

# Senior News

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*High Falls State  
Park... a place  
of beauty!*

*Story on Page 6*

Information For Ages  
**50 PLUS!**



## Taking Care

# Road trip! Simplify trips with older loved ones

by LISA M. PETSCHKE



Lisa Petschke

If you are planning to take an older relative on a road trip of several hours or more, thorough preparation is the key to success, especially if the person has special healthcare needs.

Follow these tips for a safe and enjoyable stay.

### Planning

- Set realistic expectations. Consider your loved one's needs and limitations.
- Make plans and start necessary preparations well in advance. Make lists.
- Include your loved one in the preparations to the best of his or her ability.
- Research the accessibility of accommodations and attractions you wish to visit. If you're

planning to stay at a motel or hotel, make reservations, especially if you'll need specific features such as a room with handicapped facilities or a ground-floor room.

- Learn the location of the nearest hospital in any areas you plan to visit. Avoid destinations where a hospital is far away.
- Arrange a pre-trip visit to the doctor for your loved one. Share your travel plans and any health-related concerns, such as motion sickness or circulation problems.
- If your loved one has trouble walking long distances, rent a wheelchair or ensure that the places you plan to visit have some available.
- Have your car checked and serviced before departure.
- If you're going to an unfamiliar area, obtain a road map and study it. If you belong to an automobile club, take advantage of its route-planning service.

- Plan to do as much driving as possible during off-peak traffic times. Or choose the scenic route if time and your loved one's sitting tolerance permit.

### Packing

Include the following items when drawing up a packing list:

- Loose-fitting, breathable clothing, comfortable walking shoes, a wide-brimmed hat, and a cardigan for air-conditioned environments and cool evenings,

- Sufficient prescription and over-the-counter medications to cover the time you plan to be away, plus a few extra days' worth in case your return is delayed,
- Sunscreen, insect repellent, antihistamine and motion sickness tablets,
- A list of all health conditions and medications in case of a medical emergency,
- Any necessary medical equipment and supplies, such as a walking aid, food supplements, incontinence pads or diabetic supplies,
- A cushion or two for comfortable positioning in the car,
- An extra pair of eyeglasses and spare hearing aid batteries,
- Sunglasses and umbrellas (the latter primarily for instant shade),
- A pillow and a nightlight,
- Snacks and a cooler containing sandwiches and beverages,
- Favorite music or books on tape for the car ride,
- Emergency roadside and first aid kits,
- Cell phone (Don't forget to charge it and bring a recharging unit along),

- Disabled parking permit.

### Driving

- Top off the gas tank at frequent intervals.
- Stop approximately once per hour for stretch breaks or short walks.
- Choose stops that have clean, well-lit restrooms.
- Wear seatbelts and, if your loved one is in the front seat, ensure that the headrest is centered at the back of his/her head.
- Encourage your loved one to shift his/her weight often and to do neck and shoulder stretches and foot flexes.

### Lodging

- When checking in, ask for a room close to the lobby or elevator. A ground-floor room is ideal in case of an emergency in which elevators become inoperable.
- If your loved one has a back problem, request a room with a recently replaced mattress.

### Recreation:

- Space out activities and allow ample time for each.
- Schedule outings for the time of day when your loved one's energy level is highest. Stick to regular meal, medication and sleep times.
- Have a flexible itinerary. Take things one day - and one activity - at a time.
- Ensure plenty of time for rest and relaxation!

\*\*\*\*\*

Lisa M. Petschke is a medical social worker and a freelance writer specializing in eldercare issues.

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# Let us entertain you

by **CLAIRE HOUSER DODD**

*The reason grandparents and grandchildren get along so well is they have a common enemy.*

Sam Levenson

Can you imagine our shock a couple of Sundays ago when Parade Magazine (our favorite part of the Sunday paper) dropped out of the Macon Telegraph at half its size and half its thickness? What is this world coming to? This is history. Our history. What can you count on anymore. Probably not much for those of us un-high tech individuals.

We were in a very technical home not too long ago and nobody could work anything. No TV, no radio and no phone. Thank goodness "They" haven't invaded the bathroom yet!

Anyway, we had a very sore finger and were attempting to put a lidocaine patch and band-aid on it. But with all the confusion and frustration, we wrapped the wrong finger on the wrong hand. Oops, one probably shouldn't share that one!

What about the shock of losing Michael Jackson so young. We were really saddened. So many well loved people don't feel loved and it must be an atrocious burden. Perhaps they're put on too high a pedestal and feel they can't live up to everyone's expectations and that they are letting people down. And, of course, not having a close loving relationship with a spouse must be a devastating thing. Thank God we had that. Just wish Michael could have.

In 1976, we did PR for the Atlanta International Film Festival and met almost everybody. One of my favorites was Quinsy Jones. What a nice man, and what a genius, and he was talking back then about the musical genius of Michael Jackson who was one of his protegee. We wish the memorial had had more of Michael and his true friends than all the others. We would have loved to have seen several of his shows replayed as one last visit with the King of Pop! Of course we loved a lot of it, especially Stevie Wonder and also seeing Michael's children.

July was certainly a theatrical month. What with Theatre Macon's "The Producer" and

Macon Little Theatre's "Chicago;" two great shows, both musicals. Most of us have seen "Chicago," know the story, and want to see it again. We went opening night and thoroughly enjoyed it. We always appreciate stage presentations more than movie ones. It's also playing Broadway this summer. Cost: \$150. Comp. seniors \$15.

The plot to "The Producers" is well known, but due to all the ponzi scams lighting up the globe, it is certainly timely. Jim Crisp knows exactly how to handle these swindlers. Another one we hope you didn't miss! Yes, the scammers get their just desserts and, Hey, it won a Tony, too! Music and lyrics by Mel Brooks and Thomas Meehan. It couldn't miss, could it?

Of course, we're moving and knee high in crocodators as Billy Dodd would say. Maybe higher, we're not sure! Anyway, daughter Emily says "I'm so proud of my mother. She's not a bag lady, my mother is a box lady." She's absolutely right. With boxes reaching almost to 20-foot ceilings, we're inundated and see no signs of improvement. Moving is not for seniors - or anyone else for that matter! We think we've moved something like 25 times, but had a friend in the service who has us beat by five moves. God bless her!

It's so hot, we have to hold our paper down with one hand while writing with the other as it sticks to our arm. remember that back in the little grades before air conditioning? What a mess. We hate it and stay in a very bad mood when we're hot.

We just won a cruise to Alaska for two but have to fly to VanCouver. No way! Alaska sounds good only because of the weather but a tight flight with no food that far....no thank you! Besides, we don't have anybody to go with. Guess we'll stay here and cuss and perspire and complain like everybody else.

Plan to go to the Middle Georgia Art Association's presentation "In Motion" which lasts through Aug. 14. That's 2330 Ingleside Ave. Phone 478-744-95557. Always a good show.

Don't forget City Market on the Green from 9 - 1 on Saturdays. Poplar and Martin Luther King Streets. Get there

early for best pickings. And hey, they're already done for you. All you have to do is select your choice. Beats farming!

Forgot to mention High Falls is a State Park and a lot of us have that State Park card that lets us in to all the parks in America. It's one more senior perk. The phone number is 478-993-3053. \$5 for parking fee and \$2 canoe rental.

The Capitol Theatre is still going strong. Every Sunday at 6 p.m. there is Show and Supper. \$5 with \$1 pizza for kids only. Every Wednesday at 6:30 p.m. \$17.50 for dinner and a movie. Only \$5 without dinner. For more info on tickets visit [www.coxcapitoltheatre.com](http://www.coxcapitoltheatre.com) or call 478-257-6391.

Last week we went to the Downtown Byron Saturday market from 8 a.m. to 1 at the Jail House Park just off Main Street behind Malibou Maui. Best tomatoes, squash and stuff. 478-956-2409. A beautiful park; cool and shady.

*It is better to know some of*

*the questions than all of the answers.*

James Thurber

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Serving Macon & Central Georgia

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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

**T**he best laid plans of mice and men have certainly gone astray around the home-stead this month. All the great, grand and wonderful things I had planned to do bit the dust. I have done little more than look out the window and watch my grass curl up, turn brown and die. Shrubs are wilting and my flowers are long gone.

My two tomato plants have survived, grown to 10 feet tall, covered the bench on the patio and I haven't had a tomato yet. I thought I did. Several weeks ago I kept an eye on a red beauty low on the bottom of the plant. As it turned crimson, I bought a fresh loaf of bread and prepared to have a BLT that would be juicy and run down my elbows.

I reached down - picked my tomato - or shall I say half of my tomato. Half had rotted. I was one unhappy camper and swore (as I have every year for the past 10 years) I would never again plant anything else to eat.

That, of course, is hard to do when one is reared on a farm. Planting sort of gets in the blood and is as hard to get rid of as my present mental illness which my child and friends think is a touch of the "can't help its."

All my life I have been cursed with the ability to act first and think later. I knew before planting time that until I have my other knee replacement, there is no more kneeling to plant and pull weeds. My back operation has made it no fun at all to bend over to weed and pick. These things have also put a stop to visiting the "pick your own" farms that I dearly love.

The other day while visiting my daughter, we went to such a farm in her neighborhood in Eatonton. I walked up to the handsome farmer pushing my rolling walker and introduced myself. It wasn't long before we were talking and laughing and first thing I knew, he and my favorite daughter Susan had picked a mess of fresh blueberries for me. Aren't folks nice?

We bought fresh squash,

cucumbers, tomatoes and promised to return next day for okra. He volunteered to pick it for us. I forgot to go back for the okra and for two weeks I suffered a very guilty conscience. (Hold on, this story is going somewhere).

I just spent the last four days in Eatonton with daughter. We went to our favorite eatery on Friday night and lo and behold, who did we meet - face to face - leaving the facility but our beloved farmer Bill.

There was no place to run. I had to face him and fess up. "I owe you some money," I said. "Then pay me," he answered. Then he broke into a big smile, hugged me and we are friends again. I promised I would see him again on Saturday to pick some tomatoes. I forgot until he had closed the gates. Now I'm in for another round of apologies. I always act in haste and repent at leisure. Story of my life. I must make some changes.

The fig tree was covered with fruit this summer. I got busy watching the grass die and forgot to walk in the back yard to pick any. They're gone now and I have no preserves.

I do feel better about myself and my friends since I heard that seniors who act strangely don't always have Alzheimer's or dementia. We are now told that seniors simply "process" things slower than when we were younger.

Now I have a legitimate excuse when it takes me the length of a meal to pick what I want to eat from the menu. And if I really want to have fun, let me try to pick out a blouse I want and it comes in two colors. It's worse than deciding whether or not to get a buy-one-get-one-free root canal.

I can say in all honesty that I do not relate very well to advanced age nor do I enjoy it one little bit. I'm fighting it all the way. In fact, I have thought ahead this time and decided to get really healthy. Trotting off to WalMart, I purchased leg and arm weights - the strap on type - to begin exercising like I had to do with the spinal operation. I may get everything well oiled and working again. Exercise just may be the magic elixir needed to change my life. Shucks, I may become a ballerina after all. It would be like walking on sunshine!

Have a blessed month. You are loved. ©7/24/09

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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

# The Power of Prayer

by Dr. Bill Baggett

Minister to Seniors

Dunwoody Baptist Church

**M**ost every day we are overwhelmed by bad news. It may be a local or worldly catastrophe, the sudden death of a loved one, word of a terminal illness of a friend or relative, job loss; the list is endless. There are also perplexing issues that arise in our families that perplex us. In some instances we can effect a change but many times the cure is beyond our ability. When this occurs we turn to God. How often have we heard, I will pray for you?

There are thousands of documented cases of difficult situations which have been solved through the power of prayer. Not only is this true in recent times but the Bible is filled with stories of answered prayers as well as enjoining those in need to call on the Lord. In 1 Chr. 16:11 we read, "Seek the Lord and His strength, seek His face continually," and in Mt. 7:7, "Ask, and it shall be given you: seek and ye shall find; knock and it shall be opened unto you." And there are promises that He will answer our requests. Psalms 91:15 reads, "He shall call upon me, and I will answer him; I will be with him in trouble; I will deliver him, and honor him," and in Luke 11:9, "And I say unto you, Ask, and it

shall be given to you; seek, and ye shall find; knock and it shall be opened unto you."

Obviously, all our petitions and/or requests will not be answered right away or maybe never. However, God may reveal other options to us that would be more appropriate in resolving our request. I saw a poster once that said God answers prayer in three ways: Yes, No, and You've got to be kidding. Prayer is one of the most important ways of staying in touch with God. Prayer is a personal thing between God and you. I love the verse in an old song that says, "It's not my brother, not my sister, but it's me oh Lord, standin' in the need of prayer."

As a senior adult I pray the following prayer, which I read by an anonymous author, every day: "Dear God, So far today, I've done alright. I haven't gossiped and I haven't lost my temper. I haven't been grumpy, nasty or selfish and I'm glad of that. But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot of help. Thank you!"

We all need His help.

Remember, Prayer is Powerful!!!

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



# 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.

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## Five Finger Prayer By Charles W. Cook

*The hand should be our daily guide  
How each of us should pray;  
Hold up your hand and have a look-  
Reminding you each day.*

*The thumb is digit nearest you,  
And surely you'll agree;  
The most important on your list  
Is prayer for family.*

*The next is finger we call "pointer"  
Includes our patient teachers;  
And don't forget the medical staff,  
Our missionaries and preachers.*

*The middle is the tallest one  
With thoughts of leadership;  
Our government and president  
And those on wartime trip.*

*The weakest is our finger four,*

*Reminding us of pain;  
The sick and lonely need our love  
So hope they may regain.*

*And lastly is a little "pinky,"  
The smallest of the five;  
When others feel the love we have,  
Our blessings also thrive.*

*This order guides our daily prayer,  
And gives the soul perspective;  
Priorities we need each day  
If heaven is our objective.*

\*\*\*\*\*

## Color Me Carefully By Vera King

*My silver locks are shining  
Beneath my gold chapeau  
As birthdays come in bunches  
And our age begins to show*

*But opportunity exists  
For the brave, the proud, the few  
Of the greatest generation  
Our country ever knew*

*We can instruct Boomers  
The best ways to survive  
And help our country prosper  
As long as we're alive*

*So let your locks keep shining  
As you straighten your chapeau  
Keep your pep and stay in step  
Let's get on with the show.*

\*\*\*\*\*

## Daddy, Tell Me A Story About Jesus Once -Upon-A-Time By Frank McCorquodale

*Two young boys, so early in their  
season  
Rob a store and kill a man for no  
apparent reason.  
They face now a life of Hell  
Behind cold steel bars forever in jail.  
Daddy, Tell Me A Story About Jesus!*

*A man has climbed the ladder of  
success,  
All the worldly things he can now  
possess.  
He snorts a line to ease the pressure  
and strain  
Now he's hooked to that "Cocaine  
Train."  
Daddy, Tell Me A Story About Jesus!*

*Daddy comes home drunk and mean,  
Shouting and cursing sets the scene.  
He slaps Mom in the face...  
Small frightened kids scramble for a  
safe place.  
AAAH Gee, Daddy, Tell Me A Story  
About Jesus!*

*A friend becomes despondent, quiet  
and has little to say,  
Then you get the word one tragic  
day...  
He blew away his precious soul to  
eternal Hell  
His mind taken over by some  
demonic spell.  
Daddy, Tell Me A Story About Jesus!*

*A young girl's life in the street  
turning tricks for some parasite  
pimp  
Her fate too soon she will meet.  
Diagnosed with some incurable  
disease, humble,  
She finally seeks Christ down on  
her knees.  
Oh, Daddy, Tell Me A Story About  
Jesus!*

*A godly man finds that right  
Christian girl,  
They walk the aisle to bond for  
the world.  
When love brings forth children -  
Teach them the Christian way  
To read God's word and how to pray.  
Home time will be short  
They'll fly the nest, but in that time  
you'll realize your best,  
When you hear one small voice  
say....  
Daddy, Tell Me A Story About Jesus!*

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## Learn how to can and preserve food

Special to Senior News

**L**earn how to can and preserve food at a workshop offered by Davis Farms on Sunday, August 23 from 1:30 to 4:30 p.m. The workshop will take place at The Wellness Center located at 3797 Northside Drive, Macon GA. The workshop will focus on canning food using a pressure cooker. This will be a hands on workshop with the goal of teaching participants the skills necessary to can food on their own.

"As the economy continues to challenge us all, growing and preserving food is a wonderful way to save money. At the same

time it offers a great way to educate children about growing and preserving food", explains Naomi Davis of Davis Farms. The farm has offered this workshop since 2004. In past years the workshop has taken place at the farm, located in Roberta, Georgia. In response to requests to hold the workshop in Macon, Ms Davis has partnered with The Wellness Center to offer the workshop in a more convenient location. The fee for the workshop is \$15.00 to cover materials. Participants will leave the workshop with a can of food prepared that day. A limited number of scholarships are available. For more information contact Naomi Davis, 478-836-4564, davisfarm-scsa@aol.com.

## Cherry Blossom Festal 2010 Art Submissions

Special to Senior News

**T**he Cherry Blossom Festival is now accepting submissions for the 2010 Commemorative Plate, and Art Print. Artists may bring their submissions to the festival office at 794 Cherry Street from

now until September 1 at 5 p.m. Please do not sign the front of the submission. Attach an index card to the back with your name, address, phone number and the title of the painting. Art must be formatted for an 18 x 24 print or an 8 inch circular plate. For more information please contact Connie Howard at 478-751-7426.

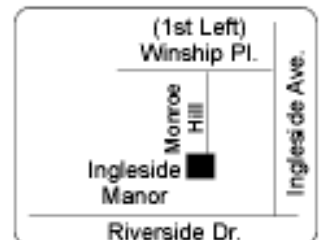
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## On the Cover

# High Falls State Park... a place of beauty!

by CLAIRE HOUSER DODD

Photos courtesy of Ellen Haygood

**COVER:**  
High Falls State Park near  
Forsyth, Georgia

**H**ave you been up to High Falls lately? You won't believe the growth. Back when we lived in Forsyth, it was nothing for us to go up on Saturday night, have a cook-out on the rocks and take kids back Sunday after church for a picnic. Not at the picnic area on the lake, but down below the falls on the rocks. A wonderful place to work on your tan and eat fried chicken and pimento cheese sandwiches. Course we also had to have peanutty (peanut butter sandwiches for the kids) and plenty of fruit punch with Oreo's. We always had a marvelous time. The kids always made plans for the next Sunday!

High Falls has grown exponentially with some very grand homes and a swimming pool and slide on a high point before you go down to the bridge where you cross over the falls on one side and the lake on the other. We love to hear the sound of the water rushing and splashing on the rocks below. This is on our right and after we cross the bridge, the path to the nature walk and the rock sculptures, and our wading, picnic and sunning area is also on the right.

Back several decades, Dicky Betts of the Alman Brothers' Band wrote an instrumental of the jolly water sounds. It is extraordinary. If you can't get to High Falls, get the CD, you'll think you're right there on the bridge or somewhere down

the path. Delightful!

This trip can be a study of nature with the many trees, wild flowers and especially the lichen, one of nature's curiosities. It is a green and brown leaflike plant which is actually algae and fungi living together, depending on each other for survival. They obtain food and water from the air and thus thrive in the moist atmosphere of the gorge. Although it grows abundantly on the walls of the gorge, it has taken hundreds of years for their splendor to flourish – hence the, "Please don't pick the flowers," signs – meaning EVERYTHING.

There are boats, canoes and other water vehicles to rent. Just be careful, but enjoy the outdoors life that has taken so long to develop.

Now, exactly where is this natural wonder? From Macon, take I-75 north through Forsyth and turn right on the Exit to High Falls. Just continue on, you'll pass the pool on your right, a small independent shop-



High Falls State Park near Forsyth, Georgia

ping mall on your left. Then, shazam! – you're going down hill to the

falls. It is a great day trip for you and the grands. Enjoy!

## Houston County Volunteer Medical Clinic seeks physicians, dentists in need of continuing education

Submitted by JACK STEED

**G**eorgia physicians and dentists can earn continuing education hours by donating their time to treat the uninsured at any of Georgia's charity health care clinics, thanks to new rule changes just implemented by state licensing boards.

As a result, the Houston County Volunteer Medical Clinic is seeking physicians and dentists to donate their time to treat the poor and uninsured, who during this tough economy are seeking health care at charitable clinics

in record numbers.

"This rule change is a win-win for everyone involved," said Vicky Betrosoff, Director, Houston County Volunteer Medical Clinic. "If medical personnel can earn continuing education credit and the working poor and uninsured can get health care at the same time, we help solve our state's problem of taking care of the uninsured. There are certainly more in need of care than ever during this current recession."

Under the rule change adopted this year by the Georgia Composite State Board of Medical Examiners,

physicians with active licenses can earn 10 of the 40 continuing education hours required every two years by working at a charity clinic. The medical board waives one continuing medical education hour for every four hours of work at a charity clinic up to 10 hours.

The Georgia Board of Dentistry, meanwhile, requires 40 hours of continuing education every two years for all dentists. Under its rule change, any dentist can earn up to 10 hours credit by providing uncompensated care at a charity clinic.

"Physicians and dentists are known for giving back to the community," said Donna Looper, executive director of the Georgia Free Clinic Network. "This rule change is a great incentive for even more of them to get involved and earn their continuing education hours at the same time."

The Houston County Volunteer Medical Clinic is non-profit organization located in Warner Robins that provided direct services to over 800 indigent and low-income patients in 2008.

The Georgia Free Clinic Network is an organization of more than 100 free and low-cost health clinics throughout the state that provide health care to the poor and underinsured. A 2006 study by the Georgia state auditor found its clinics provide between \$200 and \$400 million worth of charity care annually to about 15% of the state's uninsured patients.

According to the Healthcare Georgia Foundation, 17.4 percent of the state's population lacks health insurance. That statistic pre-dates the current recession. Officials at local clinics throughout the state say charity clinics are over capacity since the start of the current recession.

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# Memory, Medications and Aging

by **ANDREA CAUTHEN BUSSEY**  
PharmD, CGP, FASCP

**D**elirium is a medical term used to describe an acute and relatively sudden (developing over hours to days) decline in attention-focus, perception, and cognition. Delirium is probably the single most common acute disorder affecting adults in general hospitals. It affects 10-20% of all hospitalized adults, and 30-40% of elderly hospitalized patients. Delirium may be associated with confusion, altered mental status and even hallucinations. Delirium can be caused from many things including medications, illicit drugs, poisoning, infections and diseases, but is often reversible.

Increased age is a risk factor for delirium and confusion due to increased susceptibility to central nervous system effects of medications. These symptoms include balance, memory, confusion, alertness and coordination. Acute confusion can be induced by abruptly stopping certain medications, choosing the wrong medication for an older patient, combining medication with alcohol or other interacting medications and taking too much of a medication.

The effects of normal aging on memory function are modest, but many people experience some age related decline in memory. These incidences may be referred to as "senior moments" and maybe benign. Unfortunately many medications that are used by seniors may increase memory impairment, confusion and make symptoms of dementia worse. These medications include over the counter and prescription preparations in addition to herbal supplements. Certain disease states can impair memory and lead to increased confusion and forgetfulness and these symptoms may be made worse by medications prescribed for other con-

ditions.

In an effort to avoid medication related memory impairment, there are certain medications that should be used cautiously or avoided as we age. Medications associated with memory impairment and confusion include anti-anxiety medications such as diazepam (Valium®). Pain medications and narcotics include Percocet®, Darvocet®. Medications used for sleep may include barbiturates, benzodiazepines such as temazepam (Restoril®) and quazepam or sedating antihistamines including diphenhydramine. Alcohol, herbal preparations, over the counter and prescription medications can cause memory impairment and confusion.

Published in the Archives of Internal Medicine was an article that detailed medications that are considered potentially inappropriate when treating patients over the age of 65. This medication list includes propoxyphene (in Darvon® and Darvocet®), diphenhydramine (a common ingredient in over the counter sleep medications), certain muscle relaxants and gastrointestinal medications such as cimetidine found in over the counter Tagamet®. Although certain medications may be safe and effective when used alone, combining more than one medication with the side effect of sedation may have an increased effect in the older population. This is especially true if certain medical conditions are present that may include dementia or other neurological conditions.

Although your physician must rule out conditions such as low vitamin B-12, impaired thyroid functioning and other diagnosable conditions, a senior care pharmacist is a great resource to review medications that may contribute to changes in memory and functioning. A medication check-up should be considered if you, your spouse or someone you know is experiencing confusion and forgetfulness that may be caused or worsened by the medications being taken. I have been told only too often that

a loved one was admitted to the hospital for what turned out to be an avoidable medication related problem. So too have individuals been placed in assisted living facilities or nursing homes due to memory impairment and confusion that has been made worse by the medications that are being taken.

The most expensive medication is one that is not being taken correctly or is causing undesirable side effects such as impairing your ability to function. Remember Communication is Key when it comes using medications in a safe and effective manner. Senior Care Pharmacists are here to help; contact one today for the complete list of medications that are potentially inappropriate in the aging population.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit [www.MySeniorCarePharmacist.com](http://www.MySeniorCarePharmacist.com), e-mail your

questions and comments to [Doctor@MySeniorCarePharmacist.com](mailto:Doctor@MySeniorCarePharmacist.com) or call 803-202-1106. Look for the next article in the October edition of *Senior News*.

## About the author

*Dr. Andrea Cauthen Bussey is a Board Certified Geriatric pharmacist, a Fellow of the American Society of Consultant Pharmacists and a member of the American Geriatrics Society. She has Bachelor of Science and Doctor of Pharmacy degrees from the University of South Carolina and has post graduate training in Geriatric Pharmaceutical Care, Alzheimer's, Dementia, Parkinson's disease and Adult Immunizations. She is an officer on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care, is licensed to practice in GA and SC and is President and CEO of Pharmacotherapy for Seniors, Inc.*

## Oxendine warns agents of Identity Theft Scam

### Special to Senior News

**I**nsurance Commissioner John W. Oxendine said agents in several states have been called by scammers posing as insurance regulators in order to collect personal data that would make I.D. theft possible.

"While we haven't had any cases of this in Georgia yet, I fear it's only a matter of time before this type of scam is perpetrated on agents here," Oxendine said.

Oklahoma, Idaho, Nevada and California have reported instances of agents being targeted. In those states, callers have posed as

insurance department employees requesting personal information such as birth dates, social security and credit card numbers, and threatening agents with license suspension if they fail to comply.

"No one from the Georgia Insurance Department would call you and ask for that kind of sensitive information over the phone," Oxendine said. "If an agent is subject to a request of that kind I urge them to contact my office immediately."

Agents can confirm that a contact originated from the Georgia Insurance Department by calling the Agents Licensing Division at 404-656-2101.

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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 bioptic 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.

\*\*\*\*\*

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\*\*\*\*\*

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## ***Indian Footprints***

# Peach pits have their place in history

by W. MAXWELL DUKE

**T**he pits (seeds) of peaches have earned a place in the study of pre-historic Indians in the Southeast. Archaeologists know when the first peach pits arrived in the New World. Since they are not native to North or South America, archaeologists can study their distribution and get a glimpse into the hazy early history of the New World.



The very first peaches (and or their pits) may have been brought to this hemisphere on Columbus' SECOND voyage. Whether or not any of these pits fell into the hands of the Indians is unknown. However, a few years later (about 1521) Ponce de Leon arrived in southern Florida with a large selection of seeds to plant in the establishment of a permanent colony. The colonizing attempt failed and again the fate of the seeds in unknown.

About four years later, a Spanish expedition under the guidance of Ayllon left a variety of European seeds among

the Indians along the coast of Georgia or southern South Carolina. Most likely, peach seeds were included in this assortment.

Yet another adventure involving the intentional spread of new types of seeds to the New World was by a colonizing effort in 1559 by a Spaniard named Luna. The target of this colony was on the Gulf Coast. His effort failed and the fate of his peach seeds is unknown.

The first WRITTEN record and fully DOCUMENTED "peach orchard" was at the Franciscan mission garden at St. Augustine, Florida. This orchard of 1602 can be used as a reliable "reference point" in studying the movement of peaches throughout the Southeast.

Whenever an Indian tasted a peach it was "love at first bite." They saved the seeds and the seeds moved along the trade routes rapidly. Although the Indians had a limited knowledge of horticulture, they planted the seeds anyway. Unlike corn, squash, and other agriculture products, peaches required several years to bear fruit. But evidently that made no difference to them because by the time Colonel Benjamin Hawkins arrived in middle Georgia during the 1700s, they were in his word, "ubiquitous" (everywhere).

Peaches were so valued that some ceremonial body ornaments included peach pit designs cut into the valuable shell objects. Also, actual peach pits have been found outside burial situations in trash dump areas of the villages. The oldest one thus found in Georgia was excavated by Dr. Mark Williams of the University of Georgia at the Joe Bell site north of Milledgeville, Georgia. This particular pit dated back to about 1600.

So, it seems that the lowly peach pit has become a "peach of a deal" for archaeologists. Knowing the date and location of Southeastern peaches can provide clues to historians as to the locations of trade routes, date archaeological sites, and even evaluate the impact of European diseases on the original Indian populations.

## **TIDBIT OF TRIVIA**

The vocabulary of very elderly people in middle Georgia include the terms: "Indian peaches" and "press peaches." They both refer to peaches that grow in the wild. While the phrase "Indian peaches" is obvious, the origin of "press peaches" remains unclear. (If you know, please contact me on the web at the-dukeofgeorgia@aol.com)©

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# C'mon, let's eat

by FAYE JONES

**A**ugust! Hot, sweaty, miserable August. What a wonderful month! Why? Because it's time to ready the plows and fields for fall planting. Can't you just taste fresh turnip greens with sweet white roots and sweet potatoes as large as a bowl? This is not to mention sugar cane that most kids know nothing about and salty boiled peanuts fresh from the earth. You guessed it. We're coming to my favorite time of year.

While we wait for fall goodies, there is work to do if you're up to it. How about making Ripe Tomato Jam, Pear Conserve and Peach Conserve for the family and for gifts during the holidays? Read on.

## PEAR CONSERVE

**5 cups** pared, chopped pears  
**2 lemons**  
**5 cups** sugar  
**1 orange**  
**2 cups** raisins

Remove seeds from lemons and orange. Grind pulp and rind using a coarse knife or food processor. Combine fruits and sugar. Cook slowly, stirring frequently, until thickened. Pour into sterilized jars and water bath for 10 minutes.

## APRICOT/GINGER CONSERVE

**3 cups** dried apricots  
**3/4 cup** sliced, candied ginger  
**1/2 cup** orange juice  
**1/4 cup** lemon juice  
**5 cups** cold water  
**2 tps** grated orange rind  
**1 tsp** grated lemon rind  
**2 1/4 cups** sugar  
**1/2 cup** chopped pecans

Wash apricots. Add water, ginger, orange and lemon juice, grated rind, and sugar. Stir until well mixed. Simmer slowly, stirring frequently, until thick and clear. Add nuts and cook 5 additional minutes. Pour into sterilized jars and water bath for 15 minutes.

## PEACH CONSERVE

**1 pound** peaches  
**1 1/2 cups** sugar  
**1/3 of a** lemon

Peel peaches. Remove pits. Cut fruit in thin slices. Add sugar and lemon which has been thinly sliced. Let stand 15 minutes. Simmer slowly, stirring constantly until mixture is thick and fruit is clear.

So good with pork roast and chicken.

## ELDERBERRY/GRAPE JELLY

**3 pounds** elderberries  
**3 pounds** half-ripe grapes  
(concord - but you may also use bottled grape juice)  
**Sugar**

Wash elderberries. Remove stems. Cover with water. Cook until soft. Drain through jelly bag. Wash grapes and remove stems. Cover with water and cook until soft. Drain

through jelly bag. Combine elderberry and grape juice in equal proportions. Add 3/4 cup sugar to each cup juice. Boil rapidly until jelly sheets from a spoon.

Note: There are no elderberry farms that I know of. To get them, you must pick them by the roadside. Their huge white blooms will help you locate the bushes. Later the purple/black berries of the plant will be your prize. Plants are found in low places and grow larger near water. Good luck and watch out for snakes if you go pickin'.

## MINT JELLY

**1/2 cup** apple cider vinegar  
**1 cup** water  
**1/2 bottle** fruit pectin  
**3 1/2 cups** sugar  
**Green** coloring

## Spearmint flavoring

Combine sugar, vinegar and water. Mix thoroughly. Heat rapidly to boiling. Add coloring to give desired shade of green. As soon as mixture boils, add fruit pectin. Stir constantly before and while boiling. Heat to a full rolling boil. Boil hard for 1 minute. Remove from heat. Skim. Add flavoring to suit taste.

## CORN RELISH

**12 ears** of corn  
**2 large** onions  
**2 Tbsps** mustard  
**1 red** sweet bell pepper  
**1 small** head cabbage  
**2 large** green peppers  
**1/2 tsp** turmeric  
**1/4 cup** flour  
**1 1/2 cups** sugar  
**4 cups** apple cider vinegar

## 1/4 cup salt

Cut corn from cob. Chop peppers, cabbage, and onions. Mix thoroughly. Heat 2 cups vinegar to boiling. Add sugar, salt, mustard, flour, and turmeric which have been combined with 2 cups cold vinegar. Heat to boiling. Stir constantly until slightly thickened. Add chopped vegetables. Stir until well blended. Cook slowly for 1/2 hour. Pack into sterilized jars and water bath for 20 minutes.

Enjoy! ©7/23/09

**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

## Coliseum Health System "Medicare Made Easy"

Mon., August 10, 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 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

## Heartworks

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

**Central Georgia Rehabilitation Hospital**  
3351 Northside Drive  
478-201-6500

continued on page 10

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## CALENDAR

from page 9

- 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. 478-238-6862
- 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.

### SeniorCare

A service of Houston Healthcare promoting wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

### Perry SeniorCare

- Call 478-923-9771 for complete details.
- Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
- Mon., 1-2 p.m., Line Dancing. • Wed. only, PVO Bingo immediately following exercise.
- 2nd Fri. of month, optional healthy lunch (\$5) and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise.

### Warner Robins SeniorCare Water Aerobics

- Call 478-923-9771 for complete details.
- Tues. & Thurs., 10 a.m., Cottages on Lakeview. Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified instructor from June-Sept.

### Centerville SeniorCare

- Call 478-923-9771 for complete details.
- Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.
- Once a Month. A mini-check will be provided focusing on recommended annual checks for senior adults.

### TOPS Club, Inc.

- Weight loss support group. Call 478-923-9771 for complete details.
- Perry Hospital Chapter: Wednesdays, 5-6 p.m., Perry Hospital Medical Library.
- Houston Health Pavilion Chapter: Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

### 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, 3300 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 Elderdiving 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

- Second Tues., 6 p.m., Summerhill Elderdiving 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 on Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please 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.
- 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: 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,

continued on page 11

## 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

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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.

### The Macon Arts Alliance's

### Arts Art Gallery

451 Martin Luther King, Jr. Blvd.  
478-743-6940

### Massee Lane Gardens

For information call 478-967-2358 or [www.camellias-acsc.com](http://www.camellias-acsc.com) (The American Camellia Society.)

### Macon Little Theatre

4220 Forsyth Road, Macon  
Reservations: 478-471-PLAY

### Museum of Arts & Sciences

4182 Forsyth Road, Macon  
478-477-3232 or visit website [www.masmacon.com](http://www.masmacon.com).

### Theatre Macon

438 Cherry Street, Macon  
478-746-9485

### Douglass Theatre

355 Martin Luther King, Jr. Boulevard, 478-742-2000

### Georgia Music Hall of Fame

200 Martin Luther King Jr. Blvd., Macon;  
888-GA-ROCKS  
[www.georgiamusic.org](http://www.georgiamusic.org)

### Tubman Museum

340 Walnut St., Macon  
[www.tubmanmuseum.com](http://www.tubmanmuseum.com)

### Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village, Macon. 478-744-9557; [middlegeorgiaart.org](http://middlegeorgiaart.org). Tues.-Fri., Noon-5 p.m.; Sat., Noon-3 p.m.

### 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 lifelong 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 "The Cleghorns" on August 9 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.

# General Business Directory For Seniors

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## Macon and Middle Georgia

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## St. Paul Apartments & Village Senior Retirement Community

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To find a location near you, visit

**[www.goodwillworks.org](http://www.goodwillworks.org)**

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