

Senior News

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*Charlie
Lauderdale
and His Amazing
Creations!*

story on page 8

September 2018

Vol. 32, No. 9

Taking Care

Is it time to get help with caregiving?

by LISA M. PETSCHÉ

If you are looking after an aging relative, chances are good that a time will come when you need help to manage all of their needs.



Lisa Petsche

Many people are aware of the signs that a loved one needs help looking after

their day-to-day needs; changes in grooming and hygiene and difficulty with medication management are some examples.

What is not so well known are the signs that a caregiver needs help carrying out the responsibilities involved in their role.

Read on to see if you can relate to any of the following statements.

Your physical health

Your own health is being neglected. For example, you're not

eating nutritiously or you're long overdue for a medical checkup.

You're experiencing sleep deprivation, due to the care receiver waking in the night or having their days and nights reversed.

You have frequent acute health problems, such as respiratory infections.

You have a chronic health condition that's getting worse.

Your mental health

You feel overwhelmed or trapped.

Friends have noticed changes in your personality or expressed concern about your stress level.

You have a pre-existing mental illness.

You have recently been diagnosed with clinical depression.

You have a strained relationship with the care receiver and it's taking a toll on you.

You have thoughts of harming the care receiver or have been verbally or physically aggressive towards them.

Caregiver overload

It's difficult or impossible to stay on top of household chores and paying bills.

If you're employed outside of home, you've had to take numerous unscheduled days off work to deal with your relative's needs. Your job may even be in jeopardy.

Another family member also has special needs and relies on you for assistance.

Other concerns

You don't have any time to yourself.

Your relationship with a significant other is strained due to the amount of time you devote to caregiving.

You hardly ever see your friends anymore.

Your finances are stretched and you need to go back to work, or to increase the hours you work if you're already employed.

Getting help

There are two types of help: formal and informal. Informal involves getting other family members to share the responsibility for caregiving. It's important to be specific about the kind of help you need.

If relatives live in another area and aren't able to pitch in, explore whether they're able and willing to contribute to the cost of hiring help to make caregiving more manageable.

Formal help is the type of structured assistance that's offered through community pro-

grams and services.

In some cases it may be free of charge or subsidized. Check with the local office on aging or community information service to find out what's available in your area.

A prerequisite to seeking help is acknowledging that you can't – and shouldn't – do it all alone when it comes to caregiving. Accepting help is not a sign of weakness. On the contrary, it's a sign of strength and wisdom, because outside help can enable you to be more effective in your role and provide care for a longer period of time than you otherwise might be able to manage.

If people you know have been offering help, take them up on it.

Otherwise, speak up and ask, or do some research about formal support options for the care receiver, such as meals on wheels, friendly visiting, volunteer driver programs, accessible transportation, recreational programs and home healthcare services.

Be sure, too, to look into caregiver respite services – including adult day care programs and nursing facilities that offer short-term residential care – and take advantage of them.

You need and deserve a break!

Lisa M. Petsche 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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Volunteer Opportunities to Support Homeless Children and their Families

Special to Senior News

Family Promise of Greater Houston County is a 501.3.c network of 35 local churches, agencies, and resources in the community providing shelter, food, and support for homeless children and their families... addressing homelessness one family at a time.

Since our program opened its doors to our first family in 2013, 121 children have been able to move into sustainable homes; and, these numbers

grow every few months as families graduate from our program.

A multitude of volunteer opportunities exist from providing a meal, serving as an Office Angel, assisting with our "Moving In" Team, and many, many more.

If interested in volunteering or if you know of someone who might be in need of these services, call 478.321.8181; or, for details and an updated list of opportunities, check out our website: www.familypromise-houstonga.org/GetInvolvedTab.

Let us entertain you

by **CLAIRE HOUSER DODD**

A flashed picture shot up on our new (and mysterious) smart phone. It was Albert Einstein. The words said something like, "Don't fool with pessimists. They have a problem for every solution."

Hang on to those Grands! They will teach you things you never knew, take you places you've never been (and never wanted to go), keep you on the go, and insure a good night's sleep.

We spent last Saturday at Rigsby's. Need we say more? Our favorite place was the Cafeteria. Our Philly Cheese Steak was delicious—and HUGE. The ice cream Caramel Crunch was a real treat, and so was the second layer of Matthew's choco-

late cone... he was too busy at the game machines and stuff in the arcade to eat.

But, it was the skating rink that got us. No, we did not go skating. We do not need another place to hurt. Trying to sit on those little round stools was painful for us. We kept sliding off and had to stand and look out when your skater makes the left turn. He started out on Roller Blades. Very interesting. His ankles were almost at ground level in the middle. It was painful to watch, knowing how they would feel at night, and NO, you do not have to be on the rink to become an invalid. A girl fell down in the public pass-through and her roller blades flew up and got us in the shin. So much for being careful!

Look at it this way. It was a bad rainy day and things could have been worse.

High point. We ran into the Stumps with their two boys about the

same age as ours and Matthew got to meet cousins. We claim kin, no matter the number!

Oh yes. It was Epson Salts, hot water, analgesic, and lots of rubbing. A real chance to practice Grand-mothering.

The news is filled with small towns and their many problems. We couldn't help remembering a conversation with Lewis Grizzard at Bit of Italy Restaurant in Atlanta. He was telling the owner how little towns could make lots of money while helping the farmers at the same time! Although Lewis was not a Polo Fan, he had heard of a system to play pigs rather than expensive well bred and trained ponies. Pigs. Pig Polo. He thought it had a nice ring to it, and if every small town played Pig Polo, as his friend, David S. Burre, who had an engineering firm in Atlanta laid out, they could establish a pool franchise and play Pig Polo with every

other Village, just like football. Charge the public to be entertained. The rules were: (1) A period is called a lard. (2). No slopping the pigs between lards. (3). No rooting for the home team or otherwise allowed. (4) Umpires are licensed USDA inspectors. Lewis said, "In Pig Polo, the fun has just begun when the final Oink is sounded. The winners get to celebrate by cooking and eating the loser's mounts. Another way for the great unwashed to enjoy the great sport of Polo even if they had to ride a pig to do it!" Lewis Grizzard, like Elvis Presley, is not dead.

School has started. One smart teacher sent home a note. "I will promise not to believe your children when they tell everything that happens at home, if you will promise not to believe them when they tell you everything that happens at school." A win - win situation.

BBB Tips for homeowners preparing to age in place

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

According to the US Census Bureau, the rate of homeownership has fluctuated but not changed significantly since 1996 with 64.3 percent of Americans being current homeowners. As the houses age so do the homeowners. By 2030, all baby boomers will be older than 65, leaving one in every five residents over retirement age. The Better Business Bureau encourages all those wishing to continue living in their home past retirement to plan early for aging in place.

Aging in place is defined as the ability to live in one's own home and community safely, independently and comfortably regardless of age, income, or ability level. While the goal of remaining in one's own home is shared by many, it isn't always feasible due to declining health and changes in finances. Below are four areas to focus on when preparing to age in your home safely:

- **Safety Updates:** One of the most significant obstacles to remaining in one's own home is safety. Updates to consider may include adding a walk-in shower, safety rails, widening doorways and installing non-slip flooring. Find more information on the improvements that will benefit your quality of life as you age by checking with AARP.

- **Obtaining provisions:** Getting the necessities like healthy food and medications to your home can be an issue

over time. Luckily, grocery stores and food delivery services are growing in popularity, and medical delivery services seem to be developing as well. Otherwise, this may be an area to begin budgeting so that you can hire someone when the time comes.

- **Budgeting for expenses:** Making changes to your home and continuous maintenance can get expensive, but you may find help or advice from local agencies like the Area Agency on Aging, HUD or other community development groups. It would also be wise to seek advice from a trusted financial counselor or elder care attorney as early as possible.

- **Preparing for emergencies:** While emergencies may be stressful to envision it's best to be ready for them before they occur. Living alone can make it difficult to get aid promptly following an accident, but technological innovations can help. Home surveillance cameras and medical alert systems can be a fast and easy way to summon assistance. Establishing a contact, perhaps a family member or friend, to check in on you regularly could also help without the technological investment.

While we would all love to have family members that will be there to assist, we never know when circumstances might prevent them from being able to help. That is why it is important to have a "worst case scenario" plan in place. Remember when preparing to invest money in a new project or seeking important advice always check BBB.org first to see a company's business profile and read through verified reviews. You can also find more advice

on hiring trustworthy contractors.

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 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 at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgiabbb.org.

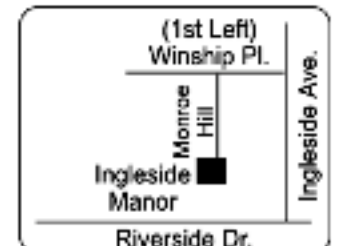
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Senior News & Views of Georgia

Poets' Corner

LIFE

by Gwen Wingard

*Life is fragile and sometimes it's rough
If we make it through, we have to be tough
From the time we are born and start living our life
According to the Bible, we're appointed to die*

*From youth to old age, we learn right from wrong
And we each get to decide the path we travel on
We can live our life, thinking only of ourselves
And in the end, that's all we have left*

*But we can choose Jesus and try to do what's right
And live a life full of joy, and some beautiful sunlight
Most of us learn at a very young age
That Jesus is the light, the truth and the only way*

*Some follow it diligently, others have their own mind
But those who follow our Saviour always seem to find
There's grace in His glory and joy in His love,
And we get to share in His sweet*

home above

*For only through Him do we have true peace
And when our soul is finally free
We'll be with our Lord throughout all eternity*

HATE/LOVE

by Doris Highsmith Charnock

*Hate hides behind masks.
Love's face stays in the open.*

*Hate buys baseball bats to smash heads.
Love buys baseball bats to give to needy children.*

*Hate buys eggs to throw on innocent people.
Love buys eggs to give to hungry people.*

*Hate buys a torch to burn buildings.
Love buys a torch to give to the homeless.*

*Hate buys guns to kill people.
Love buys guns to protect themselves.
Hate is a poor loser.
Love accepts loss.*

*Hate never says, "I'm sorry."
Love says, "Please forgive me."*

Hate's speech is vile and vulgar.

Love's speech is kind and loving.

*Hate will come back and bite.
Love will come back and love.*

God Gives Life

by Billy R. Tucker

*God gives us life from day to day,
He only asks that we live it in the right way.*

*He forces us not to do His will,
He only asks that we Godly live.*

*And as the reward for our Godly deeds,
He gives us His help in our times of need.*

*But, as God gives us life from day to day,
He also sees fit to someday take it away.*

*We know not why this must be so,
But, it's God's will, and with Him we will gladly go.*

Publisher's Note: I recorded this poem upon the death of one of my older brothers (age 20) on June 29, 1965. It was God's way of helping me to cope with my brother's sudden accidental death. To my knowledge, this is the first sharing of my poem.

Opinion

Security Clearance: Facts and Opinions!

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

By now most readers are aware that "opinions are like rumble seats... everybody has one; but, not all will merit an Oscar." Even with the most trivial matters, opinions should be based on fact, credible source, or proven venture. And that is not opinion, such is set in stone. The world is (and has been) blanketed with violations to this issue. President Trump is in the middle of a controversial case involving his removal of Ex-CIA Director Brennan's from the Classified Roster. I beg you to allow me in making some applicable statements.

One, the "Bible" in knowledge of Classified material is (and has always been) "Need To Know!" That alone answers many questions. Secondly, the world (and people) change with each sunrise. Yesterday's facts and value system are now somewhat obsolete. (i.e: Just had a photo taken with an air-

craft that I worked on in the Korean War. It is now garbage compared with the F22.)

Outdated machines and people should understand the rationale in being relegated to "backseat!" I am not the "whiz of the circuit;" but, I understand that much! It's a new day!

Thirdly, in order to render the best result, any team must have the allegiance and cooperation of current members; not the agenda of those who disagree. There are sufficient rules and protocol to keep leaders in line.

Having presented some basic ground rules, let me now mention some traditional lines which have been intact since Teddy took the San Juan Hill (and longer). Abstract privilege, political favor and more, served to create the "Swamp syndrome" in our nation – to the tune of millions of dollars, ghastly appointments, and needless positions of power – all toward a second and third (even fourth) generation. While America is the best (Even Great), we have faced senseless process in the granting of

Titles and privilege! The party is over! At least for now!

Obviously, this has not set well with the "swamp residents." They had become comfortable; and, smugly assumptive that their conduct and tenure was beyond correction. President Trump has orchestrated a change.

What worked yesterday is no longer effective. The majority of citizens are pleased. Some have been demoted. A new choir now sings a new song. A conservative mentality now punches the clock and makes the payroll. The Press and intermediaries read the agenda the same time as most Americans.

It is making sense and saving dollars. Many good people served, and are to be commended; but, their day has come and gone. Win or lose, this nation (and the world) is in the hands of refreshing (and sometimes perilous) personalities. The present force will make errors (as we did); and, hopefully, they will adjust. So keep your shirt on! Some will till the ground; others will buy the farm! Almighty God will make His harvest in due time!

Keith Thompson earns Top Honors at the National Veterans Wheelchair Games

by JW HUCKFELDT, Deputy
Public Affairs Officer
Carl Vinson VAMC

Army Veteran Keith Thompson is no stranger to conquering life's challenges. A 2006 motorcycle accident left the former fire fighter in a 27-day coma and paralyzed from the waist down. Not one to be kept down, Thompson strives to be the best at everything he does and that paid dividends at this year's National Veterans Wheelchair Games (NVWG) held in Orlando, Florida earlier this month. Thompson was awarded the prestigious Spirit of the Games trophy – an award presented to “the Veteran that through their athletic achievement, leadership and support of their fellow Veterans exemplifies the values of the Games.”



Photo by Greg Swars

To illustrate the award's significance, Thompson was selected from the record-setting 611 athletes that participated in this year's games and is the 32nd recipient since the award's creation in 1987. The theme for this year's games was “Conquer the Challenge,” and that's exactly what Thompson achieved.

“There are no limits,” said Thompson. “My wife told me I can do anything I want, I just have to do it from a chair.”

Thompson defines the word competitor. He's competed in various events over his NVWG career including archery, trap shooting, air rifle, air pistol, 9-ball, shot put, discus, javelin, bocchia ball and softball. While at this year's games, Thompson attempted to catch a softball hit his way when he fell out of his chair and dislocated his shoulder. Also, in 2016, Thompson competed at the NVWG despite having a broken wrist and torn rotator cuff after being rear-ended by a distracted driver. He truly knows no limits.

“We are all at the games to compete and leave our best on whatever field we play on,”



Photo courtesy of PVA

Thompson said. “But if someone falls, regardless of what team you play for, you help your brothers and sisters get back up.”

Thompson was introduced to Carl Vinson VAMC when he accompanied a friend to the medical center to check on the status of his benefits. Administrative Officer for Acute Care Tamara Jackson suggested Thompson also apply for benefits and suggested the Sandersville, Georgia resident consider recreation therapy. It wasn't long before Recreational Therapist Charlene

James urged Thompson to try adaptive sports and in 2011, he attended his first NVWG.

Photo by Jason Tudor

When he's not practicing for the games, Thompson spends time with his wife of 17-years, Janice, and managing his medical transportation service, 3D Enterprises.

Keith Thompson is no stranger to life's challenges. However, he is the example all people should emulate when striving for something that only seems unobtainable.

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Cancer Life Center

Information and Reservations: 478-

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Alzheimer's Association

886 Mulberry St., Macon

478-746-7050 or 800-272-3900

www.alz.org/georgia or

msmith2@alz.org

Central Georgia Regional Area

Caregivers' Support Groups

Baldwin County

• 4th Thurs., 5:30 p.m., Holiday

Express, 2600 N. Columbia St.,

Milledgeville, 478-452-2511

Bibb County

• 2nd Tues., 11:30 a.m., Alzheimer's

Association, 886 Mulberry St.,

Macon, 478-501-7426

• 1st Wed., 10 a.m., Martha Bowman

UMC, 500 Bass Rd., Macon, 478-

746-7050

Houston County

• 4th Tues., 7 p.m., Houston Health

Care, Classroom #1, 1601 Watson

Blvd., Warner Robins, 478-923-2532

• 4th Thurs., 6:45 p.m., Centerville

Library, 206 Gunn Rd., Warner

Robins, 478-397-4669

Dodge County

• 3rd Wed., 6 p.m., Dodge County

Hospital, Education Building,

Eastman, 478-410-2685

Putnam County

• 3rd Wed., 10 a.m., First Baptist

Church, 115 N. Madison Ave.,

Eatonton, 706-473-5051

Upson County

• 3rd Thurs., 1 p.m., Upson Senior Center, *Care Partner Memory Café-PWD*, 302 S. Bethel St., Thomaston, 478-745-9629

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 positive 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 volunteering, 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

478-751-2790

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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

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 welcomed.

Central Georgia Genealogical Society

Meets 2nd Mon., 7 p.m., Flint

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Hwy. 96, Warner Robins. For complete details call 478-987-7260 or

visit www.cggs.org.

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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.

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.

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.

The GeorgiaCares Program

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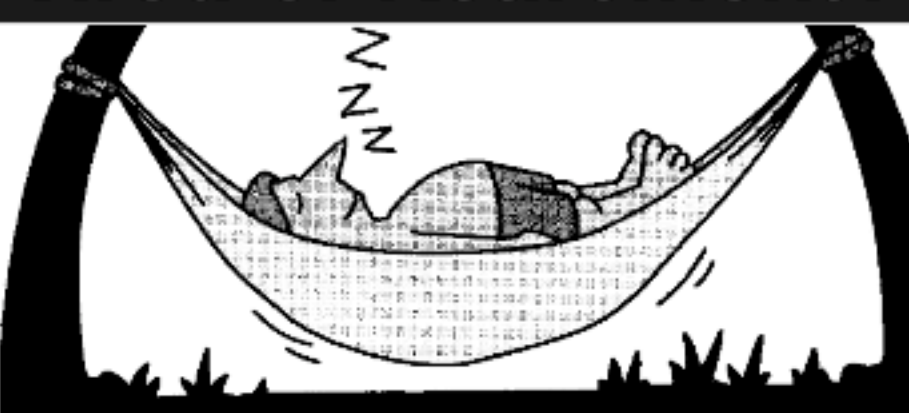
people with Medicare understand their

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Volunteer Opportunities to Support Homeless Children and their Families.

Family Promise of Greater Houston County is a 501.3.c network of 35 local churches, agencies, and resources in the community providing shelter, food, and support for homeless children and their families... addressing homelessness one family at a time. Since our program opened its doors to our first family in 2013, 121 children have been able to move into sustainable homes; and, these numbers grow every few months as families graduate from our program. A multitude of volunteer opportunities exist from providing a meal, serving as an Office Angel, assisting with our "Moving In" Team, and many, many more. If interested in volunteering or if you know of someone who might be in need of these services, call 478.321.8181; or, for details and an updated list of opportunities, check out our website: www.familypromisehouston.org/GetInvolvedTab.

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Keep your home safe while you are away

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

With millions of Americans going on at least one vacation this summer, safety and security precautions are a must. Proactive measures can help consumers keep their home safe from fire, carbon monoxide, and the threat of burglary while they are away.

The Better Business Bureau is offering the following safety tips for homeowners during the summer season:

Be careful about the vacation details you share via social media. Burglars can use posts on Twitter or Facebook to determine when you'll be away. In recent polls, more than one third (35%) of Americans said they believed their home is too ordinary and would not interest a burglar. However, a vacant home could be

enough to attract unwanted attention, so be careful about broadcasting your travel plans.

Lock your doors even when you're gone for a brief amount of time. Two thirds (67%) of Americans surveyed agree they do more to protect their homes when they are going away for a night than when they are just leaving for a few hours. But, according to the FBI, more than half (53%) of home burglaries happen during the day, so homeowners should secure doors and windows every time they leave their home.

Keep an inventory. Take the time to go through your house and make a detailed inventory of your belongings. Your inventory could be a paper list, pictures, video or a combination but be sure to notate the serial numbers or any blemishes that would make your property easily identifiable. For electronics, such as televisions, DVD players, DVRs and game consoles, use a black marker to

write your name, address, phone number and maybe your driver's license number on the back or bottom of the unit. This writing won't be noticed by a thief trying to get out of your home quickly, but it will be noticed by the pawn shop during their inspection or the police once the criminal is caught.

Check your smoke alarms and carbon monoxide detectors every month. Summer marks the beginning of hurricane season and afternoon thunderstorms, so if a generator needs to be used in a power outage, a quick test of your monitored life safety devices can help keep your family safe from potentially dangerous fumes.

Keep hedges and bushes around your home trimmed, so burglars don't have places to hide, also ask neighbors to pick up your paper and remove the trashcan from the road.

If you want to relax on vacation, make sure your vacation planning

includes securing your home while you are gone. If you choose to contract with a security company, find trustworthy companies and check out their BBB Business Profile first at bbb.org.

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 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 at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org.

BBB Tips for homeowners preparing to age in place

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

According to the US Census Bureau, the rate of homeownership has fluctuated but not changed significantly since 1996 with 64.3 percent of Americans being current homeowners. As the houses age so do the homeowners. By 2030, all baby boomers will be older than 65, leaving one in every five residents over retirement age. The Better Business Bureau encourages all those wishing to continue living in their home past retirement to plan early for aging in place.

Aging in place is defined as the ability to live in one's own home and community safely, independently and comfortably regardless of age, income, or ability level. While the goal of remaining in one's own home is shared by many, it isn't always feasible due to

declining health and changes in finances. Below are four areas to focus on when preparing to age in your home safely:

• **Safety Updates:** One of the most significant obstacles to remaining in one's own home is safety. Updates to consider may include adding a walk-in shower, safety rails, widening doorways and installing non-slip flooring. Find more information on the improvements that will benefit your quality of life as you age by checking with AARP.

• **Obtaining provisions:** Getting the necessities like healthy food and medications to your home can be an issue over time. Luckily, grocery stores and food delivery services are growing in popularity, and medical delivery services seem to be developing as well.

Otherwise, this may be an area to begin budgeting so that you can hire someone when the time comes.

• **Budgeting for expenses:** Making changes to your home and continuous maintenance can get expensive, but you may find help or advice from local

agencies like the Area Agency on Aging, HUD or other community development groups. It would also be wise to seek advice from a trusted financial counselor or elder care attorney as early as possible.

• **Preparing for emergencies:** While emergencies may be stressful to envision it's best to be ready for them before they occur. Living alone can make it difficult to get aid promptly following an accident, but technological innovations can help. Home surveillance cameras and medical alert systems can be a fast and easy way to summon assistance. Establishing a contact, perhaps a family member or friend, to check in on you regularly could also help without the technological investment.

While we would all love to have family members that will be there to assist, we never know when circumstances might prevent them from being able to help. That is why it is important to have a "worst case scenario" plan in

place. Remember when preparing to invest money in a new project or seeking important advice always check BBB.org first to see a company's business profile and read through verified reviews. You can also find more advice on hiring trustworthy contractors.

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Cover Story

Charlie Lauderdale and His Amazing Creations!

by CLAIRE HOUSER DODD

COVER: Charlie Lauderdale and his daughter at the Stained Glass Museum in Chicago.

Having received so much interest on last month's article about Fort Valley United Methodist Church and the enormous stained-glass windows being completely restored, this month's cover article is in order.

The windows are at Amazing Creations... the Stained-Glass Mecca of this region. It is owned and operated by Mr. Charlie Lauderdale. He is the owner and only artist in residence.

The exquisite windows of the Fort Valley United Methodist Church are not the only windows Charlie has saved for posterity. He has lent his artistry and expertise to many windows of many churches: Stewart Chapel AME in Macon, Church of the Nazarene, New Presbyterian Church on Houston Lake Road, eight windows for the Bridge Church on Highway 41, The Dove Window of Christ the Redeemer, Glenwood United Methodist – Glenwood, GA., not to forget the old church in Macon down by the Macon Hospital which was demolished to make room for Duncan Doughnuts and Which Wich®. Mr. Lauderdale was commissioned to restore four windows of the church and to install two in Duncan Doughnuts and two in Which Wich®. Go look for yourself. You'll be happy you did!

Opelika, Alabama is home town to Charlie. He lived there 'til 19 years ago when he went into the Air Force for 8 plus years... two in Southeast Asia (Vietnam), then to Louisiana, Valdosta, Ga., New York, and Texas, where exited the military, but spent 23 years, mainly at Kelly Air Force Base. He learned to do stained-glass in San Antonio and he is still at it 46 years later.

It is obviously a labor of love.

Mr. Lauderdale has a huge metal shop off Farm Estates Road north of Perry (1.5 miles north of the By-Pass) where he works on his stained-glass projects. Besides seeing his very first stained-glass piece of 48

years ago, we were introduced to the cutting table, the tear down and build table, and a grinder table to help smooth the edges of the glass so as to fit into the lead better. Many more tools are available now than in the past when the Methodist Church windows were originally made in 1902.

Consequently, these stained-glass windows will be better and more beautiful than ever. Plus be better protected because Charlie is putting two quarter inch pieces of tempered glass, one on each side. So heavy! The large transom will weigh approximately 1,000 lbs. when it is ready to be put back into the church.

While doing this intricate work, Charlie is also training John Marshall in the process of window restoration, including teaching him how to cut glass, one of the most difficult parts of reclaiming their precious works of art that mean so much to thousands of church people and their families.

If you or your church have any form of stained-glass project needs, Amazing Creations is the place to go. Nothing too



Charlie Lauderdale discussed restoration of the Fort Valley United Methodist Church's stained-glass window with Dr. David Marshall.

small and nothing too large! From a light catcher to a front door, a full wall or a large window like the one in High Street Unitarian Church in Macon

(approximately 16' x 24').

For assistance with all your stained-glass needs, call Charlie at Amazing Creations in Perry, Georgia at 478-808-0058.

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