

# Senior News

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***Lynn Poe receives Frist  
Humanitarian Award!***

May 2009  
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***Story on Page 2***



## On the Cover

# HCA announces National 2008 Frist Humanitarian Award recipients

Special to Senior News

**COVER: Lynn Poe, 2008 Frist Humanitarian Award recipient. Photo provided by the HCA, Inc.**

**H**CA recently announced the recipients of the 2008 Frist Humanitarian Award. Michael J. Wawrzewski III, a Physician Assistant at Wesley Medical Center in Wichita, Kansas, Lynn Poe, a volunteer at Coliseum Northside Hospital in Macon, Georgia, and Laurence Lesser, M.D., a Staff Physician at Emory Eastside Medical Center in Snellville, Georgia, were honored during a ceremony held in Nashville, Tennessee.

Established in 1971, the awards honor outstanding individuals for their humanitarian and volunteer activities. The Frist Humanitarian Awards are given annually in recognition of the caring spirit and philanthropic work of the late Dr. Thomas Frist, Sr., a founder of HCA. Employees, volunteers and physicians who demonstrate commitment and dedication to providing care and humanitarianism are selected from around the country and honorees are recognized at the local level. The

three national recipients are selected from more than 230 local honorees.

The highest honor HCA employees, volunteers and physicians can receive, the Frist Humanitarian Award includes a \$5,000 donation to the charity of the recipient's choice and \$5,000 in cash for the employee and volunteer. The physician honoree receives a \$10,000 donation to their charity of choice.

Lynn Poe worked as a nurse at Coliseum Northside Hospital for 25 years before she retired in 2004. The very next day, however, she signed up as a volunteer at the hospital. Lynn now works in the hospital gift shop, helps with charity fundraisers, assists with blood pressure checks and screenings at the annual Health Fair, and more.

Lynn also reaches out to neighbors, elderly acquaintances and even four-legged friends. She created a "Sitters Ministry" to relieve family members who are caring for loved ones, rallying her Mabel White Memorial Baptist Church "Women of Faith" Sunday School class to help. She has also volunteered at Heartland Hospice on weekends, visiting patients and helping with clerical work.

"Lynn has lived our mission as a nurse for many years, and she con-

tinues to do that as a volunteer, touching countless lives," said Bracken. "She continues to inspire the people around her through her compassion for people in need, and we are thrilled to recognize her

today for her innumerable contributions."

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All references to "Company" and "HCA" as used throughout this document refer to HCA Inc. and its affiliates.

## BBB warns that Cash Gifting Pyramid Schemes are flourishing online

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

**O**ne online promotions promising easy wealth by joining a cash gifting program or gifting club are flourishing on the Internet. With many families struggling to make ends meet in the current economy, Better Business Bureau warns that cash gifting is not a legitimate way to make a few extra dollars, and in fact, is nothing more than a pyramid scheme.

Like most pyramid schemes of the past, cash gifting operations are targeting people with some form of an affinity – such as women's clubs, community groups, church congregations, social clubs and special interest groups. But in keeping with the digital age, schemers have moved operations to the Internet and are now marketing their programs as easy ways to make money in a tough economy through videos on YouTube, paid ads on Google and attractive Web sites that engage victims.

According to TubeMogul, an online video analytics company, currently there are 22,974 "cash gifting" videos on YouTube, adding up to an astounding 59,192,963 views. While the creators of the videos vary, the content is usually the same. Typically, the person in the video explains—in vague terms—that they've discovered a new program to help people make money through cash leveraging or cash gifting and might even open a FedEx envelope with cash inside to prove the effectiveness of the program.

Bernie Madoff isn't the only guy with a ponzi scheme; money-making opportunities promising big returns for little work are all over the Internet and are extremely enticing to millions of people struggling with today's economy. Anyone tempted by slick cash gifting marketing appeals should run in the opposite direction, or they run the risk of being the next person ripped off by a pyramid scheme.

Some cash gifting schemes are touted as fundraisers for a good cause or as an empowerment program to help people help themselves. In order to take part, the

participant must pay anywhere from \$150-\$5,000. After making the contribution, which is funneled to people farther up the pyramid, the participant must then convince more people to join in order to start making money themselves.

Recruiters may claim that the operation is legal and often allude to IRS laws regarding gifting. However, almost every state has laws prohibiting pyramid schemes and/or assesses penalties on those who participate, and the Federal Trade Commission and many State Attorneys General have issued warnings about cash gifting clubs.

BBB advises people to ask themselves three questions in order to evaluate dubious money-making opportunities:

- Do I have to make an "investment" or give money to obtain the right to recruit others into the program?
- When I recruit another person into the program, will I receive what the law calls "consideration" (that usually means money) as a result?
- Will the person I recruit have to make an "investment" or give money to obtain the right to recruit and receive "consideration" for getting other people to join?

If the answers are "yes," BBB warns people to steer clear of the scheme, don't give in to tempting claims online and never buckle under to high-pressure sales pitches, even when they come from the mouth of a trusted friend, co-worker, neighbor or church member.

For more guidance from your BBB on avoiding scams and other money making scams, go to [www.bbb.org](http://www.bbb.org).

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

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# Let us entertain you

by CLAIRE HOUSER DODD

*People wish to learn to swim  
and at the same time to keep one foot  
on the ground.*

Marcel Proust

**W**e have been entertained royally lately. The Secret Garden at Theater Macon directed by Jim Crisp was a delight. That man can evermore move bodies around a stage. He makes a ballet out of it. In the play, the ghosts acted as a Greek chorus and alerted the audience of the happenings. They were lovely, as were the "live" actors. This is the first time we've been happy about missing the Garden in New York. We know this was better.

Our other thrill was going to the Masters. You never know if you'll burn up, drown or freeze to death. Anyway, we've been discussing all possibilities for a month or so and practicing walking. Betty Lou Groover, practicing for a trip to Paris, has been walking up and down Shirley Hills for quite a while. It seemed to help her, so we joined in the practice for our trip to the Masters. You can tell we don't get much exercise! Well, it did help. A group of seniors made it up and down the hills and bleachers with no accidents, no broken bones, no falls, not too many stumbles; an all around successful adventure and worlds of fun. Lunch at the Augusta Country Club could not be beat. We had a scallop and crab burger with all the trimmings to-die-for! Like lunch at a club in Atlanta. We're not going to mention the next day when somebody couldn't get out of bed! Well worth it though!

Our best thrill was meeting one of Dr. Dodd's patients, Eliza West, who just had to tell me about how wonderful and brilliant he was and how much she and her husband loved him. I never get enough of hearing how wonderful he was and how well remembered he is. Naturally, we already know and agree thoroughly. But this time was a little different. Eliza just had to tell us how much he talked about us and loved us. 'Course, we knew it all the time as he told us constantly, but to hear it from a fine patient was a gift from heaven and we appreciate her



Enjoying the 2009 Masters at the Augusta National Golf Club are, left to right: Sewell Elliott, Claire Dodd, Cordelia (Corky) Holliday and Dr. Howard Williams, Jr.

taking the time to share with us those lovely thoughts.

If you get your Senior News before the 2nd of May, be sure to go to the Battle of Byron. It's gonna be a fun trip from early in the a.m. to late in the p.m. Then on Sunday a.m. in the park there will be a sermon, food and music from churches around Byron and Warner Robins. Take your family out to lunch and plan a fun outing. We'll be there as daughter Emily is in charge this year. What an undertaking. Congrats Emily on a job well done!!

Wesleyan had the homecoming celebration of 1954 class and we had Varenne Chambers of Dawson and Sharon Smith of Coral Gables visiting us and did we have fun with luncheons, meetings, receptions, class parties and all sorts of good stuff. One enjoyable gathering had Walter Elliott and Jim Barfield speaking to us about their book on the Dunwoody architecture after lunch on Friday in the auditorium art gallery on the right. We love architecture!

The Grand Opra House will offer "Drowsy Chaperone" advertised as more fun than a honeymoon - which we question - but will try to get there on May 7th or 8th. Call 478-301-5470 for tickets and time.

Don't forget dinner and a classic at Capitol Theatre every Wednesday night at 8:30 p.m. 478-257-6391 or [coxcapitoltheatre.com](http://coxcapitoltheatre.com) Middle Georgia Art association presents Flowers to Figures through May 8th,

then paintings by Catherine Lyles May 15 - June 12. Ceramics by Meg Hogan Campbell will share the spot light at MGAA at their opening reception to meet the artists on the third Friday, May 15, from 6 - 8 p.m. 2330 Ingleside Ave. Call 478-744-9557.

GA Jugfest and old Knoxville Days are coming on May 16 at Knoxville in Crawford County Court House on the left as you get to Roberta. It's only 20 miles west of Macon on Hwy 80.

Let's not forget the grands. On Friday, May 8 is the start of Spring Fling Weekend at the Georgia Children's Museum - Cherry Street Plaza in front of the Museum.

It's 5 o'clock somewhere. Join the Beach Party and fund raiser from 5 to 10:30 p.m. \$35 per person. Then on Saturday the 9th of May, "Go Fly a Kite Festival" from 11 a.m. - 2 p.m. Free for families - time for those grands! Again, in front of the GA Children's Museum on Cherry St. Call 755-3849 for more info.

A New park for Macon; Amerson Water Works Park now open Saturdays and Sundays from 9 a.m. - 5 p.m. It has hiking and biking trails, canoe launch, picnic pavilion, river overlook and handicap-usable playground. This park is part of the

Ocmulgee Heritage Trail and a lovely way to spend a weekend in the sun. For directions and info, call 722-9909.

We just got a call about the "Pottery Lunch and Learn" with archaeologist Joe Joseph at noon on May 15 at the Roberta Civic Center and an identification session that will give you the thrill of a lifetime. Bring your old pottery pieces and learn their age and history. You may make a lot of money by finding out that your great, great grandmother's pottery pot is a desirable antique and priceless. How exciting would that be? This is part of the Jugfest and Old Knoxville days from May 14 - 16. Thurs 10 a.m. - 5 p.m., Friday, noon - 7 p.m., Sat. 9 a.m. - 2 p.m. at the old Knoxville Courthouse.

*You can live to be a hundred if  
you give up all the things that make  
you want to live to be a hundred.*

Woody Allen



## Georgia Dermatology

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## Just For Smiles

# Marriage Seminar!

Special to Senior News

**W**hile attending a Marriage Seminar dealing with communication, Tom and his wife Grace listened to the instructor, "It is essen-

tial that husbands and wives know each other's likes and dislikes."

He addressed the man, "Can you name your wife's favorite flower?"

Tom leaned over, touched his wife's arm gently and whispered, "It's Pillsbury, isn't it?"

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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

**W**e all have crosses to bear; some mental, some physical, some financial, for some it's a bit of all combined. Life, as beautiful as it is, isn't always easy. Getting old is not a cake walk. I don't know what I expected as a young girl but I took too much for granted.

Having always been healthy and robust and having spent most of my life digging in the dirt, it's a bitter pill to swallow when it comes time to hang up the shovel and the hoe and pay others to do work I have always loved. But the years rolled by faster than I reckoned they would and I find myself spending more time looking than doing.

As you dear readers know I have had surgery on my eyes and spine and was waiting for a date to replace my right knee when I learned I had breast cancer.

Cancer. That is a word no one wants to hear. So what do you do? First you cry. Then you sit alone at night and wonder what you did to get it. Was it

food, chemicals – what? You wonder. But answers do not come.

Then you pray. That's what I did. Being a believer is the first step to healing, I feel. God and I talked long into that first night. Next day I found a peace I have felt only a few times in my life. It was as though God had said "You go girl, we can handle this." And handle it He did!

After two surgeries, ten radiation treatments and upcoming medication from the chemoncologist, I am on my way to good health once again. Doctors have been astounded at my progress and my surgeon could not believe I had suffered no pain, no radiation burn nor blisters on my skin. Bet if he talked to God about it God would tell him how it was done!

So many of my family members have been lost to cancer and I have always been there for them. When it came my turn, I was surprised by the mountain of cards and letters from strangers; dear readers who have never met me in person. I have received flowers and gifts from people I never dreamed

would remember me. I feel so humble and ashamed because I have not always done all I could for those I knew were suffering.

From this day on, I shall never take a Relay For Life for granted. I will be there in the survivors walk. If you have never attended a Relay, please try to go and support these women by your presence. The walk will bring tears to your eyes and your heart will break and sing at the same time. It is quite an emotional experience.

On the last day of my radiation treatment (which was administered by two physicists, Mo and Steve), I lay on the hard table looking up at a single red light flashing intermittently. The room was dark and I was alone. I closed my eyes and as I listened to the sound of the machine that was putting death into my breast to give me life, I asked God to bless each person who had a part in the miraculous advances that have been made in riding the world of cancer. I prayed for my doctors, the nurses who are truly angels of mercy, and especially for Mo and Steve as I put my life in their capable hands.

Eight minutes passed fast. The door opened and the lights came on in the radiation room just as a beautiful male voice sang, "I'm so glad we had this time together. Just to have a laugh and sing a song. Seems we just got started and before you know it, comes the time for us to say – so long."

Tears rolled down my cheeks as Steve came over, caressed my hand and removed the apparatus from my chest. The week had flown so quickly and there is the possibility I will never see any of those wonderful angels again. But I shall not forget.

Never again will I let a friend lie ill without my help. One of my doctors said that a positive, happy attitude was three-fourths of our healing and love gives us life. How wise he is.

There are no tears now; only praise to the Great Physician who is always on call. Beating this disease is truly like walking on sunshine. I am blessed indeed! © 4/27/09

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Faye Jones is a syndicated writer and columnist and can be reached at [byronfaye1@aol.com](mailto:byronfaye1@aol.com).

## Spiritual Notes

# Watch Your Diet

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**O**ur country is convulsing from economic woes and uncertainties that we fear may confront us in the days ahead. We have a new administration in Washington and it seems that policies which we don't understand are being developed and implemented every day. Many senior adults are skeptical of what tomorrow may bring that would alter their secure lifestyles. These new issues combined with already existing health and aging problems certainly complicate our existence. Because of these ever present concerns we often forget to celebrate and place our faith in God's promises. He has promised to be with us through "thick and thin."

Dr. Walter Shurden's Preaching Journal carried a story by Dr. Stanley Lott which forced me to do some abusive introspection. I have a yearning to live a God centered life but, in reality,

was I living up to what I desired? I cite the story verbatim.

"One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two wolves inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.' The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?' The old Cherokee replies, 'The one you feed.'"

The Lesson is obvious! What we put inside will dictate who we are; our personality, temperament, and yes, our spirituality.

Check you diet!

\*\*\*\*\*

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.



## Taking Care

# Variety abounds in retirement home market

by LISA M. PETSCHKE

**R**etirement homes are private pay, wellness-oriented settings that enable active seniors to maintain or improve their independence and overall health. They provide security, convenience, companionship and the opportunity to engage in a wide range of enriching activities.

The following are some amenities they may have to offer.

### Accommodations

- A variety of suite sizes;
- Choice of furnished and unfurnished suites;
- Option of a kitchenette or full kitchen;
- In-suite bath equipped with grab bars, raised toilet and emergency call bell;
- Individual temperature controls (heating and air conditioning);
- Private patio or balcony;
- Cable, phone and Internet hook-up.

### Medical and personal care

- Professional nursing staff on duty around the clock;
- Weekly assistance with a bath or shower;
- Regular wellness assessments (and care conferences, where applicable);
- Pharmacy service, medical room and onsite capability for x-rays and lab work;
- Visiting healthcare professionals such as a podiatrist, optometrist and dentist;
- Convalescent care (during acute illness or recovery from surgery);

- Enhanced service packages that can be purchased on a long-term basis.

### Food services

- Daily breakfast, lunch and dinner included in accommodation fee;
- Self-serve snack station offering fresh fruit, various snacks, juice and hot beverages throughout the day;
- Accommodation for special dietary needs;
- Visitor meal program;
- Tray service to room if unwell.

### Personal services

- Housekeeping, linen, towel and personal laundry service;
- Resident laundry facilities (for washing and ironing special care items);
- Full-service beauty salon for men and women;
- Pet care and valet services for an extra fee;
- Transportation to appointments and shopping;
- Management on-site 24-hours a day.

### Other amenities

- Private mailboxes;
- Resident storage facilities;
- Small pets allowed;
- Tuck-shop or gift shop;
- Cafe for residents and guests;
- Private dining room for family gatherings and community room for small group meetings;
- Reserved parking for residents, availability of sheltered parking and ample space for visitors to park;
- Guest suites;
- Services provided in multiple languages;

- Community amenities such as a variety store, drug store, community or seniors' center, park and public transit within walking distance;
- Part of a multi-phase community designed to meet a continuum of needs.

### Recreation and leisure

- A wide range of life-enhancing activities, coordinated by a trained professional, including: cultural events, leisure programs, educational programs, fitness programs and social events both in-house and in the community;
- A variety of areas for recreation and socializing, such as: TV lounges, activity rooms, workshop, craft room, horticultural center, hobby kitchen, games room, computer room and library;
- Fitness center and swimming pool;
- Regular schedule of worship services and a dedicated chapel.

### Premises

- All accommodations and common areas are on one or two levels;
- Fully wheelchair accessible;
- Fully climate controlled;
- Tasteful, well-maintained furnishings and décor;
- Pleasant places to sit quietly or in a group;
- Landscaped grounds that include paved pathways, benches, a sheltered patio, gardens and perhaps also water features.

### Safety and security

- 24-hour monitored emergency response system in-suite and a mobile pendant or bracelet;
- Smoke detectors and sprinkler system throughout the building;

- Round-the-clock security staff and video surveillance cameras.

### Financial considerations

- All-inclusive monthly rate, including utilities and parking;
- Monthly credit if meals or housekeeping and linen services are not taken;
- Trial-stay plan.

Retirement homes vary considerably in terms of monthly cost, size, amenities and services, which can make choosing one difficult. If you have a relative who is in the market for one, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places together. Prepare questions in advance and photocopy the list so you can take a fresh one on each tour and make notes.

Insist on a thorough viewing of the facilities – ask to see areas such as the kitchen and laundry room if they're not part of the standard tour. Talk to residents to find out how long they have been there and what they like and dislike. Stay long enough to get a feel for the place. Many residences advertise a complimentary lunch or dinner – take them up on it.

Immediately following a visit, make detailed notes. Keep them in a folder, together with brochures, business cards and other relevant paperwork.

Before making a decision, your relative may wish to consider a trial stay at the place that holds the most appeal.

\*\*\*\*\*

Lisa M. Petschke is a clinical social worker and freelance writer specializing in boomer and senior issues.

## Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

\*\*\*\*\*

### My Son - The Teacher

By Charlotte O. Phillips

*I saw him walk across the stage  
A diploma clutched in his hand.  
He bent a little forward, he was not  
a young man.  
A mortarboard covered the bald spot  
on his head.  
I had thanked God when I heard his  
name read.  
This husband, father and  
grandfather, too.  
I had lived to see his dream come  
true.  
My Son - The Teacher!*

\*\*\*\*\*

### Springtime's Grace

By Henry Newton Goldman

*The flowers appear on the earth; the  
time  
Of the singing of birds is come, and  
The voice of the turtle is heard in  
our land; Sol. 2:12*

*Not mine, the blooming flower to  
keep,*

*Nor budding leaf to steal.  
Not mine, the warming winds to  
hold,  
Nor sun's bright rays to shield.  
This season that in spring renews  
All its vows with life anew....*

*But mine's the grace He gives to see,  
The glorious coming forth of these;  
And feel the sun's bright glowing  
touch,  
The soothing of spring's warming  
breeze.*

*These gifts He only lets me share,  
With all His earthly creatures here.*

\*\*\*\*\*

### Watchman - Watchman

By Bill Larmore

*Watchman, do you guard our birth;  
That first assault of choking air.  
Expulsion into sentient worth...  
While fetal warmth and peace  
forbear?*

*Watchman, do you guard our  
morn?  
When all our wonder world is young.  
We live as Lazarus reborn;  
The stars but jewels to dream  
among.*

*Watchman, do you guard our day?  
How read the shadows on time's  
dial?  
Gray age-hounds on our life trails  
bay*

*And closer bound with every trial.*

*Watchman, do you guard our night?  
It comes with stealthy urgent tread  
A subtle dimming of the light;  
Soft wistful whisperings from the  
dead!*

*Watchman, do you guard our death?  
Stern ceasing of our will to be.  
A precious last-drawn taste of  
breath;  
One final reaching out to thee!*

*Watchman, you do guard the whole!  
God, Master, Triune without end,  
Eternal Craftsman of our soul  
Whom none but YOU may  
comprehend!*

*Watchman, you do guard our flight,  
As wounded children to your care,  
Where heaven glories in your light,*

*While we find HOME forever there!*

\*\*\*\*\*

### A Time of Gold and Gray

By Carolyn Warlick

*The earth and sky are resting,  
Bridging the dark and the light.  
The moon is pale and fading,  
The stars not quite so bright.  
There, in this time of quiet,  
This time of almost day,  
There comes a time of shadow;  
A time of gold and gray.*

*A soft, a clinging wispieness,  
A scent of dew and flower,  
Wafted by a silken breeze  
Of soft and tender power.  
There, rested but not wakened,  
The world awaits the day,  
In a gentle time of shadow;  
A time of gold and gray.*

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# I love Paris in the springtime

by CLAIRE HOUSER DODD

**B**etty Lou Groover has just returned from a week in Paris with grandsons Pearce Denmark Groover, 15, and Noah, 12, and their mother Kay Williams. They rented an apartment on the right bank right by the subway, restaurants and bakeries. Hence, the evening meal except when their landlord lady, a delightful retired doctor, served veggie soup and venison on the 9th floor patio across from the Eiffel Tower. Every night at 8 o'clock the tower would light up with millions of white blinking lights like a Christmas tree for about 5 minutes. It was breathtaking.

Beyond the tower, across the Seine, they saw Montmartre where Napoleon was buried.

The object of this trip was to introduce Pearce to Paris as he is slated to return this summer at the Sorbonne for an intensive French course and many day trips. For example, unseen parts of Versailles



On the way to the Louvre, left to right: Pearce, Betty Lou, Noah and Kay.

not seen by the public and unopened parts of the Louvre.

A favorite day for the group this spring was taking a train out to Monet's large cottage where he lived

with his wife and eight children. It was simple, but with bright and happy colors. The grounds were lush and beautiful, the magnitude of blooms and colors were overwhelm-

ing and the lake was covered with water lilies that Monet so loved to paint.

Pearce's favorite was Versailles as he was always fascinated by the French Revolution. His favorite Monarch being Louis 14th mainly because he was so ugly and paid artists at least double to make his portrait look handsome! Oh, the pomp and ceremony! Pearce liked the Louis' on up to the 16th as he loves architectural facades, columns, Corinthian and Doric statues on top almost to the ceiling and the statues of the Monarch, fountains and pools in the perfect French gardens.

Pearce has been speaking French for 2 years and we think he has the accent down perfectly, but he says he butchers a few words that still sound more like Macon, Georgia than Paris, France.

We're sure he'll get it all letter perfect after his time at the school this summer. Good luck on a fabulous adventure, Pearce - we'll miss you but await patiently for your stories - in English, please!!!

## Agent Orange exposure increases veterans' risk of aggressive recurrence of prostate cancer

by Dr. Martha Terris  
Chief of Urology at the Charlie Norwood VA Medical Center in Augusta and professor of Urology at the Medical College of Georgia School of Medicine

**V**eterans exposed to Agent Orange are at increased risk of aggressive recurrence of prostate cancer, researchers report.

A study of 1,495 veterans who underwent radical prostatectomy to remove their cancerous prostates showed that the 206 exposed to Agent Orange had nearly a 50 percent increased risk of their cancer recurring despite the fact that their cancer seemed relatively nonaggressive at the time of surgery. And, their cancer came back with a vengeance: the time it took the prostate specific antigen, or PSA, level to double - an indicator of aggressive-

ness - was eight months versus more than 18 months in non-exposed veterans.

"There is something about the biology of these cancers that are associated with prior Agent Orange exposure that is causing them to be more aggressive. We need to get the word out," says Dr. Martha Terris, chief of urology at the Charlie Norwood VA Medical Center in Augusta and professor of urology at the Medical College of Georgia School of Medicine.

Dr. Terris, corresponding author on the study published in the May issue of British Journal of Urology International, says she wants her colleagues following prostate cancer patients with Agent Orange exposure to know those patients may need more meticulous scrutiny and so-called salvage therapy quickly if their prostate cancer returns. "Not only are their recurrence rates higher but their cancers are coming back and growing much

faster when they do come back," the Georgia Cancer Coalition Distinguished Scholar says.

The PSA of prostate cancer patients is typically measured every three months for two years after surgery then every six months for life. After surgery to remove the diseased prostate, the PSA should be zero, but any prostate cancer cells left behind continue to make PSA, a red flag of recurrence, Dr. Terris says. The PSA often "percolates along" so physicians tend to watch it for a while to determine if additional therapy is needed. However in patients with Agent Orange exposure, radiation or hormone therapy to kill remaining cells may need to be done sooner rather than later, she says.

Increasing evidence is emerging that exposure to Agent Orange, a herbicide and defoliant used during the Vietnam War, increases risk for a variety of health problems, including prostate cancer, although the exact mechanism is unclear. Dioxin, its known carcinogen, also is found in herbicides and pesticides used by U.S. farmers, forestry and chemical plant workers who studies have shown to have an increased cancer risk. Scientists suspect dioxin activates regulatory regions of genes to enable the uncontrolled cell division that is a cancer hallmark.

Dr. Terris led a separate study of 1,653 veterans at VA medical centers in five cities between 1990 and 2006 that also showed recurrence rates were higher and recurring cancers were more aggressive with Agent Orange exposure. Dr. Sagar R. Shah, MCG urology resident, presented the findings at the 2007 annual meeting of the American Urological Association.

This new study - which includes the VA Medical Center in Augusta, Veterans Affairs Greater Los Angeles Healthcare System, Veterans Affairs

Palo Alto Healthcare System and six affiliated medical schools - included new patients as well as longer follow up on many of the original study patients. As with the previous study, prostate cancer seemed to have a similar course in blacks and whites, but Agent Orange exposure was more common in blacks, who were more likely to be ground troops in Vietnam.

Plenty of questions remain, such as what happens to patients whose primary treatment is standard radiation or brachytherapy, where rice-size radiation pellets are implanted in the prostate, rather than surgery, Dr. Terris says.

She also wants to know whether the veterans' degree of exposure is related to the severity of their cancer. Everyone has some dioxin exposure; "Even if you never set foot in Vietnam or outside the United States," she says. So she is now measuring levels in the body fat - which is like a repository for what the body has been exposed to - to determine how levels correlate to their cancer severity.

Prostate cancer is the most common cancer in men and trails lung cancer as the second leading cause of cancer death.

The study was funded by the Department of Veterans Affairs, the National Institutes of Health, the Georgia Cancer Coalition, the Department of Defense Prostate Cancer Research Program and the American Urological Association/Astellas Rising Star in Urology Award.

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*The Medical College of Georgia is the state's health sciences university and includes the Schools of Allied Health Sciences, Dentistry, Graduate Studies, Medicine and Nursing. MCG is a unit of the University System of Georgia and an equal opportunity institution; <http://www.mcg.edu>.*



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# The Medical Center of Central Georgia Emergency Medical Services receives the EMS of the Year Award for Region V

Special to Senior News

**T**he Medical Center of Central Georgia EMS Department was awarded the Region V EMS of the Year by the Central Georgia Region V Emergency Medical Services Council at its recently held annual awards banquet. This prestigious award recognizes an EMS in Region V that exemplifies outstanding professionalism and service to the community it serves. In addition, Medical Center EMS employee and volunteer firefighter Russell Theriault was awarded the David R. Moore Award of Excellence for his outstanding contributions to the Emergency Medical Services System.

The Medical Center of Central Georgia has offered continuous ambulance service to Central Georgia since 1900, beginning with a horse-drawn ambulance serving The Macon Hospital. Over the years, the EMS of The Medical Center has evolved into a highly trained, state-of-the-art service which answers an average of 30,000 calls each year. Our EMS service provides emergency medical services for the citizens of Baldwin, Bibb, Jones and Twiggs counties routinely and other counties when requested by mutual aid. The Medical Center of Central Georgia EMS utilizes six preposition posts for reducing response times throughout the community. All Medical Center ambulances are staffed at the advanced life support level with a minimum of one paramedic on each unit. Presently, The Medical Center Emergency Medical Services employs over one hundred thirty employees and operates 24 ambulances of which three are licensed as both ambulances and neonatal units. The Medical Center of Central Georgia is one of only six licensed neonatal services in the State.

"The EMS Department of The Medical Center of Central Georgia is committed to the citizens it serves," said



**Top: The Medical Center of Central Georgia employees accepting the EMS of the Year Award.**

**Bottom: MCCG EMS employee Russ Theriault, center, receives the David R. Moore Award of Excellence from former Central Georgia Region V Director David R. Moore and current Director Chris Threlkeld.**



Lee Oliver, director of The Medical Center EMS. "We are proud to receive this award and to be recognized for our outstanding professionalism and service. We are also fortunate to have Russell Theriault as part of our team"

The Central Georgia Region V EMS Council serves 23 counties and oversees 19 ambulance services. The Medical Center EMS has been the recipient of the EMS of the Year Award three times since 2000, when the awards program began.

## Compete in the Georgia Golden Olympics

Special to Senior News

**I**f you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 23-26 in the city of Warner Robins. The annual competition is open to adults ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horse-shoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of \$30.00 allows the participant to enter 3 events. Additional events are \$6.00 each. Bowling, tennis, golf and archery require an additional fee. Fees are non-refundable. All registration must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. Over 400

athletes qualified last year for the summer games which are scheduled for August 2009 in the San Francisco Bay Area.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia, J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For additional information call the Warner Robins Recreation Department at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603; or, visit website [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org).

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# Georgia eye doctor helps legally blind to see again



**High technology for low vision patients allows many to drive again!**

by ELENA LOMBARDI

Atlanta, Georgia —

**J**ust because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of bioptic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia

came to Dr. Saunders having trouble with everyday activities. "These bioptic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my biop-

tic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about bioptic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770- 948-7784 or toll free at 1- 877-948-7784.

— Paid Advertisement —

## Indian Footprints

### Just let it "bee"

by W. MAXWELL DUKE

**I**t was in 1540 that a simple Indian pot set in motion a mystery that is still unsolved today. Found by Spanish explorer Hernando De Soto, the pot was observed to have been filled with honey. The discovery was even written into the official records by the Spaniards.



What makes the incident so significant is that North America did not have any native honey bee populations. Ancient stories, myths, and belief systems of the Cherokee Indians do not even mention honey bees — a fact that certainly indicates the absence of honey during early Indian times. So, from where did De Soto's honey come? That "bee" the question.

It is obvious that the bee came before the honey because there were no trading relations between the Indians and Europeans at this early date. In fact, De Soto was the first

European to enter the deep recesses of the Southeast. Therefore, tracing the bee is the logical approach.

In 1526 (about 14 years prior to De Soto's arrival in the Southeast) a Spanish mission was established near Sapelo Sound on the coast of Georgia. The purpose of the mission was in part to produce foods for Spanish consumption in the New World. If honey was one of their proposed products, the bee population could have started there. And, with the travel speed of 12 miles per hour, over a 14 year period they could have migrated deep into the backlands of Georgia in time for the Indians to learn how to harvest this uniquely flavored nectar for DeSoto to find.

The early travelers through Indian country (hundreds of years after De Soto) who found bees may have been looking at bees that came from somewhere other than a Spanish mission on the coast of Georgia or north Florida. William Bartram, a botanist who came through Georgia in 1774 reported seeing large hives of honey bees along the Atlantic coast but stated

that the most westward hive was at Mobile, Alabama and that it had been brought there by Europeans.

Another possible source for the earliest bees could have been in 1622. The early colonists at Jamestown, Virginia received bees from England to help supplement the diet of the early settlers of that region.

So, if the Indian pot that De Soto found in 1540 actually contained honey, it was honey from bees that probably strayed from the coast of Georgia. As for the question, "When did the Indians first taste honey?" We will have to just let it "bee" — even the ancient Indian myths do not have a clue.

#### TID BIT OF TRIVIA

The earliest form of bacterial/chemical warfare may have involved the honey bee. About the time of the birth of Christ, the rivals of a Roman general named Pompey placed toxic honeycombs along his route. Three squadrons of soldiers ate the honey and died. The bees had harvested the honey from poisonous flowers. ©

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## HOUSTON LAKE





# C'mon, let's eat

by FAYE JONES

**A**t *Senior News* we are always happy to have interchange with our readers. We love sharing their poems, stories and especially their recipes. This month a dear reader has contributed the following three recipes for your collection. Thank you Vestie Powell for your contribution to our culinary enjoyment!

## ENGLISH PEA DUMPLINGS

1 16-oz package frozen English peas  
4 cups milk  
4 Tbsps butter or margarine  
1 can biscuits (10 count)  
Salt and pepper to taste

In a large heavy saucepan, combine peas, milk and butter. Heat to almost boiling. Stir often with wooden spoon as milk scorches easily. Cut biscuits into 4 pieces for "dumplings." Drop dumplings into mixture. Season. Reduce heat to medium-low heat and cook 35 - 40 minutes, stirring very often.

## CHI-GHETTI

1 5-pound hen  
1/3 cup chopped onions  
2 cups chopped celery  
1/3 cup chopped green pepper  
1 16-oz package spaghetti  
1 2-oz jar pimentos  
1 4-oz can mushrooms  
1 pound Velveeta, cut in small pieces  
Salt and pepper to taste  
Shredded Cheddar cheese for topping

Boil hen until it falls off bone;; remove meat. Reserve broth. Cook onion, celery and peppers in broth. Strain and set vegetables aside, reserving broth. Cook spaghetti in flavored broth and remove after 10 minutes, again reserving broth. Combine vegetables, pimento, mushrooms with juice and enough chicken broth to make a soupy mixture. Stir in chicken and Velveeta cheese. Season to taste. Put into a large casserole dish and top with cheddar cheese. Bake at 400 degrees until mixture is completely heated through and cheese melts. This can be assembled in advance and cooked when needed. It can also be divided into two dishes to eat now and freeze the other for later.

## CHEWY CAKES

1/2 cup butter, softened  
1 1-pound box light brown sugar  
3 eggs  
2 cups nuts, chopped finely  
2 cups self-rising flour  
1 tsp vanilla

Combine butter and sugar. Add eggs. Roll nuts in small amount of flour. Add remaining flour to butter and sugar mixture, blending well. Add nuts and vanilla stirring thoroughly. Pour into a 9 x 13 x 2-inch baking pan. Bake 40 minutes at 325

degrees. Let cool in pan. Cut into squares.

Do you good cooks out there remember the Blueberry Cake that became such a rage about 10 years ago? In case you have forgotten, here is the recipe for your collection. It calls for cake mix, but we know our readers do not use cake mix, don't we? Just kidding! But try it with your favorite layer cake recipe. Oh, so good!

## BLUEBERRY CAKE

1 Duncan Hines yellow cake mix  
1 cup buttermilk  
1 stick margarine  
1/2 cup sugar  
4 eggs

Mix all ingredients and pour into 3 layer cake pans. Bake at 350 degrees for 25 - 30 minutes. Cool.

## CREAM CHEESE FROSTING

8 oz. cream cheese, softened  
1 box powdered sugar  
1/2 stick margarine  
1 tsp vanilla

Whip all ingredients together until smooth. Set aside.

## TOPPING

2 Cups blueberries  
3/4 cup sugar  
1 small can crushed pineapple  
2 1/2 tsp cornstarch  
Make the topping first so it can cool before spreading on the cake.

Spread cream cheese frosting on bottom layer of cake, top with blueberries; 2nd layer cream cheese frosting then blueberry mixture. On top layer put cream cheese frosting around edges and sides of cake, leaving a spot on top about the size of a softball. Put blueberry mixture in that space. Keep cake refrigerate until ready to serve.

Enjoy! ©4/25/09

**EDITORS NOTE:** If you have a favorite recipe, please share with us!

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Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

# Macon/Central Georgia CALENDAR

## CALENDAR NEWS GUIDELINES

"CALENDAR NEWS" is provided FREE of charge to "true" not for profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your editorial materials by the 15th of the month prior to the preferred month of publication. Please mail your requests to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

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## Coliseum Health System

• Advance Directives for Final Healthcare: Mon., May 11, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete details call 478-464-8171.

## Support Groups

• Bosom Buddies: A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.  
• Bosom Buddies Too: A support group for

breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.

• Chronic Fatigue/Fibromyalgia Support Group: First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.  
• G.L.A.D. (Good Living Around Diabetes): 2nd Mon. every month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.  
• Surviving Together... Strive From Stroke Support Group: 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.  
• United Ostomy Association Support Group: 4th Sun. every month, 2 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.  
• Helping Hands Grief Support Group: Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-

1401 or 478-765-4805.

• Middle GA MS Support Group: 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.

## H2U Activities

For additional information call 478-757-6092

• Improving the Chemotherapy Experience: Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.  
• Joint Pre-Surgery Education Classes: 2nd & 4th Wed., 10-11 a.m., Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189  
• Focus on Healing Classes (Lebed exercise): Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.  
• Perspectives: Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15  
• Classes for Patients who are going to have Joint Replacement Surgery: 1st Wed., 9:30 a.m.-1:30 p.m.; 3rd Tues., 3-7 p.m. Coliseum Northside Hospital. 478-757-8200 after March 1st.

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continued on page 10

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## CALENDAR

from page 9

Group: First Tues., 7 p.m., 478-633-2229

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**Heartworks**  
389 First St. (Inside the MHC)  
478-633-5090  
• Smoking Cessation: Weds., 5 p.m., Free  
• Living with Lymphedema: 478-633-7040

**Central Georgia Rehabilitation Hospital**  
3351 Northside Drive  
478-201-6500  
• Stoke Support Group: Third Tues., 4 p.m.  
• Spinal Cord Injury Support Group: First Tues., 6:30 p.m.  
• Brain Injury Group: Third Tues., 6:30 p.m.

**Support Groups**  
• Lupus Support Groups: Second Sat., 12:30-2 p.m. 478-405-0450  
• Parkinson's Disease Support Group: Call Mary Toole at 478-743-7092, x211  
• Adult Grief Support Group: First & Third Tues., 6:30-8 p.m. 478-633-5660  
• Parent Grief Support Group: Third Tues., 6:30-8 p.m. 478-633-5660  
• Alzheimer's Support Groups: Carlyle Place, Second Wed., 478-405-4542. Peyton Anderson Building, Second Tues., 478-746-7050.

**Houston Health EduCare**  
• Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

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For complete events information call 478-988-1813. NOTE: All exercise participants must acquire a signed Physician Referral Form from their personal doctor!

**Perry SeniorCare**

• Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching. Wed. only, PVO Bingo immediately following exercise. Fri. only, 11 a.m.: A healthy lunch (\$5) and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise. Call 478-988-1813.

**Warner Robins SeniorCare**  
• "Strength and flexibility stretching" exercise led by a certified instructor. Call 478-922-2566.

**Centerville SeniorCare**  
• Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Includes strength and flexibility exercise led by a certified instructor. Call 478-988-1813.

**TOPS Club, Inc.**  
Weight loss support group.  
• Thurs., 5-6 p.m., Perry Hospital Medical Library. Call 988-1813 or 988-1827.  
• Thurs., 6:30-8 p.m., Houston Health Pavilion EduCare Center. Call 953-6470.

**Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups**  
Call 478-746-7050 for details.

**Macon**  
• First Tues., 5:30 p.m., Carlyle Place, Stafford Suites Activity Room, 5300 Zebulon Road, 478-405-4500

• Second Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., Peyton Anderson Room (Ground Floor), 478-746-7050

**Warner Robins**  
• Second Tues., 10 a.m., Summer's Landing, 600 S. Kimberly Road, The Library, Belinda Johnson, 478-328-3800

• Fourth Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Health Connection Room, 478-746-7050  
• Third Thurs., 7 p.m., Antebellum Grove, 1010A South Houston Lake Road, Activity Room, 478-746-7050

**Perry**  
• Second Tues., 6 p.m., Summerhill

**Elderliving Home & Care, 500 Stanley Street, 478-987-3251**  
**Milledgeville**  
• Fourth Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Agape Room, downstairs, 478-453-1374

**Free Legal Services Available to Seniors**  
The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.  
Call the Macon Office at 478-751-6261 for an appointment.

**Meals on Wheels of Macon and Bibb County**  
Meals on Wheels of Macon and Bibb County 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 especially need help on Thursdays and Fridays. Meals of 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 call Joyce Waller or Beverly McCard at 478-745-9140.

**Macon-Bibb County Parks & Recreation Department**  
Call centers for information and schedule of events.  
• Photo ID's & Memberships for Seniors: Bibb Senior Center. Each Tues. & Thurs., 1-3 p.m. Cost, \$10. Call 478-751-2790.  
**Downtown Center**  
1283 Adams Street  
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**Bloomfield Park**  
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478-781-6000

**East Macon Park**  
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478-751-9271  
**Frank Johnson Recreation Center**  
2227 Mercer University Drive  
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1211 Maynard Street  
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478-751-9169  
**Tattnall Tennis Center**  
478-751-9196  
**John Drew Smith Tennis Center**  
478-474-5075  
**Bowden Golf Course**  
3111 Millerfield Road  
478-742-1610  
**Warner Robins Recreation Department, Senior Citizens Services Wellston Center**  
• AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.  
• NARFE: 2nd Wednesday of each month.

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## BUSINESS CARD SECTION

For Advertising Information Call  
**David VonAlmen at 478-213-5986**  
**Billy Tucker at 478-939-3636**  
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# General Business Directory For Seniors

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## CALENDAR

from page 10

Betty Northerner, President, 478-929-1067.  
• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-929-6960.

• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-929-6960.

• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Renea McFeeters, Manager, at 478-923-0229.  
• AARP Mature Driving Classes: Held each month except December. To register call Phil Baker at 478-922-4680. For more information call 478-929-6960.

**Senior Activity Center**  
For information call 478-929-6960.

### The Gospelaires Quartet Outreach Ministry

The Gospelaires Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

For additional information call 478-929-3816.

### 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.

### Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

### Health Education

The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses, community-based organizations, and faith-based organizations upon request.

For additional information call 478-749-0113.

### Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be

provided.

For additional information call the church office at 478-742-6485.

### NAMI-C.A.R.E. Support Groups

Support groups for persons having any diagnosis of mental illness. Meet the 1st and 3rd Mondays of each month, 10:30 a.m.-12:00 noon, at the Pavilion Educare Center located at 233 N. Houston Road (old Houston Mall).

For additional information call 478-329-8498.

### DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

### Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon

478-788-2262 or 478-397-6568

• Celebrating 54th Anniversary, May 17, beginning with Sharing Memories at 9:45 a.m. and worship with former pastor Dr. Charles E. Cravey. Worship service begins at 11 a.m. Share your favorite covered dish together for lunch after worship.

• Hosting "Playin' Possum," a popular Bluegrass couple, on May 24 at 6 p.m. in the Fellowship Hall.

### FAMA Meetings

FAMA (Families Against Methamphetamine Abuse) meets the 3rd Tues. of each month, 6 p.m., Centerville Lions Club. Call 478-953-6955 or visit [www.middlegafama.org](http://www.middlegafama.org) for complete details.

### 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.

### The Fine Art Society of Middle Georgia

Meets on the 3rd Thursday, 7 p.m., Ted Wright Recreational Building, Moody Rd., Warner Robins. For details call Jackie Raburn at 478-328-6571 or e-mail [raburnart@cox.net](mailto:raburnart@cox.net).

# General Business Directory For Seniors

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