

Senior News

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



*Here comes
de Judge!*

story on page 5

September 2017
Vol. 31, No. 9

Taking Care

Caregiver Support Groups: Is There One That's Right For You?

by LISA M. PETSCHKE

If you're a caregiver, you may have already read articles about the importance of preventing burnout. Usually they include the suggestion to join a support group. Perhaps you're reluctant, though, because you're wondering what caregiver groups are all about and whether joining one would really help you. If so, read on.



Lisa Petschke

The overall goal of caregiver support groups is to enhance participants' coping skills through mutual support and information-sharing.

Purpose

The overall goal of caregiver support groups is to enhance participants' coping skills through mutual support and information-sharing.

Objectives may include

- validating the important role of family caregivers;
- exploring the challenges and rewards of caregiving;
- acknowledging the emotional impact of a family member's illness and exploring various coping strategies;

- group problem-solving of practical issues; providing education about disease processes, behavioral issues and management strategies;
- identifying and addressing obstacles that seniors and their caregivers encounter in the community;
- promoting effective use of local resources;
- recognizing caregiver needs and helping caregivers balance those needs with those of their ailing loved one.

Benefits & Limitations

Benefits of group involvement include:

- realizing you are not alone in your situation – feeling supported and understood;
- having the opportunity to express thoughts and feelings in an empathic, non-judgmental environment;
- learning from the experiences of other caregivers;
- gaining satisfaction from helping others on the caregiving journey;
- making new friends;
- keeping current on caregiving issues and resources;
- recognizing the importance of

self-care.

A group setting isn't suited to everyone, though. A caregiver support group may not be as helpful for those who are:

- very shy or private in nature;
- self-focused, either as a long-standing personality trait or due to extreme stress;
- those who have significant, often longstanding personal issues (for example, a psychiatric illness or a conflicted relationship with the care recipient).

In such cases, individual counseling may be a better approach.

Attending a group also may not be feasible due to severe hearing impairment or an inability to obtain respite care or transportation. Caregivers in such situations should explore:

- telephone support networks
- online caregiver message boards

Types of Groups

Some caregiver groups are very general and open to everyone. Others are specific to certain populations, such as caregivers of older adults or caregivers for those suffering from Alzheimer's disease.

Some groups are quite structured, with set agendas and built-in time constraints (typically 4-6 weekly or bi-weekly sessions). Led by health care professionals, such as social workers and nurses, these groups are primarily educational in nature, and often include guest speakers.

More informal groups focus primarily on emotional support. Member sharing of thoughts, feelings and experiences is key. Facilitators may be experienced caregivers or professionals who work with caregivers. Meetings are

usually held monthly, with new members welcomed on an ongoing basis.

Evaluating the Support Group Experience

How to tell if you've found the right group:

- Is the physical setting comfortable and distraction-free?
- Are group norms – such as taking turns and respecting differing viewpoints – clearly articulated and observed?
- Can you relate to other members' experiences?
- Does the facilitator appear knowledgeable about caregiving issues and resources? Is he or she articulate, sensitive and skilled in maintaining focus, generating discussion, preventing individuals from dominating, and recognizing when someone needs outside help?

Highly rated groups also emphasize caregiver strengths, incorporate some humor and include time for social interaction.

SIDEBAR: Where to find information on caregiver groups

- Hospital or community social worker;
- Non-profit organization associated with your relative's disease;
- Local agency on aging;
- Community calendar of your local newspaper;
- Senior center bulletin board;
- Community information service;
- Local public health department or mental health association.

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

GEORGIA
DERMATOLOGY &
SKIN CANCER CENTER

MACON
1157 Forsyth St.
750-SKIN
478.750.7546

MILLEDGEVILLE
230 N. Jefferson St.
453-8484

WARNER ROBINS
212 Hospital Dr.
922-9281

MOHS SURGERY
SKIN CANCERS
PHOTOTHERAPY
PSORIASIS

SKIN EXAMS
MOLE REMOVAL
RASHES
WARTS - ACNE

GaDerm.com

Ocmulgee National Monument to hold 26th Annual Indian Celebration

Special to Senior News

Ocmulgee National Monument will host the 26th Annual Ocmulgee Indian Celebration September 16 and 17. This cultural experience provides an opportunity to interact with people from all of the Southeastern Native cultures, plus representatives of other tribes from throughout the nation. Over 300 Native People, artists, dancers, storytellers, musicians, and historic lifestyle demonstrators, will share their culture with the visiting public. The Celebration is open from 10:00 a.m. to 5:00 p.m. both days. The cost is \$6 for adults and \$3 for both children 6 to 12 and military, chil-

dren under 6 are free. This year we will have some off-site parking for handicap visitors at the Macon-Bibb Health Department at 171 Emory Hwy.

This year's Celebration will feature many of the popular artists, dancers, and storytellers returning from past years. Native foods such as Indian tacos, fry bread, and roasted corn will be available along with drinks and hot dogs.

Superintendent Jim David stated, "This is a great opportunity for people to come out to interact and learn from the people whose ancestors were on this site for thousands of years before the city of Macon was founded. It is an event that all members of the family can enjoy."

Let us entertain you

by CLAIRE HOUSER DODD

Having had the excitement of the Great American Eclipse for August, September doesn't sound as promising. That is, unless you're a hunter or a football fan!

Hey, and the weather. We got a little bit of a September preview up here in middle Georgia when Harvey hit Texas and the Gulf Coast. We had to keep up because we have dear friends around the Corpus Christy Area. They have lost everything but are alive and well in San Antonio. They all made it OK. We're still praying for all those who were injured and worse.

Last week was all about the Great American Eclipse, and the Valley got her share of the spectacle. The moon passed between the Earth and the Sun, we witnessed a dark spell, and then the spectacular Sun came out brighter than ever. The sparkle through the trees was incredible.

Annette and Chelle Brennan were invited up to Cookeville, TN to witness the Eclipse. It fell right in the middle of the event and, as you prob-

ably saw on TV, a much more dramatic occurrence than we in Middle Georgia saw. However, it was all a wonderful experience and even a once in a life time happening for some.

The Thomas's invited a few friends over for a watch from their deck, and they were amazed at the feelings felt by the different people when the Eclipse happened. Some got a little dizzy, some sort of weak, but all in amazement and enjoyment. We do not need an accident of any kind; certainly not of this nature.

The next spectacular eclipse will be a memorable event. A friend in Prosperity, SC, had her whole family visiting as she was exactly in the middle of the path. They are all in amazement and had a great family reunion, too!

We had not found any of the special glasses, but were planning to join friends who had them in hopes they'd let us peak. Duke had said he had extra glasses and to come on out to Lanes to watch. Well, as things happen at our house – moving themselves around, disappearing, etc. – we thought our sink leak in the kitchen was fixed, as Ed had tightened the

loose screws on a pipe. We decided to let the water in the sink (full for several days) out before we left to join the others. OH, No! It hit the cabinet floor, flooded out, and we had washed feet and splattered jeans. Mr. Davis to the rescue. He came immediately and we watched dusk come and heard the cicadas tune up. It was a weird happening and feeling. It is obvious that something unusual was going on. Colors, light and even gravity seems to change. A really strange happening.

It is amazing to know that the Babylonians, in the fifth century BC, had studied this phenomenon for generations and were able to predict the time and somewhat the place where it would occur. Newton, Einstein and others added to the information needed today to exactly pinpoint the time and place to perfection.

Let's get ready for deer hunting season: archery season opens Sept. 9th and gun season, Oct. 14. With all the damage they do, most people believe there should be open season on deer. As we were traveling the roads all around the Tawalgja River in Monroe County last week, it was obvious why everybody we know has been hit by a deer. It happens after that they run out and get you in the side of your car... or the front! We read an article in a Georgia annual book back in the late 70's and early 80's. Our thought is that something should have been done then. It is a crime to have so many accidents and

deaths due to over population. We're the only one in the family who hasn't been hit... YET! We were asking about the whistle, and were told by a very knowledgeable man that those vehicles were worked on every day, all day. Reckon the deer think they're being called? We do not need an accident of any kind; certainly not of this nature.

And, are those extra grills on the front any better? We don't see it! Maybe it helps protect your engine, but you? It used to be you had to slow down and watch for deer early mornings and dusk when they went for water. Not anymore. Guess they have to organize, take turns and set up a schedule for watering since there are so many of them. Anyway, watch out. They're out there, and multiplying!

Let us remind you of the Georgia National Fair coming to the Perry Fair Grounds on Oct. 5-15.

Keep praying for the victims of Harvey. Remember our middle Georgia flood of the 90's. It was bad, but only a minor annoyance compared to Harvey. We'll be asked to help, and we intend to respond in every way we can, and we're sure you will, too.

Last night was the last of the August concerts at Fort Valley United Baptist Church. Their own Praise Band gave the program. Wonderful music and a wonderful meal was enjoyed by all.

Mulberry Market Doubles Value of Food Assistance Benefits

Special to Senior News

The Mulberry Market, a focused initiative of Community Health Works (CHW), is pleased to introduce Georgia Fresh for Less – a new name for a program that has already incentivized thousands of Georgians to spend \$2 million on local produce since the program's inception in 2009. The successful partnership between the Mulberry Market and Wholesome Wave Georgia, has allowed shoppers to double their SNAP dollars since the Mulberry Market opened. This year, the Mulberry Market is celebrating its 8th year of providing access to fresh, locally grown food to federal nutrition assistance beneficiaries through the Georgia Fresh for Less program.

The mission of CHW to improve health outcomes for Central Georgians is put into action each week at the Mulberry Market. SNAP recipients have their benefits matched dollar for dollar, up to \$50, every week. "We feel that the Georgia Fresh for Less program creates a level playing field at the market by making it affordable for all shoppers," said Lacey Resch, market manager. "When they see how far their dollars go, and that the food is so much fresher than what they could get at the supermarket, they tell us that they are encouraged to include more produce in their diet. We believe everyone should have access to fresh, affordable food."

To participate in Georgia Fresh

for Less at the Mulberry Market, shoppers who receive food assistance benefits visit the information table and swipe their EBT cards with a market staffer in exchange for tokens. Shoppers receive tokens worth twice as much as the amount of money they debited on their card. For example, a \$10 swipe equals \$20 in tokens to spend on market items.

In partnership with Georgia Fresh for Less, the Mulberry Market helps to bring customers to the farmer's market who may not have gone otherwise. By connecting the shoppers with regional vendors, the market financially strengthens local communities. In fact, since 2013 the market has contributed \$701,800 total to the local economy, and \$96,000 of that directly from the Georgia Fresh for Less program!

The Mulberry Market, a focused initiative of Community Health Works, is a producer-only, year-round outdoor community market that takes place on Wednesdays at Tattnell Square Park. The hours of the market are 3:30 to 6:00pm. The Mulberry Market information tent accepts credit, debit and EBT cards for market purchases.

Community Health Works is a non-profit, community-based health organization that serves all of Central Georgia. For more information, please contact Lacey Resch at 478-254-5216 or lresch@chw.org.

* The meaning of "federal nutrition assistance benefits" is synonymous with SNAP/food stamps, EBT, and WIC, in most cases.

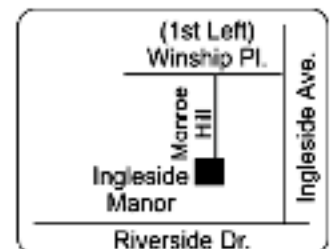
Beautiful, Affordable Senior Housing!



- 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



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.



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

VAMktPub@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

SISTERS

by Debra Schultz

*Sisters are bound by the blood
of our mother and the love we
have for each other.*

*As individual as the leaves on
a tree and the snowflakes that fall
from the sky*

*So our personalities differ as we
age and find our own way.*

*We are lucky to have sisters to
converse with and share with.*

*And we forgive our sisters
and learn to speak truth and
encourage them*

*When they need us to and not
judge and sometimes let them
see what we see*

*In them to help them grow as we con-
tinue to love them.*

*Sisters cannot agree sometimes,
this is natural, but we must
walk in love*

*With one another, love does
not seek to hurt or belittle
another Sister*

*Whether one is rich or poor
or in-between, blood is what
binds, not money.*

*Though we may not agree with
another's lifestyle we can still
walk in love*

*And respect your Sister and let
them live out the choices they
made for their life.*

*Sisters should be friends and help
each other and care for one
another always.*

AND ALL THAT IS WITHIN ME

by Henry Newton Goldman

Psalm 103:1 - An acrostic poem

*Blessings so many, God lifts
my soul,
Letting His benefits surround
and enfold.
Each precious moment I live in
His care,
Savoring His presence, always
so near.*

*Searching no more, fulfilled I
now stand.*

*Thankful for blessings, bestowed
by His hand.
He redeems and saves from many
pitfalls,
Each danger lifted that on me
befalls.*

*Longing in hunger, for spiritual
needs,
Often our souls He tenderly feeds.
Righteous judgment for all those*

*oppressed,
Declaring forgiveness for sins we
confess.*

*Over us He watches, heavenly
high,
Making us secure 'til the day
we die.
Yesterday's suffering, taken away,
Saving from illness, restoring
each day.*

*Out of His goodness, down from
above,
Upon us bestowing, His mantle
of love.
Life everlasting, eternally we praise*

CREATION

by Shirley Glisson

*Who could make a flower bloom,
With its fragrance so unique?
Who could make the valley deep,
And the highest mountain peak?*

*Who could make the waterfalls,
And the ocean deep and wide?
Who could make the sky so blue,
Who controls the ocean tide?*

*Who threw out the brightest stars,
In the darkest outer space,
And the sun to rule the day,
And the moon to serve its place?*

*Was it just a big, big bang?
Not a chance that this could be.
It was God who made it all,
For I know the truth, you see!*

Don't fall for fake promises of lower property taxes

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

If you are like me, you probably recently received your tax assessment letting you know that your property taxes have increased. Most municipalities mail tax assessments each spring. Scammers are often close behind, posing as government programs that claim to lower your taxes, for a fee.

Here is how this scheme works. You get a letter in the mail that appears to come from a government agency with names that include "tax adjusters" or "tax reassessment." It's really a non-governmental business, and it promises to get your property taxes reduced by disputing your tax assessment. For this, the business charges from \$30 to hundreds of dollars. A typical letter reads:

"The XYZ County tax authorities may have made an error when they recently assessed your property. The mistake means you may be over taxed by \$2,000... For 10 minutes and a one-time fee of less than \$100, it's well worth the potential savings of \$2,000."

As always, several variations of

the scam exist. Sometimes, scammers simply pocket the fee. Other times, it's more a case of misleading advertising. The businesses file the paperwork on your behalf and/or provide you with a government report. However, in most cases, the business is simply doing something homeowners can do themselves, for free.

Finally, some scammers use filing a property tax assessment dispute as a pretense to collect personal information for use in identity theft.

Ways to Spot a Property Assessment Scam. Reputable businesses are available to help you dispute your tax assessment, but watch out for the following warning signs. It may be a scam if the business:

- Poses as a government agency
- Requires an upfront fee instead of billing you after the service is rendered.
- Guarantees it can lower your property assessment and/or taxes. You can file a dispute, but the local government needs to approve it.
- Requests a certified copy of your property deed and charges you more than a few dollars for it.
- Asks for your Social Security number or other personal information.

Scam artists look for opportunities to generate money for themselves and if they can create a sense of urgency or perceived savings for you, then they stand a much better chance of separating you from your hard-earned money. This is where a little education and always asking for more information can potentially save you from becoming a victim.

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

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

On the Cover

Here comes de Judge!

by CLAIRE HOUSER-DODD

COVER: Ed and Sue Humphreys

One of our outstanding retirees has just received another accolade. Colonel (Ret.) Ed Humphreys has been selected as Georgia BQ Association's 2016-2017 Judge of the Year. He has been a judge for GBA for seven years; and, this is only the fourth year the GBA has selected a Judge of the Year.

Congratulations to Ed for his expert handling of a job of judgeship. He has been an outstanding judge showing many skills while judging BBQ. He has been a volunteer for extra duties, shown to be quite adept at mentoring new judges and helping to represent the GBA as it wishes to be represented. All this is what made Ed stand out above the others.

Just this year, GBA has introduced a new position, one of Table Captain; and as Col. Humphreys has earned the title of Master Judge, he has been selected as the first Table Captain, taking on even more duties... prepping the table with new judges who understand the process and everything expected of them. After the score sheets have been handed in, the Table Captain will lead the discussion of the products judged, a very important teaching moment. It helps streamline the process.

As an experienced GBA

judge with the title Master Judge, Ed commandeered the Table Captain job with fervor and helped streamline the new concept by setting the standards and showing how to become a great ambassador for the GBA.

The GBA was actually started here in Fort Valley by Chelle Brennan, William and Loraine Khoury and their lawyer son, Alex. We had had the Hambone Jam, a DDA Father's Day event, and it was so successful that it was decided to build on the success of that one time event by making it an annual deal and forming the Georgia BBQ Association and use the Hambone Jam as the State Championship BBQ event. It was held as that for 9 or 10 years and was one of our best attended and most fun weekends. Now the GBA sanctioned events all over the state, all year long.

Colonel Ed Humphreys was in the Air Force for 21 years. After retiring in 1993 he settled in Fort Valley, the hometown of his wife, Sue Yancy. They have three children: Cole Humphreys in Houston, Texas; "Jenn," Jennifer Chambliss in Biloxi, Mississippi; and, Jeff Patterson in the service and stationed in England, and six grandchildren: Edwin C. Humphrey V, Emma Humphreys, Paige Humphreys, Greyson Chambliss, Bayleigh Chambliss and Dillon Patterson.

Ed and Sue travel often, visiting the grands and just enjoying themselves... like a fun fall



Ed (in red shirt and tan vest) judging Georgia BBQ Association's (GBA) Pierce County Pig Pickin' BBQ event at Blackshear, Georgia in 2012.

trip to New England, Canada, and Cruise out of New York. We love interviewing retired veterans. As Ed says, "I get teary-eyed, get goose bumps, when I hear the National Anthem or see the flag raised."

Congratulations, Ed. We're proud of you, and we thank you for your service!

A little known poem

In 1492

Columbus sailed the ocean blue,

In 1497 (his second trip to

America)
Columbus found BBQ Heaven.



Col Humphreys on Flightline at Eglin AFB, Florida as the Deputy Commander for Maintenance (DCM) of the 3246th Test Wing.

Senior NEWS

Newspapers & Website

FOR SALE

Publisher Looks Forward To Retirement!!!

Please Email "Serious Inquiries" To
seniornewsga@cox.net

For Details!

**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,
Director**
Email: FWRIGHT@wrga.gov; 478-
293-1066

Senior Activity Center
152 Maple Street, Warner Robins
Office: 478-293-1066

**Support Group for Caregivers of Frail
Elderly Family Members**
First & third Tuesdays of each
month, 3:30-5 p.m., 6060 Lakeside
Commons Place (off Bass Rd.),
Macon. Call Martha Duke at 478-
808-6957.

**Houston County Council
Of The Blind**

The Houston County Council of
the Blind meets the first Saturday of
each month at the Centerville Lions

Club located on Houston Lake Road
voicing state and local concerns for
the blind or visually impaired.
Fellowship and membership are wel-
comed.

Georgia Leathercrafters Guild
The Guild meets every second
Sunday in the month at Geico on
Weaver Road. All who wish to learn
and/or expand their knowledge of
leather craft are invited. For addi-
tional information call 478-745-2320
or 770-688-2315, Tom Maldonado.

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

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

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

Massee Lane Gardens
For information call 478-967-2358

or www.camellias-acsc.com (The
American Camellia Society.)

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

Museum of Arts & Sciences
4182 Forsyth Road, Macon
478-477-3232 or visit website
www.masmacon.com.

Theatre Macon
438 Cherry Street, Macon
478-746-9485

Warner Robins Little Theatre
502 South Pleasant Hill Rd.
478-929-4579; www.wrlt.org

Tubman Museum
340 Walnut St., Macon
www.tubmanmuseum.com

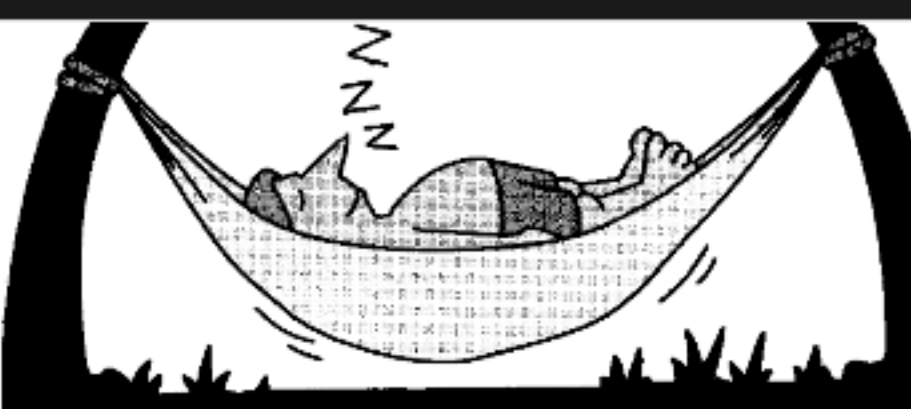
**Middle Georgia Art Association
Gallery**
2330 Ingleside Ave., Ingleside
Village, Macon. 478-744-9557; middlegeorgiaart.org. Tues.-Fri., Noon-5
p.m.; Sat., Noon-3 p.m.

**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.

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

LISTINGS

from page 6

The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

New Dimension of Praise International Ministries, Inc.

Uletha Durham, Pastor, 207 S. Davis Dr., Warner Robins, Church: 478-329-8780, Cell: 478-283-9494

NAMI Central Georgia National Alliance on Mental Illness

Barabra Long, Executive Director
478-328-0508

(Call for details on events)

• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.

• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day,

seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Carol Cannon, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: ccannon@mg-rc.org for details.

MGRAACA Meeting

The MGRAACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information. Forsyth-Monroe County Convention & Visitor's Bureau.

Open Sketching Portraits

Presented by the Fine Art Society of Middle Georgia, every Tuesday that is not a holiday, 6-7 p.m. at the Gallery of Fine Art, 149 S. Commercial Circle, Warner Robins. For details contact Leslie Hoops-Wallace at 478-396-9198, or email unicornsquest@hotmail.com.

Fine Art Society of Middle Georgia

Meets 4th Mondays at the Flint Energies Building, Hwy 96 & Sutherland Dr, Warner Robins. For details call 478-396-9198, email fasmidga@gmail.com, or visit www.fasmidga.org. FAS Gallery of Fine Art is located at 149 S. Commercial Circle, Warner Robins.

Houston County Council on Aging/Meals on Wheels

Houston County Council on Aging/ Meals on Wheels is a non-profit that delivers meals to home bound seniors. We have openings for seniors in need of meals and for volunteers able to distribute meals. Please call Alesha Mathis, Meals on Wheels Coordinator, at 478-328-6070 for more information, to sign up for meals, or to volunteer.

Ocmulgee Audubon Society

Meets 2nd Monday monthly (except July), 7:30 p.m., Museum of Arts and Sciences, 4182 Forsyth Rd., Macon. Birders and visitors welcome. Additional information, call 478-477-7016; http://ocmulgeeaudubonsociety.blogspot.com.

Free Car Seat Checkup

2nd Wed. of the month, 10 a.m.-2 p.m., Bibb County Health Dept., 171 Emory Hwy., Macon. SAFEKIDS Central Georgia. For details call 478-749-0144.

The GeorgiaCares Program

The GeorgiaCares Program helps people with Medicare understand their

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

Mid Georgia Orchid Society

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

FOR ADVERTISING ASSISTANCE!

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

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
Barkan Management Company, Inc.
www.barkan.com

General Business Directory For Seniors

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

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

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

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.

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

Don't be afraid to be rude!

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

I had a senior citizen tell me recently that she knows that there are people out there that want to take advantage of her but she is uncomfortable hanging up on someone or shutting the door in their face. She added that she did not want to seem mean or impolite.

One of the draws to living in the south is our "southern hospitality." We take immense pride in showing our polite and respectful virtues; unfortunately, scammers are all too aware of this politeness. Scammers will jump at the chance to take advantage of your friendly nature so remember it is always okay, when dealing with a potential scammer, to just hang up the phone.

Below are three common situations where you should never feel guilty interrupting a caller, hanging up the phone or shutting the door.

An unknown caller is seeking your personal information. When you receive an unexpected phone

call from someone seeking your personal or financial information, do not give it to them. Even if they are claiming to be from a government agency, most commonly the IRS or FBI. Some of these callers will not give up and continually try and seek personal information. Hang up and find a legitimate number yourself for the company or agency that has supposedly called you. Call them directly to verify they are trying to get in touch with you. This could be your bank, your phone company, your credit card company, your internet service provider, or even a collection agency. If you have an account with any business that calls you, look directly on your statement or on the back of your card for a legitimate number.

The caller is threatening you. If you feel like you are being threatened or harassed, just hang up. Government agencies will never conduct themselves in this manner and they will not threaten to arrest you. Yes, some collection agencies and businesses who are seeking to receive payment on a late account may be aggressive; however, you

will know if you have a past due balance and who it is with. If you know you are current on the account being called about, hang up and call the creditor directly. If you are unsure if you owe an outstanding balance it is best to request they send you something in writing, hang up and contact the business directly.

Anyone who is asking, claiming, or demanding that you send money now. Do not wire money! If a caller demands this form of payment, hang up, this is a sure sign of a scam. This also applies to prepaid money cards and gift cards. Some calls you receive may have a different approach. They may be claiming that instead of you owing a bill that you won a lottery, a prize, or a sweepstakes. They will use many of the same approaches. Remember it should never cost you a fee to win a prize. If a caller claims you must pay to win then you haven't really won anything. Just hang up!

When I speak to groups and this question comes up, I always remind consumers that you own your telephone and your door; no one should make you feel like you don't have

the power to hang up the phone, close the door or ignore both. Is it rude? Think about it like this. If you were standing on a street corner and someone was picking your pocket. Would you stop them and save your money or be too concerned with being rude and hurting their feelings? The same logic should apply to someone using your telephone or door to "pick your bank account."

For more trustworthy advice, visit bbb.org.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org. For more consumer tips that you can trust, visit bbb.org.

The Macon Symphony Orchestra to hold Grand Finale!

Special to Senior News

The Macon Symphony Orchestra has announced that it will be holding one final concert, October 14, 2017 before closing. Bob Veto, board president, said the decision was made after a close examination of the symphony's financial situation following the MSO's 40th Anniversary Season. "Our symphony, like many others, has struggled for some time now with declining ticket sales and declining corporate support, a trend that has been accelerating in recent years. Along with the decline in revenue, the cost of production continues to increase. In April, it became clear to our Board that we might not be able to exist beyond the current season, but with an abundance of hope and optimism, we planned a complete season and sent out subscriber information," said Veto. "After careful review of the budget projections for the upcoming season, we have found that to attempt to stage all four planned concerts might end up with the MSO leaving many financial commitments unmet."

Veto stated that the MSO musicians, many of whom have been performing with the symphony for decades, needed to be informed as early as possible so that they could seek other performance opportunities in 2018. In addition, the MSO has mailed a letter to season subscribers to inform them of the decision. Patrons are invited to contact the MSO office for a refund for the cancelled concerts and are also

encouraged to consider offering the funds toward the expenses of the final concert in exchange for a tax donation receipt. "We would like to go out with a bang, and make this final concert one to remember," said Veto.

"We are incredibly grateful for our loyal patrons, many of whom have been with us from the very beginning. We have a lovely group of supporters who adore classical music and the Macon Symphony, and they are the reason it has sur-

vived as long as it has," said Veto. "We encourage everyone to support live music in Macon such as the Mercer Symphony concerts and the Macon Pops."

For more information, please contact Bob Veto at 478-973-6986.

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