

Senior News

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*The
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story on page 8

December 2018
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Taking Care

A Little Holiday Planning Goes A Long Way

by LISA M. PETSCHÉ

The holiday season is a hectic time for many of us, due to the preparations and festivities that typically take place. It's even more challenging, though, when



Lisa Petsche

you're caring for a relative with chronic health problems – a demanding role at even the best of times.

To keep stress manageable and make your holidays more meaningful, follow these suggestions.

Set realistic expectations, and be prepared to alter traditions. Keep it simple, and let relatives and friends know your needs and limitations. Decide what is really important to you, focus on that and forget the rest.

Set a budget for holiday-related expenses and stick to it. If finances allow, consider arranging for a house-cleaning or a catered meal (or both) to save precious time and energy.

Whatever tasks you decide to take on, ask for help and delegate responsibilities. Make plans and start necessary preparations well in advance. Make lists to stay organized, and keep

them handy.

Include your relative in preparations to the best of his or her ability. Contributing in even small ways – such as deciding what decorations to put where, or helping to select gifts from a catalog – will make your relative feel valued and create a feeling of partnership.

Reminisce to help you both get into the spirit of the season. Share special memories, bring out photo albums or home movies, and listen to favorite carols.

If you accept an invitation, do so on the condition that you may back out at the last minute if you or your relative doesn't feel up to the occasion. Take things one day – and one event – at a time.

Give yourself permission to attend an event without your relative. If it's not feasible to take your relative with you but you'd really like to go and can arrange respite care, go.

Space out activities as much as possible by scheduling quiet days between busy ones.

Look after your health: get adequate rest, eat nutritious foods and try to fit in some exercise. A stationary bike or a treadmill is a good choice year-round, since it may be hard to get out for a walk, let alone to a fitness center.

Find something relaxing you can do to give yourself a break, whether it's quietly enjoying a cup of tea, reading something uplifting, writing in a journal, calling a friend or listening to some favorite music. Make it a priority to continue this daily time for you in the New Year.

Take responsibility for your well-being by doing something nice for yourself. Some caregivers treat themselves to a special gift at this time of the year.

Look for moments of joy in which to delight. If you slow your pace and keep your priorities in check, you'll be sure to find them.

Special tips for Alzheimer's caregivers

Keep decorations minimal and out of reach as much as possible if your relative is prone to rummaging or hiding things. Don't put out anything that's valuable or breakable, or that could be dangerous if ingested. Avoid lights that flash or play music, as well as sound- or motion-activated items that can startle.

Schedule activities during your relative's calmest time of day. Generally, the earlier in the day the better, since behavior tends to worsen as fatigue sets in.

Stick to routines as much as possi-

ble to avoid anxiety and confusion.

Entertain at home rather than take your relative out to an unfamiliar place.

Keep gatherings small, to minimize noise and confusion for your relative. Otherwise, situate him or her in another room, and have guests visit one or two at a time.

If you're planning to go out visiting, ensure there's a quiet spot your relative can retreat to if he or she can't handle the stimulation.

Whether you're at home or out somewhere, be prepared for escalation of challenging behaviors and have a plan in place. If your relative is at risk for wandering or likes to rummage, enlist the help of a family member or friend to ensure he or she is occupied in a harmless manner while you're mingling or engaged in hosting duties.

Don't pressure your relative to participate in festivities. Previously enjoyed events may now cause distress if he or she doesn't understand what's going on or no longer recognizes family members and friends.

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

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TINDALL FIELDS I IS NOW LEASING

This is to notify the public that Tindall Fields I, located at 1850 Tindall Avenue, Macon, GA., will begin accepting applications on Wednesday, November 28, 2018. **Those interested may call the application line at 478-952-4034 between the hours of 9:00 a.m. and 5:00 p.m., Monday-Friday or email tfiapplication@maconhousing.com and request that an application be mailed. Persons with hearing or speech impairments or limited English proficiency may call the Georgia Relay Service at 7-1-1 or go to their website at <http://georgiarelay.org>.**

Tindall Fields I is a Family property with LIHTC funding. The property contains 64 units (8 1-BR, 48 2-BR, and 8 3-BR); 16 units have Section 8 Project Based Voucher rental assistance. 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 above application line or Georgia Relay Service for assistance.**

To qualify for residency, applicants must be at least 18 years of age with a total family income within the 50% AMI (16 units) or 60% AMI (48 units) income limits for Macon-Bibb County, have a good rental history, pass a background check, and criminal history screening. **Tindall Fields I has established a waiting list priority for previous tenants of Tindall Heights Apartments who were in residency on September 9, 2015.**

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



Let us entertain you

by CLAIRE HOUSER DODD

We surely appreciate all our calls and letters advising us of happenings around Middle Georgia, but one from Karen Rodgers takes the cake. She wrote to us about a party at the Senior Citizen's Center in Perry. The letter appeared in a plastic bag like a hunk had been bitten out. Our first thought was that a dog got it, but the note said otherwise. Accidents happen in the Post Office. Whatever! It was an attention getter. So was the Powersville Opry band, different speakers and the 94-year-old Anna Lattaker who sang "What a Friend We Have in Jesus" with Karen on the piano. If you are interested in joining this fun group, you may call Karen at

(478) 397-6568.

The Fort Valley Gourmet Club met with Robert and Janie Stump for the November Meeting. A Pizza Party was planned, and everybody bought or made a certain type pizza: all meat pizzas, cheese pizzas, fresh vegetable pizzas, fruit and dessert pizzas, and two Hershey Chocolate pizzas from The Fort Valley Pizza Hut. What a great party, great people, fun and – WOW! All those pizzas. A true pizza lover's heaven.

Thanksgiving has come and gone, and everybody we know is bemoaning the foods! Wonderful and delicious, but FATTENING! It's wonderful to get with family and friends, but we're getting like Dr. Dodd, "Does everybody have to feed us?" Of course, it's a wonderful thing. Most enjoyable – just

why? Oh why? Does it all have to be fattening? However, some people are not gluttons like some of us! You know who you are. We know who you are. So, quit looking so smug. We can tell!

It's harder and harder to get families together. What with marriages and having to eat with another whole family in a distant town; and, there's the matter of X's who can't possibly be mixed up. So actually, on Thanksgiving Day, people are going far and wide. Some have their dinner on Wednesday night, some on the real Turkey Day, and the rest eat on Friday, Saturday or Sunday. We were turkeyless on "The Day" and were kindly invited to the Stumps to join their wayward group. It was divine and so much fun telling all the varied stories

etcetera, etcetera. Thanks to Janie and Robert for taking us orphans in. You're the best!

Our actual day fell on Sunday at Daughter's home with all the kin getting there. Mainly Matthew, who had been visiting out of town the week before. So much fun seeing him happy and being surrounded by family and eating his Thanksgiving Happy Meal! It was really a feast and a first for Blake as he and Denver were on a trip last year. Welcome to the new family member.

You're invited: Dec. 6, 6:30 p.m. - 8:30 p.m., The Peach County Historical Society of Fort Valley, 201 Miller Street in the Historical District, would love for you to come and meet the owners of Five Points Berries Winery of Maulk, GA for an introduction and tasting of their many fine wines. It will be an exciting way to learn about different wines and get to know these owners. Any donation to this historical old home to receive the tender loving repairs needed will be appreciated. Come join us for Cheese and Chatter. Call Kathie Lambert for more information at (478) 825-3420. See you there.

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please email it to seniornews@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.

THE INNER MAN

by Debra Schultz

Timing is the path of your life,
who is steering?
What are you tuned in to?
Can you look beyond what is not
in your eyes?
Can you be used as an instrument?
Are you aligned, so the door can
be opened?
Act and His Will will be done
through you.
Act and He can and will have you
work for Him.
In the Spirit, He will call you to
be more effective.
Be not content or satisfied strive
to go deeper.
He dwells with you always, are
you listening?

OATMEAL

by Mrs. Mildred Carter

Oh, friend, some people have said
that oatmeal is good for our heart.
But I will tell you that the Word of
God is always very good for our
hearts, minds, bodies and our souls.

THE LONG KISS OF GOODBYE

by Jennifer Gallagher

I saw you in my dream last nite
To see you again is so rare.
I treasure your smile as you look
at me

And know as you hold me you
still care.

Our eyes met and hearts entwined
I love you still as I did before,
And I must be satisfied
To know you walk in my dreams
And share the Long Kiss of
Goodbye.

CHRISTMAS FOR SENIORS

by Mary Elliott

Christmas from the 60's and
beyond
Filled with memories of things
now gone
Even though things and people
are not still here
They pass through our memories,
year after year
The love we had won't fade away
God help me to keep the memories
alive from day to day.

THE THEORY OF COMMA: WHAT GOES AROUND, COMES AROUND

by Sydney M. Carter, Sr.

Sin causes a spiritual imbalance in
the universe. And until that breach is
repented of, the peace of your soul
will never be restored.

PROUD

by Debra Schultz

My tears flow because I am
protected by men and women
who know me not.
They stand in the gap for me and
our country.
I thank you for your allegiance
and sacrifice.
Bless the families who have lost a
brave soul for faces never seen.
Know that we see you, not by

name, but by the invisible shield
you put between the enemy and us.
Your service lets us rest our heads
on our pillows and wake up in
freedom.
Thank you is not enough.

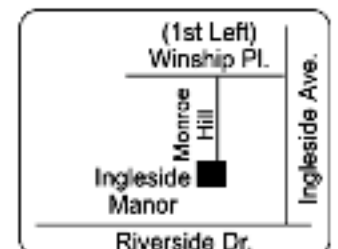
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Billy R. Tucker
478-929-3636
seniornewsga@cox.net

Advertising

Billy R. Tucker
478-929-3636
seniornewsga@cox.net

Columnists

Claire Houser-Dodd
Lisa Petsche

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CORPORATE OFFICE

Billy R. Tucker,
President/Publisher
Phone 478-929-3636
www.seniornewsga.com
seniornewsga@cox.net
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Senior News & Views of Georgia

Opinion Different Strokes!

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

Using terminology from the popular sitcom of decades past, I would point you to some facts; and, lend phrase that finds controversy in ever widening circles. Since we are all created with a differing mind set; (without your permission, I might add), one would guess that we wouldn't spend a lifetime endeavoring to align everyone with an identical view. Some are positive, some negative; some eat sparingly, others consume the whole farm. Some are religious and sensible; others will only believe their personal opinions. Some are pessimists; others, optimists. Some are attached to the south; others are called Yankees! Some are Republicans; others Democrats. And, some are forever on the fence.

That doesn't make any one group all good. (In actuality, none are good... so states Sacred Script). But, there are "different strokes, for different folks!"

The whole planet is still strug-

gling to somehow agree that what others think, believe, pursue, or embrace might have a measure of credibility. That course, dear neighbor, is the bonding that is keeping us sane... preventing a wholesale rebellion... and war against the house next door. Simply put, we need to get along. Maybe not harmoniously; but, at least on conversational terms. That is the sensible glue that holds us together. And that is what is known as "civility!"

The question is: What course will ensure that we can compromise (or acquiesce) to the extent that survival is a possibility? Is it law? Is it communications? Can religion make a difference? Or perhaps legislation? What is the magical formula that will afford harmony?

Obviously, there is no set venue which contains the magical sauce. No religion... no slogan... no cliché... no statute; and, no philosophy has been able to tame the ego, aspiration, goal, or mindset of humanity. Disagreements, even to the state of war, has been the commentary since Adam named the lion. The roar has been heard through the ages; tempers flare; men (and

women) become animalistic; atrocities become common; with barbarism as the defined state of tenure! Every state and nationality suffers the curse!

Because of theological emanation, America became the best possible candidate for safety and sanity. Oh, there were errors, flaws, and constant wrinkles in conduct and process. But with such, there existed a spiritual base of compassion; of logic; of sacrifice; and, repentance. There existed a contiguous sense of peaceful coexistence as generations came and went. In the Twenty-First century, much of that virtue has been summarily tossed; with anger and malice making entrance.

This is not only a prophetic course, it is now actuality. Command and Promise did not change; only the pursuits of earth's inhabitants. The whirlwind of wretchedness made appearance; and, we made an abominable acclimation to it's path!

Let's face it, some strokes will not pass muster! Read "The Book!" In the meantime consider others! They have a point.

BBB Warning: Avoid these holiday scams!

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

Santa isn't the only one keeping track of who is naughty and who is nice! The Better Business Bureau is warning consumers to beware of these common holiday scams:

Be cautious shopping online:

Because many retailers now have chip card readers, fraud at bricks-and-mortar stores is down, so scammers have shifted their efforts online. Use a credit (not debit) card online and only shop on secure websites. Look for https in the address (the extra "s" is for "secure") and look for a lock symbol.

Look-alike websites: When shopping online, make sure to use only legitimate websites. Watch out for URLs that use the names of well-known brands along with extra words.

Fake shipping notifications:

These can have attachments or links to sites that will download malware on your computer to steal your identity and your passwords. Don't be fooled by a holiday phishing scam.

E-cards: Electronic cards can be great fun, but be careful. Two red flags to watch out for are: the sender's name is not apparent; you are required to share additional information to get the card.

Letters from Santa: Several trusted companies offer charming and personalized letters from Santa, but scammers mimic them to get personal information from unsuspecting parents. Check with bbb.org to find out which ones are legitimate.

Emergency scams: Be cautious if you get a call from a family member or friend claiming to be in an accident, arrested, or hospitalized while traveling in another country or out of state. Never send money unless you confirm with another family member that it's true.

Phony charities: Everyone is in a generous mood at the holidays, so scammers take advantage of that with fake charity solicitations in email, on social media sites, and even by text. Check out charities at give.org before donating.

Temporary holiday jobs: Retailers and delivery services need extra help at the holidays, but beware of solicitations that require you to share personal and/or financial information online or pay for a job lead. Apply in person or go to retailers' main websites to find out who is hiring.

Unusual forms of payment: Be wary of anyone who asks you to pay for holiday purchases using prepaid debit cards, gift cards, wire transfers, third parties, etc. These payments cannot be traced and cannot be undone.

Free gift cards: Pop-up ads or emails offering free gift cards for surveys are often just a ploy to get your personal information that can later be used for identity theft.

Social media gift exchange: It sounds like a great deal; buy one gift and get 36 in return. But it's just a variation on a pyramid scheme and it's illegal.

Make your holidays merry and bright by becoming informed on holiday scams and keeping your hard earned money in your pocket.

For more holiday tips from the BBB, visit 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.

Enjoy the holidays without breaking the bank

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

Ready or not, the holiday season is nearly upon us and you know what that means. Christmas shopping! Unfortunately, with the joy of the holidays comes the stress of over spending. Every year, many consumers overspend during the holidays, starting off the New Year in debt. But not to worry! You can make this year debt-free by creating a holiday budget and sticking to it.

The National Retail Federation is finding that most consumers will still be generous on their holiday spending this year, with retail sales expected to increase between 4.3% and 4.8% over last year.

Whether you plan to spend more or less than the average, the key is to set a budget and stick to it. And while it is not the most festive way to spend an evening, it is important to sit down and crunch the numbers, because building a budget and sticking to it over the holidays will keep away a painful financial holiday hangover.

BBB recommends the following four steps to help with holiday spending this year:

Step One: Consider your Income. The first step is to measure how much money is coming in. Add up your monthly salary along with your spouse, dividends or interest payments and other sources of income.

Step Two: Add up regular monthly expenses. Adding up expenses is usually harder than determining your income because there are so many more factors to consider. Start with your rent or mortgage, utilities and credit card payments. Also factor in other expenses for gas and car maintenance, healthcare and groceries.

Step Three: Estimate Extra Holiday Expenses. A lot of little purchases have a way of adding up over the holidays and it is important to consider all of the expenses for the season including:

- **Gifts** – Make an itemized list of everyone you want to buy presents for and estimate how much you are willing to spend for each. This includes presents

for family, friends and coworkers. Also consider the cost for holiday cards and postage.

- **Entertaining** – Entertaining is big over the holidays. Think about who you will be having over and also budget for any food or beverages you might need to bring to someone else's party. Also consider the costs for eating out and going to the movies—both popular expenses over the holidays.

- **Decorations** – Take stock of what you already own and then consider any additional spending you might need to make for a tree, lights, ornaments, wrapping paper, etc.

- **Travel** – If you are heading out of town for the holidays, consider the cost of travel including any car maintenance or pet boarding if applicable.

- **Charitable Donations** – The holidays are a time of giving, so budget in how much you plan on donating to a worthy cause. You can learn more about being a savvy donor from the BBB Wise Giving Alliance at www.bbb.org/charity.

Step Four: Revisit, evaluate and revise your budget along the way.

Once you have added up your income and expenses, it is

time to compare. If more is going out than coming in, it is time to go back over your budget and pare down expenses. Consider giving fewer gifts or less expensive ways of entertaining. Last year's decorations are also probably just fine.

Once you have balanced your budget, revisit it frequently over the holidays to make sure you are sticking to it. You might find that you over estimated in some categories and underestimated in others.

Whether you plan to shop either at the store or online, it is good practice to have a "game plan" or, even better, a list of what you want to buy, so as to avoid impulse buys on the side that can add up. Decide what items you will buy online and which items you will purchase at local retailers. Go to bbb.org to check out their BBB Business Reviews before you shop.

Many retailers are offering holiday deals, but it's always a good idea to comparison shop. Online prices may be better, but don't forget to factor in shipping costs. Also, keep layaway in mind as an option, as many stores are offering it. Be sure to read all the fine print though, and ask questions to be comfort-

able knowing what contract you are getting into.

Make your holidays merry and bright with a plan, a budget and the resolve to stick to it. Come January, you can start 2019 with a clean slate instead of a stack of bills. Also consider starting your Christmas shopping early so you can take advantage of all 358 shopping days in 2019.

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.

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Wreaths Across America at Andersonville National Cemetery Call for Volunteers.

Annual ceremony to occur on Saturday, December 15, 2018

Special to Senior News

ANDERSONVILLE, Georgia

Andersonville National Historic Site invites you to remember and honor our military veterans during this winter season by participating in our Wreaths Across America event on Saturday, December 15, 2018.

At 12:00 pm the Civil Air Patrol will conduct a brief ceremony honoring America's armed forces in the Andersonville National Cemetery. This ceremony is open to the public.

Attendees are encouraged to bring a wreath for placement on a veteran's grave. After the ceremony, attendees can help remember our fallen veterans by placing wreaths sponsored through Wreaths Across America on graves in the national cemetery.

Wreaths Across America is a national program that encourages individuals, community groups, and families to sponsor wreaths for placement in national cemeteries throughout the United States.

These wreaths may be placed on specific graves, or left undesignated to place on one of thousands of unvisited graves. Each year 500-3,000 wreaths are donated through this program for placement at Andersonville National Cemetery. The park is asking for your help in placing wreaths this year.

Our goal is to ensure that each of the more than 20,000 gravesites in the cemetery is decorated with a wreath at least once. To accomplish this, undesignated wreaths are placed sequentially and rotated from one cemetery section to the next each year. For 2018, undesignated wreaths will be placed in Section F, Civil War Section F, Civil War Section K, and the Memorial Section.

Beginning December 1, 2018, wreaths no larger than 20 inches and floral blankets no larger than 2 feet by 3 feet are permitted in the cemetery. Wreaths should be brought in person, or delivered by a florist, directly to the gravesite. To find the location of a specific grave, please visit <http://gravelocator.cem.va.gov> or stop at the National Prisoner of War Museum for assistance.

"During the rush of the holiday season, the annual Wreaths



Across America event offers a moment to pause and reflect on the sacrifices made by our fallen military," said Superintendent Charles Sellars.

"For some, it is an occasion to cherish the memory of a loved one or an ancestor buried here at Andersonville National Cemetery. For others, it is a way to honor a fallen soldier who may no longer be visited by anyone. We encourage everyone to come out and be a part of this special observance in honor of the military men and women who are buried in our cemetery."

Andersonville National Historic Site is located 10 miles south of Oglethorpe, GA and 10 miles northeast of Americus, GA on Georgia Highway 49. The national park features the National Prisoner of War Museum, Andersonville National Cemetery and the site of the historic Civil War prison, Camp Sumter. Andersonville National Historic Site is the only national park within the National Park System to serve as a memorial to all American prisoners of war. Park grounds are open from 8:00 a.m. until 5:00 p.m. The National Prisoner of War Museum is open 9:30 a.m. to 4:30 p.m., daily.

Admission is free. For more information on the park, call 229 924-0343, or visit www.nps.gov/ande/.

Visit us on Facebook at www.facebook.com/AndersonvilleNPS or Twitter at www.twitter.com/andeNHS. NPS

About the National Park

Service: More than 20,000 National Park Service employees care for America's 409 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities.

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Tips on giving to police and firefighter organizations

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

The police and firefighters in your community are people who put their lives on the line daily to protect you, your family, and your community. So when you get a call or a letter asking you to give to a police or firefighter group, your first reaction is probably a generous one.

But wait. There are a lot of hype merchants out there, fast talking hucksters only too happy to take your dollars without giving you all the facts needed to make an informed giving decision. If you donate to groups like these your hard-working local police or firefighters might not be helped much, if at all. And you'll have poured your hard-earned money down the drain. If you are considering supporting police, firefighter and even veteran causes, the BBB advises you to consider the following.

- Most police and firefighter groups are not charities. While some groups are 501(c)(3) tax-exempt charities, most are labor organizations, fraternal groups, or benevolent associations. Make sure to ask the group for its tax identification letter and a copy of their IRS 990 form to determine whether your contribution will be tax-

deductible.

- Local police officers and firefighters are usually not involved. Don't make the assumptions based on the name alone; the words "police" and "firefighter" in an organization's name does not necessarily mean that local members are involved. If your goal is to help locally, contact your local police or fire departments to ask how you can help.

- Don't believe promises of special treatment. If such suggestions or threats are used, contact your local police department, the Federal Trade Commission, and the BBB.

- Ask for written materials. Learn more about the organization's finances before giving. It should "raise a red flag" if the organization is unwilling or reluctant to provide this information.

- Find out how much of your gift will be spent on fundraising costs. In some cases, fundraising expenses for police and firefighter organizations can be as high as 90% or more of the funds collected. That means that ninety cents or more of every dollar collected actually goes to the telemarketer, not the organization whose name is being used.

- If asked to buy tickets to send needy kids to an entertainment event, ask how the children are chosen, how many will attend, how tickets will be distributed, and if transporta-

tion has been arranged for the children. Many times the soliciting organizations have not made arrangements with local children's charities, might not provide transportation for the children, or few children may actually attend the event. Many times, no venue has even been secured for the event.

- If your business is asked to buy advertising space in a police or firefighting journal, ask how many copies of the publication will be distributed, who will receive them, if there is a cover price, the estimated publication date and ask to see a copy of the draft and published version of the ad. In some cases few copies of the publication are ever distributed and those that are given out may be done haphazardly.

Giving is a personal decision. It is up to you to decide whether a police or firefighter group is worthy of your support. The bottom line? Always

ask questions to make sure your donations will be used wisely.

For more consumer tips you can trust, visit www.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.

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On the Cover

The Hostess with the Mostest!

by CLAIRE HOUSER DODD

COVER: Janie and Robert Stump with their grandchildren Owen, Wyatt, Jack, Caroline, and Manning.

Janie Stump is Fort Valley's "Hostess with the Mostest!" Even for Thanksgiving she invited those of us who have odd family gatherings, what with In-Laws and Out-Laws who speak and/or don't speak.

Whatever the occasion, Janie's home is everybody's home. She and husband Robert make you feel wanted and welcomed immediately upon entering as they are at the door greeting you and seeing that you do.

Actually, that welcome, come on in, so glad to see you, happens as soon as you see the house. It is a lovely old historical home built in the 1800's. In the early 1900's John L. and Mae Brown lived there; and, later, so did their son and his wife, Johnny and Plant Brown. The house was an attractive one from the get-go, but when the Stumps bought it in 1983, they started many renovations and add-ons, and in excellent taste.

They remodeled the kitchen, added a large den with a handsome fireplace made from the old bricks from the two chimneys which were torn down during the restoration. They also added a wonderful deck off the den.

Janie began life in Cochran, Georgia and moved every five years or so with her father, Jason Shirah, a Methodist Preacher, and her mother, the former Jane Inman from Thomasville, Georgia, from whom she inherited her love for cooking, decorating, and entertaining. At that time in history, the Pastor's Wife carried the responsibility for the social side of the Church and was always entertaining the parishioners.

There was a close association with Wesleyan as Pastor Shirah was on the Board of Trustees. Of course, that was the college of choice. Janie graduated with a Journalism Major and had her eye on magazine writing in New York City. That is until she met Robert Stump. They married shortly thereafter and

moved to Shenandoah Valley in Virginia.

After several moves and finally landing in Fort Valley, where Robert was Recreational Director, they had twin sons, Jason and David, and one daughter, Susanne. Janie received her teaching certificate at FVSU and began her illustrative teaching career in Peach County. She taught mainly at Hunt Elementary, Byron Elementary, and Fort Valley Middle until she retired in 2016.

Janie has recently entertained

the Fort Valley Gourmet Club, The Study Club, the Occasional Sunday Dinners after church, which is a hobby now spurred on by childhood memories, and a Christmas Open House. Several of these parties have been given in the span of one month, from before Thanksgiving to before Christmas.

Although Janie and Robert entertained a good bit before her retirement, after 2016 Janie really came into her own as "The Hostess with the Mostest!"

