

# Senior News

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*Senior Citizens...  
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**Stories on pages 5 & 8**

November 2017  
Vol. 31, No. 11



## Taking Care

# Sharing the care is only fair!

by LISA M. PETSCHE

**C**aring for an aging relative typically involves physical, psychological, emotional and financial demands that may increase over time.

If you have a parent or sibling who is caring for an older relative, it's important to reach out and support them. This can be done even if you don't live close by. By lightening the caregiver's load you can help prevent them from wearing down, so they can take optimal care of your relative.

Read on for a variety of ideas for supporting the primary caregiver in your family.

### If you live nearby:

- Offer to sit with the care receiver for an hour while the caregiver runs errands or gets their hair done, or for a longer stretch so they can attend a social event. Make this a regular practice.
- Offer to accompany the carer and care receiver to a community event, so the carer has an extra pair of hands and eyes.

- Coordinate get-togethers that don't involve any work on the caregiver's part. For example, visit with refreshments or a takeout meal.
- Offer to accompany the caregiver to a support group meeting if they can make respite arrangements; otherwise, offer to be the respite provider so they can attend a caregivers' group.
- Help make it possible for the caregiver to practice self-care. For example, bring over a meal or offer to stay with the care receiver while they attend a fitness class.
- Ask, rather than guess, what kind of practical help would work best. Perhaps it's walking the dog, running errands or providing transportation to appointments. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or perform outdoor maintenance tasks.

### Helping from a distance:

Even if you're not available for hands-on assistance, you can still help the primary caregiver with meeting your parent's needs. Some ideas for how to do this are included below. These suggestions can also apply if you'd like to help but have your own health challenges or competing responsibilities; or perhaps you have a conflicted relationship with the

carer or care receiver and need to maintain some distance.

- If your relative has a chronic illness, gather and share information to help family members understand the disease and what to expect for the future.
- Offer to research support services in your relative's community that may be of help, and encourage their use as appropriate. Information can be obtained from the local Area Agency on Aging. To find the appropriate office, call the Administration on Aging's toll-free Eldercare Locator Service at 1-800-677-1116 or search online at <http://www.eldercare.gov>.
- Clip and send articles about caregiving that contain practical information - behavior management or self-care strategies, for example.
- Volunteer to be the point person who keeps family and friends current on how the care receiver and caregiver are doing and needs that arise.
- Ask what kind of help the caregiver could use most. Perhaps you can cover, or at least contribute towards, the cost of medical equipment, home adaptations, a house cleaning or yard maintenance service, specialized transportation or respite care. Coordinate pooling of funds with other family members as needed.
- Offer to come and stay with your relative so the caregiver can take a vacation.

### Emotional support

- Assume responsibility for communication. Arrange a regular time to call or Skype. With each contact, ask not only how the care receiver is doing, but also how the caregiver is coping. Encourage the caregiver to call you with any concerns. Don't forget to express appreciation for all that they do for your relative.
- Listen to the caregiver without judgment. Don't give unsolicited advice. Offer empathy and words of support. Encourage them to take one day at a time so they don't get overwhelmed.
- Send a card or note to brighten the caregiver's day.
- Surprise the caregiver with a treat, such as a music CD, fresh flowers or a plant, gourmet coffee or tea, or a gift certificate to a restaurant that has takeout and delivery service.
- Encourage the caregiver to accept offers of help and to ask for assistance. Offer to facilitate a conversation among family members if the caregiver is hesitant to make requests for fear of "burdening" loved ones.

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

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## Five Myths About Back Pain

Submitted by **LINDSAY BLACK**  
VP, Marketing  
Fairview Park Hospital, Dublin, GA  
[lindsay.black@hcahealthcare.com](mailto:lindsay.black@hcahealthcare.com)

**B**ack pain can come on suddenly - while you're working in the yard, sitting at your desk, cleaning house or lifting something. Once the pain sets in, it can be hard to focus on anything else.

About eight out of 10 adults experience back pain at some point, according to the American Association of Neurological Surgeons, and persistent pain is tough to treat. The more you know about what causes and eases back pain, the more likely you can beat it.

Here we debunk five myths about back pain and treatment options.

### MYTH 1: Back pain is usually caused by an injury

FACT: Trauma can trigger back pain, but so can daily wear and tear. Poor posture, sitting or standing for long periods, and repetitive movements can lead to inflammation of spinal muscles, ligaments and the disks that cushion your vertebrae.

Other causes of pain include structural issues like curvature of the spine, osteoporosis and nerve compression caused by disk problems.

### MYTH 2: To diagnose back pain, doctors need X-rays or images from an MRI or CT scan

FACT: Doctors can usually develop a successful treatment plan for back pain based on a physical exam and a

patient's medical history. Images can be ordered later if pain doesn't improve. Keep in mind that imaging tests can show abnormalities that may not be the source of pain. This can lead to procedures that provide little relief.

### MYTH 3: A heating pad or a massage are safe for relieving back pain

FACT: Heat and massage can loosen up stiff muscles and joints and lessen back pain, but be cautious. Using a heating pad or taking a hot bath too soon after an injury can increase inflammation. (Ice is better.) A massage can also aggravate back problems if your massage therapist doesn't know what's causing your pain.

### MYTH 4: The best cure for back pain is to avoid physical activity

FACT: Lying down may help relieve back pain immediately after an injury, but too much bed rest causes muscles to tighten up, which may make pain worse. Inactivity can also raise your risk of blood clots. Though you may have to ease up on some activities when your back hurts, doing gentle stretches and core conditioning may actually help you feel better faster, according to a study in the *Annals of Internal Medicine*.

### MYTH 5: Surgery is the best solution for chronic back pain

FACT: Spinal surgery is not recommended for most cases of chronic back pain. When back pain is severe and consistently limits the ability to sleep or function, surgery may be considered if anti-inflammatory medication, physical therapy and lifestyle changes don't provide relief within six to 12 weeks.



# Tubman Museum honors veterans with “Veteran’s Day Program”

Submitted by  
**GEORGE D. CRAWLEY, JR.**  
Education Coordinator  
Tubman Museum, Macon, GA  
[www.tubmanmuseum.com](http://www.tubmanmuseum.com)

**T**he public is invited to attend the Tubman Museum Second Saturday Family Education Series: Honoring Macon Veterans on November 11, 2017! Honoring Our Veterans is an acknowledgement and appreciation of the fortitude, commitment and sacrifice of the African Americans to our military. The day will include activities for the entire family.

## Honoring Macon Veterans Schedule of Activities

- 10:00 a.m.: Community African Drumming Circle with Brother Kwame
- 11:15 a.m.: Veteran’s Day Remembrance Service: Georgia’s African Brigade Slave to Soldier: United States Colored Troops. Presented by Veteran and National Parks

Service Ranger Lonnie Davis and Historian Dr. Thomas Duval.

In 1865 during his daring raid into the South, Union General James Harrison Wilson directed the commanders of each of his three divisions to recruit and organize a regiment of former slaves during his march through Alabama and Georgia. By the time Wilson’s forces arrived in Columbus, Ga., the Corp had recruited 1,400 and when he arrived in Macon, the recruits were over 2,700. On April 24 & 25, all of the former slaves recruited by the Corp were organized into three regiments consisting of 1,100 men and were outfitted with Confederate uniforms and equipment. These men were the Georgia African Brigade (1863 - 1867) during the Civil War.

\* “Georgia’s African Brigade Slave to Soldier: United States Colored Troops” can be a teaching supplement to students exploring the United States Civil War, African Americans, Military and Georgia History and is available for purchase in the Museum Store.

- 12:30 p.m.: MaconFaces: Macon Untold Stories Exhibit Gallery. Meet the faces of Macon African American History. Get immersed in the past as historians, friends, community leaders and family share the compelling stories and events which shaped the Middle Georgia community.
- 1:15 p.m.: “Second Chance Coming Home” Book and Panel Discussion. Written by Macon Native and Vietnam Veteran William Isadore Shines

Second Chance Coming Home tells the story of Timothy Lawson, a highly decorated Vietnam Veteran who returns home with high expectations and a new lease on life. Timothy soon learns that while his physical wounds have healed, coming home from the jungles of Vietnam to the crime and drugs on the streets of the city make a difficult transition. Remnants of the war remain in his head, his dreams, and his emotions, and he experiences disappointment, tragedy, and trouble with the law. However, a young smart lawyer and a benevolent judge

provide this young man a path to redemption... a second chance.

William Isadore Shines attended Ballard Hudson Senior High School for three years. He transferred his Senior year to Macon’s Lanier High School for Boys as one of the pioneering Black students who integrated the Macon-Bibb school system in 1964. He graduated from Tuskegee University and received an Army Commission as Second Lieutenant in Field Artillery. He is a recipient of the Bronze Star Medal for his service in Vietnam. Shines holds a MBA from Clark Atlanta University. He is a member of Legion Post 51 located in College Park, Georgia. He currently lives in East Point, Georgia with his wife, Margie.

\* “Second Chance Coming Home” will be available for purchase in the Tubman Museum Store.

• 2:30 p.m.: RECEPTION

For complete “Veteran’s Day Program” event information, costs, etc.; or, to schedule a tour of the Tubman Museum, please call 478-743-8544.

# If disaster strikes, are you prepared financially?

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

**W**ith Hurricanes Harvey and Irma and Tropical Storm Nate behind us, it seems timely to think about our natural disaster planning. Natural disasters can destroy your personal property and severely impair your ability to conduct financial transactions. If you had only a few minutes to evacuate your home, and had to be away for several days or weeks, would you have access to cash, banking services and the personal identification documents you would need to support your family?

Better Business Bureau and the Federal Deposit Insurance Corporation offer tips on what to have ready if a disaster should strike without warning:

**Forms of Identification:** These include driver’s licenses, medical insurance cards, Social Security cards, passports and birth certificates. While it is best to have originals, it is also important to have copies, in case originals are misplaced or destroyed.

**Checks and Deposit Slips:** Even if you rarely write checks, consider having your checking account number handy. That way you can authorize an important

payment over the phone. If you do rely on checks, have enough blank checks and deposit slips to last a month or so.

**ATM Cards, Debit Cards and Credit Cards:** These cards give you access to cash and the ability to make payments on outstanding bills. Make sure you know your PIN numbers; do not write them down or carry them with the cards!

**Cash:** ATMs, credit card machines and gas pumps in affected areas may not be functioning, so it is a good idea to have cash available for necessary purchases. The amount will depend upon the size of your family, your expected financial needs and your ability to use debit or credit cards to make purchases.

**Phone Numbers for Financial Service Providers:** Make a list of the local and toll-free numbers for your bank, credit card companies, mortgage lender, brokerage firms and insurance companies. You may need to contact these providers to defer a payment, replace lost cards or open a new account.

**Account Numbers:** These would include bank and brokerage account numbers, credit card numbers and auto and homeowner’s insurance policy numbers. For credit cards, make a copy of the front and the back of the

cards. Copying both sides will provide you with your number and expiration date from the front and the back will have the contact information for your financial institution. Just be sure to keep the copies in a safe and secure location.

**Safe Deposit Box Key:** You cannot get into your safe deposit box without your key, no matter what forms of identification you present.

After you have gathered this information, store it in a safe, protected place that will be easily accessible should you have to evacuate. Do not leave it out in the open or in an unlocked drawer. Many identity theft victims have been “robbed” by family members or workers within their homes.

For more tips you can trust,

visit [bbb.org](http://bbb.org).

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*Kelvin Collins is President/CEO of the Better Business Bureau 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](http://bbb.org), by emailing [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org), or by calling 800-763-4222.*

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# Senior NEWS

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Senior News & Views of Georgia

# Poets' Corner

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

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## Halloween

by Shirley Glisson

Halloween's for ghosts and goblins,  
A time for trick or treat,  
As little children with their bags  
Go scampering down the street.

Folks give a happy chuckle  
As they greet them at the door  
To share with them the goodies  
They prepared some time before.

They wear such funny faces  
And costumes of all kinds as  
Hand and hand they cross the yard,  
The little goblins lag behind.

Assorted goodies fill their bags,  
So many things to eat,  
Mom wonders as she tucks them in  
If they will ever fall asleep.

\*\*\*\*\*

## Have You Ever

by Pauline M. Brown

Have you ever been down?  
And felt like giving up.  
And you look to the hills,  
And the sun seems so far off.

Remember God is not asleep.  
He knows your needs.  
So, don't you weep!

Children sometimes won't do right.  
Even your best friend  
Sometimes won't come by.

God made man,  
He controls it all.  
Just relax, and say help me Lord.

We all are human,  
We make mistakes.  
God steps in with love and grace!

Tomorrow is a new day with hope,  
Reach out to Jesus, Let Him take  
your yoke!

Cast all your cares on Him today;  
Have you ever known Him to fail?  
He has a blessing for you;  
It's on the way!

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# Opinion

# The correct way to worship!

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

God is a Spirit, and they that worship Him must worship in Spirit and in truth!" (St John 4:24). Whatever this is understood to mean, it is obviously a binding command. And that, my friend, is primarily the beginning and the end of our direction. Other characteristics of worship, such as music, words, volume, and bodily position, are generally left up to the individual. Check it out from the beginning of time.

Repetitious melody, lengthy phrase, boisterous theme, silent meditation, kneeling, standing, marching, chanting, and a hun-

dred other methods, are clearly referred to. The Hallelujah chorus seems to be (for a great part) "different strokes for different folks." Labeled right or wrong, that is the recorded process in both the Bible; and, in modern times.

So, what is the correct way to worship?

For the past several centuries, there has been a great rumble in the various denominations and innumerable followings. There is as many varied items as there are people. A church service (or activity) is often referred to as a worship time – with the sequence, time, and process as different as the "days in a calendar." Traditional hymnals, over-

head prompting, rhyming verse – slow or rapid, loud or gentle, hands that are clasped or raised, richly orchestrated or totally acapella – all fill the agenda. The process can be directed; or, carried out extemporaneously. Time frames for each sec-

tion may also be brief or lengthy.

There exists a solemn command that "all things should be done decently and in order." Obviously, that phrase is the "sentry of spiritual traffic" – pent up to ensure an essential understanding among all parties. Anything else is most often confusion. Extremes of any kind can be arguably labeled "out of practicality." It would seem that, (aside from adverse Biblical absolutes), whatever (and however) our efforts in this direction are carried out is appropriate; and, is acceptable. Leadership is always a necessity; but, even so, projected process must eventually depend on a corporate allegiance.

Ultimately, God reads the heart for sincerity – so there is no special recipe or formula for worship. It is true that Methodists, Catholics, Baptists, Presbyterians, Charismatics, Episcopalians (and others) may approach The Throne from different sectors; and, their patterns may be alien to much of the world, but none can be critically labeled as "unorthodox." If what is happening does not "tweet your tulip," or meet your need, the best advice is to move along peacefully, without criticism, until a desired flavor fills the void. The Creator fashioned every person somewhat differently but certainly, "fearfully and wonderfully" – so, therefore, virtue exists in variety.

Progression is embedded in pursuits of a moral compatibility. Find your place... and blossom!

# Senior NEWS

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## Let us entertain you

by **CLAIRE HOUSER DODD**

*A radical is a man with both feet planted firmly in the air.*

Franklin Delano Roosevelt

**W**ith voting time upon us, we find President Roosevelt's quote quite appropriate! It may be all over by the time you read this paper: some of you will be ecstatic; some in the doldrums, but we all look forward to better times ahead. The promises and hopes and good thoughts of our candidates are all great, and we always hope they'll come true. Some do, some don't! Whatever does happen, we're sure they tried. Quite often "the best laid plans of mice and men..."

We're so proud of our new candidates this year. They are retired and could be staying at home being a couch potato and resting on their laurels, but, no, they have chosen to get up and out and try to help their town.

One such lady we're proud of is JoAnn Dankle who is running for Mayor of Fort Valley. She was born and raised in Columbus, Georgia, was educated at the University of Georgia from where she holds a Bachelor of Science in Education and Masters of Education degrees plus an Education Specialist degree from Georgia Southwestern State University, and has spent 37 years in Fort Valley.

JoAnn knows this town well as she has taught for many years in the educational system and has served on the Utility Commission for the last eight years. She says, "I am proud to have served on the Fort Valley Utility Commission where I have continuously worked to ensure that rates are fair, service is superb, budgets are reasonable and improvements are constantly sought."

JoAnn was pressed into duty with the state in 1998 to help write and execute a grant to help Georgia students get and maintain an efficient after school program. While writing

the proposal, she was hard at work for two months. After acquiring the grant, she was at work for seven months implementing the grant and setting up the locations within the state with thoroughly qualified and educated teachers to run them.

At this time, JoAnn was in charge of a ten million dollar grant which shows a background of extreme accountability in the management of large sums of money, which prepares her for a mayoral of financial management in the city plus her competence in working with the many people involved.

JoAnn phone number is 478-825-1935, her email address is jadankel@yahoo.com. Look for JoAnn Dankle for mayor Facebook page, and contact her. She'd love to explain her vision and answer your questions.

Another happily retired person who is volunteering his services to have a better tomorrow for Fort Valley is Ralph Lambert who is running for Utility Commissioner at large. Ralph and his wife Kathie have been in Fort Valley for 15 years and have made valuable contributions. They have bought several houses and have added much to the cultural and social scene in The Valley.

Ralph is an extraordinary artist. His stained-glass creations will stand up to any artist anywhere, or in any time frame. He does very careful and perfect work in his field and would add that same dedication to any job he is assigned.

Mr. Lambert has had a 42-year career in Aerospace, is a Naval Vietnam Veteran with a Master's Degree in Logistics, managed a \$13.5 million dollar Splost lost Project and has served on many different committees and societies such as: Historic Preservation Commission, P.C. Historical Society, Peach County Chamber of Commerce, DDA Economic Restructuring Committees, Fort Valley Arts Alliance, LEAP

(Literacy Education for Adults in Peach), Peach County Water and Sewer Authority and many more.

Retired and with time to kick back and enjoy life, Ralph chooses to step up and help Fort Valley return to its former glory.

Congratulations to Jo Ann Dankle and Ralph Lambert for being good citizens, helpful people, and for stepping up to a very different challenge. Running for office is hard enough; filling the job is a lot harder. God bless you two!

**Ralph Lambert**



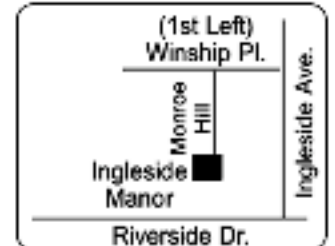
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**JoAnn Dankle**





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For additional *Services & Events*  
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**Central Georgia Rehabilitation  
Hospital**  
3351 Northside Drive  
478-201-6500  
**Cancer Life Center**  
Information and Reservations: 478-  
633-8537; [www.cancerlifecenter.org](http://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  
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We're currently needing volunteers  
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which takes pride in everything it  
does. This program would not exist  
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If you are interested in volun-  
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**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  
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**Warner Robins Recreation  
Department - Felicia Wright,  
Director**

Email: [FWRIGHT@wrga.gov](mailto: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.

**Central Georgia Genealogical Society**  
Meets 2nd Mon., 7 p.m., Flint  
Energies Conference Room, 900  
Hwy. 96, Warner Robins. For com-  
plete details call 478-987-7260 or  
visit [www.cggs.org](http://www.cggs.org).

**Health Education**

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

For additional information call  
478-749-0113.

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

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

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

**Warner Robins Little Theatre**  
502 South Pleasant Hill Rd.

478-929-4579; [www.wrlt.org](http://www.wrlt.org)  
• *All the Great Books* (abridged)  
(Comedy): Nov. 10-12; 15-18

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

**Tubman Museum**  
340 Walnut St., Macon  
[www.tubmanmuseum.com](http://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.

**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.

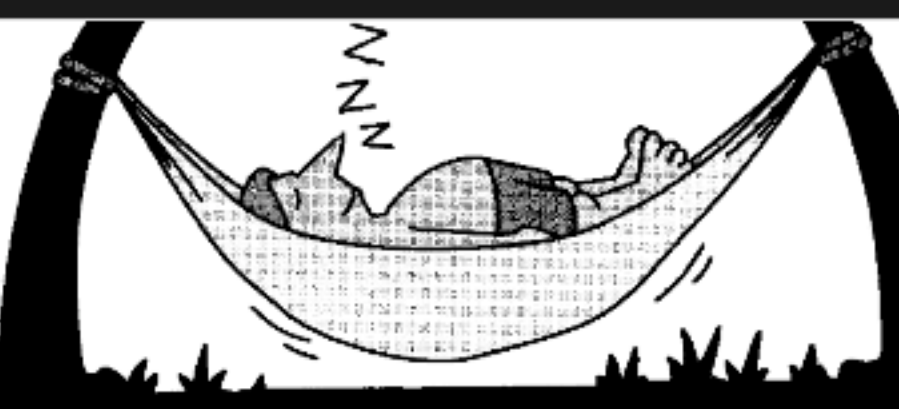
For additional information call  
478-953-9319.

**Substance Abuse Help Available**

Did you know alcohol is the  
most-used drug in the country and  
it's the number one abused substance

continued on page 7

## Tired of Retirement?



## Want Some Extra Spending Money?

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

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



**Attractive Commission Based Plan!**

Send resume to:  
[seniornewsga@cox.net](mailto:seniornewsga@cox.net)



## EVENTS

from page 6

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.

### 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 fas-midga@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>.

### 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](http://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](mailto:rwfaber1@gmail.com).

### Storytelling Series For Seniors

In November, a two-part session will be offered to help participants craft stories from their lives.

Thurs., Nov. 9, 3 p.m.:  
Workshop session to gather ideas. Participants will then return home to work on their stories.

Thurs., Nov. 16, 3 p.m.:  
Storytelling session. Participants will share their stories.

Storytelling Series to be held at Lanford Branch of the Middle Georgia Regional Library System, 6504 Houston Road, Macon.

Retired educator Karen Shockley who has done a lot of Storytelling in

the Bibb County School System will be the presenter. For details please send email to [jardineh@bibblib.org](mailto:jardineh@bibblib.org).

### Christmas on the Circle...

#### ...An Artist Market

- Fri., Nov. 10: 10 a.m.-5 p.m. Reception: 5-7 p.m.
- Sat., Nov. 11: 10 a.m.-5 p.m.
- Sun., Nov. 12: 2-5 p.m.

Fine Art Society, 149 South Commercial Circle, Warner Robins. Fun for all! Handmade Gifts, Live Entertainment, Baked Goods, Kids' Activities. Houston County Humane Society Donations Requested! The Middle Georgia Firefighters will be selling their 2018 Calendars on Fri., Nov. 10. Llamas from Buck Creek Farm on will on the lawn next to FAS Gallery on Sat., Nov. Come feed the llamas! Sponsored by the Fine Art Society of Middle Georgia. For details visit: <https://www.facebook.com/fasmidga/>.

### "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](mailto:info@oaklandwr.com).

# General Business Directory For Seniors

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

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

**Home Instead**  
**SENIOR CARE**  
*to us, it's personal.*  
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

**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.

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](mailto:VAMktPub@aol.com)

**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](http://www.goodwillworks.org)**

**Low-Cost Adult Healthcare**  
**at Houston County Health Department**

**Treatment & Referrals for:**

- High Blood Pressure
- Diabetes
- Tuberculosis
- Mammograms
- Lab Work (with order)

**Adult Vaccines for:**

- Tetanus
- Pertussis
- Flu
- Shingles
- And more!

**Call (478) 218-2000 to Make an Appointment Today!**

**DPH**  
Georgia Department of Public Health  
North Central Health District  
HOUSTON COUNTY HEALTH DEPARTMENT

**Houston County Health Department**  
(478) 218-2000  
98 Cohen Walker Drive  
Warner Robins, GA

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



## On the Cover

# Senior Citizens... Retired and Running!

by CLAIRE HOUSER-DODD

Connie Rainey, a well-known figure around Fort Valley has been a thirteen year volunteer for the DDA (Downtown Development Authority) serving several years as Chairman. Connie has also served on Main Street's Design Committee, Middle Georgia Camellia Society, Peach County Historical Society as President and is currently serving on the Historic Preservation Commission.

Connie is married to Frank Freshwater, whose family goes way back in Fort Valley society, and as Connie is from Illinois, it is especially notable that she volunteers so much and puts so much effort in helping to better Fort Valley. It is indeed appreciated.

A little about Connie Rainey's background: Born in Illinois to Mr. and Mrs. Rold, the fourth of six children. Her undergraduate degree was from NWMSU. She graduated Cum Laude with an MBA from the University of St. Thomas, and began a career with IBM Nolin's, Ill., transferred to Minneapolis, then New York and finally to Atlanta in 1989. She loves Georgia and has called it home since her first taste of this lovely state.

Connie has two children: daughter Vanessa is an architect living and practicing in Los Angeles and has blessed Connie with adorable grands, Nova Ray and Paul. Her son, Bredon Kyle, is with God. He is missed every day, and is thought of by all who enter her home as his pictures are out for us to remember so fondly. Last, but not least, her husband is Frank Freshwater, a veteran who served in the military in Vietnam. He is a lifelong resident of Fort Valley.

And, exactly why is Connie Rainey giving up her valuable time to run for a seat on City Council?

Connie says, "I had a very successful career working for IBM for 30 years. After I retired in 2004 and relocated to Fort Valley from Atlanta, I embarked upon an almost full time "volunteer career" to continue to serve people. I have always been an optimist, and enjoy helping people. I participated in many volunteer activities for the 15 years I lived in Atlanta; the American

Red Cross BOD, United Way (Loan Executive for six months), the American Cancer Society (board member and President), and Safari Club International. These activities fulfilled my desire to serve my local community.

While I've lived across the U.S., I chose to retire in Fort Valley. I fell in love with this town. There is a genuine warmth the folks of Georgia portray, and Fort Valley's most generous welcome is no exception! Our town exudes a friendliness that is unmatched.

As an executive with IBM, I gained extensive experience managing large organizations (more than 400 employees), and multi-million dollar budgets. I managed my organizations at the highest levels, never exceeding budget. As an example of my experience and expertise: I led an effort to consolidate twelve centers of competency down to two centers, which was successful and saved millions. As we look to consolidate organizations locally, I am confident my experience will contribute to our town's success.

And when asked by the editors of *The Leader Tribune* what she sees as the most significant

issue facing Fort Valley, Connie answered, "Fort Valley faces many challenges, not least of which is a dying downtown. Our town had so many lovely shops when I moved here 13 years ago: so we all are disappointed to see so many losses. This has led to an exodus of talents, declining property values, and loss of jobs, which challenges our tax base, and our ability to meet our financial obligations. It's imperative that we, as servants to our citizens, find ways to maintain fiscal responsibility and provide critical services. It's entirely possible, but will be challenging. Additionally, Economic Development is vital to our future vitality. We need everyone in our community to pull together. This community has many talents; I have faith that between all of us, we can identify the right resources, to welcome a new future. I'd very much like to participate and witness our rebirth. I truly believe I can contribute to our vitality once again; and I commit to you that my enthusiasm for our community will not falter.

Additionally, we have an aging population, many of whom live on fixed budgets; along with

others in our community who are financially struggling to meet every day needs. We all recognize that costs for basic needs are increasing. We simply can't continue to increase taxes at the expense of our citizens. My commitment to you: No New Taxes!

Unemployment and underemployment are challenges. We look forward to a new facility near Fort Valley that will employ 200 people, but our challenge is to increase the work-ready pool, so our community can benefit from new jobs, instead of losing them to surrounding areas. Our community needs to ensure we are prepared to meet these future challenges. And we must continue to encourage more businesses to come here. We have so much to offer."

Connie Rainey does much to hold our community together now; with her new job on City Council, her education, her successes, her drive we can expect miracles (at least). Our bet is on Connie; and, as a friend of ours used to say, "Win or lose, Connie, you're still our horse!"

Congratulations! Good luck! If you would like to contact Connie call 478-825-3398, or email [cjraine@earthlink.net](mailto:cjraine@earthlink.net).

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.

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