

Senior News



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Season!***

Story on Page 6

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Using Medications Safely

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

According to a recent analysis on prescription drug use, the more physicians seen by a patient over the age of 65, the greater the number of prescriptions the patients fills which increases the risk for dangerous medication errors. The report stated that seniors receiving medications from two different physicians filled an average of 27 prescriptions in a year and were at risk of 10 potential prescription drug errors. If the patient was seeing five physicians, the number of prescriptions filled in a year increased to 42, and the number of potential drug errors increased 60% to 16. The more doctors involved in a patient's treatment, the risk for errors also increased. The study showed that patients over the age of 65 had a drug error rate almost 7 times greater than their younger



counterparts.

Nearly two thirds of all physician visits result in a prescription, and 40% of office visits involve therapy with two or more drugs. This can quickly lead to the use of many medications known as polypharmacy. Let us look at why medications are used in the first place.

When medications are prescribed, the intent is to improve quality of life by curing a disease, reducing or eliminating the symptoms of a disease, arresting or slowing a disease process or preventing a disease or its symptoms from appearing in the first place. Unfortunately, medication can be a two-edged sword. The same medication that helps one person may harm another. Even when medications are taken as intended medication related problems can still occur. In fact, some are severe enough to cause disability and even death. This is especially true in the senior population. In fact, medication related problems add more than \$100 billion to the nation's health care bill.

It has been said the most expensive medication is the med-

ication that does not work. How can you avoid medication related problems and get the most out of your medications?

Be sure to keep a list of all medications that you take. This list should include herbal and natural products, vitamins, over the counter and prescription medications. Share this information with your pharmacist and physician anytime a new medication is started. Keep your list up to date. Note any medication and food allergies on this list and be sure to mention these anytime a medication is recommended. You should share your medication list with all of your healthcare providers—chiropractors, physical therapists, dentists and others. Believe it or not, over the counter medications can be very similar to prescription medications and herbal supplements and vitamins can interact with your medications.

Make sure you know why the medication was prescribed. Before you leave the doctor's office, make sure you know the name of your new medication and why it is being prescribed. Ask if the medication replaces a medication that you have been taking or if you need to change the way some of your other medications are being taken. Take notes at your doctor's appointment. This will help you remember what your doctor told you regarding your new medication and what he or she is treating.

Ask your doctor if a non-medication alternative is available to treat your condition. Although we sometimes think of a pill as a quick fix to our problems, sometimes we can use other measures. One example is diet and exercise to decrease blood pressure or improve our cholesterol. Sometimes we can make lifestyle changes that may decrease the doses of the medications we take.

Make sure you can read and understand the directions on your prescription bottle. Make sure you understand the colored warning stickers on your medication containers. If the label is hard to read ask if larger type is available. If the directions are confusing, have the pharmacist clarify the directions. Does 4 times a day mean 4 doses during 24 hours or 4 times during the daytime? What does "as needed" mean? If the medication is being used on an as needed basis, make sure you understand what the medication will treat. Is the medication for pain, upset stomach, headache or another ailment?

Ask your pharmacist what side effects to expect, what you should do if you have a problem, when you should stop taking your medicine, what to do if you forget to take your medicine, what is the best time to take the medicine, and how to store your medication properly. If you have difficulty opening your medication bottles, ask for an easy open container.

Tell your doctor and pharmacist if you have difficulty swallowing pills. There may be a liquid form available. Do not chew, break or crush medications without first finding out if the drug will still work. If you are using a liquid medication, ask your pharmacist how to best measure the liquid to make sure you are getting the proper amount of medication.

More is not better. Follow the directions on the prescription label or the medication package. Just because one pill works well, it does not mean that two will work better. Don't share medications with others although their diagnosis or symptoms may be similar to yours. We are all individuals and our medication regimens should be individualized to our specific needs.

Communication is key. Ask questions and communicate with your healthcare professionals. Don't be afraid to ask questions and participate in your own medical care.

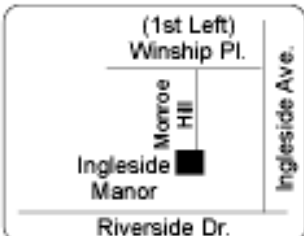
If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit www.MySeniorCarePharmacist.com, e-mail your questions and comments to Doctor@MySeniorCarePharmacist.com or call 803-202-1106. Look for the next article in the December edition of Senior News.

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 serves on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care as Vice-President, is licensed to practice in GA and SC and is the President of Pharmacotherapy for Seniors, Inc.

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Let us entertain you

by CLAIRE HOUSER DODD

"What do you mean we don't communicate and just yesterday I faced you a reply to the recorded message you left on my answering machine."

The Wall Street Journal

We're so tired of enjoying music "while you wait" we can hardly stand it! We've heard all about tractors and John Deere and Dear John and many woes and some rap so fast we don't have a clue. We do consider the latter a blessing. We'd like for all phones - ours as well as "all those others" to just say, "leave a number, we'll get back with you ASAP." Quick and to the point. However, we can't train ours to do that and strongly suspect the telephone company of adding all this lengthy nonsense in order to add more minutes to our cell phones.

What to do? Isn't it a shame that all questions don't have answers. Guess we can return to old timey times; get on our horse and ride across town to visit. Seriously, lots of our friends have taken out their land lines, gone completely to cell and threatening to do away with it. My, my, what time we would save by not having to answer those "nuisance calls." Course we don't want to miss the ones from friends and loved ones.

Speaking of loved ones, our newest love one, Matthew (9 months) is visiting us at this moment. What a pleasure. We can't wait to awaken every a.m. and go to find the little darling. He is so happy to see us; he smiles, claps his hands and squeals. So adorable. What entertainment! Nobody except Dr. D was ever so glad to see us coming. A few have been that glad to see us going, but not coming!

Goodness gracious, Christmas is rolling around again, and as we gather presents all year, we're now busy looking for where we hid them. The other day we had found a stack of shirts and sweaters, had them neatly folded on our bed when the parade started. Granddaughter, Denver found one of her Christmas presents which immediately went off to Savannah on her body. Too Too came in and retrieved a birthday present, as did Betty Lou and daughter Emily. That stack diminished almost like magic. There were two items left - one to go to Joyce for her birthday, and one we'll just have to keep for us. After all, we deserve something for gathering all those goodies from far and wide. Well, so much for Christmas presents. Back we go to seek and search out our other stacks. Oh, oh, nearly forgot, Claudia has a birthday present somewhere and Varese has a birthday at Christmas too! No rest for the weary.

Stopped by Faye Jones' the other night just in time for chili. You should have seen that pot. You could get a forty pound hog in it and still have room left over. It was filled with fantastic home-made chili. Faye, Calvin (a neighbor) and I put a dramatic dent in that "mess" of goodies. You better believe Faye can cook! We bet she reads her own recipes in *Senior News*! They work.

Congratulations to Adrian Gnan for winning awards when Macon Arts presented their Cultural Awards this year. Others being honored were Susan Harper, Betty Sweet Simmons Ladson, Terrell Sandefur and Ray Horne. All for jobs well done!

With all the Christmas Holiday

activities of families and friends of parties and plays, you may not even have time or energy left to enjoy all the wonderful entertainment out there for public consumption. Just in case you get a burst of December energy, we'll give you a few happenings to choose from, or more studiously correct, "from which to choose."

Wesleyan has a calendar buster; "Sez She" Dec. 3, 4, & 5 at 8:00 PM in the Grassmann-Porter Studio Theatre. A comedy of 5 minute monologues replect the 21st century by Jane Martin (author of *Vital Signs*) directed by Michael McKinney. Adult language & themes. \$8.00 full price, \$4.00 Students, alumnae and senior citizens. Reservations, please call 757-5259.

Free and open to the public, Wesleyan's Annual Christmas Concert Dec. 6 at 3 p.m. in Porter Auditorium. Great Sunday afternoon entertainment and FREE.

Then, on Monday night, Dec. 7 at 7:30 p.m. in Burdes Parlor, the Macon Concert Association presents Soprano, Leah Partridge. For ticket info call 743-

6940.

Also the Wesleyan College Auditorium, Macon Symphony Orchestra presents "Music Yule Love" featuring local soloists & choruses performing selections by Kabalevsky, Vaughn Williams, Litz, Pachelbel, Mozart and more. Call (478) 301-5300 or www.maconsymphony.com. This is Dec. 20 at 2 p.m. and included with your 2009-2010 Season Symphony tickets.

All of us E.G. Kight fans are jumping for joy. E.G. will be at the Rookery on December 18th in downtown Macon on Cherry Street. She usually starts around 9 PM and tickets are generally \$10.00. We certainly hope to see you there as it's a celebration to get her back here since the yankees are trying to keep her busy and up North away from her faithful and loving fans of Middle Georgia. Can't wait to hear her belt out "At Last" and many more. There's nobody like E.G.

Think we forgot to brag a bit about winning 2nd place in the Halloween Everett Square and Historical District Contest for best witch decorations. At

least, that's what we think Carla Gowin said... witch. Whatever, we're very proud of our shiny red ribbon, appreciate it and thank you very much!

Fort Valley had a very successful Historical Day with Tram Tours narrated by Phillip Ballard and yours truly. We even took them out to FVSU for a look see. My, how it's frown in the last few years! The lovely box lunch at the Historical Society's Saxon House was a delectable surprise. Delicious turkey braisants with cranberries and apples and other goodies. Really nice. We were disappointed that it wouldn't be there signature chicken salad, but this was great. We'll enjoy the salad during the salads days of the Peach Festival. Far more appropriate for the warm weather luncheon.

Better draw this article to a close and get on with those Christmas festivities - parties, presents and people. Merry Christmas to all, and to all a good night.

"To be upset over what you don't have is to waste what you do have." Ken S. Keys, Jr.

Taking Care

Nursing home for the holidays... Tips for festive visits with those in care

by LISA M. PETSCHKE

How do you include, in seasonal celebrations, a relative who has entered a nursing home? The following suggestions can make the holidays meaningful while keeping stress manageable for the whole family.



- Set realistic expectations and be prepared to modify traditions.
- Include your relative in preparations to the best of his ability. Contributing in even small ways - such as signing cards or helping to select gifts from a catalog - will make him feel valued and create a feeling of partnership.
- Reminisce about past holidays to help your relative get into the spirit of the season. Share special memories, bring in photo albums or favorite music, read aloud a favorite holiday story, or watch home movies or a classic holiday film.
- Plan ahead and space out activities as much as possible, scheduling quiet days in between eventful ones.

At nursing and retirement homes

- Give staff at least a day's notice when you'd like to ensure your relative is up and ready for a special visit or other event.
- Visit when you are not rushed for time.
- Bring children or grandchildren with you. (Ensure adult supervision at all times for youngsters.)
- Decorate your relative's room using window clings, children's artwork, garland or a miniature Christmas tree.
- Bring in greeting cards received to share with your relative, and leave some with him.
- Bring homemade treats and take-out coffee or a thermal carafe of tea, and enjoy a holiday snack together. Consider supplying enough sweets for your relative to share with roommates or staff if he wishes. Do check with nursing staff regarding dietary restrictions before you bring in anything.

- Review the activities calendar to learn about scheduled holiday events - such as bazaars and visiting choirs - and attend some of them with your relative.
- Offer to accompany family members planning a first-time visit, to ease their anxiety.
- Join your relative for dinner. Most facilities offer a midday meal with all the traditional holiday trimmings, and sell tickets to relatives and friends who would like to join residents. Another option is to hold a celebration in the family dining room or other private space that's available for booking; inquire about catering service.

On outings

- Before deciding to bring your relative home for a visit, determine his environmental needs - addressing accessibility and safety issues - as well as his care needs for the time period you have in mind. Run ideas by staff to see if they have concerns or suggestions. Even overnight visits may be feasible with assistance from family, friends or a privately contracted personal support worker.
- If feasible, take your relative home for an afternoon so he can participate in (or simply observe, depending on his abilities) holiday preparations such as baking, decorating or gift-wrapping.
- If your home isn't accessible, take your relative out to the mall for gift shopping and lunch. Book accessible transportation if necessary. If he can get in and out of a car, take him out one evening for a holiday light tour.
- Ensure any destination is accessible, including its washroom facilities. If family members' homes aren't accessible, choose a restaurant or banquet hall that meets everyone's needs.
- Book accessible transportation well in advance, since use peaks during the holidays. Consider celebrating with your relative on a day other than December 25 to increase the likelihood that the service will be able to accommodate him.
- Give staff plenty of notice of the date and pickup and estimated return times for your relative. This allows them sufficient time to make adjustments with

food services and preparations with the pharmacy, as well as obtain a temporary leave of absence (TLA) order from the doctor.

- Prepare relatives and friends who haven't seen your relative in a while for any changes in his appearance, abilities or behavior.
- Ensure your relative has appropriate clothing on hand, as well as warm outerwear. Let staff know what you would like him to wear for an event if he's unable to communicate this.
- Take along any necessary medical equipment, supplies and medications.
- Videotape or photograph events your relative is not able to attend.

Lisa M. Petschke is a social worker and a freelance writer specializing in elder care issues.

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

At this writing we have yet to eat our Thanksgiving turkey. Newspapers and magazines work many weeks in advance so sometimes we must be very imaginative. Our plans are to be with some group in the family and then fan out to the homes of several friends on the big day. Same with Christmas.

Sort of makes my blood run cold to think we are only three weeks away from Christmas. Where did another year go? When did I get so old? Where's the Christmas tree? I must start paying more attention to things.

The fall season not only brings the joy of the holidays but it is also great for those among us who go into the wilderness and bring back a mess of meat – our ever-present hunters of deer and other edibles with fur or feathers. This is their time of year and I just heard from my next door neighbor the funniest hunting story ever. I may ramble a little but the story has a beginning, a middle and an end.

In the beginning, my neighbor Calvin Pierce (who is one of my

"adopted" sons and the very skilled landscaper who keeps my yard looking like Southern Living and also shares his cat with me), came over one afternoon to tell me he had turned over a new leaf and was going to become more active, get out and meet more people and improve his lonely life in general. We whine endlessly together – He the young widower and I the old widow. We have a lot in common. So, starting that very night Calvin went to a football game alone to help get things pumping.

On the way home from the game he decided he would go deer hunting next morning which was on Saturday. I want to mention here that from time to time we discuss this thing about hard luck. Calvin said his co-workers used to walk on the other side of the room from him because he was so unlucky.

That being said, Calvin hauled out the hunting gear, his big shiny deer rifle and readied himself for the early morning trek. He told me that at about 5 a.m., he cranked the truck and exited his driveway. At 5:01 a.m. a gigantic buck sprang from the field across from our houses, and

right into Cal's truck. He hit the truck so hard it knocked his antlers off. It didn't put a scratch on Cal's old stand-by truck that has more than 200,000 miles on it. This has to set a time record for hunting deer.

The bad part of this is that this man could hardly sleep because of the anticipation of getting into the woods and hunting and just getting back into the swing of things. Now, here he was, one minute from home and he had already killed his deer. What are the odds of a hunter turning out of his driveway and coming nose to nose with a very large deer. I suppose if you stop to think, it was economical. He didn't have to drive far, never fired a shot and the thought of road-kill didn't bother him.

I love to laugh and I love to think. The next bit of trivia came to me over the internet. A story that made me stop and think about my life for my hut has burned several times this year. Hope you enjoy it.

When your hut is on fire...

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him. Every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions.

One day, after scavenging for food, he arrived home to find his little hut in flames, with smoke rolling up to the sky. He felt the worst had happened, and everything was lost. He was stunned with disbelief, grief and anger. He cried out, "God! How could you do this to me?"

Early the next day, he was awakened by the sound of a ship approaching the island! It had come to rescue him! "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

The Moral of This Story: It's easy to get discouraged when things are going bad, but we shouldn't lose heart, because God is at work in our lives, even in the midst of our pain and suffering. Remember that the next time your little hut seems to be burning to the ground. It just may be a smoke signal that summons the Grace of God. ©11/23/09

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Spiritual Notes

Celebrate Coming of Age

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Nancy B. Millner has written a book entitled "Creative Aging." In the book she addresses the upside of older age. Man of us, I dare say, want to know about how aging can be creative and we ask the question, "What doesn't work so well any more?" "My got up and go, got up and went;" "Senior moments;" and on and on. We do tend to laugh at ourselves, which is a good thing. Humor is healthy, although not at the expense of others; rather, in terms of taking oneself and others less serious. Someone has said that humor is "knowledge with a soft smile."

Millner suggests that we find those parts of ourselves that we have not developed and integrate them into our personality. It is about finding those things that were ours to do but we didn't address because we were too busy establishing a career, raising a family and participating in our community activities.

As we come to age, we among other things, understand our limitations better, accept ambiguity, and have learned that evil and good in the world and ourselves dwell side by side and are often hard to distin-

guish. This period of our lives is frequently marked by a greater desire to express our true gifts and often we have more adequate resources with which to do so. Millner points to the fact that, "Coming of age frees one from expectations of parents and culture." As one person said, "I'm freer now, for there is nothing I really need that I don't have." This comes from one who defines need from a place of deep understanding. Apparently this person is very selective about what they call a need, and allows for a profound freedom almost never known to the young.

A very important aspect of coming to age is one's spirituality, or as Carl Jung put it, "having a relationship to the infinite." Seniors want to know that their lives have meaning and purpose. So many have found peace and a sense of direction through a close relationship to God.

As you "come to age," do some personal introspection. Ask yourself the question, "Am I thinking creatively about my life?" As we celebrate the upcoming holidays of Christmas, thank God for your gifts and use them to His glory.

Poets' Corner

Christmas - 2008

By: Vera King

May the Birth of Jesus
as was foretold of old
make your joy abundant
in the knowledge
of our salvation.
We truly are
One in the Spirit
in One Body
in One God
as we give Gifts
of Good Will
to bring about
Peace on Earth.

~~~~~

## Another Testing

By: Henry Newton Goldman

When, in the early writings of my  
years,  
I mixed so much emotion - almost  
tears,  
I scattered throughout my lines  
didactic stuff.  
My editor said "Too preachy - that's  
enough!"  
"For we must test your verses to  
make sure  
That they portray a vision and  
endure."

"I will withdraw approval of your  
lines,  
Veil them in the shadows for a time,  
And leave behind only a token clue  
Of better metaphors that glimmer  
through.  
Give me whispering lines that will  
not die,  
Verses that we will remember you  
by."

And I was left to choose the form  
this time,  
Left to choose between free verse or  
rhyme,  
And I would search for a poetic  
voice,  
Yes, drawn upward by didactic  
choice.  
And I was left once more, my lines  
to choose,  
But will not change my lines - for I  
refuse.

~~~~~

Sycamore Tree

By: Lillie W. Scoggins

Born in the country near a one-horse
town,
I'm looking things over, just getting
around
Peculiar to folks who look down on
me
Who think they're better than I'll
ever be

No way around them; no way I can
see

My name's Zacchaeus - at the
Sycamore Tree.
Folks here are so proud, say I
shouldn't be me:
They are so rich, but I can't be free.
If they are so good, why do they kick
me?

They think they are right, so wrong I
must be
They say there's no good in someone
like me.

I'm simple Zacchaeus at the
Sycamore Tree
Someone's a-coming; folks are on
the move;

To be the most honored their push
comes to shove,
Remembering their ills, forgetting
any love,
Hiding their faults like a hand in a
glove.

"Get above the crowd the better to
see,
Curious Zacchaeus, climb a
"Sycamore Tree."

Now came this Great Man to our
little town,
And He called to me loudly,
"Zacchaeus, come down."

Today I'll share dinner at your home
with you;
You have been chosen, there's
much work to do,

A way past the crowd, a way you
shall see,
Come down, Zacchaeus, from your
Sycamore Tree."

I heard the Great Man, and I hurried
right down;
I'm glad the Master came into our
little town.

Breaking bread that day, His Word
He gave me;
"There's work for you, that folks
may be free."

He thought me of worth like nobody
around.
He healed my sorrow in Sycamore
Town.

I chose not to follow that great
multitude
That ignores His Cross and the bleak
solitude.

He exchanged His Cross for a
Kingdom Crown,
He brought God's Love to folk in our
town.

The task now is mine, with Love to
folk in our town.
The task now is mine, with Love full
and free,

Showing His Love Divine at my
Sycamore Tree
The world may seem cruel and full
of misery;

Others may be doubting that there's
good in me
But GOD sent His Love, so full and
so free

Through Jesus who died on Cruel

Calvary.
Peace and Joy are mine, ever
thankful I'll be
Since He came for me at my
Sycamore Tree.

~~~~~

## Gift From Heaven

By: Lillie W. Scoggins

I could not be a Christian 'till God  
gave Grace to me  
I could not be a Christian 'till  
Christ was born for me  
I could not be a Christian 'till  
He died on that tree  
There was no Gift from Heaven 'till  
it was given me.

I want to be that Christian and to  
God be true:  
I want to stay in prayer with praise  
to Him that's due,  
I want to be a servant, as He would  
have me do.  
Accept this Gift from Heaven, surely  
that I'll do.

I cannot be a worker, not knowing  
what to do;  
I cannot be a shirker, and earn the  
pay that's due;  
I want to be a servant as He would  
have me do;  
Accept this Gift from Heaven, surely  
that I'll do.

I cannot be a worker, not knowing  
what to do;  
I cannot be a shirker, not earning

reward that's due;  
I cannot be a leader unless I join the  
crew;  
I can surely win the race if I follow  
through.

There will be no harvest if seeds I  
don't sow;  
I will not have the grain if I don't let  
it grow;  
There will be no reaping if my feet  
are too slow;  
I cannot share His Bread, if I don't  
knead the dough.

I cannot move His Boat if I don't try  
to row;  
I cannot sail His Ship without His  
Winds that blow;  
I cannot gain His Wisdom if His  
Words I don't know  
I cannot love my neighbors until I  
share His Woe.

I must not join the crew that crucifies  
My Kind,  
I must not forget, in prayer, His  
Praise to ever sing;  
I must love the brethren, and  
Children I must bring;  
I am in a Kingdom that lets my  
Freedom ring.

God sent His Only Son, a Saviour for  
you, too;  
You must not reject Him; He paid the  
price for you.  
His Spirit He has given, for Life with  
Him anew -  
Holy Trinity Forever! We can be  
there, too!

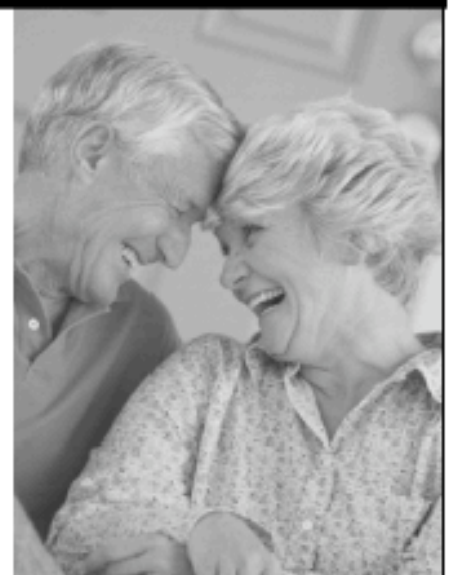
## Lose Your Bifocals... Intentionally!

The ReSTOR procedure may provide you  
with a full range of vision, minimizing  
your dependence on glasses, including  
reading glasses or bifocals. The results of  
the ReSTOR procedure are amazing:

**99%** of patients can see well enough  
to drive a car without glasses or  
contacts

**97%** of patients can read the  
newspaper without reading glasses or  
bifocals

**80%** of patients NEVER wear  
glasses for any activities



Call the Eye Center today to learn more about the  
ReSTOR procedure and to see if you may be a candidate!

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## On the Cover

# 'Tis the Season!

by FAYE JONES  
Editor

**M**r. and Mrs. Claus take a breather from toy mak-

ing to rest for a few minutes. Elves continue the work as the big day of the year for children of all ages approaches.

Connie Short and Wayne Lettice have been standing in for the Claus couple for years.



They have entertained extensively in the middle Georgia area and are the best we have ever met. The beautiful costumes are flawless and Santa's Ho, Ho, Ho, is as authentic as it was the first time we heard it.

The two often entertain at local nursing homes and visit the sick in their costumes. No two people we know bring more joy to the world than Mr. and Mrs. Santa Claus. Thank you both for making our season bright.

## Our Lady of Gourd, Anne Touchton

by CLAIRE HOUSER DODD

**A**s soon as we heard she was out of her gourd and lived in a loony bin, we were gearing up and heading for Roberta, Georgia.

Yep! Anne Touchton just won all sorts of Good Gourd Miss Molly Awards at the Georgia Gourd Society in Perry. She's only been fooling around with gourds for about a year, but Gourdness gracious if she hasn't up and run away with 3 first prizes, came in second in 3 categories and won 4 third place awards.

We believe Gourd was her copilot. Anne lives in Roberta with her husband Wayne who is also quite artistic. He just made an adjustable gourd holder constructed out of 2 pitchforks and a harrow blade.

Believe it or not, someone gave them a grain silo, and they've made it into a workshop with a porch replete with glider swing, sunroom and gobs of space for Anne's "stuff." All you arts crafty artists out there know all about "stuff." It can't be thrown away because it has a better and far more beautiful life ahead than it ever had as its present self; hence, The Looney Bin!

Hey! This is what we call art. Seeing and making something wonderful and magical out of something somebody with lessor sensitivities has discarded. We love "found art."

Now Anne Touchton has imagination and an artist's eye to take these dried fleshy, fruit, hard skinned (from different plants, i.e., cucumbers, squash and the like that are usually carved into bird houses, rattlers or musical instruments such as banjo, lyre or percussion devices (or as Thanksgiving table decorations – colorful & cute) and turns them into real objects d'art.

She has detailed cut-outs with dragon flies and cat tails on them; so detailed they appear to be painted on because you can't imagine how it could be cut out. Some of her gourd art takes up to 90 some odd hours to do. It is lovely and sells quickly. In fact, she had to borrow some from previous buyers to enter the gourd show.

This art is unique but has to be seen in person to really believe. She has dream catchers and oriental lanterns and many more figments of her very artistic imagination.

Gourd Bless you Miss Anne, we'll see you at The Looney Bin soon.



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# 2009 NVRA Awards Banquet held November 21st in Macon

by **JOE CAWLEY**  
NVRA Photographer & Publicist

**T**he National Vintage Racing Association held its 2009 Awards Banquet in Macon, Georgia on Saturday evening, November 21, 2009.

Bruce Griffin of Lincoln, Alabama won the Open Modified Championship. Ruben Frady of Cartersville, Georgia was second and Al Smith of Jeffersonville, Georgia placed third. Bruce Griffin also was the winner

of the Stewart Seymore Memorial Award, for being the top driver in the class.

Woody Moore, a 75 year old racer from Hawkinsville, Georgia won the Late Model Modified Championship. He began his racing career in the early 1950's. Jason Bowen of Bonaire, Georgia was second and David Adams of Tucker, Georgia placed third.

John Knowles, Jr. of Grovetown, Georgia won the Late Model Sportsman Championship. Bryan Cantrell of Flowery Branch,

Georgia was the second place finisher.

Martin Sapp of Quitman, Georgia won the Modified Sportsman Championship. Woody Callaway of Bonaire, Georgia placed second and Allen Wheeler of Quitman, Georgia placed third.

Jerry Williams of Cornelia, Georgia won the Limited Sportsman Championship. Joe Evans of Anderson, South Carolina was second and Allen Cantrell of Commerce, Georgia placed third.

Jerry Williams of Cornelia, Georgia was the NVRA Rookie of the year. He drove a 34 Ford sedan #41 Buck Simmons replica powered by a six cylinder engine.

Guy Jenkins of Centerville, Georgia and John Knowles, Sr. of Byron, Georgia were the Special Recognition Awards winners. They are pit steward in the NVRA.

Joe Cawley of Augusta, Georgia won the Service Award.



Ruben Frady, Joe Evans, Woody Moore, Al Smith, Robert Cantrell  
NVRA Senior Citizen Drivers



Bruce Griffin, Woody Moore, John Knowles, Jr., Martin Sapp, Jerry Williams  
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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*

# "How 'bout them dogs?"

by W. MAXWELL DUKE

**M**an's best friend... the dog. It found its way into the lives and hearts of the Southeastern Indians at a very early date. It has now been archaeologically documented that the Indian had accepted the dog into his culture as early as 10,000 years ago during what the Indians call the



Archaic Period.

The dog served the Indians in several ways: friend, hunter, spiritual partner and occasionally as food. The importance of the dog is shown by the ancient custom of Indians burying their dogs with the master.

Even as far back as the Archaic Period, the Indians were placing his best friend in the same burial pit as his deceased master. That way they could make the final journey into the hereafter together.

In Taylor County, Georgia one of the most spectacular art forms ever

made during the Mississippian Period (approximately 1400 AD) was found near the bank of the Flint River. It was a large ceramic pot which was made in the shape of a dog – complete with teeth, eyes, ears, legs, and tail. It was painted with designs and on its back there was a "bud-vase" protrusion reaching up several inches. It was a true work of art suggesting the prominence of the dog in Indian society.

The physical appearance of the early dogs in the Southeast varied from area to area and did not all look like the Flint River pot. The Natchez Indians of the Gulf Coast region had dogs which looked like wolves but had a different bark. However, in Georgia, the dogs may have been shorter in height, shorter in length and pudgy around the middle.

The Cherokee Indians of north Georgia possessed an unusual dog even by today's standards. It could not bark. It was specially bred by the Indians for use as ceremonial food.

The eating of dogs as a staple food was not done. Their flesh was reserved for special events. One of the events would be for a meal before a

raid or other war efforts. The warriors would eat a dog to symbolize "the care with which they would follow their leader." The meat of the dog would also invoke more speed for the consumer. (The Indians believed that you literally became what you ate.)

Dogs also entered into the ceremonial chants of conjuring. Some were medicinal in nature as a cure for arthritis. However some chants were to ensnarl suffering upon an enemy.

One of the dog chants aimed against an enemy went something like this: Your pathways are always black...and may dog excrement cling nastily to you...and you be like the Brown Dog in heat...and you will forever be carrying dog stools and your pathway will always be toward death.

## **TIDBIT OF TRIVIA**

In a remote area of South Carolina there has been located and documented a unique breed of dogs. Found deep in federally controlled property, these dogs are believed to be direct, pure descendants of Archaic Indian dogs. They have been named, Carolina Dogs. ©

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# HOUSTON LAKE





# C'mon, let's eat

by FAYE JONES

**M**erry Christmas! Isn't it exciting to be in the hustle and bustle of the holiday season? Only three weeks until Christmas and I have not begun baking yet. Not that I don't have the time nor the will, it's trying to lose weight before the big day had made me ashamed of myself. Some families eat to live, my family lives to eat. It has always been that way and we have the hips to prove it; so, putting my guilty conscience to rest, let's blast off with some good old fashioned candy recipes that are guaranteed to fill out at least six wrinkles on your face.

## CARAMEL PEANUTS

**4 cups raw peanuts**  
**2 cups sugar**  
**1 cup water**  
**Few drops vanilla flavoring**  
**(optional)**

Add all ingredients and boil until liquid begins to dry out and peanuts are sugar coated, stirring constantly. Place in a preheated 350 degree oven and bake for 15 minutes. You may want to add red coloring for the holidays.

## OLD FASHIONED DIVINITY

**2 cups sugar**  
**1/2 cup white corn syrup**  
**1/2 cup hot water**  
**1/4 tsp salt**  
**2 stiff-beaten egg whites**  
**1 tsp vanilla**  
**1/2 cup chopped pecans or walnuts**

Butter sides of heavy saucepan. Combine sugar, syrup, water and salt. Cook, stirring constantly, until sugar dissolves and mixture comes to a boil. Cook to 250 degrees without stirring. Remove from heat. Pour hot syrup over egg whites, beating constantly with mixer at high speed until candy loses its gloss and holds a curl. Stir in vanilla and nuts and quickly drop by teaspoonfuls on waxed paper.

## BUCKEYES

**2 lbs. creamy peanut butter**  
**1 lb butter**  
**3 lb. confectioner's sugar**  
**2 (12-oz) pkgs. chocolate chips**  
**1/2 bar paraffin**

Mix peanut butter, butter and sugar until smooth texture develops. Form small balls the size of buckeyes. Refrigerate. Melt slowly the chocolate chips and paraffin together in the top of a double boiler. Using a toothpick, dip cold buckeyes into the chocolate until covered. Let dry on waxed paper. Makes 166 pieces.

Note: Paraffin may be omitted but the candy will become too soft and have to be kept refrigerated. Shave paraffin bar before melting to quicken the melting process and remember to be very CAREFUL. Paraffin is wax and it is combustible.

## CHEESE DROPS

**1 stick margarine**  
**1 cup grated sharp cheese**  
**1 1/4 cup flour**  
**1/8 tsp cayenne pepper**  
**1 cup Rice Krispies cereal**

Cream together margarine and cheese. Sift flour and cayenne pepper and add to creamed mixture. Stir in cereal. Drop by teaspoon on ungreased cookie sheet. Bake in a preheated 335 degree oven for 15 - 20 minutes. Makes 2 dozen.

## PECAN BALLS

(I have used this recipe for more than 50 years. So simple, so good, and a part of every Christmas at our

house)  
**1 cup margarine, softened**  
**4 Tbsp sugar**  
**1 1/2 cups self rising flour**  
**1 cup finely chopped pecans**  
**1 tsp vanilla**  
**1 box powdered sugar**

Cream oleo and sugar; add other ingredients. Shape into small balls and bake at 300 degrees until brown. Roll in powdered sugar. Cool and store in an airtight tin between layers of waxed paper. They last for weeks.

## RUM BALLS

**2 cups powdered sugar**  
**2 cups finely chopped nuts**

**6 Tbsp milk**  
**1 lb box vanilla wafers, crushed**  
**1/2 cup rum**

Mix all dry ingredients and add liquid. Let stand in refrigerator for 3 hours, then roll into balls and dust with powdered sugar. A few of these go a long way.

Enjoy! ©11/23/09

**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., Dec. 21, 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  
• **Stroke 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

continued on page 10

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## CALENDAR

from page 9

Tues., 6:30-8 p.m. 478-633-5660  
 • Parent Grief Support Group: Third Tues., 6:30-8 p.m. 478-633-5660  
 • Goodbye Too Soon Support Group: First & Third Tues., 7 p.m., 478-633-1785 or 866-633-7057  
 • 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 pro-

vided 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, 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

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, 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.

continued on page 11

# General Business Directory For Seniors

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 For Advertising Information Call  
 David VonAlmen at 478-213-5986  
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**Advocacy Resource Center**  
 (Turning Developmental Disabilities into Possibilities since 1953)  
 4664 Sheraton Drive (turns off Arkwright Road) • Macon  
 www.arc-macon.org 478-477-7764 #116  
**Garage Sale**  
 1st Friday of Every Month 9:00 a.m. - 1:00 p.m.  
 Huge Selection - Very Low Prices  
 Great Clothes • Furniture • Toys • Books • Kitchen  
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## CALENDAR

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### 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  
• The Man Who Came To Dinner: Dec. 4-12

### Middle Georgia Art Association

2330 Ingleside Ave., Macon  
478-744-9557

### 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 for our Christmas program "Heart of Georgia Chorus" on Dec. 13 at 6 p.m. in the Church 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.

### Westville by Candlelight

Sat., Dec. 5, 6 p.m., Lumpkin, GA. Village closed during the day to prepare for night time tour. \$15 adults, \$8 children under 18. Call 888-733-1850.

# 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/Passsystem 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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SENIOR CARE  
The world's trusted source for non-medical companionship and home care for the seniors.

- Companionship & Personal Care
- Meal Preparation & Sitters
- Housekeeping & Laundry
- Errands & Appointments

## St. Paul Apartments & Village

Senior Retirement Community  
1330 Forsyth Street • Macon, GA 31201  
**Call 478-745-0829**

Rent Includes All Utilities • Beauty Shop  
Library • Optional Lunch 5 Days/Week  
Bus for Groceries • Washer/Dryer On Each Floor  
Range of Planned Activities

Subsidized and market units.  
[www.ncr.org](http://www.ncr.org)

## The Medicine Shoppe

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[hearingassociates@alltel.net](mailto:hearingassociates@alltel.net)

840 Pine Street, Suite 800  
Macon, GA 31201  
(478) 722-0002  
Fax: (478) 743-7599



302 Margie Drive  
Warner Robins, GA 31088  
(478) 953-2705  
Fax: (478) 953-2857

**Toll Free (877) 722-2473**



## COLISEUM PARK

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380 Hospital Drive Macon, GA 31217

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**BOB MOODY RPH.**

Pharmacist, owner

**Start Getting Better Now!!!**

Phone: 478-745-5431 Fax: 478-765-4359

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Assistance with activities of daily living is just a phone call away.

### Our Services Include

CNA & Sitters, Respite for Family, Medication Management, Errand Services & Appointment Escorts, Light Housekeeping, Laundry, & Meal Preparation

[www.independenceplus.org](http://www.independenceplus.org)  
Ph: 1-866-269-0174 Fax: 1-866-269-0368

## Goodwill NEEDS YOU!

**YOUR DONATIONS**  
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment



### YOUR TIME

Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.

CALL: Mid GA: 478.957.9741  
OR CSRA: 706.790.5350

To find a location near you, visit

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

## BUSINESS CARD SECTION

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**Josie J. Carter, Facility Director**  
Email: [josie.carter@peachvalley.mgacoxmail.com](mailto:josie.carter@peachvalley.mgacoxmail.com)  
**Call 478-953-2183**





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