

Senior News

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***Karen
Rogers...***

A Musical Lady!

Story on pages 5

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Taking Care

Easing the Transition... Making Moving a Relative to Long-Term Care Less Painful

by LISA M. PETSCHÉ

The time has come. You've had to do the up until now unthinkable: place a relative on the waiting list for a long-term care facility (commonly known as a nursing home).



Many people don't understand that this is a difficult decision. A damaging myth still prevails that families "dump" frail older members in nursing homes to free themselves of the inconvenience of caregiving and get on with their lives.

Quite the opposite is true. It's typically a last resort, pursued after burnout or some other crisis has occurred.

Painfully, your relative is likely to express anxiety and anger, accompanied by feelings of loss. She or he (the latter will be used from here on) will need time to grieve and adjust - as will you. Following are some ways to help with the transition.

Plan to spend admission day together. Tour the facility to become familiar with the environment.

Bring personal belongings - a throw for the bed, a houseplant or photos of favorite people and places, for example.

Ask what kind of toiletries and other personal items need to be supplied, and what type and amount of clothing is recommended.

Inquire about the activities schedule.

Find out if there are private spaces for visiting.

Share as much as possible about your relative's routines, likes and dislikes. Also provide the following information to help staff engage him in conversation and build rapport: birthplace, past vocation and leisure interests, significant life events and important people in his social network.

Notify relatives and friends of the facility's address and phone number and encourage them to call, write or visit. Offer to join them for the first visit.

Visit often, especially in the early days, to provide support and reassurance. Develop a regular pattern so your relative knows when to expect you and can anticipate your next visit. Alternate days with other family members, and telephone in between visits, if you can't get in as

often as you would like.

Be prepared that your relative may have many complaints initially. If a concern seems legitimate, discuss it with staff and do some advocating if necessary. Otherwise, provide a listening ear, allowing him to vent. Be attuned to underlying feelings and empathize with them.

If your relative asks you to take him home, gently but firmly reinforce that he needs more care than you can provide. Reassure him you'll be returning soon, and plan what you'll do together. If it's feasible and you intend to follow through, remind him that he can come home for a visit. Don't make false promises.

To make it easier on both of you, time visits so you can depart when your relative is beginning a meal, heading off to an activity or going to bed.

Get to know the staff, in order to develop a partnership of trust and mutual sharing. Show your appreciation if you're pleased with their care. When you have a concern, express it calmly, ask for their perspective and let them know what you would like to see happen.

Get to know other residents and family members, either informally or through participation in facility activities. Attend the next family council or support group meeting.

Re-create routines from home, such as playing cribbage, watching a favorite TV program together or sharing a meal.

Bring in special foods - a home-cooked meal or favorite take-out

treat.

Plan activities outside of the institution. Go for a walk around the neighborhood or to a nearby park, or take a drive. If your relative uses a wheelchair, register him with the local accessible transportation service. Then you can take him shopping or to community events.

Continue to include him in family celebrations. If your home isn't accessible, choose a restaurant that is, or ask staff to help you plan a gathering onsite.

Spend time with friends and relatives who support your decision regarding placement. Family members of other residents as well as staff - especially the social worker - are also valuable sources of support. Initially you may need lots of reassurance that you have made the right decision.

Learn to manage the inevitable feelings of guilt. Remind yourself that your relative is benefiting from around-the-clock professional nursing care, therapeutic programming and companionship. Just because you are no longer the hands-on caregiver does not lessen the importance of your role. With the heavy responsibility of primary caregiving lifted, you can focus your energy on meeting your relative's emotional needs and enjoying your time together.

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

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Chris Watson addresses Ocmulgee Water Trail Partnership

Special to Senior News

Chris Watson, Senior Program Manager, National Parks Conservation Association, recently attended a meeting of the Ocmulgee Water Trail Partnership (OWTP) in Hawkinsville to discuss his association with the Ocmulgee National Park & Preserve. The Preserve would consolidate the Ocmulgee National Monument with other public lands along the Ocmulgee River between Macon and Hawkinsville, or "Diamond in the Rough," as the project was aptly named.

The Ocmulgee Mounds National Historic Park Boundary Revision Act, if approved, will be the first step toward enlarging the national monument from 700 to nearly 3,000 acres, changing its status from a national monument to a national historic park. Its boundaries would encompass property from Bibb County to High Bluff in Pulaski County. The bill was approved by the U.S. House of Representatives

and was passed out of committee in March. It currently awaits a final Senate vote. According to the project's Executive Summary, the new designation is expected to increase visitors by more than 1.1 million with a total economic value of over \$206 million by the year 2031.

Water trails along the Ocmulgee River were commended for laying groundwork needed and were advised to continue improvements along the river. Accomplishments of OWTP were applauded, particularly a project to install informational mile marker signs along the river at each of the 11 counties included in its membership. According to the Executive Summary, "...Trail(s) have an even greater potential than currently recognized to be integral to a National Park & Preserve and serve as primary drivers of recreation-based economic activity."

To learn more about the proposed Ocmulgee National Park & Preserve, Watson urged members to visit www.npca.org/ocmulgeereport or call 865-329-2424, ext.24.

"Medicare is not REALLY a mystery!"

by KATHLEEN ERNCE
Executive Director, The Senior
Citizens Council Augusta, Georgia
kernce@seniorcitizenscouncil.org



Kathleen
Ernce

Two employees of USAA, a Certified Financial Planner and a Certified Advisor (J J Montanaro and Jason Ware), were overheard discussing Medicare and Tricare for Life – the military supplement or secondary coverage. In this Q&A, Ware explains the ABCs (and D) of Medicare and why it's so important to know when you're eligible and when the enrollment periods are, so you can avoid penalties. The following is the facts – just the facts:

JJ: Really, what is Medicare?

Jason: Medicare is a government health insurance program that helps people age 65 or older get the health care that they need. It's also available to those who have been disabled for 24 continuous months or longer.

So it breaks down like this: Part A is your hospital coverage, and as long as you've worked 40 quarters, or approximately 10 years, you qualify for Medicare Part A at no additional cost.

Medicare Part B is your doctor's office coverage. And depending on your income is the one with a cost associated with it.

Medicare Part C is Medicare Advantage plans. Those plans are approved by Medicare and are sold through private insurance companies. They work more like health insurance where you have an HMO or a PPO. And it's an alternative to original Medicare.

And then, Medicare Part D is your prescription drug coverage. And a lot of folks assume that you get all four of those parts through Medicare. However, you only get Parts A and B through Medicare. Parts C and D are the divisions of Medicare that create and govern those plans, but they're actually sold by private insurance companies.

JJ: So when we talk about going out and shopping for Medicare, we're not talking about Medicare itself, but we're really talking about Part C and Part D, those extra layers of coverage?

Jason: That's right. You can only get Medicare Part A and B through the government. Part C and D are sold through private insurance companies.

JJ: What am I going to be responsible for if I've just got Medicare Part A and B? What are the potential costs that I might run into?

Jason: Medicare Part A and B both have yearly deductibles that have to be met before you get to

access the benefits of the coverage. There is 20% coinsurance that can be involved, there are excess charges, and some additional things that just aren't covered by Medicare Part A and B that you can receive by choosing Medicare supplement insurance and/or a Medicare Advantage plan.

JJ: I have heard there is no cap on out-of-pocket costs with Medicare.

Jason: That's right; however, Medicare will only approve and pay 80% leaving the beneficiary with own 20% of who knows what which could be a lot of money, right?

JJ: That's a scary thought. Now, what happens if my employer provides coverage? Do I still need to sign up for Medicare at that point?

Jason: That's going to depend on the situation and the employer's health plan. So what beneficiaries want to do is to contact their benefits administrator, to find out when they can delay their Medicare, or if they need to enroll and let that employer act as their backup or secondary coverage.

JJ: With Medicare and signing up for Medicare, are there penalties if you don't hit the right deadline?

Jason: There can absolutely be penalties – if you don't sign up for Medicare Parts A and B when you're first eligible, within a 7-month window – you will pay a 10% penalty for the entire time you have Medicare. However, if you're eligible for what's called a special election period, you would then need to sign up in the general enrollment period, which is January 1 to March 31, and then your coverage would start July 1. It is important to remember that if you have employer coverage that's considered a creditable plan and you don't need Medicare, you can sign up at a later date and not have to pay that penalty.

JJ: Now, what if I'm retired from the military and I'm covered by TRICARE?

Jason: If you're enrolled in TRICARE For Life, you must enroll in Medicare Parts A and B. Then your TRICARE becomes your supplement or your secondary coverage. And the great things about TRICARE For Life is it's secondary to your Medicare A and B, it includes your prescription coverage, and for those eligible, there's no premium for TRICARE For Life. If you have TRICARE For Life – you do not want nor need a Medicare Advantage Plan!

JJ: What is the difference between Medicare supplement insurance, or Medigap insurance, and a Medicare Advantage plan?

Jason: The main difference is, with a Medicare supplement insurance policy, Medicare is your primary insurance, so you can go to any doctor in the country that accepts Medicare. So there's not really a net-

work of doctors. Medicare supplement insurance policies eliminate the majority of your deductibles and your co-pays, so you could have very little to no out-of-pocket costs when you go to the doctor or the hospital.

However, with a Medicare Advantage plan, you're actually taking your insurance and you're selecting a private insurance company to be your primary provider and you're agreeing to go with the network(s) or doctor(s) that insurance plan has set up for you. And then you're going to share the cost with copays and coinsurance.

JJ: Often times you think about insurance in general and you think, "OK, it's a one-and-done. I sign up, and I have that coverage." But in the landscape today, that may not necessarily be the case with Medicare Supplement Insurance or a Medicare Advantage plan."

Jason: That's right. We just completed the annual election period for 2017. This annual election period runs Oct. 15 to Dec. 7 every year, and that's the time of year where, if you have a prescription drug plan or a Medicare Advantage plan, you can review next year's plans and determine if it makes sense for you to switch. Now, with a Medicare supplement insurance policy, you can change that once any time during the year also; however, you could be subject to medical underwriting questions.

JJ: Do you see people jumping from Medicare supplement insurance or Medigap policies over to Medicare Advantage plans?

Jason: It can happen because our health care needs change and our locations change. We do recommend that our members call their agent or their State Health Insurance Assistance Program (SHIP) yearly to review their current coverage and see if it's something that they should consider changing.

JJ: Do the plans change? Could there be another plan that fits better, costs less or offers more?"

Jason: Medicare supplement insurance plans are created and standardized by Medicare; so when you sign up, that plan really isn't going to have any changes throughout the year. However, with a Medicare Advantage plan, the benefits can

change slightly, the cost can change slightly, the networks can change, and the prescription coverage can change year to year.

JJ: So it may pay to look at what you have and explore what's available.

Jason: That's exactly right. We always recommend reviewing these plans annually. Also keep in mind that if you elect to go with the Medicare supplement insurance plan, you'll also need to consider a stand-alone prescription drug plan not only because prescriptions can be very costly and really affect your finances, without enrolling in a prescription drug plan when the beneficiary is first eligible – like with Part B, they are also penalized 1% of the average monthly premium costs for as long as they have Medicare.

A lot of Medicare Advantage plans include prescription coverage. Medicare also doesn't cover some things like dental and vision benefits, so it's important to look at what options are available.

JJ: What about when you're traveling? Is Medicare going to cover an illness on your European vacation?

Jason: Some supplement plans have some foreign travel emergency coverage. Medicare itself doesn't cover you outside of the United States, some supplements that do cover out of US travel; however, it is a minimum amount of coverage, so we recommend that beneficiaries look at travel health insurance.

JJ: If you had to give one piece of advice, what would that be?

Jason: I'm going to give you two:

1. Know when you're eligible for Medicare and when those different enrollment periods are. If you're going to keep working, understand what your employer's benefits will want you to do in regards to signing up with Medicare.

2. Research all of your Medicare solutions to determine which solution makes the most sense to you. Use all the resources available. Medicare's website, which is medicare.gov, is a great resource for understanding how the government program works.

Source: usaa.com/medicare and tricare.mil.

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Senior News & Views of Georgia

Poets' Corner

Two Little Old Ladies

by Dot A. Jones

A grouchy old lady sat in her rocking chair, unhappy with life. She couldn't imagine a day without strife.

Another little old lady, age the same, sat in her chair, as happy with life as she could be. Everything was wonderful, as in her face you could see.

A happy child she had always been. Others around her liked with her time to spend. She only used caring words to send.

The grouchy old lady didn't like school. Friends she couldn't keep because grudges-fault finding and selfishness surrounded her so deep. A closeness with family she could not keep.

The sweet caring lady looked forward each day to meet her

friends along the way. She enjoyed sharing and caring with family to attend, cherishing memories so dear to enjoy, as she rocked in her chair.

It wasn't that God was not a part of each life. They both attended church each Sunday morning. The grouchy lady entered the Lord's house with a feeling she should and she would. Those around her were dreading her fault finding, avoiding her when they could.

The loving lady entered with a happy smile. She was not only praising her God, but lifting up others to feel His love, as she looked forward to her home above.

The two little old ladies in their rocking chairs, as different as night and day. They are an example of how vital it is to love life to its fullest, not only for self,

but others too, so that when they pass on it would be said God looked on the heart. In one He saw a sad broken lady, who had wasted over time. In the other a life in God's love so sublime.

Both believers to heaven went, but one left treasured remembrances, the other just remembered as a grouchy old lady. So many, so sad to say, were glad she was gone.

So... take the advice and start when you are young to show a good attitude in all you do. It will show in your face, either a life of self-serving or a life of self-giving beauty.

The choice is made when life begins and stays in the heart, until life ends.

Two rocking chairs, now put away. Two lives so different. Which are you?

Opinion

The meaning of POW/MIA Part II

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

In early 1975, while serving as Directors of the Christian Service Center, in Utapao, Thailand; my wife and I (with a small number of others) visited the Bridge on the River Kwai. Close by in the city of Kanchanaburi, is the cemetery where many POWs were buried. As I checked row after row of victims, I came upon a stone that read: "The night grows dark, and I am far from home!" (The grave contained a young lad of twenty one.) Although this epitaph is not original, it spells

out the utter hopelessness of those abandoned by all civility, thousands of miles from family and friends. It did not (and does not) matter from what country they came; this status silently echoes the most solemn moments for anyone who ever lived.

While the general information surrounding POWs and MIAs (Prisoners of War and Missing in Action) of any nationality brings concern; when we spell out statistics, conditions, and specifics, we normally limit such casualties to Americans. From the Civil War to our present moments, what has transpired with our warriors during times of combat is totally unconscionable. The barbarian treatment

handed out is beyond description.

Thousands were starved, butchered, and battered... and we are talking "after being captured!" Surely we must honor their tenure. We continually strive to "fine tune" the Geneva Accords, spelling out fair treatment for all POWs.

The statistics shared are continuously "ball park," though we can

generally report that more than 128,000 Americans have been held against their will since the beginning of World War II. (If you include the Civil War, the number is unbelievable. Even more heart rending is the (approximate) 100,000 who are still Missing in Action, or unaccounted for. The minds, hearts, and spirits of untold "next of kin" have been crushed beyond comprehension. For those who pursue specifics surrounding each major skirmish, one can easily refer to "google." And for the cruel involvement in photographs; we point you to the POW National Museum in the Andersonville, Georgia Veterans Cemetery.

It is tragic that the National Academies (of education) do not include these heart breaking stories in their curriculum anymore – for we learn much from footsteps of the past. Obviously the entire world could resolve to a much improved moral path. In the meantime, we encourage each citizen to pledge a viable involvement into organizations, or groups which embrace the heroics of the vast number who have paid the extreme price for our liberties. Each of these numerous organizations embrace both the persons and records of those returning – extend honors and pray for those who never made it back home – and strive to rectify the innumerable errors which were committed. May God help each of us to search our hearts in compassion for the thousands of POWs and MIAs, for they exemplify the highest American traditions of civil servants!

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On the Cover

Karen Rogers... A Musical Lady!

by CLAIRE HOUSER DODD

Imagine our surprise when we went to a little country church with Grand, Matthew, and met the piano player whom we had known before playing and singing around Macon and Middle Georgia. She is Karen Rogers, classically trained at Brewton-Parker College. She was a private student of Dr. Norman McLeon, musical professor at Mercer University during her high school years. He was an extremely talented professor, and Karen's mother, Mrs. Evelyn Davis, was very intelligent and intended for her daughter to have the very best education possible. The two were best friends and as Karen said, "We were so close; we were more like sisters and loved being together."

Karen's major at Brewton-Parker College in Mt. Vernon, Georgia was voice and her minor was piano. She was trained to be a classical musician and was slated to sing opera, but due to her love of older people and probably her mother and her mother's friends she changed her mind about going to New York and giving her life to stage and fame.

But don't think she gave up music. Certainly not. She sings and plays at Cornerstone Bible Fellowship Church, and the night we caught up with her for an interview, she was on her way to a performance at St. Paul's Apartments in Macon. She and a group who sing at Old Clinton Opera House, and the Powersville Opera House every Saturday afternoon and early evening join up to do a lot of shows at nursing homes and other places where they are so needed to entertain and perk up loads of lonely souls

who can't get out and enjoy much needed culture. It makes life worth living, and just imagine the happiness these wonderful Christian people who are taking their time to go out in this cold weather to share their talents with deserving people.

So, Karen, exactly how did you come to this cozy little Cornerstone Church. "Well, I was a member of the First Baptist Church in Perry and was looking for a smaller church. Several friends suggested I should try Cornerstone, if I wanted to scale down a bit. I did and I loved it immediately."

Karen has found her time. She teaches, directs the choir, plays the piano, is a trustee, and helps in any way she can. It certainly appears to be a partnership made in Heaven.

Born in Ohio, moving to Perry at three, going to Rocky Creek Bloomfield United Baptist, busy working with the older people she so adores, even nursed her mother when she became ill. She lived to almost 95, still vital and a talented artist. (Oil was her medium.) Karen is back again at Senior Center and as we were speaking on the night of the St. Paul's concert, she couldn't conceal the excitement of the Christmas Breakfast and concert she had planned for the next day. Not only does Karen sing, she plays the piano for herself and all the other soloists and choir.

Sunday during the Christmas Program we were so astounded at the perfection of the music, and were greatly impressed by Karen's constant work with never a bobble. So professional. We told Matthew to watch. She plays, she reads, she sings! What a mind! What a talent! What expertise! Something you don't see very often, and certainly not in today's world.



Karen Rogers (left) and her mother, Mrs. Evelyn Davis.

We congratulate you, Karen Rogers, and bless you for giving of yourself, not only at your job as Activity Director and Assistant to the Manager at Perry Senior Center at Rozar Park across the lake from the playground, but for all your extracur-

ricular activities that mean so much to so many. As your mother said, "You should have been a nurse!" Maybe you're not a nurse, but you are certainly a caregiver of a higher order. You give to the heart and to the soul. Thank you.

Old City Flower Festival slated for January 20-22

Special to Senior News

The 7th annual Old City Flower Festival will be held January 20-22 at St. Paul's Episcopal Church, at the corner of College and Forsyth streets. With a theme of "Consider the Lilies of the Field," the festival will showcase the work of flower guilds from more than 15 Macon churches. The show will be open, at no charge, on Saturday, January 20 from 10 a.m. to 4 p.m.; Sunday, January 21 from 1-4 p.m., and on Monday, January 22 from 10 a.m. to 4 p.m. Parking is available behind the church Parish House, 753 College St.

Complementing the show will be free mid-day organ recitals Saturday and Monday, an evensong service Sunday at 5 p.m. with special music, an art exhibit and gift shop, and a free flower arranging workshop Monday at 10 a.m. Reservations, \$10, are required for luncheons on Saturday and Monday. For more information, please find us on Facebook at facebook.com/stpaulsmacon.org. You may call the church office at 478-743-4623.

The Old City Flower Festival was begun in 2012 by St. Joseph Catholic Church as part of their "Week of Prayer for Christian Unity."

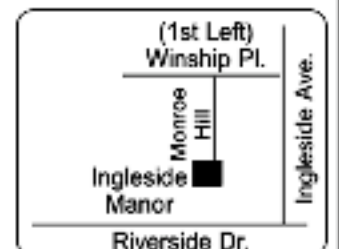
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**Alzheimer's Association, Central
Georgia Regional Area Caregivers'
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Call 478-746-7050 or 800-272-3900
for details.

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
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**Macon-Bibb County Parks &
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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

• MGCAA Senior Center: Located at
155 Maple St., Warner Robins.
Mon.-Fri., 8 a.m.-3 p.m.; closed
Wed. Lunch (by appointment only),
transportation, information, & refer-
ral services. For information call
478-923-0229.

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

Macon. Call Martha Duke at 478-
808-6957.

**Houston County Council
Of The Blind**

The Houston County Council of
the Blind meets the first Saturday of
each month at the Centerville Lions
Club located on Houston Lake Road
voicing state and local concerns for
the blind or visually impaired.
Fellowship and membership are wel-
comed.

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

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

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

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; 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!

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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

EVENTS

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.

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 & Sutherlin 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://ocmulgeaudubonsociety.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

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.

4th Annual Pitching for PTSD Cornhole Tournament

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

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

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

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

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

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

Get your game on... veterans!

General Business Directory For Seniors

COLISEUM PARK
PROFESSIONAL PHARMACY
380 Hospital Drive Macon, GA 31217
Across from the Emergency Room
BOB MOODY RPH.
Pharmacist, owner
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477-5501

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Goodwill NEEDS YOU!
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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

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Treatment & Referrals for:

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or **Billy Tucker**
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Let us entertain you

by CLAIRE HOUSER DODD

Some people come into our lives, make footprints on our hearts, and we are never the same.
Flavia

Imagine our shock when we received an empty envelope from Jackson, Georgia in a United States Postal Service plastic bag stamped, "WE CARE," with a printed letter to "Dear Postal Customer: we sincerely regret the damage to your mail during handling by the Postal Service, etc." It goes on to apologize for the inconvenience. What a thoughtful thing to do. That's a first for us. It may be a heads-up for you, or perhaps you have already received one. We were pleasantly sur-

prised. We appreciate the thoughtfulness, and called our friend to thank them for the Christmas Card and we had a lovely Merry Christmas conversation which beat a card, any day!

Well, we hope and prayed Matthew's little dog, Roscoe, would be scratching on the door Christmas Eve, but it didn't happen. Our prayer is that since he hadn't run back to Sand Bed Road in Kathleen, to see his little girlfriend, (They were both full blooded Chihuahuas and were precious playing together) he was found by a loving family, who needed a precious little dog and will take good care and love him forever. Perhaps it was another child's Merry Christmas gift.

We had a great time all through the holidays. Grand Matthew had a birthday on Dec.

23rd and we gave him a box of batteries. During his look of confusion, we pretended we thought something else came with the little box. Oh yeah, but we left it outside. "Go see if you can find something on the back porch." We found our happy little boy coming back in with his Polar Express train. That's about all he played with all week!

We stopped over to see Bill Marshall the other night, and were really sorry we'd already eaten. Son John had cooked a delicious dinner and invited us to join them. Shucks, already full. We were talking about how important good fresh food is, and how not to let your blood sugar drop when Bill got up and went back to his bedroom and brought us a vial of ReliOn glucose tablets which is a miracle tablet. It is a fast replacement when that blood sugar drops. We were coming home the other night, had no food in the car, and realized our sugar was dropping. We hurriedly got out one of the tablets and chewed it up real fast. It worked perfectly! Thanks for the miracle, Bill. I'll never be without it. You are a life saver and a good friend, as well as a Cuz!

We remember our first attack of low blood sugar. We were shopping in Macon when we got dizzy and weak and scared. We called Dr. Lumpkin Coffee immediately and he said, "Get a Coke and candy bar NOW!" We did. However, it took more than one of

each, but two did it. We were back to normal. But what a scary thing. One needs to really watch his diet, eat the right amount of protein, veggies, not too many carbs to make the sugar shoot up! What goes up, must come down! Watch the candies and cake at Christmas time! Or go get Bill Marshall's quick antidote.

Time to cast that real Christmas tree out, if you haven't before now. Just think you've worked so hard finding it, cutting it down, dragging it home, bugs and all. Now you can get rid of it and it's approximately 25,000 varmint that came with it. Give or take a few hundred. Not us, all we have to do to collect buggies is reach through the hollies to straighten a bow on a window wreath. We're covered. Miserable. Itching. And friends wonder why I don't take after Mother and Grandmother with the Green Thumb! We know, I may have it, but I've got the sweet tender skin the insects love - No match there. We're a home body, house person. But we did grow a beautiful Christmas Cactus Barbara Davidson gave us last year as a three-inch baby. Now it is a 12-inch beauty blooming right on time about a week before Christmas and still lasting!

Every man should have a fair sized cemetery in which to bury the faults of his friends.

Henry Ward Beecher

Recipient of the 2017 Leading Age Georgia Distinguished Service Award

Special to Senior News

Thursday December 7, 2017. Patricia F. Duncan RN, BSN, MBA, NHA, owner of Alice's Place Adult Day Care, was the recipient of the above named award which was presented by Leading Age Georgia at the First Baptist Church in Decatur, GA. Patricia was nominated by Mr. Alfred and Wooyi Yin, Executive Directors of Circle of Love Adult Day Care Centers of Chamblee, GA for her commitment and service to the older adults in Middle GA.

Patricia has been a registered nurse for 24 years and a Licensed Nursing Home Administrator since 1998. During her years of Nursing she has worked many years in long-term care as a Director of Nursing and an Administrator of a Retirement Community. Patricia started working with the elderly at the age of 12 years when she cared for her grandmother who was diagnosed with Dementia. She volunteered at the age of 12 & 13 at Eastview Nursing Home as an

American Red Cross- Candy Stripper. She is very involved in the community educating individuals about preventative health and training medication aides who work in Personal Care Homes and Assisted Living Facilities. Taking care of the older population is her passion!

For more information contact Mrs. Patricia F. Duncan at wonderland3780@yahoo.com or 478-718-7331.



Patricia F. Duncan

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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