

Senior News

Serving **MACON** & CENTRAL GEORGIA
Information For Ages **50 PLUS!**

***Rod
Horton...
Hair
Stylist!***

story on page 5

June 2017
Vol. 31, No. 6

Grandparent Scams still targeting seniors... Do you know the red flags?

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

The Better Business Bureau is warning well-meaning seniors about "emergency" scams designed to fool them into thinking that their grandchild is hurt, has been arrested or is stranded, and in need of money.

According to recent FBI reports, the "Grandparent Scam" has been around since 2008, but there has been a surge in these scams over the last two weeks. Retirees are an attractive target for financial scammers since they may have more disposable income and they are less likely to report being scam victims. Emergency scams play off of peoples' emotions and strong desire to help others in need. Scammers impersonate their victims and make up an urgent situation – "I've been arrested," "I've been mugged," "I'm in the hospital" – and target friends and family with urgent pleas for help, and money.

One victim reported sending four transactions totaling \$4,400 over a two-day period. She was duped after receiving calls alleging

that her grandson had been arrested after being in an accident. The money was initially to cover fines and representation to get the grandson released. Soon, the caller needed money to cover the medical bills for a person injured in the accident. The victim claims that the scammer not only knew details about her grandson but also allowed her to briefly speak with someone that sounded like her grandson.

We also see this scam target families with loved ones deployed overseas, claiming to need the money to get back from a weekend pass. If you don't send the money, they face being arrested for being AWOL.

The BBB offers the following tips to avoid the Grandparent Scam:

Communicate. Loved ones should share travel plans with family members before leaving the state or country. Also, discuss this scam with older family members so they are aware of how the scam works.

Share information. Loved ones should provide the cell phone number and email address of a friend they are traveling with in the case of an emergency. Family

members should remind students to be cautious when sharing details about travel plans on social media.

Know the red flags. Typically, the grandparent receives a frantic phone call from a scammer posing as their grandchild or a so-called "officer of the court". The caller explains that the grandchild has gotten into trouble and needs help, perhaps caused a car accident or was arrested for DUI or drug possession. The "grandchild" pleads to the grandparents not to tell his or her parents and asks that they wire thousands of dollars for reasons of posting bail, repairing the car, covering lawyer's fees or even paying hospital bills for a person supposedly injured in a car accident.

Ask a personal question, but don't disclose too much information. If a grandparent receives a call from someone claiming to be their grandchild in distress, the BBB advises that the grandparent not disclose any information before confirming that it really is their grandchild. If a caller says "It's me, Grandma!" don't respond with a name, but instead let the caller explain who he or she is. One easy way to confirm their identity is to ask a simple question that the grandchild would know such as

their middle name or what gift they gave the grandchild for Christmas.

Discuss with family members. Even though the scammer will plead with you to keep this a secret from the parents, discuss the situation with someone and chances are you will find that your grandchild is safe and secure at home.

For anyone victimized by this type of distressed loved-one call, the BBB recommends reporting the incident immediately to your local police department. For more consumer tips you can trust or to report a scam, 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.

GEORGIA DERMATOLOGY & SKIN CANCER CENTER



MACON
1157 Forsyth St.
750-SKIN
478.750.7546

WARNER ROBINS
212 Hospital Dr.
922-9281

MILLEDGEVILLE
230 N. Jefferson St.
453-8484

MOHS SURGERY
SKIN CANCERS
PHOTOTHERAPY
PSORIASIS

SKIN EXAMS
MOLE REMOVAL
RASHES
WARTS - ACNE

GaDerm.com

Beautiful, Affordable Senior Housing!




- Spacious One Bedroom Apartment
- Fully Equipped Kitchen, Carpet, Bay Windows
- Communal Multi-Purpose, Computer and Exercise Rooms
- Great Location – Close to Shopping, Public Transportation and Medical Facilities

Call Today for a Tour
478-722-9492
TDD: 800-545-1833, ext. 359

(1st Left)
Winship Pl.
Monroe Hill
Ingleside Manor
Riverside Dr.

Ingleside Manor

A Retirement Housing Foundation Community
478 Monroe Hill • Macon, Georgia 31204-2592

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




Let us entertain you

by CLAIRE HOUSER DODD

Everyone smiles the same language. Smile and watch the results!
Anonymous

Are we over the fabulous fattening favorite holidays yet? We just gained another 10 lbs. for Mother's Day, and had fun doing it! It used to be we gained and lost the same 10 lbs., but now we're not so sure! It appears those pounds don't drop off quite as easily as they pile on! And, we're far less likely to run 'em off as we used to be. Since all our friends complain about the same things, it seems we could poll "Senior Judgement" and solve the problem. Alas, no, it seems to be a bigger problem than we can handle, and goes much deeper into the soul.

Do you want your children to make over you on Mother's Day? Yes. Do you want to go out to a full course meal prepared by somebody else? Yes. Do you enjoy getting a nice present? Yes. Do you want to ignore Mother's Day and be ignored yourself? No.

So, what exactly do you do? You, us, we, and they all, go along with the status quo, enjoy it while it lasts, even add to the problem by taking out and giving to our grands' wives and daughters and mothers of their children. Yep. We too must take responsibility. So – what do we do? Enjoy the day and suffer the consequences later. After all: "Tomorrow is another day." Like Father's Day.

Peach season this year is unlike any we can really remember, but we do remember our Grands, John A. Houser and George D. Anderson, speaking of it. They had both been in the peach profession in the 1920s when it was probably at its peak and the first Peach Festival was performed. And we do mean "performed."

If you have a problem believing how huge and fabulous it was, stop by the McArthur/Saxon House, home of the Fort Valley Historical Society and the DAR of Byron and Fort Valley, and look at the many pictures of the performances and gorgeous costumes, and kings and queens, etc. Everybody in the county and neighboring counties had a part in the festivities. Look closely. You'll probably find your grands or great-great grands if you look hard enough.

Anyway, our grandfathers got out at a time when the weather played too big a part in peach production, much like this year. The winter was too warm until at the very wrong time, it chilled down and peaches are scarce.

Lane's Southern Orchard is giving us their wonderful Lane's Pickled Peaches for the Fort Valley Historical Society's annual Chicken Salad Luncheon on the 10th at noon and peaches for the World's Largest Peach Cobbler. Dixie Crystal gave us 153 lbs. of sugar for it, plus 10,000 coupons for giving away at the festi-

val.

Don't forget the sandy Peach Beach in the Courthouse parking lot. That's a really fun time to dance and listen and play in the sand. It's for children of all ages, who love it. Dennis Herbert, on guitar, is guest star. Good Vibrations members are Jason Blanton, drums; Ben Caldwell, guitar and vocals; Eddie Byrd, keyboard and lead vocalist; and, John Laughter, sax, keyboard and vocals.

If you pick this edition of *Senior News* up in the month of June, the first day it comes out, you may have already missed E.G. Kight, the "Georgia Songbird," in concert at North Peach Park in Byron. So sorry. She is always wonderful and puts on a great show.

A schedule of the Georgia Peach Festival Events is available below and at www.GaPeachFestival.com.

Live one day at a time and make it a masterpiece.
Anonymous

2017 Georgia Golden Olympics Registration

Special to *Senior News*

The 2017 Georgia Golden Olympics is scheduled for September 27 - 30, 2017 in Warner Robins, Georgia. You'll want to join in for the 35th year of the games!!! Plan now to participate... and, bring your friends! As an athlete you'll have over 50

events to choose from. Not an athlete... then volunteer to help with the games. Join the fun!!!

Registration for the 2017 Georgia Golden Olympics opened on May 1st. Registration without late fees must be completed by August 1st. For complete details concerning the games, registration, and volunteer opportunities visit www.georgiagoldenolympics.org.

2017 Georgia Peach Festival Events Schedule

All day events in Fort Valley on Peach Festival Saturday include a variety of food, arts, and craft vendors, a Kids Zone and music all day at the gazebo. Spectacular 3D fireworks shows light the skies over Byron and Fort Valley and some of the finest talented musicians in the state are featured on stage. Fresh Georgia Peaches from local growers Pearson Farms and Lane Southern Orchards will be NOT be sold this year, due to extreme losses across the Southeast in this year's peach crop.



BYRON FESTIVAL EVENTS

Friday, June 2nd

Byron Area Historical Society Luncheon at Byron United Methodist Church

Contact Marlene Humphrey for tickets - they go fast! 478-918-3666

Saturday, June 3rd

3 pm- 6 pm: Festival officially begins with food, arts and crafts vendors and Kids Zone

7 pm: Pre-concert music

8 pm: Opening remarks and live entertainment

9 pm: EG Kight and the Blue South Band - With a blend of blues, country, Americana, southern rock, jazz, gospel, and funk, her music appeals to the masses, no matter their taste.

9:45 pm: 3D Fireworks, free 3D glasses while supplies last. Bring your lawn chairs for a night of great music and 3D fireworks.

FORT VALLEY FESTIVAL EVENTS

Friday June 9th

7 pm - 10 pm: Southern Comfort Concert: Ken Trimmings & The Quiet Storm and Tough Enough - FREE concert at the Festival Park

Saturday, June 10th

7 am: The Fort Valley Kiwanis Club continues its long-standing tradition of serving delicious pancakes at the Fellowship Annex of the Fort Valley Methodist Church. Tickets can be purchased from Kiwanis Club members.

9 am Opening of all food, arts and crafts and a Kids Play Zone.

10 am: The popular Georgia Peach Festival parade

11 am until 6 p.m.: All genres of music will be performed at the downtown Fort Valley Gazebo, festival goers will be entertained by musicians of all ages performing dances and exhibiting their varied vocal talents.

11:30 am: Chicken Salad Luncheon sponsored by the Fort Valley Historical Society at the McArthur-Saxon House, corner of Miller Street and Central Avenue. Tickets can be purchased from Fort Valley Historical Society members or at the Troutman House.

12 - 2 pm: Sidewalk Chalk Contest at the Austin Theatre

2 pm: World's Largest Peach Cobbler. Rich Bennett and his staff of volunteers will serve the Georgia Peach Festival's delicious world famous and world's largest peach cobbler beginning at the World's Largest Peach Cobbler's Peach Pit.

3 pm - 4 pm: Butterfly Hunt Contest at the Austin Theatre

7 pm: Beach Party at the Peach Beach (Courthouse parking lot), music by Fort Valley native Eddie Byrd and Fort Valley resident, Dennis Herbert, two of the original members of Fort Valley's Malibu's will be performing with the Good Vibrations and grand finale fireworks show (at approximately 9:45p.m.)

SCHEDULE SUBJECT TO CHANGE DUE TO WEATHER AND CIRCUMSTANCES BEYOND OUR CONTROL

For more information on the Festival visit our Official website at www.GaPeachFestival.com

Senior NEWS

Serving the Macon Metro Area

Website

www.seniornewsga.com

Publisher

Billy R. Tucker

478-929-3636

seniornewsga@cox.net

Advertising Account Executive

David Von Almen

478-213-5986

VA.MktPub@aol.com

Columnists

Claire Houser-Dodd

Lisa Petsche

Published monthly. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Approximate Monthly Readership: Metro Augusta, 27,000; Macon/Central Georgia, 21,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication. Editorial information you would like considered for publication should be mailed to: Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005.

CORPORATE OFFICE

Billy R. Tucker,

President/Publisher

Phone 478-929-3636

www.seniornewsga.com

seniornewsga@cox.net

Copyright 1987

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.

YOU ARE NEVER TOO OLD TO FALL IN LOVE

by Sandy Schwamlein Straughan

Love is Wonderful!

Love is GRAND!

I have married

A Gentle, Christian Man!

He takes care of me,

I take care of him,

We watch golf and baseball,

And Cowboys we both recall!

I like to cook...

The trash he took!

We have lots of FUN,

Now that we're JUST ONE!

*You are never too old to fall in LOVE,
And we both Believe in our God above!*

MOTHER

by Linda Reagan

As the years passed by and I

grew up

You were always there to guide me.

Now I am grown with children of

my own

And you are here beside me.

Whenever I need you

You're always there it seems

To help me with my problems

And to share my hopes and dreams.

No woman on Earth has ever been

A better mom than you, you're my

best friend.

And my greatest wish is that my

children will

Feel the same for me that I feel

for you.

I love you more than words can say

And though many things may

pass away

One thing will remain – my love

for you

That will never change.

(I wrote this for my mother, Lillian Pritchett, July 27, 1969. She was still carrying it in her purse when she died, June 11, 1978. A few years later, my daughter, Teresa, wrote music for it, recorded it herself, and gave it to me for Mother's Day in 1987. Needless to say, it was the most touching gift I have ever received.)

MY NEW LIFE

by Rochelle Siegel-Day

Scared and lonely

Beginning a new life

Out of a marriage

No longer his wife

What shall I do now?

Where will I now go?

Being a dutiful wife

Is all that I know

Must I move far away?

Joining the 'elderly' clan

Giving up all my hopes

Of finding another good man?

Now is the time, dear ones

To say "Good night"

It's 8 o'clock, now

Gotta turn off the light

A CHRISTIAN MOTHER

by Shirley Glisson

Through an act of love a new life

is born,

So tiny and helpless in a world

of scorn.

The mother so gently responds

to his cry,

And meets every need as each

day goes by.

She watches with pride her gift

from above,

She teaches and molds him with a

heart of love.

She prayerfully seeks on bended

knee,

Wisdom from God, and His will

to see.

To train up this child in the way

he should go,

So at a young age his Saviour

he'll know.

A precious soul has been left in

her keeping,

God has commanded, spare not for

his weeping.

Tell him the sweetest story we know,

That Jesus' blood makes us whiter

than snow.

Read to him God's Word and teach

him to pray,

And how he must live for God

every day.

Of all the great tasks, there is no

other,

As important to God as a Christian

Mother.

Opinion

A Legacy Worth Remembering!

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

The question is not, "What kind of Legacy are those of renown leaving..." but, rather, "What are you individually building upon?" This is not to imply that good works, morals, loyalties, patriotism, credibility, and integrity are a waste in any corner; but, let all be wisely informed that the world is better or worse off for every person who has come this way.

That is true of the day worker, the night watchman, the nurse, the maid, the "butcher," the baker, the "candle-stick maker." It is also true of the doctor, merchant, mayor, and surveyor. It is true of the driver, the fireman, the individual ballot marker, the affluent and illiterate... the journalist, the Democrat, Republican, the Independent; and, those of no Party!

All have some light and a conscience.

This column gives space for personal introspection, to both the writer and the reader! First of all... ME! Do I cling to facts? Credible statistics? A proven course? A positive phrase? A virtuous moral? You make the call! Then to you, for great responsibility lies within your choice. You can be a blessing or a curse! You can tell the truth, or you can stretch reality! Are you a responsible citizen? Your life can be filled with hate and revenge—or you can read the Script that explains an unthinkable error! What about your legacy? Would it be something to write home about? Only you can chart the course for gold!

It is sad, but we are in an era when falsehood is a fad! It is, and it has always been, a flaw on humanity and a flaw with both present and eternal consequence. Today, it is as common as sunshine.

Most lies have been uncovered; but, even those can be resolved with confession and remorse. Hate is a National past time; and, make no mistake, it will be judged!

Back to me, for I continue to be my greatest problem. I do not present myself as an item of perfection; but, I do strive for the prize.

Not just because of the prize; but, I deeply care for people, for my Country, and for my God. I do not hate my brother (sister) of any color. I make a conscious effort to abstain from violation of legal or moral statutes. I am proud of my Military alliance of thirty years; and, Ministry of an even longer term. I am up in years, and will soon be gone. I do not aspire that my name be inscribed on the marquee as someone special; but, I would pray that those who recall my existence – family and friends – would savor the fact that I came this way!

On the Cover

Rod Horton... Hair Stylist!

by CLAIRE HOUSER-DODD

COVER: Rod Horton visiting the Great Wall of China

A friend and neighbor has just returned home for Mother's Day. To give you a tornado type pin pant of his personality: Rod Horton, a teacher from Rio de Janeiro Brazil, Copa Cabana Beach, comes home to Fort Valley via Cuba. Enough said. Anybody else would fly straight into Atlanta and drive right on down I-75 to Fort Valley. End of story.

Not so with Rod! Born and raised in Fort Valley to Cornelius and Dollie Horton, he was bap-

tized in The Trinity Baptist Church along with his brother, Al, and mother, Dollie, and graduated from the Peach County School System. He attended Fort Valley State University, but decided on hair design and cosmetology for his major and transferred to Macon Technical College.

After graduating with many honors, he opened a hair salon in Fort Valley where he worked and designed for quite a few years before moving to Atlanta and opening his spectacular salon in Buckhead. HAIRATLANTA was his shop and he operated it for five or six years. He had many customers fly in for appointments. One such was Gloria, wife of famous Florida attorney Willis Gary, in their jet with daughter-in-law and granddaughter. If all else failed, they would fly Rod down to beautify them in their own salon in their mansion.

He was in Atlanta during the '96 Olympics and was named International Olympic Hair Stylist in the 1996 Olympics and featured on the front cover of The Atlantic Journal Parade Magazine.

Soon after the Olympics were over, Rod decided to go for his dream, to be a New York 5th Avenue Hair Stylist. He sold HAIRATLANTA to a Chicago salonist who wanted to move south, and off he went to the Big Apple, New York City.

It was "Watch out New York, here I come!" While working with an Italian group on 5th Avenue, Rod did 10 or 12 models on the Ricki Lake Show where he was headlined as Feature Stylist which gave him that International status.

You see, "God opened up the world for Rod," is an often-heard statement when referring to Rod Horton of Fort Valley, Georgia.

Soon, L'Oréal Corporation, knowing of his expertise in the hair line, hired Rod as one of their first designers to travel all over the United States and the world to advertise and train for their new product, Mizani.

While on a weekend excursion to Brazil, Rod discovered the place where he felt right at home. He felt a love for the country, the people, and the atmosphere; much as he had felt in his hometown in Georgia.

Thus began the search of how and what? How to move to another country and what to do while there? Since he had been teaching and had learned the joy of helping others in that way and giving back to the Universe, he decided on teaching English as a second language with Corporate Education. He works with companies in Rio training their directors and executives. Companies such as Shell Oil, G.E., etc. In addition to that, he is in partnership with Anderson Limo Eventos doing event plan-

ning, etc.

Additionally, during the 2016 Olympics in Rio, Rod was hired to host their Olympic Headquarters, because he speaks fluent English along with Portuguese and some Spanish.

Being a huge proponent of "If you want it badly enough, you can make it happen with God's help," Rod has and is fulfilling his dream.

To show how individually creative and spiritual Rod is even out of his hair expertise; not only does he not fly directly home, he flies back to Rio via Miami, then on to California before returning to work.

Congratulations to a talented, hardworking Rod Horton. You Go Guy!



Wedding Arrangement by Rod



Rod in Peru



Rod at the 2016 Olympics in Rio



Rod in Egypt

Additional Senior Services & Events Information Available at www.seniornewsga.com

**MACON METRO AREA
Senior Services & Events Directory**
For additional *Services & Events*
listings, please visit our website at:
seniornewsga.com.

Coliseum Health System
"Medicare Made Easy and Advanced
Directives"

Coliseum Northside Hospital,
400 Charter Blvd. For complete
information call 478-746-4646.

H2U Activities
For information call 478-765-4116

**Medical Center Navicent Health –
Partners In Health Classes**
Golden Opportunities
The Wellness Center
3797 Northside Drive, Macon 478-
757-7817

Heartworks
389 First St. (Inside the MHC)
478-633-9090

**Central Georgia Rehabilitation
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.

**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, Dir.**
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.
• Mon., June 12, 7 p.m.: Meeting
will feature Yvonne Mashburn
Schmidt, CG, discussing
"Introduction to Autosomal DNA &
Genetic Genealogy." Guests
Welcome. Flint Energies Conference
Room, 900 Hwy 96, Warner Robins.
Info 478-987-7260; www.cggs.org.

Health Education
The Office of Health Education

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

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

Massee Lane Gardens
For information call 478-967-2358
or www.camellias-ac.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. Tues.-Fri., Noon-5
p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group
First Baptist Church of Macon,
located at 511 High Place, is offering
a Divorce Recovery Group for those
interested. The meetings are held on
Wednesday evenings. Child care and
children's activities will be provided.
For additional information call
the church office at 478-742-6485.

**DivorceCare Offered
By Central Baptist Church**
Divorced? Separated? Find help

continued on page 7

General Business Directory For Seniors

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

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

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

EVENTS from page 6

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 uni-comsquest@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.

Tired of Retirement?



Want Some Extra Spending Money?

Senior News newspaper is adding to our team of advertising sales representatives!

Work Full or Part-Time selling on businesses in the Macon Metro Area. Excellent communication and organizational skills, creative thinking, positive attitude, and being computer savvy a must. Advertising sales experience preferred.



Attractive Commission Based Plan!

Send resume to:
seniornewsga@cox.net

Crossword Puzzles & Games

available at
www.seniornewsga.com

General Business Directory For Seniors

Goodwill NEEDS YOU!



YOUR DONATIONS

When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

YOUR TIME

Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.



CALL: Mid GA: 478-475-9995
OR CSRA: 706-650-5760

To find a location near you, visit
www.goodwillworks.org

FOR ADVERTISING ASSISTANCE!

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

Macon and Middle Georgia 477-5501



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

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

Vineville Christian Towers

~ Immediate Openings ~

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

Come in and open the door to your new home!

Studio & 1-Bedroom Apartments

2394 Vineville Avenue
Macon, GA 31204

478-743-4661



Taking Care

Plan Ahead For Positive Medical Visits

by LISA M. PETSCHKE

When the relative you are caring for must attend a medical appointment, planning ahead is crucial, especially if they have special healthcare needs. You need to be prepared not only for the appointment itself, but also for the travel and wait time involved.

Follow the tips below to minimize stress and maximize success.

Before You Go

If accessible transportation is required, book it well in advance.

Don't schedule anything else on the appointment day.

If you are driving to an unfamiliar location, call in advance to get directions and information about parking options. Also inquire about the accessibility of the premises in terms of parking, entrances and washrooms, and whether transport chairs are available.

Complete any forms received at a previous appointment or by mail – for example, questionnaires or pre-op paperwork.

Review any literature received in advance regarding how to prepare for the appointment and what to expect.

Ensure your relative wears loose-fitting, breathable clothing and comfortable walking shoes. Layer garments to make it easy to adapt to warm or cool temperatures.

If the weather is inclement or you are anxious about parking, plan to take a taxi so you and your relative can be dropped off and picked up at the medical building's entrance.

Make a list of everything to bring along. Read on for items you may want to include.

What To Bring

Tickets for accessible transportation, disabled parking permit, parking pass or sufficient money for parking lot fees.

Mobility aids.

Nourishment. Snacks are especially important if you or your relative are diabetic. If your appointment is near lunch time, pack a sandwich and drink for both of you. If your relative resides in a care facility, request a bag lunch a day in advance. Bring an apron or towel to protect their clothing while they eat, and wet wipes for cleaning up afterwards.

Sufficient prescription and over-the-counter medications to cover the time you expect to be away. Bring an extra dose in case the wait is unusually long.

Extra incontinence pad or brief. Change of clothes and a plastic

bag for soiled garments.

Facial tissues.

Hand sanitizer (travel size).

Medical insurance information.

List of all health conditions and medications, including dosages and frequency of use.

List of questions and concerns.

Note pad and pen to record information and instructions.

Cell phone (ensure it's sufficiently charged) or coins for a pay phone in case you need to get in touch with someone.

Reading material or other diversionary items – crossword puzzles or personal music player, for example – to keep your relative pleasantly occupied during waiting periods. Bring something for yourself, too.

When You Arrive

Make use of hand sanitizers at building and office entrances.

If it's your first time in the building, orient yourself. Consult any layout plans or directories, typically found by main entrances. Find out where washrooms are located, and whether there's a cafeteria, coffee stand or tuck shop for purchasing drinks and snacks. The latter is good to know for future visits.

Have health insurance information ready when you check in at the office or clinic. Let the receptionist know of any special needs your relative may have – for example, behavioral issues that may be exacerbated by noise or a long wait. Also advise

of special circumstances – for example, if your relative has another appointment in the building or elsewhere, such that time is a concern.

Before You Leave

If your relative resides in a care facility: ask the healthcare provider to make a brief note regarding any findings, recommendations and plans. This is important information for you to take back for the charge nurse and the physician overseeing your relative's care. Also inform staff of any tests or follow-up appointments that are scheduled or require booking.

If a referral is being made to another healthcare professional, ensure you are clear about their name, area of expertise and location, and the purpose of the consultation.

If your relative is being booked for a test, inquire about the typical amount of time involved and whether special preparation is required.

When You Get Home

Note any further consultations or tests on your calendar right away. Attach appointment cards with a paper clip, so you have phone numbers handy should you have any questions or need to reschedule.

Keep any forms or information sheets you've been given in a labeled file folder, for easy access.


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

Dempsey Apartments

Affordable Living In Historic Downtown Macon

- Spacious Studio & One Bedroom Apartments Homes
- Designed for adults 62 years of age & over and those with disabilities
- All utilities except telephone & cable included in monthly rent
- Apartments include wall-to-wall carpeting, stoves & refrigerators
- Access Control
- Cameras
- Library, computer center & laundry center on-site
- On-site Resident Service Coordinators
- On-site Management
- 24-hour Maintenance
- Recreational/Educational Programs
- Within walking distance of the Post Office, hospitals, theaters, restaurants & shopping

523 Cherry Street
Macon, GA 31201
 (478) 741-4471
 TTY: Relay 711
www.thedempsey.com



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.

Professionally Managed by
 Buckan Management Company, Inc.
www.buckan.com



In the end,
we believe *kindness*
can be the best
medicine.



When conventional medical treatments can no longer cure a disease, hospice provides the support that is needed. Pine Pointe at Home professionals can help control pain, reduce anxiety and offer kindness and emotional support to patients and their families.

Pine Pointe at Home, Navicent Health is focused on serving and comforting patients and their families. We offer a wide range of specialized care in the home environment that's most comfortable to your loved one.



PinePointe
at Home

NavicentHealth

6261 Peake Road
Macon, Georgia 31210

NavicentHealth.org

For more information on Medicare and Medicaid benefits, please call 478.633.5660