounding these dire circumstances of war; and, hopefully arouse your empathy and concerns. Entire books have been penned by those who have experienced such horrible treatment; with only a minimal indulgence within the ranks of readers, especially with the younger generation. Subsequent phrase will include a host of information, including statistics, and the thousands who are still missing from our ranks! Please be apprised of those who have left the scene – many on a permanent basis – and all for your freedoms.

Senior NEWS

Newspapers & Website

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For Details!

On the Cover

Leigh Giles and Mandy Walker visit USS Arizona Memorial

by CLAIRE HOUSER DODD

Leigh Giles and daughter Mandy Walker have returned from an exciting trip to Hawaii. When they mentioned snorkeling, we knew they had done EVERYTHING! The first thing was to fall in love with Hawaii. To be met with leis and welcomed with such fanfare is an awesome thing. But to be met with all of this by a niece, Katie Wood, made it really over the top, especially since they hadn't seen each other in three years. They stayed with her and her husband Paul who is stationed there in the USAF. The occasion was Mandy's 40th birthday. To celebrate it on Oct. 7, they attended a real Hawaiian Luau in Honolulu at Paradise Cove. They hiked in the forest to a beautiful tall waterfall and an old Hawaiian Village to see how natives lived before they became Americanized. They went on a

sun-set cruise out in the Pacific around Oahu. The beach was gorgeous with water an incredible shade of blue. They ate delicious island food, did a lot of sightseeing, shopping and all in all had a magical time.

Leigh said, "One of the highlights of the trip was to Pearl Harbor and seeing the USS Arizona, a most humbling and sacred experience, to walk the memorial that sits on top of the Arizona."

A dastardly act was committed on December 7, 1941, a Sunday at Pearl Harbor. The Japanese Air Force and Kamikaze pilots bombarded a surprised American naval base located on Oahu in Hawaii. Many ships were sunk, and many American service men were killed. This attack brought the United States into the second World War. It was a devastating happening – one never to be forgotten as Franklin Delano Roosevelt's declaration of war

will never be forgotten.

The Arizona was turned into a memorial in 1962, and since that time, 1.8 million people per year have visited the memorial.

It is a boat ride out to the memorial and a walk over the Arizona where you can see.

The fact that Leigh and

Mandy visited Pearl Harbor just before Veterans Day makes this trip to the Arizona Memorial just that much more memorable.

Happy Birthday, Mandy, and many more to come. Perhaps not this fancy with so many great memories, but good ones, nevertheless!



Fuel oil continues to bubble up from the sunken USS Arizona



The USS Arizona's fallen are memorialized on site...
...a solemn reminder of the price paid by so many!



The USS Arizona Memorial is a must see while visiting Honolulu

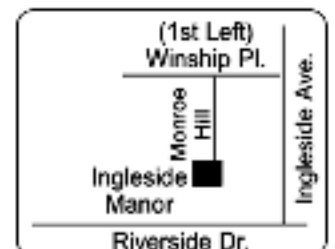
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listings, please visit our website at:
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Hospital**
3351 Northside Drive
478-201-6500

Cancer Life Center
Information and Reservations: 478-
633-8537; www.cancerlifecenter.org

**Alzheimer's Association, Central
Georgia Regional Area Caregivers'
Support Groups**

Call 478-746-7050 or 800-272-3900
for details.

Bibb County

• 2nd Tues., 3:30 p.m., Alzheimer's
Association, 886 Mulberry St.,
Macon, 478-746-7050

• 1st Wed., 10 a.m., Martha Bowman
UMC, 500 Bass Rd., Macon, 478-
743-7050

Houston County

• 4th Thurs., 7 p.m., Peachbelt Rehab
Center, 801 Elberta Rd., Warner
Robins, 478-397-4669

• 4th Tues., 7 p.m., Houston Health
Care, Classroom #1, 1601 Watson
Blvd., Warner Robins, 478-923-2532

Dodge County

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

Lamar County

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

Laurens County

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

Monroe County

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

Peach County

• 3rd Thurs., 7 p.m., The Medical
Center of Peach County Cafeteria,

1960 Highway 247 Connector,
Byron, 478-951-3613

Putnam County

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

Upson County

• Last Thurs., 7 p.m., Thomaston
Reflections, 302 S. Bethel St.,
Thomaston, 706-647-1607

Telephone Support Group

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

**Meals on Wheels of Middle
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Meals on Wheels of Middle
Georgia, Inc. needs volunteers to
help deliver meals to home-bound
clients. Volunteers must have a valid
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you may just be the person needed.
We're currently needing volunteers
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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
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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

**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.

The Macon Arts Alliance

486 First St., Macon
478-743-6940

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; 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.

**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.

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

continued on page 7

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EVENTS

from page 6

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.

Macon Little Theatre

4220 Forsyth Road, Macon
Reservations: 478-471-PLAY

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.

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 unicorquest@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://ocmulgeaudubonsociety.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.

"Live Nativity" Presentation

Oakland Baptist Church, 1509 Russell Parkway, Warner Robins, invites the community to our annual "Live Nativity" presentation. Friday-Sunday, December 8-10, 7:00 p.m. each evening. Visit our outdoor "Bethlehem Village" and experience the story of Jesus' birth as it is told in a beautiful and exciting way. The presentation is absolutely free and so is the hot chocolate and coffee! For more information call 478-923-3533 or email info@oaklandwr.com.

Washington Historic Home Tour

Saturday, December 9, from 10 am-5

pm. Free art venues and an evening Holiday Parade of Lights through Downtown Washington – one of the oldest towns in Georgia. The homes on our tour range from antebellum mansions to early twentieth century cottages – all decorated for the season. After eating at one of our restaurants on the Square, shop for unique gifts at our antique and boutique shops! Washington is located in East Central Georgia – one hour from Athens, one hour from Augusta, and two hours from Atlanta. Children are welcome! Tickets \$30 at www.history-of-wilkes.org. Sponsored by the Washington-Wilkes Historic Foundation.

4th Annual Pitching for PTSD Cornhole Tournament

Sponsored by the Melvin family in memory of their son, Specialist Thomas R. Watkins.

January 13, 2018. Game On Training Facility, 107 Pat Joyner Blvd., Byron. Registration 10-11 a.m. Bags fly at 11 a.m.

Registration fee: \$50 per team. NOTE: Teams consisting of veterans are able to compete free-of-charge.

Proceeds from the event will go to the Georgia VECTR Center.

Prizes: 1st-Place Team - \$500; 2nd-Place Team - \$300; 3rd-Place Team - \$200.

Contact Sheila Melvin at melvinslm@cox.net for more information.

Get your game on... veterans!

General Business Directory For Seniors

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Don't hang up your gardening hat just yet... check out RubberMulch's clever wintertime gardening ideas

Special to Senior News

Gardening doesn't have to end with your final summer crops each year. Whether you live in milder winter regions or where the snow piles up high, there are so many different gardening projects available to fill the winter months and keep your pastime going until spring. Below Rhianna Miller of RubberMulch shares a few great wintertime gardening ideas to keep you busy and productive in the coming months.

• **Plant Winter Gardens.** Swap out your summer containers for winter containers with frost-tolerant flowers and greens such as evergreens, cabbage, twigs, and strings of lights. In milder regions, rotate your garden to a winter one with plant greens, root crops, herbs (depending on your region), and other hardy vegetables.

• **Indoor Gardening.** There are many herbs that can easily be moved indoors during the winter months, such as rosemary, basil, and parsley. Just keep your containers near a window for maximum sunlight. Salad greens are also a cinch to grow indoors with the right amount of light and warmth. Just avoid placing them near cold windows. Other plants like white jasmine, narcissus, and cyclamen open beautiful blossoms during the cool seasons of the year. Even small lemon trees can be grown indoors during the winter months.

• **Plan Next Spring's Garden.** Winter is the perfect time to start planning your summer garden. There are so many wonderful resources online to help you do the job easily like Smart Gardener or Gardena's My Garden. During the winter you can lay out your garden, decide what you want to plant, request seed catalogs, and order flower and vegetable seeds, as well as, any new gardening tools and accessories at an off-season discount (think trellises, fencing, compost bin, and plant containers).

• **Research New Plants and Flowers.** Take inventory of your yard and landscaping in the fall and note areas that are lacking and need filling in. Decide if you're looking for plants, trees, shrubs, or flowers. Take some time for researching plants and figuring out what's native to your region and would grow the best. Look through online photo galleries, browse through Pinterest, and visit the websites for different seed retailers and see what their offerings are. Once you narrow down your selections, you'll be ready to order once spring arrives.

• **Winter Care and Maintenance.** There are a lot of things you can do in fall and winter to help prepare yourself for spring. Many of the items on the list take some time and effort and you may not find the time until the cooler months arrive. Things to add to your winter care and maintenance list are cleaning off tools, wrapping terra-cotta and ceramic pots in bubble plastic, organizing seeds, properly storing hoses and tools, and checking the supplies you'll need for seed starting. The

good news is that you may also find some deals online and even in stores with left over gardening tools and supplies.

• Prepare A List and A Schedule.

First off, you have to map out a winter gardening itinerary to follow. You need to know your area's frost dates, for starters. The USDA site has a plant hardiness zone map you can use as reference to know which plants are best at surviving cold weather, and which need special care. You can then schedule the chores, tasks, and other activities that need to be done in your winterizing list. Small acts like rolling up garden hoses, putting plastic containers away to prevent from cracking, and draining the fuel tank of lawn mowers will save you a lot of heartache (and money) when spring rolls around.

• Trim, Clean and Put Away.

Before it gets too cold to do outdoor activities, clean up garden debris as best as you can in milder weather. Leaves, dead stalks, decaying foliage, and other garden refuse can become a breeding ground for pests. Rake fallen leaves, trim overgrown shrubbery, and compost where you can. Don't forget to put away garden accessories like buckets, hoses, rakes, and others - keep them in a shed so they won't freeze or rust. Remember to cover your compost with a tarp or a thick layer of hay so that it won't get soggy with snow. Give your garden a general cleaning so that it still looks presentable after all the snow melts.

• **Get Rid of Weeds.** Don't neglect weeding pre-winter. Many can survive the cold and wreak havoc on

your plants. Carefully remove those with seed heads so that none will come out. Even a tiny portion of seeds can germinate fast and invade your garden in a matter of weeks. Make sure the weeds are nowhere in contact with your other plants and soil. Put them in a covered garbage bin where they belong.

• Keep Shrubs Snug and Warm.

Plants can experience chill, too. You can wrap shrubs with a burlap sack or a thick fabric to keep them from freezing and suffering windburn. Never use plastic because it doesn't breathe, and can overheat young plants. When the weather becomes warmer, remove the wrapping right away.

• Mulch, Mulch, Mulch.

Plants need extra warmth during winter, and mulching will act as a protective blanket for them. New plants that have not taken root yet especially need mulching. It will keep moisture where it needs, and prevent weeds from taking hold, while keeping soil temperature even for tender plants. Check in mid-January to early February if the mulch has moved from heavy wind

and rain, and reapply as needed.

Rhianna Miller is the Home & Garden Design Expert at RubberMulch. Rubber Mulch, www.rubbermulch.com, is the original and environmentally responsible mulch made from 100% recycled rubber used in gardens, playgrounds and sustainable landscaping. Rubber Mulch is weather resistant, durable, and the most cost effective mulch around. Homeowners especially love the fact that it is maintenance free, just put it down and forget about it.

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