

Senior News

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*The Secret
Garden!*

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Story on Page 6

Taking Care

How to help a loved one battling cancer

by LISA M. PETSCHKE

When someone you care about is diagnosed with cancer, you may want to reach out to him or her (for simplicity, the latter will be used from here on), but feel unsure of what to say or do. Here is some advice.

Emotional support

- Keep your initial reaction simple and heartfelt – for example, “I’m sorry to hear about your illness,” “I’m here for you,” or perhaps even “I’m at a loss for words.”



convey support and caring better than words.

- Educate yourself about your friend or relative’s disease to help you understand the kinds of challenges she faces.

- Bear in mind that cancer affects people physically, mentally, emotionally and spiritually, and that, although there may be similarities, no two people will experience it the same way.

- Allow your friend to express any and all emotions; don’t try to talk her out of them or change the subject because of your discomfort. Also, don’t take bad moods or uncharacteristic behavior, such

as withdrawal, personally.

- Recognize and accept that people cope with a serious illness in different ways. Some may alter their priorities and lifestyle, while others may choose to carry on as usual. Some may use humor as a coping mechanism, while others may become more introspective or spiritual.

Keeping in contact

- Recognize that you may have to make most of the effort in the relationship. Visit, call and send cards or notes.

- Treat the person the same way you always have. Don’t hesitate to smile, laugh or tell a joke.

- Listen non-judgmentally, demonstrate compassion, and don’t give unsolicited advice. Provide words of support and encouragement.

- Encourage your friend to take one day at a time and to trust that she will be able to cope with whatever lies ahead. However, don’t give false reassurances, such as “Everything’s going to be fine.”

- Don’t underestimate the distress your friend is experiencing, and don’t discourage tears or urge her to be strong. Don’t try to withhold your own tears, either; they are merely a sign that you care.

- Take your cues from her as to how she wishes to deal with her illness; don’t make assumptions. If you’re unsure, ask whether she would like to talk about her situation, and honor her wishes either way.

- Encourage your friend to practice

self-care, getting adequate nutrition, exercise (if appropriate) and sleep, and keeping medical appointments, as well as avoiding unnecessary stress.

- Help a female friend feel good about her appearance. Offer to set her hair or do her nails, or bring her a new accessory, such as a scarf or a piece of costume jewelry.

- Surprise your friend with a gift, such as flowers or a favorite movie, magazine or food treat.

- Focus on the present and how you can make your time together enjoyable. Don’t be reluctant to make plans, though; it’s good for her to have things to look forward to.

- Invite your friend on an outing, keeping in mind her energy limitations. Ideas include a trip to a coffee shop, favorite store or park, eating out at a favorite restaurant, or taking a drive in the country or the old neighborhood. If she accepts an invitation, agree upon the condition that she may cancel at the last minute if she doesn’t feel well enough.

Practical help

- Assist your friend in practical ways, to allow her to concentrate on her treat-

ment – which may have significant side effects – and ensure needed rest. Walk her dog, run errands, perform household chores such as vacuuming and laundering, or drive her to and from appointments.

- Don’t merely let your friend know you’re available if she needs help; make concrete offers – for example, “I’m going to the grocery store. What can I get you?” Or simply go ahead and do things like deliver a casserole or mow her lawn. Offer to get information about community resources that may be of assistance.

- Keep in mind that emotional support and your time are the two most valuable gifts you can give someone who is grappling with a life-threatening illness.

One final tip: find an outlet for your own emotions, whether it’s talking to someone who’s a good listener, writing in a journal, or attending a support group. You need to take care of yourself, too.

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

It’s Your Money: Preventing Medicare and Medicaid Fraud

by BUTCH SWINNEY
Middle Georgia RDC/AAA

In 2007, Medicare and Medicaid lost approximately \$109 million a day to error, fraud, and abuse. The majority of service providers, including physicians and home health agencies, are committed to providing the highest quality of care to their patients. Most errors are mistakes and not a result of service providers trying to take advantage of the system. There are, however, unethical, dishonest providers who deliberately abuse or defraud Medicare/Medicaid. It is everyone’s responsibility to detect and prevent fraud and abuse.

If you or a loved one receives services through Medicare or Medicaid, you can assist in preventing errors, fraud, and abuse by:

- Keeping a record of the date, time, and services provided by home health agencies. Reputable agencies will request that you or your caregiver sign a timesheet validating the hours the aide provided services. Do not sign a blank timesheet. If you notice discrepancies,

call the home health provider.

- Taking a small notebook to record doctor visits, tests, and procedures. Always review and compare your summary notices with your records. If you see charges for visits, tests, and procedures that you did not have, call the physician’s office.

- Taking charge of your healthcare and your money! You can make a difference!

Everyone pays for error, fraud, and abuse through increased costs, including higher insurance deductibles and monthly premiums. Become a better healthcare consumer and do your part in preventing Medicare and Medicaid errors, fraud, and abuse.

GeorgiaCares SMP is available to assist by calling Butch Swinney,

GeorgiaCares Coordinator, Middle Georgia Area Agency on Aging (a division of the Middle Georgia Regional Development Center), at 478-751-6489 or 1-800-669-8387.



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Let us entertain you

by CLAIRE HOUSER DODD

You send your child to the schoolmaster, but 'tis the schoolboys who educate him.

Ralph Waldo Emerson

We have to report on the Battle of Byron on May 2 and 3rd. Saturday was fun with lots of games and vendors and people everywhere. But Saturday night was spectacular. The Jailhouse Park of Byron was set up like a very fancy private party with linen tablecloths, center linens of a dark green and flower motif with candles and flowers. It was lovely seating and the bands were out of this world. First was Larry G. Hudson who outdid himself. Tommy Talton was also excellent. In fact, we got so carried away we've ordered a vintage, very hard to get recording of Tommy and Greg Allman singing together in 1974. Can't wait!

Unfortunately, the rains came about 10 p.m. and rained out the original Tams. We really missed that, but did get to speak to them.

On Sunday they had preaching in the park which went on just about all day. In the middle of the day there was the presentation of the flags which was so impressive it brought tears to all eyes. The POW flag was presented by an ex-POW who had been in prison with John McCain. The songs were appropriate and so well done. Very heartwarming.

Late in the day they had the American Idol with lots of talent shown from the middle Georgia contestants. We had a luncheon date and missed it. Sorry we did. Everybody was raving about that show, too!

Here's hoping daughter Emily can get some rest after this year of planning and having the first time two-day successful Battle of Byron. Congrats, Emily from a proud Mama!

The Museum of arts and Sciences on Forsyth Road is really heating up strong for the summer months.

Beverly Buchanan will be showing her "Last Can of Paint" style through Sept. 20. She was born in North Carolina, reared in South

Carolina and educated at Columbia University in New York and settled in Macon in 1977. We love her expressionistic drawings and paintings of the rural south. The pictures of old shacks and falling down barns thrill us to death. And if an outhouse shows up, we're practically hysterical. This art has been called improvisational and honest, but colorful like the cabins and country architecture she paints. Some of her works are from the Museum's permanent collection.

Also, Josh Simpson's "A Visionary Journey in Glass" is a tribute to the International Year of Astronomy in 2009. MAS is celebrating the universe through fine art. Much of Josh's work, such as his orbs, he calls peanuts, is inspired by NASA images of earth and other celestial phenomena. Some of these orbs can be held in the palm of your hand. He also has work in the MAS in the permanent sector, plus the Boston Museum of Fine Arts, the White House Collection of American Crafts, and the Museum of Decorative Art in Prague. Simpson's exhibit is touring the country and represents a 35-year retrospective of his work from 1972 - 2007. His use of glass and color is spectacular.

The summer offerings for your grands are just great. The first camp starts June 8 - 12, June 22 - 26. This is Kaleidoscope for Creativity in art and science. Hours are 9 a.m. to 4 p.m., Mon. - Fri. but special arrangements can be made with a small charge to drop off at 8:30 and pick-up at 5. Advanced registration is required for all classes. Contact 478-477-3232 ext/ 205 or classes@masmacon.com.

We had one hick of a time the other night. A tick fell on me in the middle of the night. We got up, changed sheets, had all the lights on and shook everything every which-way. Tried to go back to sleep when another one hit us. They were falling out of our hair. But how they got there was a mystery. We had only been from the house to the car and they would have had to jump quite a bit from the trees to the car. Oh, well, we're getting used all these mysteries.

About the same time, somebody stole our patio chairs and umbrella. Reckon they'll be back for the table? What good are four chairs and an umbrella and no table? We'll see.

The next morning we almost opened the French Doors to get the mail when a movement caught our eye. A kinda dark gray snake with argyle features on its back was trying to get in the crack at the bottom of the doors where they don't quite fit. We screamed, jumped up and down and started blocking the hole; all the time watching the snake. It made three trips to the doors. We couldn't help but wonder if it had already been in and deposited a bunch of babies. We called Animal Control and continued to watch the thing slither and slide. About that time our cell phone went off in our pocket and vibrated. We screamed and jumped up and down and had a down-right nervous breakdown. It dawned on us that we should have called an asylum to come with a straight jacket. We were ready for Milledgeville.

Of course, by the time animal control got here, the snake had left. Where to hide? Who knows! The only thing we know is we'll never receive any mail as we'll never go out that front door again.

June is the month for outdoor play, picnics and pools. Go and make

lovely memories with your grands.
"I'll never learn how to spell.
The teacher keeps changing the words."

Henry Youngman

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

I hope you dear readers had as wonderful a month as I have! The older I become the more important time becomes.

This past month has been one of healing from two breast cancer operations and no one could have come through such an ordeal better. The pain is gone and three doctors believe the cancer is too. Prayer changes things!

I have been made aware of the many things and people I have taken for granted over the years. We all have friends. Some we talk to almost every day; some we only see every few years but we pick up right where we left off, but we remain friends forever.

We all have "heart" friends and "casual" friends, or so we think. Then something happens to us and those casual friends show up enmasse and bring the ministry of angels. The fill our hearts with their love and caring. All of a sudden, they are "heart" friends. Many have shown me love and kindness beyond compare with food, calls, house cleaning. One has even written checks for me because the strong medication makes my writing look like scratches on the ground of a chicken pen. I shall never look at them with the same eyes again. They

will forever be strong branches on my tree of life.

I'm happy to see June. I'm really happy to see anything! But this is the month for June bugs - remember? I wrote about them last year. Of course, if you don't have a fig tree they may be difficult to find but I have a huge tree in the back yard, so I'm in luck.

City folk who don't know a lot about June bugs, let me explain. Country kids like me were not privy to having store-bought toys. We had to create our own fun. Don't mean to brag but we were pretty good at it.

In June as the figs began to get ripe these large bugs came to get their fill. They were about the size of a man thumbnail and were dark green and with gold flecks. They didn't bite but they did have stickers on their legs. My sister Eleanor and I watched like hawks for the first ones to appear. We "borrowed" mama's spool of white thread and tied about a six foot piece to one leg of a June bug. He could then buzz round and we could reel him in and let him crawl on our dresses when he got tired.

Doesn't sound like much does it? But remember, we had to create our own toys. Eleanor and I also kept a sharp eye out for large chicken feathers. Those from a big hen or if we were lucky we'd find one from the old red rooster. We

cut the end at an angle making a quill. Now, we had the pen but no ink. Not to be deterred by that we headed for the bog at the end of our long, long driveway/road to fetch the dark, shiny berries from the poke plant. We mashed them in the lid of a mason jar and added a few drops of water. Like magic, we had lovely red ink! Of course, it stained our dresses, too, which put us in a bad light with mother.

It scares the tar out of me to think of things we did to entertain ourselves. This same sister and I used to climb to the roof of the chicken house and play there. Daddy also dried chufflers and peanuts there so we ate and played at the same time.

One day we decided we could fly. Mama had an old black umbrella and we knew in our hearts if we jumped off the chicken house with the umbrella we would glide to the ground. Eleanor, being older and smarter than I, decided I should go first. I could never stand a dare, so I took a running jump and off the roof I went.

I hit the ground hard enough to knock the breath out of me and turn the umbrella inside out while sister bent over laughing - thus bringing on another of our famous fights for which we were well known. It wasn't too funny then, but it is now and when I see kids do stupid things I can truly relate so well.

My blood runs cold when I remember how neighboring kids used to gather at our little farm and we'd all make a b-line for the woods. There were wondrous things there! We never gave a thought that the swamp was crawling with snakes and goodness knows what else. We never saw but one snake in the woods and it was at a neighbors house. Unbelievable. We may have been so noisy we scared the snakes to death. God must have sent every angel he could spare to take care of us. None of us ever got hurt, so I know the guardian angels did their job well.

Today our little ones can't do things like that. They are too tender and have been in the house watching TV too long. They have missed a lot. Being reared in the country was an education on its own. You know, there really were some wonderful times during the "good 'ole days." It was like walking on sunshine!

Have a blessed June and find a friend with a fig tree, get yourself a June bug and have some fun. You are loved! © 5/27/09

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

Spiritual Notes

Mothers, Thank You!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Mother's Day comes once a year and provides an opportunity for us to say a heartfelt THANK YOU to those women who have served in this role with distinction. There were many deserved celebrations on May 10th as families demonstrated their love and affection to a mother, grandmother or a wife. This is a belated recognition of appreciation to all mothers.

As a senior adult I have participated in many events surrounding Mother's Day and never turned to the dictionary for a definition of mother. What I found sums up the various attributes of motherhood, as I observed in my mother and others I have known through the years. Qualities attributed to a mother were: creative source, position of authority, capacity to love, watches over, nourish and protect. So many things all of us have learned were "at our mother's knee."

Mothers play a major role in the spiritual development of their chil-

dren. A mother spends more hours with her child during the formative years of their life than the father. Bovee wrote: "A mother's love is indeed the golden link that binds youth to age; and he is still but a child, however time may have furrowed his cheek or silvered his brow, who can yet recall, with a softened heart, the fond devotion, or the gentle chiding of the best friend that God ever gives us." In the book of Proverbs, 31st Chapter, verses 30-31, we read: "Charm is deceitful and beauty is passing, but a woman who reveres the Lord will be praised. Acknowledging the product of her hands; let her works praise her in the gates." David McKay observes that "If I were asked to name the world's greatest need, I would unhesitatingly say wise mothers; and, exemplary fathers."

Mothers we need you, love you, and thank you for your devotion to God and family. May God continue to bless you in the days ahead!

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

Poets' Corner

The Pole Cat War By Charles W. Cook

Sometimes I walk into the woods,
And pause beneath the trees;
So often I will catch the scent
Of a pole cat in the breeze.

No other fragrance in this world,
Can match the two-toned cat;
For it will flood your sinuses,
And you can't hide from that!

A skunk once moved beneath our
house,
And clothes were thrown away;
We thought the smell would
dissipate,
But it was there to stay.

So we would flee our rental house
To seek a skunk-free place;
You cannot win the pole cat war,
So give him lots of space

Of two-toned cat with fluid drive,
I'm not a true expert;
But I'll outrun that son-of-a-gun
When he prepares to squirt!

A Daughter By Victoria Tina Larkins (The Lark)

What is a daughter? A little girl that
you adore
One that you love and care for
She's always in your shadow looking
at you
Thinking "my mom is so beautiful
When I grow up to be a big girl
I'm going to be just like her."
What is a daughter?
A teenage girl developing curves
As well as her own ideas and getting
on your nerves
Discovers clothes, boys, ways of
her own
And Oh! Of course, the telephone
Knows exactly who she is and what
she's going to do
Incidentally, she's not going to be
anything like you
What is a daughter?
A woman that has become your
dearest friend
Someone that sticks with you
through thick and thin
She knows you well because she's
been around you so long
She'll let you know when you're
right and she'll let you know when
you're wrong
Now she has a little girl who stares
up at her
And thinks to herself "I can't wait to
be a big girl!"
But where did your daughter go?
It all happened so fast, you probably
missed the view
Take a good look. Your daughter
turned into you.

A True Fish Tale By Vera King

When you're betwixt and between

And your prospects seem lean
Go fishing

There's nothing except nature
To lift your spirits a bit
And you might get a bite in the
bargain
Without spending a dime where
you sit

Just let the bobber keep bobbing
It beats being out hobnobbing
Just fishing

When he leaps at the end of the hook
And you know your bait has been
took
Now that's fishing.

At The Water's Edge By Bobby Cline

At the edge of the lake I stand and
wait,
As if the wind will hold my fate.
A gentle breeze blows through my
hair,
To let me know that it is there.

First soft and easy it comes at me
Knowing what my heart must surely
need.
Then it lashes at me strong and hard,
Like it wants to carry me afar.

I brace myself against its hand,
And hold my ground as best I can.
Then it gently caresses my face,
And on my lips a kiss is placed.

It holds and hugs me once, then
again.
My breath comes quickly out and in.
I feel its power deep in my soul
Its strength and majesty I now
behold.

I close my eyes and enjoy the
moment long,
For I know in my heart it will soon

be gone.
Once more it swirls about my head
and face,
And moves away to leave no trace.

Now I stand alone and wonder why
God moves the wind around the sky.
Maybe it's a gift He gives to man
When at the water's edge he stands.

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Special to Senior News

New technology is allowing patients in the middle Georgia area to find out the average ER wait time at Coliseum Medical Centers and Coliseum Northside Hospital before they go to the hospital. The hospital is posting its average ER wait times on its website and via text messaging.

"Earlier this year, we became the only hospital in our area to post our average ER wait times on our website and digital billboard," explained hospital CEO Allen Golson. "Now, we've taken the next step and made our average ER wait time available via text messaging. In the text message mode of your cell phone, type ER in the body of the text and send to 23000.

Users will receive a reply, asking to enter their zip code in the Bibb County area, which is followed by a text message with the hospitals' average ER wait times."

Golson says the technology is helping patients and the hospital address one of the most common complaints about emergency departments – long wait times. "Patients with medical emergencies, such as cardiac, stroke and trauma, are always seen immediately. It's the patient with non-emergent conditions who is benefiting from being able to know our average ER wait time before they come to the hospital."

Emergency Department Medical Director, Ralph Griffin, MD FACEP says, "The reaction to posting our average ER wait times online has been very positive. Our message to the community is they can choose where they want to receive emergency care. If they're being transported to a hospital via ambulance and want to come to a Coliseum Health System facility, they need to tell the paramedics."

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On the Cover

The Secret Garden

by CLAIRE HOUSER DODD

COVER & INSIDE: College Street garden of Dr. & Mrs. Peter O. Holliday, III.

PHOTOS: walterelliott.com

Jeanie and Peter Holliday are the proud owners of this most outstanding garden which Walter Elliott captured so artistically with his photographic

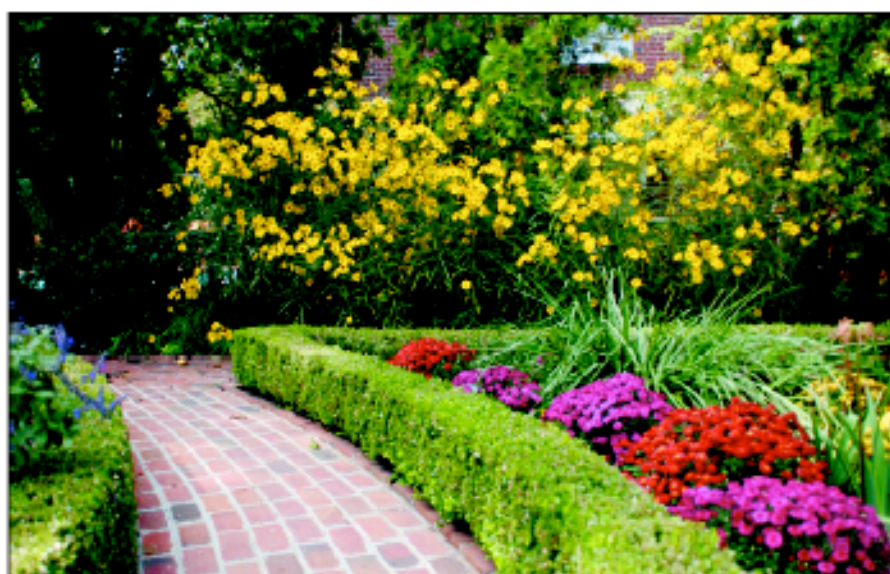


expertise.

We know Jeanie as a gardener and President of the Federated Garden Club of Macon, Inc., as we did an article this time last year on her because the first week of June is National Garden Club Week. However, we couldn't see a busy surgeon like Peter Holliday III spending much time digging in the dirt. Wrong!

Daughter Dorothy informed us that the arbor had broken down when they moved into the house and Peter was the one to fix it and start all over with the creeping jasmine which reminds us so much of grandmother's home. The scent is really lovely and evokes fond memories.

By the way, Dorothy tells us that as a child, Peter cut clippings from English boxwood and rooted them and some of this large array are from those early clippings. Astounding. We love that little tidbit and enjoyed the maze of boxwood and small brick paths. So very intimate!



As we went through the arbor we discovered the secret garden in all its glory. First the white wicker, palms and potted

plants, cool and shaded and ready for summer with another stage of brilliantly hued flowers. Then caladium and ferns mixed with sweet william. From here we saw Grecian columns, but were not that sure – but, yes! Next, we found the most marvelous columned gazebo with a wrought iron sculptured dome. What a surprise! The secret garden has revealed even more surprises.

We really enjoyed going down into another dimension and finding a beautiful oval pool, French doored pool house replete with kitchen to make entertaining easier and all the tables and umbrellas all set up and waiting for the next gathering.

On the way out, we noticed the spectacular tile fountain in the center of the maze. So soothing! And we loved the quote in stone about Sir Frances Bacon confirming the greater perfection of the garden in 1625.

As we leave the secret garden and the fig vine brick walls, we reflect on the Master's paintings. Everywhere you look the Holliday garden is worthy of a classic shot which Walter has done so eloquently.



GMCF is offering diabetes self-management education classes to eligible African-American & Hispanic Medicare beneficiaries, **absolutely FREE**. The classes, taught by trained health care professionals, will give you the information you need as a person living with diabetes. Classes are underway in Macon now!

Every Wednesday in June from 10:00 - 11:30 a.m. at the following Kroger stores:
400 Pionono Ave. | 4628 Presidential Pkwy. | 660 North Ave. (Gray Hwy.)

Call 888-313-9355 to confirm eligibility and register for the FREE classes today.
Space is limited. Call for information on additional locations.

Register now to compete in the Georgia Golden Olympics

Special to Senior News

If you are competitive, interested in meeting new friends, or just having fun, then plan to participate in the annual Georgia Golden Olympics scheduled for September 23-26 in Warner Robins. This annual competition is open to adults ages 50 and older who compete in 18 sports and more than 50 events including tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horseshoes, 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.

Warner Robins 2008 qualifiers who plan to compete in the 2009 National Senior Games include: Robert and Janette Daniell, Singles and Mixed Doubles Bowling; Dennis Evans, Men's Freestyle Swim Competition (50, 100, 200, 500); and, Mary Alice Ealer, Triathlon (400 meter swim, 20K

Cycling, 5K Road Race) and Women's Freestyle Swim Competition (100, 200, 500).

The National Senior Games 2009 is the largest multi-sport event in the world for men and women age 50 and older. As many as 12,000 competitors are expected to participate in the 2009 games.

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.

The 2009 registration form is available on the website. On the website you'll also find additional information concerning participation, volunteering, sponsorship and funding, and general information about the Georgia Golden Olympics.



Senior citizen wins race at South Georgia Motorsports Park

Submitted by Joe Cawley
Augusta

Woody Moore of Hawkinsville, who is over 70 years old, won the National Vintage Racing Association's Late Model Modified race at South Georgia Motorsports Park in Adel, Georgia on April 4. Moore had purchased a new race car, a '65 Chevy from Don Tomberlin, and he won his first race in the car.

Moore started his racing career in the early 50s and has raced off and on through the decades. He's been racing with the NVRA for about ten years and this is his first victory with the organization, though he has won many races in his career.

The National Vintage Racing Association is based in Macon, Georgia and several cars are housed at S&M Racing on Industrial Way, in Warner Robins. Bob Moore, also a senior citizen, operates the S&M Racing shop.

In the right hands, these robot arms can perform

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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 –

Just 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. Biopic 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 biopic 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 biopic 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 biopic

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 biopic 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

Catch'm any way you can!

by W. MAXWELL DUKE

Southeastern Indians lived in an area which enjoyed some of the best year around fishing in North America. The extent to which they fished



varied from area to area, but one thing was consistent – when they went fishing, they intended to make a big catch! They used any technique, device, or scheme that would produce results.

(Most of their methods would make today's game wardens go into cardiac arrest!)

A modern day poison, "rotenone" was extracted from the roots of a plant called devil's shoestring. The roots were pounded on top of a post in a shallow pond. The poison dropped into the water and attacked the nervous system of the fish. Soon, the affected fish would be floating belly up and ready to be dipped out, roughly cleaned and cooked by broiling, baking, smoking or frying. (Walnuts' hulls could also be used in a similar fashion.)

Another favorite "trick" was to build a dam of rocks or vertically placed

cane poles in the shape of a "V" across the stream or river. The "V" would point downstream. The fish would flow with the water or be chased into the point of the "V" where a basket captured them.

In small ponds or lakes the Indians would use a seine made of cane poles or small saplings that were loosely woven into something resembling a fence. The seine would be pulled and dragged through the water from one side to the other. The fish would be pulled into shallow water or onto the opposite bank. This operation was a village affair that served as a social event.

Nets were also used. A piece of net was fashioned to the end of a pole with a hoop. The fisherman would simply dip up the fish of his choice. Other nets, long enough to be stretched out in long lines were also used. Waterproof gourds held up the top edge. Rocks were used to hold the net down vertically in the water. Unsuspecting fish would swim into the net and become entangled. (Many of these rocks survive today as artifacts – resembling rough stone doughnuts.)

Indians also used hooks. Fishing with one hook and one line offered no real fascination for the Indian angler. Instead, they opted for many hooks attached to a long line stretching across a creek or river. This "trot line" held

dozens of hooks made from the bones of deer or turkey. Stone hooks were also used but not as commonly employed because of the time required to fashion a sharp hook from stone and the likelihood of losing the hooks on trot lines.

Another favorite technique was fishing at night. Using the bright light of a "fat ladder" (resin-rich kindling wood) torch to lure the fish, the fisherman would wait for the fish of his choice to surface near the light and would shoot it with an arrow attached to a line or gig it with a jagged-ended spear.

The list of fishing techniques goes on and on but there was one approach that came close to being a sport – "noodling." It required nothing more than a very brave Indian who was willing to stick his hand up in the deep dark holes along the river bank to see what he could find, pull out, and subdue. Undoubtedly, with this technique the "catch of the day" may have been the Indian himself!

TID BIT OF TRIVIA

Some of the very large Indian towns had palisades built around them with hand-dug moats. The moats had a dual purpose. One was for protection against enemy attacks, the other was to provide a place to keep fish alive for use at a later time.©

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HOUSTON LAKE



C'mon, let's eat

by FAYE JONES

Summertime and the living is easy - at least that's what the old song says. Around the homestead there is an abundance of multi-tasking going on. What am I doing? All the things I declared I would never do again - such as jam and jelly making, canning hot pepper relish, filling the freezer with enough veggies to feed an army when I am the only one to cook for.

Old habits die hard but those of us who are country folk will forever enjoy the fruits of the earth that our Maker provides. And much to our chagrin, most of us enjoy a much too healthy appetite. While eating an ear of corn swathed in butter, I try to think my body is storing fuel for cold winter days. It helps me sleep at night when I lie to myself a little.

Instead of heating the stove to boil those delicious ears of fresh corn, simply leave the shucks on, cut the silk and the stem end off the ear and pop in the microwave for about 6 or 8 minutes. Let cool for a minute or two and with a dish towel skin the shucks off. Different flavor and oh, so good. You won't even need to add butter or salt!

QUICK SWEET DILL PICKLES

1 gallon jar of dill chips

5 lb. sugar

Sliced Vidalia onions (optional)

Drain pickles from gallon jar and reserve brine. Then layer them back into the jar alternating with sugar and onions about 3 cupsfuls at a time. Then pour the reserved brine back over the pickles and place cap back on the jar. Let stand for two days before refrigerating. These pickles are exceptionally good and quick to make. They will keep outside the refrigerator but are much better when cold and crispy.

PEPPER JELLY

12 medium bell peppers, half green, half red
6 1/2 cups sugar
1 1/2 cup apple cider vinegar
1 bottle (or equivalent) Certo
10 long pods green cheyenne pepper

Using gloves to handle hot peppers, cut off stems and chop finely in food chopper. You do not have to remove the seeds unless desired. They add more heat. Wash, slice and cut membrane and seeds from bell peppers; then chop finely in food chopper. Add sugar and vinegar to a large pot; add hot and bell peppers and bring to a hard boil. Boil for 4 minutes. Add certo. Stir and skim for 5 minutes to keep fruit from floating. Seal in hot jars. Makes nine 8-oz jars.

PEPPER JELLY GLAZED CARROTS

1 2-pound package baby carrots
1 can chicken broth

2 Tbsps butter

1 jar hot pepper jelly

Combine carrots and chicken broth over medium heat. Bring to a boil, reduce heat and cook until carrots are fork tender. Pour off excess broth and then add butter or margarine and pepper jelly. Heat until jelly melts. Different and quite tasty.

RIPE TOMATO RELISH

1 gallon ripe tomatoes

4 or 5 large onions

2 cups vinegar

1/2 tsp cinnamon

1/2 tsp cloves

2 cups granulated sugar

2 cups dark brown sugar

3 Tbsp salt

4 to 6 chopped bell peppers

6 pods hot pepper

Wash and cut peppers, removing seeds and membrane. Chop onions.

Place all ingredients in a large non-aluminum pot. Bring to a boil and then reduce heat to a simmer. Cook approximately two hours, stirring frequently. (Brown sugar will scorch quickly). Mixture will thicken and turn dark. Taste for seasoning. Pour into sterilized jars and seal makes 6 or 7 pints.

This relish is out of this world with beef or venison.

KUDZU BLOSSOM JELLY

4 cups kudzu blossoms

4 cups boiling water

1 Tbsp fresh lemon juice

1 package powdered pectin

5 cups sugar

Wash kudzu blossoms with cold water and place them in a large bowl. Pour 4 cups boiling water over blossoms and refrigerate 8 hours or overnight. Pour blossoms and liquid

through a colander into a Dutch oven, discarding blossoms. Add lemon juice and pectin; bring to a full rolling boil over high heat, stirring constantly. Stir in sugar, return to a full rolling boil and boil 1 minute. Remove from heat; skim off foam with a metal spoon and quickly pour jelly into hot sterilized jars. Seal and process in boiling water bath 5 minutes. Yield: 6 pints.

Note: Blossom liquid is gray until lemon juice is added. The jelly tastes a bit like grape jelly.

Enjoy! ©5/25/09

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

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.

Coliseum Health System "Medicare Made Easy"

Mon., June 8, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete information call Nancy White at 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

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CALENDAR

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Northside Hospital. 478-757-8200 after March 1st.

Medical Center of Central Georgia - Partners in Health Classes

Golden Opportunities
The Wellness Center
3797 Northside Drive, Macon 478-757-7817
• Close Knit Bunch: Tuesdays, 2 p.m., Free
• Card Sharks: Wednesdays, 1-3 p.m.
• Man to Man Prostate Cancer Support Group: First Tues., 7 p.m., 478-633-2229

Macon Health Club

478-743-5262

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.

Senior Care

A service of Houston Healthcare
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 I.D.'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
478-751-2790
Bloomfield Park
4115 Lions Place
478-781-6000
East Macon Park
3326 Ocmulgee East Boulevard
478-751-9271

Frank Johnson Recreation Center
2227 Mercer University Drive
478-751-9274
Freedom Park Senior Center
3301 Roff Avenue
478-751-9248
Memorial Park
2465 Second Street
478-751-9210
North Macon Park
815 North Macon Park Drive
478-477-8526
Rosa Jackson Senior Center
1211 Maynard Street
• Bible Study for All Ages: Each Thurs., 7-9 p.m.
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. Betty Northenor, 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.

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BUSINESS CARD SECTION

For Advertising Information Call
David VonAlmen at 478-213-5986
Billy Tucker at 478-939-3636
Jan Tassitano at 770-993-2943

General Business Directory For Seniors



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CALENDAR

from page 10

• 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.

Senior College Offers Variety of Programs

Wesleyan and Macon State Senior College offers older adults a variety of educational opportunities designed to enable continued life-long learning and lifestyle enrichment. Courses are held on either the Wesleyan College campus, Macon State College campus, or Carlyle Place and are available to anyone over the age of 50.

For additional information call 478-471-2770.

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
Hosting the "Shannon Family" on June 14 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 for complete details.

plete 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.

Cherry Blossom Parking Lot Sale

June 5, 9 a.m.-1 p.m., Cherry Blossom Festival Headquarters, 794 Cherry St., Macon. Benefits the Cherry Blossom Festival. Festival trinkets, fixtures, props, etc. Call 478-751-7426.

FREE Cancer Screenings

Tues., June 16, 8-11 a.m., The Wellness Center, 3797 Northside Dr., Macon. Sponsored by The Medical Center of Central Georgia. Space is limited. Reservations required. Call 478-633-1902.

Celebration Swim 2009

Sat., June 20, 8 a.m., Lake Juliette, Monroe County. Benefits Hospice of Central Georgia. For complete details call 478-633-7396.

General Business Directory For Seniors

Vineville Christian Towers

An Apartment Home for Senior Citizens

- All utilities included in rent
- Stove, refrigerator and drapes provided
- Laundry Room
- Emergency Cords/Pasystem Necklaces
- Library/Exercise Room
- Activities/Grocery Shopping Day Trips
- Beauty Shop
- Cable or antennae
- Located in a park-like setting

2394 Vineville Avenue • Macon, GA 31204
478-743-4661

Macon and Middle Georgia

477-5501

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To find a location near you, visit

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