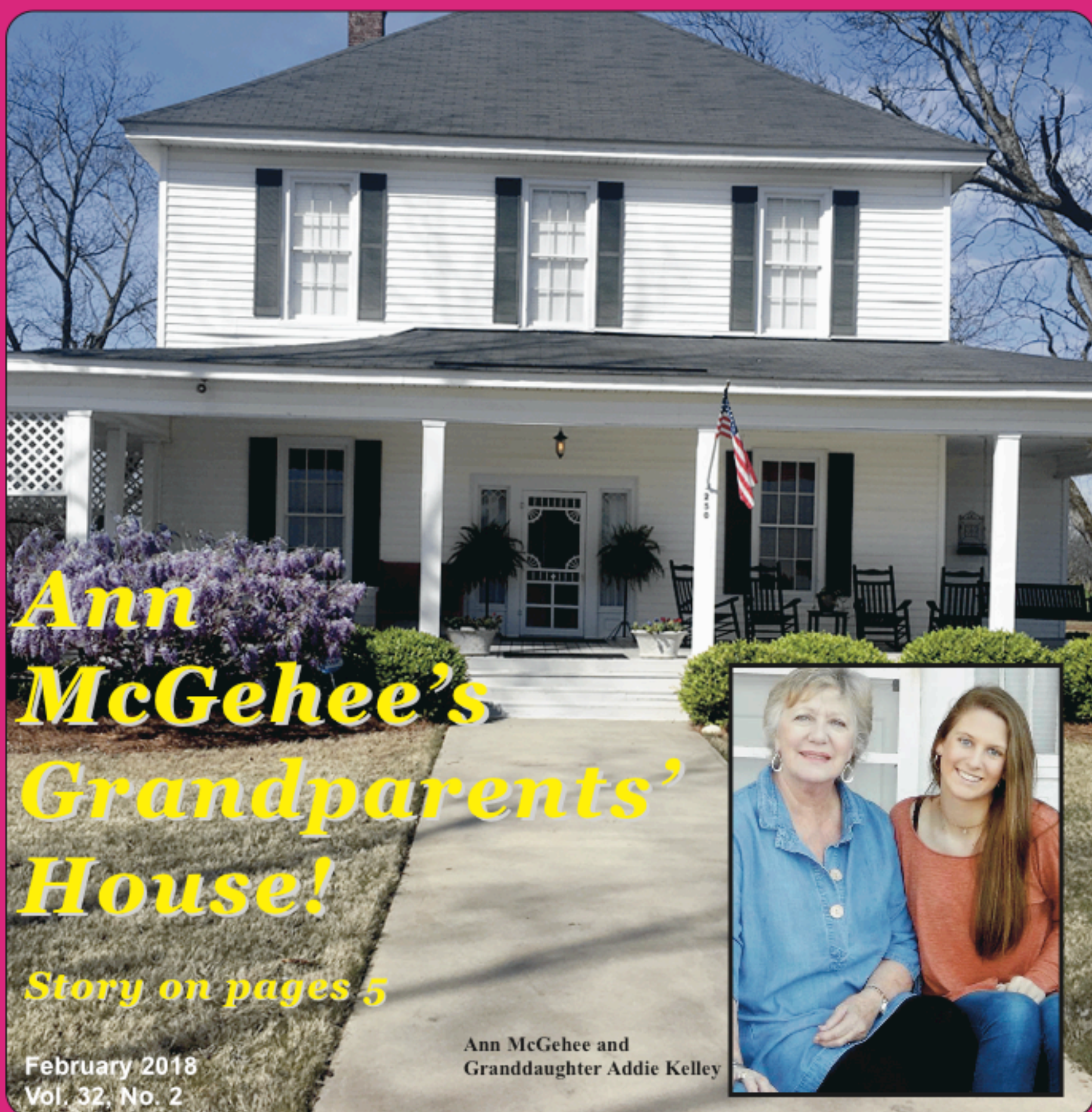


Senior News

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**Ann
McGehee's
Grandparents'
House!**

Story on pages 5



Ann McGehee and
Granddaughter Addie Kelley

February 2018
Vol. 32, No. 2

Taking Care

Beat The Cold and Pamper Yourself

by LISA M. PETSCHKE

The cold temperatures and limited daylight of winter keep many people indoors and at home more often than they would like. The result for some is a case of the winter blues.



Lisa Petschke

Here are some tips to help you get past them.

- Find little things that cheer you
- Treat yourself to new flannel pajamas, a polar fleece robe or a cozy, comfortable pair of slippers. Just be sure any footwear has a non-skid sole.
- Keep throws draped over chairs and across the foot of beds for easy access on chilly days and nights. These come in many fabrics, colors and prints to suit any décor, doubling as attractive home accents.
- Invest in quality flannel sheets.
- Soak in a hot, fragrant bath.
- Stock up on gourmet coffee, tea and hot chocolate mix. And don't forget spices for hot apple cider – a perfect treat for long, wintry nights.
- Order take-out food for a change of cuisine. Try something festive and colorful – like Mexican food, for

example.

- Warm And Brighten Your Décor
- Evaluate your lighting and change it where necessary, using higher wattage bulbs. Also, relocate lamps or bring spares out of storage.
- Try using warm, rich colors, such as burgundy and gold, for cushion covers, tablecloths, place mats, a mantle scarf, and so on. Brass accessories are also a winter favorite because they reflect light.
- Add texture with warm fabrics like velvet, chenille and fleece – the softer, the better. Needlepoint cushions can help, too. And for even more texture, try a bowl of pinecones or pot-pourri, embossed candles or a grapevine wreath.
- Make generous use of candles, especially substantial pillar types. Place them in clusters and use scented varieties to increase the sensory impact. Note: Always take precautions against starting a fire – place candles where they can't be knocked over and extinguish them before going out or going to bed.
- Keep blinds and curtains open during daylight hours; close them after dark.
- Bring a bit of nature into your home: nurture some plants or buy fresh flowers.
- Keep Busy

• Accomplishment brings satisfaction and a sense of renewal. Try new things or tackle a long-postponed project.

- Start a daily journal.
- Try some new recipes.
- Borrow or buy movies, music CDs and reading material, or reacquaint yourself with old favorites you have on hand.
- Work on some challenging jigsaw puzzles or word puzzles.
- Play card games or board games with others in your household. Go with classic games such as checkers or chess, or be adventurous and try one of the latest offerings in stores. If you live alone, invite friends over for an evening of games and socializing.
- Start a new hobby, such as sketching or scrapbooking, or revive an old pastime – for example, knitting or crocheting.
- Peruse gardening magazines and catalogs and plan this year's garden.
- Get a bird feeder and seed, a pair of binoculars and a bird watching guide.
- Organize your collection of photos, music or movies.
- Do some de-cluttering around your home (kitchen drawers, closets, spare rooms and attics are typical hot spots).
- Donate unwanted items to a local

charity.

- Rearrange the furniture in one or more rooms, or swap furnishings among rooms. Or start planning a major room redecorating or home renovation project.
- Do something nice for someone. It will take your mind off your own situation and make you feel good, too.
- Make an extra effort to look after your health, including exercising regularly – good for both your physical and mental well-being. A stationary bike or treadmill is a good choice – you can use it year-round in your own home.
- Make Special Plans
- Plan an outing to a restaurant or cultural event. Take a taxi to ensure door to door service; you won't need to be concerned about parking or bundling up to stay warm.
- Plan a party, if you enjoy entertaining and feel up to it. Consider a tropical theme and enlist help from friends.
- Start planning a summer vacation or, better yet, a mini getaway for the near future – perhaps a weekend stay at a resort or country inn.

Lisa M. Petschke is a medical social worker and a freelance writer specializing in boomer and senior health.

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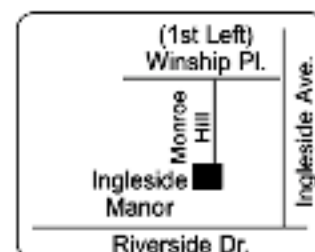
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Let us entertain you

by CLAIRE HOUSER DODD

True patriots all; far be it understood,

We left our country for our country's good.

*Henry Carter
English author*

I'm Proud to be An American! Some mornings I wake up with Lee Greenwood on my mind. "I'm Proud to be An American" singing away in my head. We jump out of bed, pat our heart area, salute toward the TV set, and raise both arms in glee. We'd sing the whole song if we could sing!

We're remembering after 9/11, Dr. Dodd and Yours Truly went to Robins Air Force Base at the Museum Area to see Lee Greenwood, in person. There were people raising their arms and praising America as far as the eye could see, and millions at home doing the same.

In shock, as we all were, when football players chose to disrupt America, Our National Anthem, God Bless America and all that was heart and pride to us, we still are. Our thought is that they should have been picked up bodily immediately and sent right over to Afghanistan, or the country of their patriotism! We feel sure that is what they want... and deserve.

Now, back to the real world. How in this world did they grow up? In our home, we were constantly

reminded of the beauty and the importance of having the privilege of being born an American. Other parts of the World and their problems and atrocities were pointed out constantly. The miracle of being born here rather than (whatever was the worst Hot Spot in the World at that time) was reiterated! Praise the Lord for your good fortune, day and night. Guess that is one of the reasons we are in constant prayer. Oh yes, we understand these _____ are protesting something. With their good fortune to be playing the game of their choice for millions of dollars, let them protest away... on their own time and money. Quietly and effectively if, indeed, that is their real objective.

Enough Negative.

February has been ushered in with lots of exciting options for fun and games. Mardi Gras in New Orleans is always an open option, but we've discovered a few much closer to home! Right here in Georgia.

St. Mary's: Get out your favorite costume and feathered mask and head on down toward the coast for their Mardi Gras Festival, a chili cookoff contest, a parade and lots more. The event is tagged as a Southeast Tourism Society Top 20 Event. Visitmarys.com.

Tybee Island: A free family-friendly area event on February 10. Catch a lot of beads thrown from fanciful floats in a fabulous Mardi Gras parade, and see the King and Queen crowned right there on the island, close to home.

Tybeeisland.com.

Helen: Get another glimpse of Mardi Gras called Fasching on Feb. 10. See revelers dressed in purple, green, and gold dance to German music and tube down the Chattahoochee River during this Bavarian, mountain type New Orleans festival. All fun! And try that German food! Helenga.org.

More "Close to Home" trips for Middle Georgia residents: The Georgia History Festival, on February 9, celebrates the states founding with a parade and a Colonial Fair on Feb. 10-11 which wraps up the free admission to area museums on the 11th. Georgiahistory.com.

A few more reasons to love being in Middle Georgia are the opportunities for a President's Day Trip! Jimmy Carter, and Woodrow Wilson, all have an exciting connection close by. Jimmy Carter: The Jimmy Carter National Historic Site in Plains is where the 39th President was born and raised. See the homes and areas and don't miss the Train Depot which served as his Presidential Campaign Headquarters in 1976. Nps.gov/jica.

Franklin Roosevelt: The Little White House was the happy get away for the 32nd President, Franklin Roosevelt. It was built in 1932 in Warm Springs, Georgia. He

died there in 1945 after posing for a portrait. It is unfinished, but still hanging there. Take a guided tour. Gastateparks.org.

Woodrow Wilson: The National Historical Landmark, The Woodrow Wilson Boyhood Home, is in Augusta. It features a house museum dedicated to the 28th President, which opened in 2001 after being restored to its 1860 splendor. Wilsonboyhoodhome.org.

Valentine Special! Dodie Lovett is coming back to Jail House Alley Art Center to teach a class on Pin and Ink drawing. The class will be held Feb. 12, 13, and 14 at the Art Center behind the old Peach County High School. The price is \$40.00 for 4 hours, 9:30 till 11:30, break for lunch, then 1:30 till 3:30. Wednesday will be 4 hours again, but more advanced. \$40.00. Contact Betty Cleveland @ 478-957-7978. Make your reservation now, as spaces are limited. Dodie is a wonderful and experienced artist. She is known by many in this area and her classes will fill up fast.

*Such as the patriots boast,
wherever we roam*

*His first best country ever is
at home.*

*Oliver Goldsmith,
Irish Poet*

Health & Wellness World WOWED by Fiber Supplement from the creator of Gatorade®

Special to Senior News
SAINT PETERSBURG, FL -

Many people know that over 50 years ago Dr. J. Robert Cade created Gatorade® for the long, hot football practices, and problems of dehydration, experienced by the University of Florida football team. The invention of which is often credited as one of the key factors that helped the Florida Gators go on to win their first Orange Bowl in 1966 (a win that also helped a young Steve Spurrier win the Heisman Trophy that same year). Years later, Dr. Cade sold the rights to Gatorade™ to Stokely Van Camp (now a subsidiary of PepsiCo, Inc.) raising over 280 million dollars for the University, and the rest, as they say, is history.

What many people don't know is that Dr. Cade was a tremendous researcher, whose curiosity was unending. After experiencing cholesterol problems himself, Dr. Cade carried out extensive clinical studies exploring the effects of Acacia fiber on LDL (bad) and HDL (good) cholesterol in the human body. This research would lead to the development of the formula for his next big product Cholesterade™.

In clinical trials, Cholesterade™ consistently showed that it had the

effect of lowering LDL (bad) cholesterol by 21.4%, and raised HDL (good) cholesterol by nearly 13% over an eight week period. Additionally, this 100% vegan, gluten-free supplement supports digestive health, promotes probiotic function, aids in digestion, and helps to curb appetite to safely promote weight loss! Sadly, though, Dr. Cade was unable to bring Cholesterade™ to market before his death in 2007, and the formula for this amazing supplement languished in obscurity for several years.

All of that changed in June of 2016, when Leone Asset Management (LEON) acquired the rights from Dr. Cade's estate and began to market and improve this amazing product. Current clinical trials being led by Go Epic Health's Medical Director, Dr. Richard Goldfarb, MD are not only replicating Dr. Cade's original clinical studies, but exceeding them!

"Cholesterade™ is a natural alternative to statins and other drugs that can cause many types of unnecessary health problems," says Dr. Goldfarb.

For the first time, Dr. Cade's original formula Cholesterade™ is available online and in stores across the United States. For more information, or to place an order, call 727-217-4051 or visit www.gocholesterade.com today!

TINDALL SENIORS TOWERS IS NOW LEASING

This is to notify the public that Tindall Seniors Towers, located at 1855 Felton Avenue, Macon, GA., began accepting applications on Wednesday, January 17, 2018. Interested persons may call the application line at 478-752-3781 between the hours of 9:00 a.m. and 5:00 p.m., or email tindallseniors@maconhousing.com and request an application. Persons with hearing or speech impairments may call the Georgia Relay Service at 7-1-1, or go to the Georgia Relay website <http://georgiarelay.org> for assistance.

Tindall Seniors Towers is a LIHTC funded senior property with Section 8 Project Based Voucher rental assistance. The property contains 66-1BR, and 10-2BR units. All units are accessible and adaptable as defined by the Fair Housing Amendments Act. In addition, units are available that are designed specifically for persons with mobility, hearing, or visual impairments. Persons with disabilities or those with limited English proficiency needing assistance filling out the application may call the application telephone number or Georgia Relay Service for assistance.

In order to qualify for residency, all family members must be at least 62 years of age with a total family income that does not exceed the HUD published 50% AMI income limits for Macon-Bibb County, have a good rental history and acceptable criminal and background screening. Please note that Tindall Seniors Towers gives a waiting list preference to those who are 62 years of age, otherwise eligible, and were residents of Tindall Heights Apartments at the time of demolition on September 9, 2015.

Tindall Seniors Towers is an Equal Housing Opportunity property and provides housing to all without regard to race, color, religion, sex, disability, familial status, or national origin.



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Serving the Macon Metro Area

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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.

Three Cheers for Hope

by Paul Gray

*Like a song bird perched upon
his bough,
Sharing love songs with his voice,
Clinging fast to hope he believes
somehow,
There's a chance he'll be her choice.
Now he's just a bird and his song's
the same,
Like all others, non-unique,
But it's hope itself keeping hope
alive,
And a song upon his beak.*

Valentine's Day

by Sandy Straughan

*Soon it will be Valentine's Day,
You are my Sweetheart, that is
the way
My life will be full and happy
always!*

*I have given you my heart
You now are a Special Part of
my life!*

*Your family is my family,
My family is yours...*

*Your friends are now mine,
My friends are yours!*

*I never thought this would happen
late in my life,
I am very proud to be your wife!*

*Love is the Key...
...the Love of God,
...the Love of People!*

*Happiness is being together...
You and Me!*

Say I Love You

by Shirley Glisson

*A cheerful, "Hello,"
A friendly smile
Gives strength to go
That extra mile.*

*Sometimes we're up,
Sometimes we're down,
A friendly word
Turns things around.*

*So brighten the day
For one who's blue.
Wear a warm smile,
Say "I Love You."*

Opinion

An ever present tragedy and remedy

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

Tragedy and chaos grips our nation and the world! There is a surplus of both "bad and good" – the good in possession of people who think and act; in knowledge and wisdom. The bad with those "across the road!" Consider the events of the past hour, and you have some idea of what I speak! Millions are dying prematurely; Millions more are ill; primarily because of a chosen course or lifestyle. Properties worth billions are summarily trashed, burned, or damaged. The treasure of innumerable banks or institutions change hands daily in illegal fashion.

Accidents across the planet snuff out lives hourly; as we cringe and wrestle with the formula for reversals. Adultery, addiction, and other immoral acts place blemish on multitudes who aspire to wholeness.

Disease and flagrant violations invade the camp of personal hygiene, as we continue toward a path of annihilation. Hate, discontent, and depression brings on a constant turmoil and condemnation; while we pose questions surrounding a cure. Is there any fashion, recipe, or solution whereby we may escape? There is if you face facts, and practice resolve!

Obviously, and statistically, there are alternate paths which one may pursue for the more successful journey of life. The first consideration, without question, is to satisfy spiritual requisites.

You will never really realize a healthy heart, mind, and frame until the "the inner being" (soul, if you will), is saddled with a compatible

tenure. You will walk, talk, and live the decent standard; or, forever nurse an afflicted deficit. And that choice is made available, as remedy for wholesale heartbreak. That will not be questioned!

And there is more: Aside (or in addition to) spiritual qualifications is the unthinkable road traversed in habits, addictions, or adverse activities. For the alcoholic (along with the obvious dangers), do be apprised that you may well expect cirrhosis of the liver and untimely demise! For the servants of tobacco products, you can reasonably expect lung cancer (and a score of other possibilities). For the thief, count on spending a good portion of your life incarcerated. For the unfaithful mate, a danger of homicide. For the drug addict, surely you know that overdose is a common occurrence. For the homosexual, the suffering from personal condemnation, and chances of Sexually Transmitted disease (STD's)! All this not to mention the presence of family separations, suicide, and communal disenfranchisement.

Is there an answer or solution to the moral, physical, and mental impairments! You bet there is! For those who "drag bottom" spiritually, repent, believe, work on expanding relationships with people of like mind and pursuit! For those with a disconcerted lifestyle, one that is diametrically opposed to acceptable standards and health, STOP IT! STOP the habits and course which has you imprisoned!

Separate your self from those who are a wreck less influence and who lead astray! Change your mentality and lifestyle. The Remedy is (for the most part) in your corner! You can be an asset, to yourself, and to others!

High Cholesterol? The creator of Gatorade® can help.

Gainesville, FL - If you're one of the millions of Americans that have been diagnosed with high cholesterol, "Natural" help is now available for the creator of Gatorade®! The highly regarded late Dr. Robert J. Cade, while at the University of Florida did extensive clinical trials utilizing a special formula he developed containing soluble fiber (Acacia Gum).

This formula "CholesterolAde" proved to lower cholesterol in the human blood by over 17% during an 8 week period. Not only is this special soluble fiber proven to lower cholesterol naturally, but other positive effects showed weight loss and improving bowel functions which can help reduce the chances of many forms of cancer.

Dr. Richard Goldfarb, the medical director for the company states, "Statins and other drugs can create as many health problems as what they were developed to cure. Soluble fiber is one of the most important natural ingredients you can consume for overall good health." For the first time, Dr. Cade's original delicious tasting formula "CholesterolAde" is now available at your local Your Corner Drugstore or call 877-581-1502.

www.drinkcholesterade.com



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On the Cover

Ann McGehee's Grandparent's House!

by CLAIRE HOUSER DODD

COVER: Ann McGehee and granddaughter Addie Kelley

Several years ago, we wrote an article about Peggy Pearson Jerles remodeling her Great-Grandparent's, Moses and Emma Pearson's, home in Zenith, GA.

Today we are writing this article about Ann Pearson McGehee, her younger sister, redoing her Grandparent's home in Lee Pope, another bygone hamlet in Georgia.

Ann has remodeled this two-story home of her Grandparents, John and Rosa Lee Pearson, better known as Papa John and Mama Lee to family and friends.

The house is next door to the building that housed the peach workers. Back in their era everything was peaches. It was peaches, peaches, peaches, all the way. Today, you may still see peaches, but it looks as if the tide has turned toward Pecans. At least we see as much of one as the other.

We don't know about you, but we love these old homes, done over or not, we love them!

Naturally, this one redone, redecorated and up-to-date is our preference! And this one certainly is.

This 2-story farm house was built sometime in the late 1800s. John and Rosa Lee Pearson raised their family of three boys and two girls here. Ann's father was the youngest son, Lawton, who carried on his grandfather's and father's love of farming peaches and pecans. Now his son Al and two grandsons, Will and Lawton (Will is in Marketing and Sales and Lawton is the grower), use the front left room for the office of Genuine Georgia, a new company they have started. On the day Ann and your writer visited, they were on a sales trip to Publix in Florida and the very efficient secretary, Kay Whitley, was holding down the fort.

The old Pearson home had remained empty for many years. Only after the three children of Lawton and Laurie, Peggy, Ann and Al, decided on the division of the Pearson property in 2008 did Ann decide to tackle the enormous job of remodeling her grandparent's home.

In the equitable division of the acreage, each of the children got a house and other buildings. The plot that Ann's house is on also had the Peach Hotel

and kitchen next door. It is fascinating itself and deserves an article of its own! Also, on Ann's property are barns and other houses. The main packing shed on the railroad tracks had burned.

You will see a picture of Ann and her beautiful Granddaughter, Addie Kelley, sitting on the front steps of the of the old family home with an antique screen door left by the film company who rented the property years ago to shoot the movie, "Crazy."

With living room on the right, one looks down a long hall to a large add-on den/dining room/meeting room with a large fireplace showing Big Six Farm logs hanging above.

The two tables are old and long, one showing nail holes from its first life, a roof. Ann found that one at Scott's in Atlanta where she located many of these antique items.

The house was empty when Ann started, and it is amazing how she has brought it back to life in the genre of her Grandparent's day. Rosa Lee is probably looking over her old home and very proud!

From the little ice refrigerator in the living room to the cabinet in the hall upstairs... the old Maple pie safe, with the huge bin for potatoes and onions, the boxes on the left and right, the cabinet upstairs and the biscuit making table that slides out to the front, it is in excellent shape, re-engineering and no new paint. All is in style.

The actual kitchen, dog trot and all, had been hit by lightning and burned, fire damage still marks the newel and steps going up to the second floor. The new kitchen was made with old cabinets and the doors filled in with tin, which some of the movie workers had taken out and punched a lovely design in each one. A work of love and art! The light fixture in the kitchen is old metal that is on a pulley which takes it up and down. Ann did a fantastic job with everything, especially the lighting, which all had to be redone. The ones in the downstairs bath are beautiful small flowered ceramic lamps which jut out on metal holders into the room.

We spent about four hours with Ann exploring and talking about old times. There is no way to do this beautiful old home justice in one article, but we must mention Ann's Family Tree Wall. It is in the large back den on a wall to itself; above is an actual metal tree, then below, the Rumph family portraits on the right and the Pearson on the left, and a new picture on each side of Ann and her husband Bill McGehee's particular trees by their side of the large family tree. Most impressive. As everything is.

Thanks Ann for a lovely afternoon with a lovely lady enjoying one of our favorite subjects. We could write a book. We enjoyed it all, especially the many old pictures and peaches in watercolor done by your oh-so-talented mother, Laurie. What an experience! Thank you again and again.



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**Alzheimer's Association, Central
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for details.

Bibb County
• 2nd Tues., 3:30 p.m., Alzheimer's
Association, 886 Mulberry St.,
Macon, 478-746-7050
• 1st Wed., 10 a.m., Martha Bowman
UMC, 500 Bass Rd., Macon, 478-
743-7050

Houston County
• 4th Thurs., 7 p.m., Peachbelt Rehab
Center, 801 Elberta Rd., Warner
Robins, 478-397-4669
• 4th Tues., 7 p.m., Houston Health
Care, Classroom #1, 1601 Watson
Blvd., Warner Robins, 478-923-2532

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

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

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

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

Peach County

• 3rd Thurs., 7 p.m., The Medical
Center of Peach County Cafeteria,
1960 Highway 247 Connector,
Byron, 478-951-3613

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

Upson County
• Last Thurs., 7 p.m., Thomaston
Reflections, 302 S. Bethel St.,
Thomaston, 706-647-1607
Telephone Support Group
• 1st & 3rd Tues., 7-8 p.m., "Care
Connection" facilitated by an
Alzheimer's Assoc. staff member, 1-
866-453-5550. To learn more about
"Caring Connection" call 800-272-
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**Free Legal Services
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Legal Services provides free legal
services to seniors (60 and over) as
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**Meals on Wheels of Middle
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Meals on Wheels of Middle
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tive attitude. If you can spare two
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We're currently needing volunteers
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Wheels is a wonderful organization
which takes pride in everything it
does. This program would not exist
without volunteers.

If you are interested in volun-
teering, please contact our Volunteer
Department at 478-745-9140.

**Macon-Bibb County Parks &
Recreation Department Senior
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1283 Adams Street Macon, Georgia
31201; Phone: 478-751-2790, 478-
751-9238; Daily activities 9:00-2:00

**Warner Robins Senior Citizen
Services (50+ Years Old)**
**Warner Robins Recreation
Department - Felicia Wright,
Director**
Email: FWRIGHT@wrga.gov; 478-
293-1066

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

**Support Group for Caregivers of Frail
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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

Douglass Theatre

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

Tubman Museum

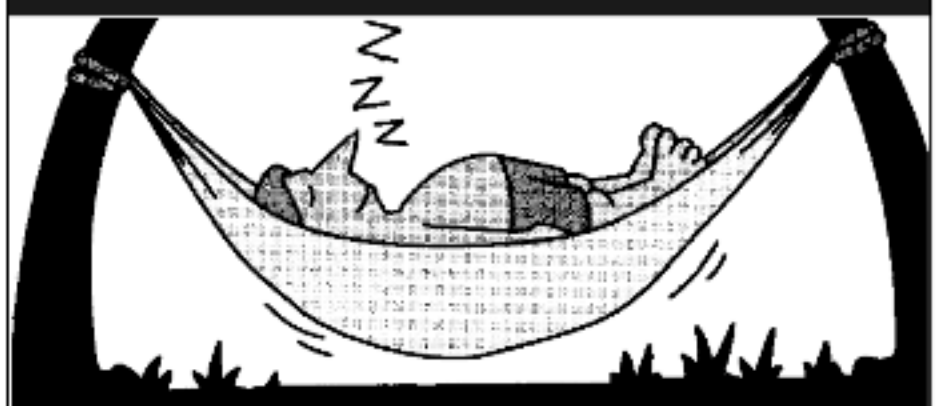
340 Walnut St., Macon
www.tubmanmuseum.com

**Middle Georgia Art Association
Gallery**

2330 Ingleside Ave., Ingleside
Village, Macon. 478-744-9557;

continued on page 7

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LISTINGS

from page 6

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 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.

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 unicomsquest@hotmail.com.

Fine Art Society of Middle Georgia

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

Houston County Council on Aging/Meals on Wheels

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

Ocmulgee Audubon Society

Meets 2nd Monday monthly (except July), 7:30 p.m., Museum of Arts

and Sciences, 4182 Forsyth Rd., Macon. Birders and visitors welcome. Additional information, call 478-477-7016; <http://ocmulgeeaudubonsociety.blogspot.com>.

Free Car Seat Checkup

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

The GeorgiaCares Program

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

Mid Georgia Orchid Society

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

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Warner Robins, GA

BBB Study: Tech Support Scammers bilk millions from U. S. victims

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

A Better Business Bureau (BBB) report says it's not a matter of if you will become a target of computer technical support scammers, but when these scammers will try to victimize you. Thieves, most of whom are located in India, are using sophisticated advertising and carefully crafted sales techniques to scare consumers into buying phony fixes for their home and business computers. BBB warns consumers to remain on guard, so they can combat these fraudsters.

The report – "Pop-Ups and Impostors: A Better Business Bureau Study of the Growing Worldwide Problem of Computer Tech Support Scams" – says that anyone who owns or uses a computer is a potential target. Complaints about the fraud continue to mount as Microsoft, a software company whose name is routinely used by the scammers, reports it receives more than 12,000 complaints worldwide every month.

The report recommends a tougher, more-coordinated effort by U.S. law enforcement, including the filing of civil and criminal cases against the scammers. It urges law enforcement in India and other foreign countries where the scammers originate to make computer tech fraud a high priority. It also asks search engine companies to carefully vet, set strict standards and consider eliminating sponsored links for tech support firms that do not meet standards.

Among the report's key findings:

Consumers typically are lured into the scheme by four ways – by either a pop-up ad on their computer; an unsolicited phone call from a "technician" claiming to have detected problems with the user's computer; via ransomware attached to an email; or by Internet searches for technical support on sponsored links.

Most people lose money through use of credit cards or debit cards (55 percent). Checks (36 percent) are the second most-common form of payment.

The problem is worldwide with U.S. residents accounting for 33.6 percent of victims. The scam is also popular in Australia (25.4 percent of victims) and Singapore (22.4 percent).

Studies show that 85.4 percent of the scammers come from India. Less than 10 percent of the scammers operate inside the U.S.

According to the FBI, U.S. consumers lost more than \$21 million to the scheme in the first nine months

of 2017.

BBB offers tips for consumers to avoid being caught in a computer tech support scam:

Research tech support companies before you decide to do business with them. Go to bbb.org to search for BBB Business Profiles.

Double-check all the details. If you're directed to an official company website, make sure that it's the real company's site by double-checking the spelling of the company's name in the website address. Anything that claims to be from "Microsoft," for example, is a scam.

If a caller claims to work for a reputable company, ask them to tell you their name or their employee ID, and in which department they work. Then look up and call that company's official customer service line and ask to be directed to that employee. Do not use a phone number provided to you by the caller.

If your computer has been compromised, don't panic. You may still be able to get your machine fixed. Scammers are relying on you to make hasty decisions, you'll be better able to avoid their traps if you slow down and don't rush.

Make sure you're using a quality, up-to-date antivirus software and are running the latest version of the software.

Change your passwords. First

change the password to any account or machine the scammer has or could access. Then change the passwords on any account that you were logged in to on your machine, as well as any accounts for which you use the same or very similar login credentials.

Call your credit card company. If you made a payment by using your credit card, the company will help you to appeal any unauthorized charges and to get a new card.

Find a trustworthy computer repair company to ensure that all malware has been removed.

Victims are encouraged to report the scam to BBB's Scam Tracker.

To find a trustworthy computer repair company or for more consumer tips, 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.

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