Senior News

Serving MACON & CENTRAL GEORGIA

Information For Ages

50 PLUS!

Brev Hunt... man with an unselfish nature!

Story on page 6

January 2012
Vol. 26, No. 1

Taking Care

Beat the cold: Pamper yourself... Here's how to tackle the winter blues

by LISA M. PETSCHE

The cold temperatures and limited daylight of winter keep many people indoors and at home more often than they would like. The results for some are a case of the winter blues.

Here are some tips to help you and the person you care for get past them:

Lisa Petsche

• Find little things that cheer you up.

• Treat you and your loved one to new flannel pajamas, a polar fleece robe or a cozy, and a comfortable pair of slippers. Just be sure any footwear has a non-skid sole.

• Keep throws draped over chairs and across the foot of the beds for easy access on chilly days and nights. These come in many fabrics, colors and prints to suit any décor, doubling as attractive home accents.

• Invest in quality flannel sheets.

• Soak in a hot, fragrant bath.

• Stock up on gourmet coffee, tea and hot chocolate mix. And do not forget spices for hot apple cider – a perfect treat for long, wintry nights.

• Order take-out food for a change of cuisine. Try something festive and colorful – like Mexican food for example.

Warm and brighten your décor

• Evaluate your lighting and change it where necessary, using higher wattage bulbs. Also, relocate lamps or bring spares out of storage.

• Try using warm, rich colors, such as burgundy and gold, for cushion covers, tablecloths, place mats, a mantel scarf, and so on. Brass accessories are also a winter favorite because they reflect light.

• Add texture with warm fabrics like velour, chenille and fleece: the softer, the better. Needlepoint cushions can help to increase the sensory impact. Note: always take precautions against starting a fire – place candles where they cannot be knocked over and extinguish them before going out or going to bed.

• Keep blinds and curtains open during the daylight hours and close them after dark.

• Bring a bit of nature into your home: nurture some plants or buy fresh flowers.

Keep busy

• Accomplishment brings satisfaction and a sense of renewal. Try new things or tackle long-postponed projects.

• Start a daily journal.

• Try some new recipes.

• Borrow or buy movies, music CDs and reading material, or reacquaint yourself with old favorites you have on hand.

• Work on some challenging jigsaw puzzles or word puzzles.

• Play card games or board games together. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings in stores. For even more fun, invite friends over for an evening of games and socializing.

• Start a new hobby, such as sketching or scrap booking, or revive an old pastime – for example, knitting or crocheting.

• Peruse gardening magazines and catalogs and plan this year's garden.

• Get a bird feeder and seed, a pair of binoculars and a bird watching guide.

• Organize your collection of photos, music or movies.

• Do some de-cluttering around your home (kitchen drawers, closets, spare rooms and attics are typical hot spots).

• Donate unwanted items to a local charity.

• Rearrange the furniture in one of more rooms, or swap furnishings among rooms. Or start planning a major room redecorating or home renovation project.

• Do something nice for someone. It will take your mind off your own situation and make you feel good, too.

• Make an extra effort to look after your health, including exercising regularly – good for both your physical and mental well-being. A stationary bike or treadmill is a good choice – you can use it year-round in your own home.

Make special plans

• Plan an outing to a restaurant or cultural event (ensure in advance that the facilities are accessible). Take a taxi (book accessible transportation if necessary) to ensure door-to-door service.

• Plan a party, if you enjoy entertaining and feel up to it. Consider a tropical theme and enlist help from friends.

• Start planning a summer vacation or, better yet, a mini getaway for the near future – perhaps a weekend stay at a resort or country inn. Look into respite care options for your loved one if it is not possible for him or her to accompany you or you need a break from caregiving.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in health and boomer and senior issues.

****

Lisa M. Petsche is a social worker and a freelance writer specializing in inter-generational issues.

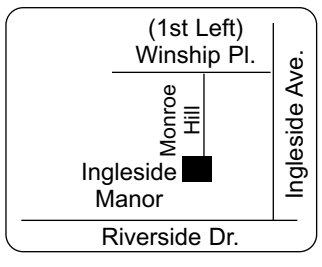
Beautiful, Affordable Senior Housing!

- Spacious One Bedroom Apartment
- Fully Equipped Kitchen, Carpet, Bay Windows
- Communal Multi-Purpose, Computer and Exercise Rooms
- Great Location – Close to Shopping, Public Transportation and Medical Facilities

Call Today for a Tour

478-722-9492

TDD: 800-545-1833, ext. 359



Ingleside Manor

A Retirement Housing Foundation Community

478 Monroe Hill • Macon, Georgia 31204-2592

You must be 62 years of age or older. Gross income must not exceed $18,900 for one person and $21,600 for two people.

FLINT RIVER MEMORY CARE

Do you have a loved one or friend who has Alzheimer's Disease? Do you know someone who is hurting their own health as a caregiver for someone with dementia? We can help. We will be a resource for you by making suggestions, giving you contact info, or just by listening. You are not alone!

Flint River Memory Care Community

250 WATER TOWER COURT
MACON, GA 31220 - 478-471-9433

Let us entertain you

by CLAIRE HOUSER DODD

Enjoy the simple things of life... often.

Unknown

Just because we don't know who said something doesn't make it any less impressive. The fact that we don't know may be that it is often said by many wise souls thousands of times through the centuries in several ways that it is totally unnecessary to give credit to one person.

Having just enjoyed Christmas and the New Year, we must not let down or become depressed. Be happy and savor those great memories of family and friends, and keep on keeping on. More good times are coming ahead. Concentrate on the positive; not the negative. Take care of your health. As one wise person stated; if it's unstable, improve it, if it's good, preserve it; if it's beyond what you can improve, get help. A very good way to start the New Year. It should be on your list, and one resolution you should and certainly can stick to... after all it is up to you! You're in charge, so take charge and just do it!

We had a Blair Brown sighting in Fort Valley last week. Always good to hear about her and her career which Ann (her mother) was so kind to keep us posted. Her current show airs at 9:00 p.m. Fridays on FOX. "Fringe" is the name of the show and we hear it is well named. Plan to see it ASAP. Sometimes Friday's shows are hard 'cause there's so much going on then.

We do want to share at least one of our Christmas experiences here in Fort Valley. While riding around with my daughter, Emily, one night enjoying the beautiful lights and decorations downtown and in the neighborhood, and we think Fort Valley does it best, we were in awe of the Nativity scene, the angels, the reindeer, the Santas, etc., "when what to our wondering eyes did we see?" It was a Santa; wasn't it? Was he saying something? Was he coming out of a house? Was he... why, yes. It was a house, a very small house, but a house it was... an OUTHOUSE replete with a half-moon in the door. Just thought we'd share this with you!

What with so many break-ins, robberies and scams, and we even had a charge card fraud, this item in the paper caught our interest; "Warner Robins Police Offer Free Handgun Classes."

The classes for women are held from 6:00 p.m.-8:30 p.m., January 9th & 12th, then from 8:00 a.m.-12:00 p.m. on January 28th. Topics to be covered are state laws on private ownership & carrying of handguns, safety, selection & maintenance, and the basics of shooting. They will be held at the Warner Robins Police Department's firing range, and participants are required to bring good quality and proper caliber handguns, 50 rounds of ammunition, and eye & ear protection. The classes are designed for those who have little or no experience with handguns. To register, call Warner Robins Police, Captain John Clay, at 478-322-0260.

A few other exciting happenings for January:

On Thursday, January 26th at 7:00 p.m. in the Burden Parlor Olive Swann Porter Building at Wesleyan College on Forsyth Road, the program presented will be: "Strange Bedfellows... Neuroscience and the Artists Journey." The presentation is listed as "Conversation & Dessert Reception." This is part of the Kate Watson Visiting Artist Series and is free of charge.

Dr. John Countryman, the Director of Theater at Berry College, will be the Director for this program. Dr. Countryman has had a distinguished career in professional theater and film as well as an award winning career as a theater professor.

And on January 28th, Wesleyan's Lane Center will gather in the Anderson Dining Hall for a breakfast meeting before departing in small groups to various project sites throughout Macon. Volunteers are welcomed! Please call 478-757-3799.

Hey grandparents, let us pass this one on to our grands. It's called, "The Refuge," from 6:00-11:00 p.m. Fridays and Saturdays at Christian Youth/Young Adult Center, 4917-A Mercer University Drive. Call 478-390-4013. Admission is $3.00, concessions and games are extra. Sounds like a new and good venue to try!

We're still hearing good things about George Saunders Jazzy Appreciation Class on the first Thursday of each month at the Lutheran Church of the Redeemer, 390 Pierce Avenue, beginning at 6:30 p.m. For details call 478-742-4281. It's free!

If you want to see the Sculpture of Grainger McKoy at the High Museum of Art in Atlanta, 1280 Peachtree Street, N.E., you better get started. Small and large, 3D scale sculptures plus a variety of related media as well as color sketch drawings produced over three decades by this South Carolina based artist will be on display only through January 8th. 404-733-4444 or check with their web site; High.org

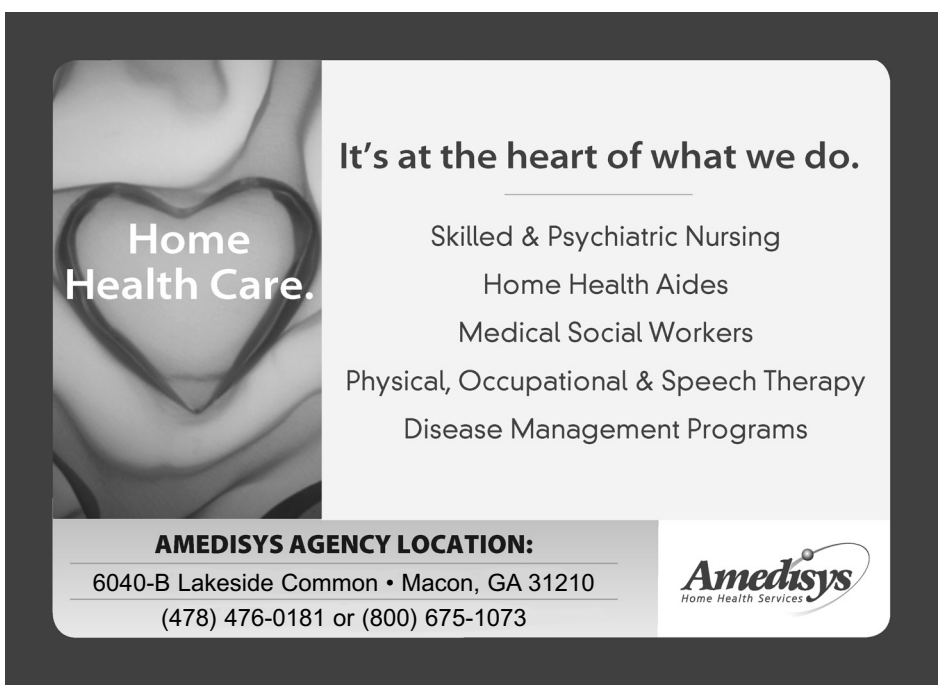
Someone was trying to get us to go to Utah, skiing this holiday season. We passed on this "opportunity." However, for you brave souls out there... ice skating is available for you on the date of January 3rd from 6:00-8:00 p.m., at the Macon Coliseum. The Macon Coliseum is located on 200 Coliseum Drive; please call 478-751-9232 for details. The ice beckons you and by the way, good luck, you'll need it!

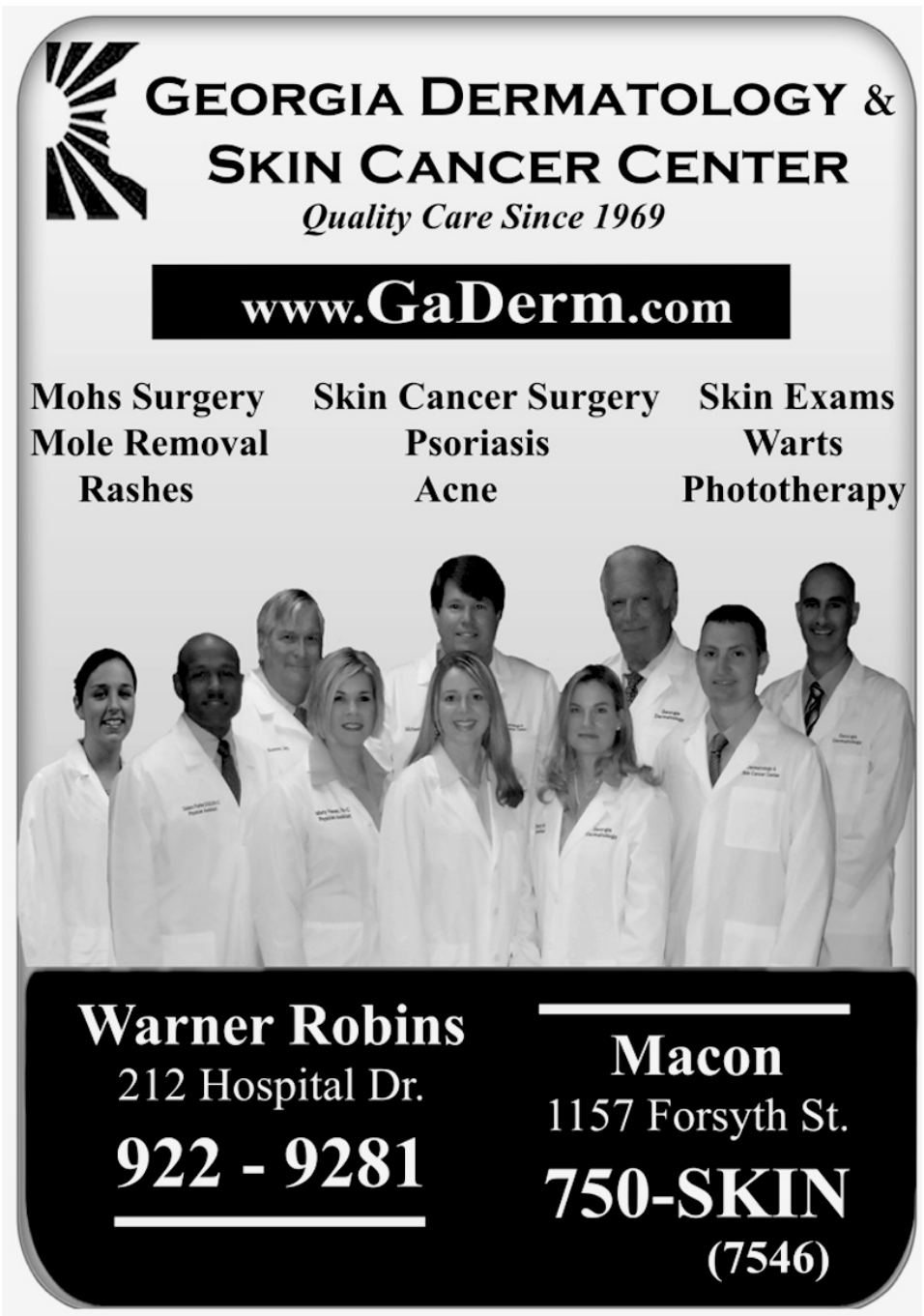
For you indoor types, try Bingo; 7:00 p.m., Tuesday & Thursday and 1:00 p.m. on Saturday at the Macon Moose Lodge, #1455, located at 2217 Gray Highway. Call 478-742-5372 for details. Public welcomed. Also at 7:00 p.m., Thursday and 3:00 p.m., Sundays at the Disabled American Veterans, #94493 located on Houston Avenue. Call Vann Edwards 478-784-1454 for information.

And that should hold you until next time. Stay safe, keep warm and be happy!

Keep only cheerful friends. The grouches pull you down!

Also Unknown





Senior NEWS

Serving Macon & Central Georgia

Website
www.seniornewsga.com
www.seniornewsgeorgia.com

Publisher
Billy R. Tucker
Email: seniornewsga@cox.net

Editor/Columnist
Faye Jones
Email: byronfaye1@aol.com

Advertising Account Executives
David VonAlmen
Phone: 478-213-5986
Email: VAMktPub@aol.com
Jan Tassitano
Phone: 770-993-2943
Email: jantas@bellsouth.net

Columnists
Claire Houser-Dodd
Dr. Bill Baggett
Christine Coleman
Lisa Petsche
****

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 12,000; Macon/Central Georgia, 8,000; South Georgia, 5,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.
****

CORPORATE OFFICE
Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037
FAX: 478-929-4258
www.seniornewsga.com
E-mail: seniornewsga@cox.net
Copyright 1987
Senior News & Views of Georgia

Coliseum Medical Centers and Coliseum Northside Hospital place on Quality Honor Roll

Special to *Senior News*

Coliseum Medical Centers and Coliseum Northside Hospital in Macon have been named to the Georgia Hospital Association's (GHA) Partnership for Health and Accountability (PHA) Core Measures Honor Roll. Coliseum Medical Centers and Coliseum Northside Hospital are two of 15 hospitals in Georgia to be placed in the Chairman's category, the highest on the list. The honor roll is based on clinical data provided by the federal Centers for Medicaid & Medicare Services (CMS), which administers the nation's Medicare and Medicaid programs. The data was collected from July 2010 to June 2011.

"This is a great accomplishment for Coliseum Medical Centers and Coliseum Northside Hospital," said Joseph Parker, president of GHA. "This recognition further underscores the commitment of the Coliseum Health System staff to ensuring that every patient receives the best, most effective health care possible."

Hospitals are required to submit care data to CMS, which details how well a hospital's caregivers adhere to a list of Value-Based Purchasing (VBP) core measures. These measures are the clinical processes of care that are known to be the most effective methods of treatment for surgical patients and patients who have suffered heart attacks, pneumonia and heart failure.

For instance, a recommended treatment to help prevent a heart attack is to take aspirin either before or upon arrival at the hospital, as well as at discharge. A suggested treatment for pneumonia is to administer an antibiotic within four hours of a patient's arrival. It is recommended that surgery patients are given an antibiotic one hour prior to surgery to prevent infection. The VBP core measure is a composite measure that determines whether or not a patient received the right care at the right time. A hospital's adherence to these recommended clinical practices usually leads to better outcomes.

"It is our mission to ensure that each of our patients receives the right care at the right time and this recognition validates this," said Allen Golson, Chief Executive Officer of Coliseum Health System. "This honor is a tribute to the hard work and dedication of our staff who are constantly working to make excellent care even better."

About CHS

Owned by Hospital Corporation of America (HCA), Coliseum Health System is comprised of Coliseum Medical Centers, Coliseum Northside Hospital, and Coliseum Center for Behavioral Health. The two medical/surgical campuses have a total of 361 beds, plus 60 beds in the Coliseum Center for Behavioral Health. The hospitals feature an expansive range of state-of-the-art services designed to meet the comprehensive medical needs of central Georgia. Both facilities include a 24-hour emergency room, inpatient and outpatient surgery options, rehabilitation programs, and diagnostic services. In addition, Coliseum Health System's breadth of care options includes specialty facilities such as the Coliseum Heart Institute, an advanced cardiac center offering all services from non-invasive cardiology to open heart surgery, Coliseum Orthopaedic & Spine Institute, Coliseum Cancer Institute, Coliseum Diabetes Management Center, Coliseum Advanced Wound Healing Center, and the Family Ties Birthing Center, which includes a level III neonatal nursery. The Coliseum Center for Behavioral Health provides treatment to adults with psychiatric and addiction issues. The services provided include inpatient and outpatient programs, as well as, a specialty program for senior adults.

About PHA

The Partnership for Health and Accountability, formed in January 2000 and sponsored by the Georgia Hospital Association, is a unique statewide collaborative that brings together health care providers with community agencies and individuals to achieve healthy communities. PHA includes representation from groups like hospitals, physicians, state health officials, legislators and businesses.

Spiritual Notes

Meekness Is Not Weakness

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Before you can get your arms around it, the New Year is here. It is customary at this juncture that we make New Year's resolutions. Our intent is to improve our quality of life, become better neighbors, be a positive influence, and grow deeper spiritually along with other worthwhile goals that we set for ourselves. Rarely do we spend a lot of time thinking creatively on how to reach these goals. You only need to reflect on your resolutions of 2011 to realize how far short one falls in accomplishing expressed goals.

Max Lucado wrote a book entitled "One Incredible Moment: Celebrating the Majesty of the Manger." One of the sections, "The Meek Were Kneeling," examined the role of the shepherds at the birth of Jesus. Lucado points out that the birth announcement went first to the shepherds. They were not theologians, the elite or the successful. These meek and humble men went kneeling before the Christ Child.

As I have pondered a resolve for the coming year, my thoughts keep coming back to the actions of the shepherds. I have always thought of meekness as a weakness. While that definition may fit in some instances, there are other more positive ones such as: humble, modest, peaceable, gentle and tolerant, to name a few. Our world could certainly use more of these qualities in all of us.

Jesus says in the book of Matthew, chapter 5, "Blessed are the meek, for they will inherit the earth." What a promise and challenge to all of us this New Year! The Shepherds have shown us the way.

****

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

***Senior News* Newspapers**
NOW AVAILABLE ONLINE!!!
Check us out at our new website...
www.seniornewsga.com
and
www.seniornewsgeorgia.com

To view recent editions of *Senior News*
click on **ARCHIVES**
For advertising information
click on **CONTACT US**
or call us at 770-698-0031!

Poets' Corner

THE TRUE VALUE OF LIFE
by Frankie Lee

Why must time go so quickly by,
When we still have so much to do?
Why can't it stand still when I am with you?

Why can't each day be perfect,
Filled with love and life?
Why must we have sadness, loss and strife?

Is it to see what we really have?
If we are never sad, how can we know we are happy?
If we never lose, how can we appreciate what we have?

Life is so many things
For me and for you.
But mostly it's for living
In all that we do.

Each day is a gift
Let's not lose a moment.
Each memory is forever
A gift from above.
To keep us warm to remember
The ones we love.

It's not the money, house or fame
That signifies you.
But it's your heart and love
In all that you do.

The people you touch with kindness and all.
Than makes you the richest person of all.

****

"WHAT A SHAME"
by Brenda G. Partridge-Brown

What A Shame,
To be alive but never live!
What A Shame,
To be blessed with everything, yet enjoy nothing!
What A Shame,
To have the gift of knowledge and not help someone else to learn!
What A Shame,
To be full with greatness and ideas and share with no one but your self!
What A Shame,
To refuse to give of yourself!
What A Shame,
To have eyes but refuse to see,
Ears but refuse to hear,
Hands but refuse to reach out to others,
Feet but refuse to go that extra mile!
What A Shame! What A Shame!
What A Shame!

****

BEEN THERE... DONE THAT
by Geri Noel

You think that we older people think
That we know it all
Been there... Done that
Fallen and now we are standing tall

It's not that we are old busybodies
Trying to keep your nose clean
But been there... Done that
It's about the things we've done and seen

What's new is old and new again
Old made new with a different twist
Computers and cell phones
Dick Tracy did it all by a watch on his wrist

For all the grandchildren
Kavon... Ciara... Rodney... Juvon... Mikey... and Jade
From grandmom's point of view
You've all got it made

Not gonna tell you how
I use to walk to school in three feet of snow
And put newspaper in the toe

Our skate boards were old wooden crates
With half skates for wheels
Our mother's clothes line for jump ropes
Double Dutch was the real deal

Hi Ho Silver... a stuffed horse head
On a stick we called Old Paint
Cowboys and Indians
Takes us where we ain't

So for you young-ums
Sometimes listen to what we have to say
Been there... Done that
For we were not born just yesterday

****

LET GOD DO IT
by Vera King

Down-sizing is difficult
As many of you know
The first consideration
Is finding where to go

Will you need assisted living
Just around the bend
Do you want to live with family
Or would you settle for a friend

The best way I can figure
Is to go it all alone
As long as you can manage
And have a telephone

There are lots of gadgets out there
For some to track you down
If you want to wear a wristband
When you go out of town

As for me I have my answer
And it sure suits me just right
I have my Guardian Angel
So I'm never out of sight.

Georgia wins award to benefit older adults and caregivers

Submitted by RAVAE GRAHAM
Deputy Director, Legislative Affairs and Communications
Department of Human Services

Georgia's caregivers will gain access to free wellness workshops for themselves and loved ones plus Alzheimer's telephone support, thanks to a new grant awarded by the U.S. Administration on Aging (AoA). The Georgia Department of Human Services (DHS), Division of Aging Services (DAS) competed and received one of only four AoA Systems Integration grants issued nationwide. Other award winners are New York, Minnesota and Ohio.

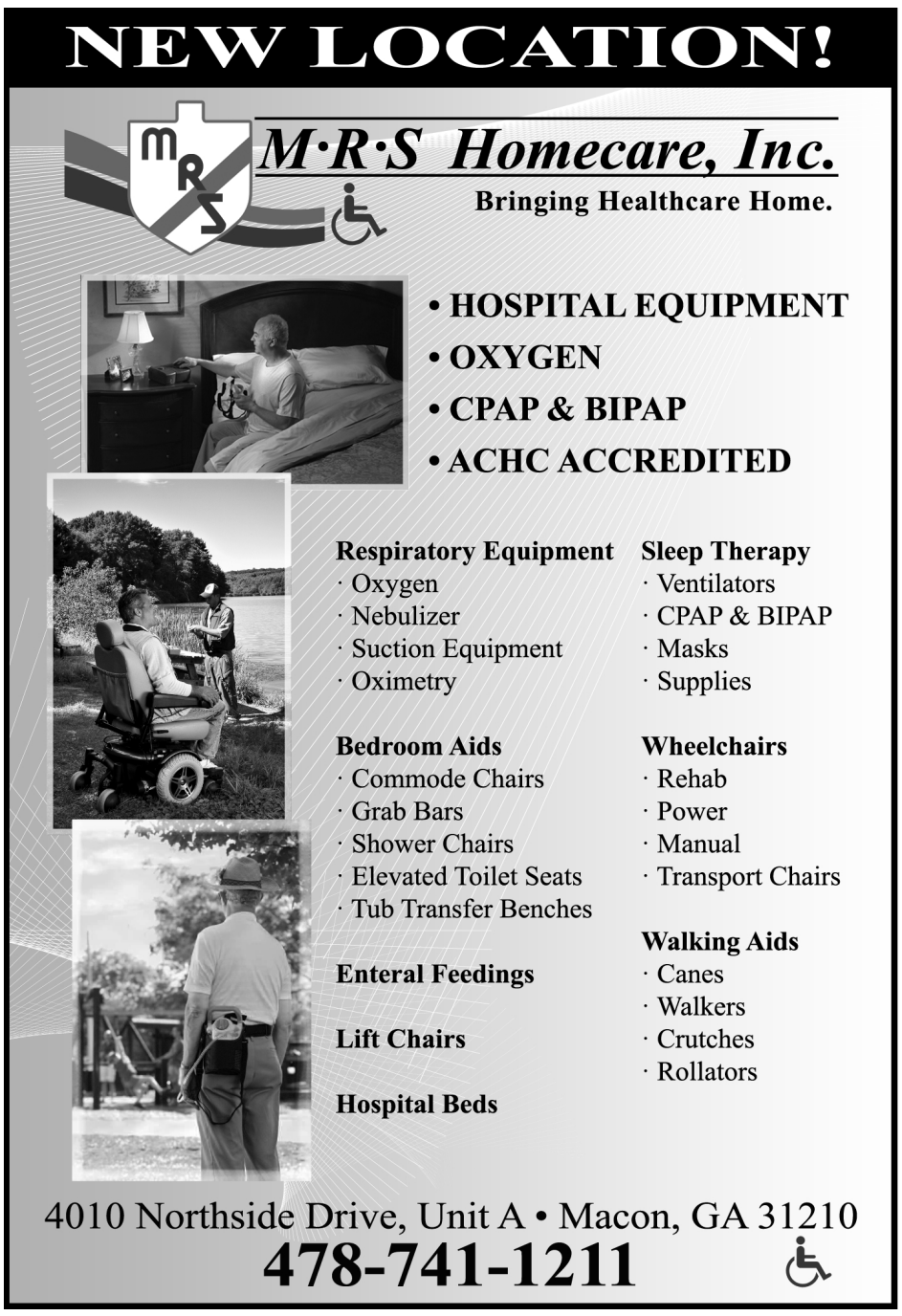
"As a result of this grant, Georgians across the state will get greater access to and control over the services and supports they will need now and in the future to help them remain at home and in the community for as long as they choose," said Dr. James J. Bulot, Director of DHS' Division of Aging Services.

The Division will use part of the funds to expand the face-to-face version of the popular Stanford University Chronic Disease Self Management Program across the state. In this six-week workshop led by trained volunteers, Georgians learn tools to deal with the emotional and physical aspects of living with a chronic condition or caring for someone with one or more conditions. The program is offered online statewide or in group classroom settings in most regions.

The grant also addresses the unique needs of individuals with Alzheimer's Disease. Caregivers and persons with early-stage Alzheimer's Disease will be able to get telephone support through collaboration between the Division and the Alzheimer's Association, Georgia Chapter. The statewide program will feature on-call care coordination guidance and help with emotional challenges.

The Division will also make free general caregiver education more widely available to Georgians by offering research-based programs that increase caregivers' skill, knowledge, and confidence while promoting self-care and reducing stress.

All of Georgia's 12 Area Agencies on Aging currently offer programs and supports designed to help family caregivers. For more information about services for older adults, call the Division of Aging Services toll-free at (866) 55-AGING (552-4464) or visit on the Web at http://www.aging.dhr.georgia.gov.



On the Cover

Brev Hunt... man with an unselfish nature!

by JANE WINSTON

ON THE COVER
Brev Hunt serving at Warner Robins' First United Methodist Church's Food Pantry

Mention the name Brev Hunt in a room packed with people and 90% of them are going to know him, or know of him, as Brev epitomizes the word "volunteer," and has quite possibly touched their lives in some way. Brev, which is short for Brevard... the name given him by his mother who loved Brevard, North Carolina... was born, reared and educated in Macon, Ga. He graduated from Lanier High School for boys, Mercer University and secured his principal credentials at UGA.

His first teaching job was at Lindsey Elementary in Warner Robins where he began in 1957 and where he retired... not as a teacher but as the principal... in 1994! He may have retired from Lindsay, but he certainly did not sit down, put his feet up, switch on the TV and go into any typical form of retirement. He continued teaching Sunday School at the First United Methodist Church (1st UMC) for what has now been 30 years and, with more free time on his hands, he ramped up volunteering in his local community.

He is a Master Gardner... and being a Master Gardner does not mean just having a pretty lawn and flower beds! Becoming one involves hours of classroom as well as in-the-field training. When the training is over the community service begins. Fifty hours of community service is required the first year and 25 hours per year after that. This spring, Brev will be fulfilling his 25 hours by sharing his master gardening skills with Cherished Children, a non-profit day care for working mothers.

However, where Brev donates most of his hours and where he has earned his "claim to fame" is at the Warner Robins First UMC food pantry on Davis Drive. The pantry actually began in 1991 and in 1995 Brev decided to lend a hand and in doing so ultimately ended up with the responsibility of this huge and worthwhile operation. And this is where I met up with this wonderful man with a great sense of humor, a strong work ethic, a love for people, a desire to help others regardless of religion, race or income and with no remuneration and little recognition.

Brev Hunt has earned his "claim to fame" at Warner Robins' First United Methodist Church 's Food Pantry

When asked about his typical week, he shared these facts. Monday, Wednesday and Friday he begins his day at 4:00 am at Dino's Gym with his group of exercise buddies! Mondays and Sundays (after church and Sunday school) he gathers bread for the pantry at Kroger's. Friday he and other volunteers go to Macon to the Middle Georgia Community Food Bank (one of 8 in Georgia) where he purchases food items for the food pantry ranging from frozen baking hens to canned collards. And Tuesday and Thursday, distribution days, Brev is in place at 7:00 am with a few of his approximately 50 volunteers ranging in age from 90 to 20 and from churches of all denominations in the local area. And there he stays, directing his volunteers, as they sort items purchased from the food bank and donated by individuals as well as businesses in the local area, stuffing grocery bags, interviewing clients, entertaining children, filling Christmas stockings, and the tasks continue until... at the earliest... 4:30 p.m.

And, in his free time, behind closed doors, Brev spends an inordinate number of hours doing paper work; his records are meticulous!! He can tell you how many families were served last year... 2,730 to be exact... and by how many volunteers, how many people were in those families, how many of them qualified for special federally funded programs, how many pounds of food were purchased and who donated food items, or money. In fact, Brev is so meticulously organized that when I showed up for the interview he had my volunteer name tag in hand from when I volunteered many years ago.

To underscore the unselfish nature of this man, I heard him say to one of the volunteers, "This is Jane; she has come to see what we do at the pantry." Actually, I had come to talk to Brev; he just happened to be in the pantry! And so, Brev Hunt, *Senior News* would like to publically say "thanks" for what you are doing for people of the community!

****

Jane Winston is a free-lance writer living in Centerville, teaching part-time at FVSU, and volunteering her time and talents in the community.

Sorting food and preparing for distribution

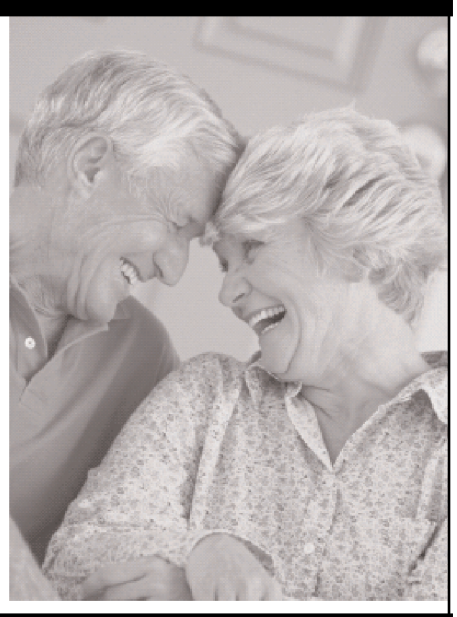
Lose Your Bifocals…
Intentionally!

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!

(478) 743-7061 • 1-800-743-7022

www.myeyecenter.com

Eye Center of Central Georgia, P.C.

Sid Moore, MD
John Ervin, MD

Spencer Maddox, MD
John Page, MD

1429 Oglethorpe Street • Macon, GA 31201

Donald Rhame, M.D.... A New Direction

by CLAIRE HOUSER DODD

A very sad thing is happening in Macon as well as all over America. Doctors are being forced into retirement at an early age due to governmental regulations. Like most things; regulations vary, some good, some bad. A double-edged sword, but in this case we see it as a triple negative.

Dr. Donald Rhame is retiring after 40 years of practice and much more experience. Experience that we as patients need. He has been our family physician for all these years, taking care of mother, aunts, cousins, a sister and me. We all hate to see him retire. He has been a great doctor and a good friend. We join his loyal staff and other patients in wishing him our sad goodbye.

He has been married to the former Alacia Lee of Quitman since 1962. They met in Charlotte, North Carolina while Alacia was at Queens College and Donald was attending Davidson. He graduated from the Medical College of South Carolina in Charleston and did his residency in General Surgery at Emory in Atlanta. They call themselves the three state citizens! And more, we say, because after that Don had two years in the Army at West Point and then two more years at the M.D. Anderson Cancer Center in Houston at the University of Texas.

Don came to Macon in 1971 and joined Stewart & Menendez specializing in general surgery with an emphasis on cancer. Their practice was on the second floor of the old doctor's building at 700 Spring Street (a real historical Macon Monument). Remember the old pharmacy? The Apothecary. In 1985 they moved to the third floor... causing much confusion to his old patients. Stewart & Menendez both retired leaving Dr. Rhame alone with his trusty helpers... Bertha Henderson who was with him for 39 years and Patricia Railey, the young kid on the block, who has only been working there for 29 years. We'll also be missing them as they too became friends.

So what next for Donald Rhame, M.D.? Yes, he is keeping his license, but planning to use another one, too. This one is a Real Estate license and he intends to partner with his life partner in that venue also. Sounds as though they have some very innovative ideas in mind.

Dr. Donald Rhame in his office

Therefore, you may be seeing this young man running around town more than ever. Plus, we believe he'll be helping out at the Macon Volunteer Clinic on Roger's Avenue as that's where he donated his equipment and supplies (some of which may be sent to foreign missions as the clinic won't need everything).

Patricia Railey (front) and Bertha Henderson

Dr. Donald and Alacia Rhame

Now for the fun part, Donald is dreaming up a book and it just may entail lots of his myriad experiences as a doctor. Naturally, we had to chuckle at that one 'cause we know how funny and strange some of their happenings can be. We'll definitely be looking forward to that book coming out in the future.

Having no regrets, Dr. Rhame leaves us with a good and positive thought.

No, greater privilege could be give any person than to be a physician and deal with and be helpful to his fellow man!

First Choice Primary Care
is accepting new Medicare patients.

First Choice Medical Care is a community health center located in downtown Macon. We offer family medical care, preventive services, and the diagnosis and treatment of common and chronic diseases.

Dr. Tim Graves, Medical Director, has taken care of families in Macon, Gray and Middle Georgia for almost thirty years. He is graduate of the Medical College of Georgia, and Board Certified in Family Medicine.

Our experienced family nurse practitioners have all completed advanced training in family medicine, including diagnosis and treatment of diabetes, heart disease and other illnesses.

We also have a staff pediatrician, Dr. Kathryn Page, and can offer care to the entire family.

Why First Choice?

- We take care of the billing and paperwork for you.
- We accept many Medicare Advantage plans.
- We will work with you to keep your out-of-pocket expenses down.
- Convenient downtown location with easy parking.
- Extended hours, including early morning appointments.

First Choice Primary Care
770 Walnut Street • Macon, GA 31201
478-787-4266

Georgia eye doctor helps legally blind to see again

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

Atlanta, Georgia –

Ever looked 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. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

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

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"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.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

****

– Paid Advertisement –

The Next Chapter

Dale Cramer... a personable area author!

Book Reviews by
ANNE B. JONES, PhD

Paradise Valley
Dale Cramer, Bethany House, Minneapolis, Minnesota, 2011

Dale Cramer is a personable area author who has found his niche. A rare breed, he is a man from an Amish family who writes Amish fiction. An award-winning author, his books have wide appeal because of their firm foundation in a tradition about which many are curious.

Described as "A tale of love, danger and redeeming faith," *Paradise Valley* is inspired by actual events. The story serves as a reminder of how those most devoted to following their beliefs can run afoul of the law. At the same time, it demonstrates the power of family bonding, hard work and service to God.

Although I am not generally a reader of religious novels, I was intrigued by the book's premise and its setting. It delves deeper than much Christian fiction in providing skillful exploration of issues related to racism and pacifism during the time period of the 1920s.

The plot centers on the disruption that occurs when the Bender family is faced with leaving their beloved home for a far-away land. Choosing their beliefs over the comfort and safety of their comfortable lifestyle, they embark on a journey both geographically and emotionally. The story is one that will tug at your heart while giving insights into a little understood way of life.

Cramer is to be praised for his ability to bring forth compelling aspects of a faith many of us know little about and for his uncanny skill at getting into the minds of his female characters.

****

You may contact Anne at annebjones@msn.com; annebjones.com.

Ocmulgee National Monument Association establishes an endowment fund

Submitted by JULIA WOOD
Director of Donor Services
Community Foundation of Central Georgia

The Ocmulgee National Monument celebrated its 75th birthday on December 23, 2011. To ensure that the Ocmulgee National Monument is maintained for perpetuity, the Ocmulgee National Monument Association established the Ocmulgee National Monument Indian Mounds Fund, a permanent endowment fund managed by the Community Foundation of Central Georgia. This endowment fund generates annual income to sustain and initiate designated programs for the Ocmulgee National Monument.

The Ocmulgee National Monument is a memorial to the relationship of people and natural resources in this corner of North America. They preserve a continuous record of human life in the Southeast from the earliest times to the present. There is evidence of 17,000 years of human habitation. The monument offers a diversity of natural and cultural resources, and visitors can enjoy the Ocmulgee National Monument by:

• Viewing the collection of artifacts, some dating back more than 12,000 years.

• Envisioning the past by viewing exhibits and a 17-minute movie at the Museum.

• Strolling to the Earthlodge and Early Mississippian temple mounds.

• Immersing yourself in a wetlands environment by taking a walk on the boardwalk.

• Walking back in time through the wilderness of the Ocmulgee River floodplain

To make a contribution to the Endowment Fund, mail your check to the Community Foundation of Central Georgia , 277 MLK Jr Blvd, Suite 303, Macon GA 31201 and indicate on your check Ocmulgee National Monument or make a contribution online at http://www.cfcga.org/ocmulgee-national-monument.

About the Ocmulgee National Monument Association

Founded in 1942, the Ocmulgee National Monument Association is a nonprofit cooperating association working in partnership with the National Park Service to support interpretive and educational programs at Ocmulgee National Monument.

Macon/Central Georgia CALENDAR

CALENDAR NEWS GUIDELINES

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

****

Coliseum Health System

"Medicare Made Easy" and "Advance Directives for Final Healthcare"

For complete information call Consult-A-Nurse at 478-746-4646.

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 other 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, 3 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.

• Bipolar Support Group: Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355

• US TOO for Prostate Cancer Education and Support: 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.

• Survivors of Suicide Support Group: 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.

• Extending H.O.P.E. – Lymphedema Support Group: 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.

• HOPE Network: 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

For 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: 3rd Wed. each month, 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

• Joint Classes at Coliseum Northside Hospital: Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.

• A-Z Diabetes Self-Management: Day Classes: Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.

• Look Good... Feel Better: A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

****

Medical Center of Central Georgia – Partners In Health Classes

Golden Opportunities
The Wellness Center
3797 Northside Drive, Macon 478-757-7817

Heartworks
389 First St. (Inside the MHC)
478-633-9090

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

****

Houston Health EduCare

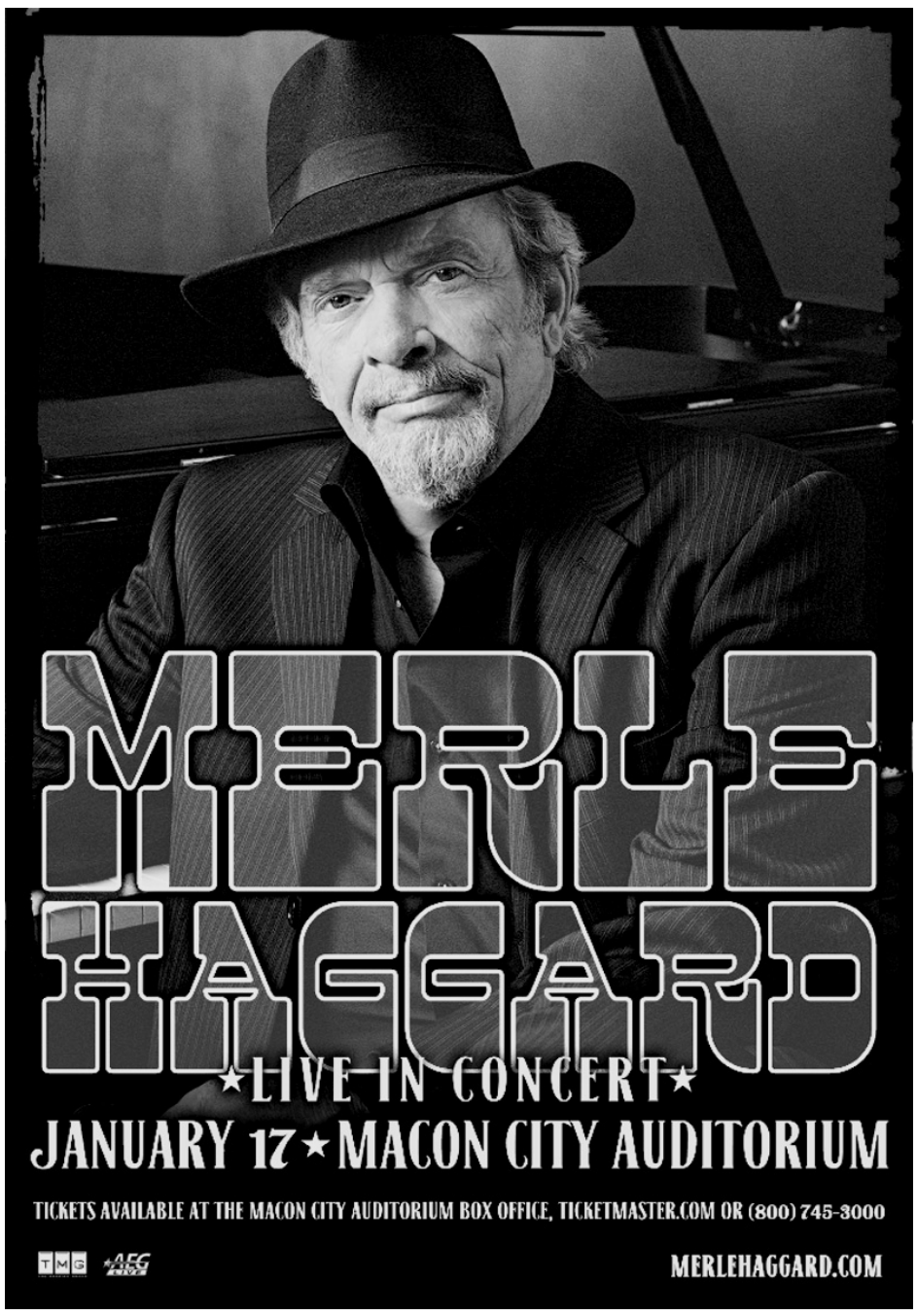
Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

****

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.

continued on page 10



CALENDAR
from page 9

Warner Robins SeniorCare
Call 478-923-9771 for programs provided.

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, Rozar Park
• 2nd Fri. of month, optional lunch ($5) and a guest speaker is provided after exercise.

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.

TOPS Club, Inc.
Weight loss support group. Call 478-923-9771 for complete details.
• 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.
Bibb County
• 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050
• 2nd Wed., 10 a.m., Carlyle Place, 5300 Zebulon Road, Macon, Stafford Suites Activity Room, 478-405-4500
• 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon, 478-746-7050
Houston County
• 2nd Thurs., 10 a.m.,, Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
• 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669
• 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532
Bleckley County
• 2nd Thurs., 6:30 p.m., Bleckley Memorial Hospital Conference Room, 142 Peacock St., Cochran, 478-308-0188
Lamar County
• 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516
Laurens County
• 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888
• 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-275-4460
• 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 1826 Veterans Blvd., Dublin, 12-A Family Room, 478-272-1210, ext. 2328
Monroe County
• 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754
Putnam County
• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331
Upson County
• Last Thurs., 7 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607
Telephone Support Group
• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 1-866-453-5550

****

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 Senior Center
1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478- 751-9238; Daily activities 9:00-2:00
• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry at 478-751-2790 for an appointment.
• Senior Citizen Choir: Mondays at 10:00, Macon-Bibb Senior Center, 1283 Adams St. Call Brenda for information at 478-751-2790
• Bowling: Fridays at Gold Cup Bowling Center, 10:30 to 12:30, $2.50 per game, $3.50 shoe rental
• Exercise: Monday, Wednesday & Thursday Evenings, 6:00 to 7:00 pm, Senior Center, 1283 Adams St. $40.00 per month Instructor: Juanita "Poppi" James
• Needle Craft: Our fiber craft room is open daily for quilting, crocheting, knitting and sewing.

****

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. Charles Farmer, President, 478-922-2453.
• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-293-1066.
• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-293-1066.
• 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 478-293-1066.
Senior Activity Center
For information call 478-293-1066.

****

continued on page 11

BUSINESS CARD SECTION
For Advertising Information Call
David VonAlmen at 478-213-5986
Cindy Arnold at 478-972-2821
Jan Tassitano at 770-993-2943

Dempsey Apartments
Affordable Living In Historic Downtown Macon
- Spacious Studio & One Bedroom Apartments Homes
- Designed for adults 62 years of age & over and those with disabilities
- All utilities except telephone & cable included in monthly rent
- Apartments include wall-to-wall carpeting, stoves & refrigerators
- Access Control
- Cameras
- Library, computer center & laundry center on-site
- On-site Resident Service Coordinators
- On-site Management
- 24-hour Maintenance
- Recreational/Educational Programs
- Within walking distance of the Post Office, hospitals, theaters, restaurants & shopping

523 Cherry Street
Macon, GA 31201
(478) 741-4471
TTY: Relay 711
www.thedempsey.com

Funding is provided by the U.S. Department of Housing & Urban Development (HUD Section 8 Program). Annual income must not exceed income limits set by HUD.

Professionally Managed by
Barkan Management Company, Inc.
www.barkanco.com

General Business Directory For Seniors

Live well in Warner Robins!
The finest comforts of life, with the support you want.
Summer's Landing of Warner Robins
- **Memory Care**
- **Assisted Living**
- **Supportive Independent**

600 S. Kimberly Road
Warner Robins, GA 31088
(478) 328-3800
SummersLandingWR.com
Please call today to schedule your complimentary lunch & tour!

KENNEDY DRUGS
FREE DELIVERY CITY WIDE
10% SENIOR DISCOUNTS
Discount on Prescriptions
Watkins Products
524 Popular St. • 743-4700 • Macon, Ga.

Change Your Water...
...Change Your Life!
Clean out acid and toxins on the cellular level and have a healthier, vibrant body at any age!

Dr. Hiromi Shinya says:
1. Drink the right water
2. Eat 85% vegetables/fruits
3. Exercise
4. Stay happy

To learn about the right water go to www.ILoveGoodWater.info
404-668-2420

Home Inspection Service
Planning to Buy or Sell?
Need a Home Inspection?
Call:
David R. Von Almen
Home Inspector
(478) 213-5986
VAMktPub@aol.com

$1.00 OFF ADMISSION WITH THIS AD!
1 coupon per person. Expires 1-16-12
2nd Weekend of Every Month!
Atlanta, Georgia
Fri. & Sat. 9-6 • Sun. 10-4
3 miles east of Atlanta Airport,
I-285 at Exit 55
3650 & 3850 Jonesboro Rd.
Scott Antique Markets
Call: 740-569-2800
www.scottantiquemarket.com
ANTIQUES & COLLECTIBLES
America's Favorite Treasure Hunt!
Atlanta Expo Centers
ATLANTA, GEORGIA
January 13, 14 & 15
February 10, 11 & 12

CALENDAR
from page 10

The Gospelaires Quartet Outreach Ministry

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

For additional information call 478-929-3816.

****

Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

****

Georgia Leathercrafters Guild

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

****

Health Education

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

For additional information call 478-749-0113.

****

Middle Georgia Art Association Gallery
2330 Ingleside Ave., Ingleside Village, Macon. 478-744-9557; 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.

****

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
478-397-6568 or 478-788-2262
"Southern Nites" will be in concert at 6:00 p.m. on Sun., Jan. 8.

****

New Hope International Church
West Russell Parkway
• Adopt-A-Block: Jan. 7 & 21, Feb. 4 & 18, 12-3 p.m., Sewell Park
• Keith Hudson Leadership Impartation: Jan., 7, 7-9 p.m., New Hope International
• Keith and Mary Hudson: Jan., 8, 9:30-11:30 a.m., New Hope International
• Power Over Diabetes: Jan. 12 & Feb. 18, 12-3 p.m., Sewell Circle Park

****

NAMI Central Georgia
National Alliance on Mental Illness
Barabra Long, Executive Director
478-328-0508
(Call for details on events)
• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.
• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

****

FAMA Meetings

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

****

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.

****

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mgrc.org for details.

****

MGRAACA Meeting

The MGRAACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information.Forsyth-Monroe County Convention & Visitor's Bureau.

****

Heart of Georgia Chapter 2
Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Monday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: chiefstribe@cox.net.

****

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/Paalsystem 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
Home Instead SENIOR CARE®
To us, it's personal.
The world's trusted source for non-medical companionship and homecare for the seniors.
- *Companionship & Personal Care*
- *Meal Preparation & Sitters*
- *Housekeeping & Laundry*
- *Errands & Appointments*

St. Paul Apartments & Village
62 & Older and Disabled Persons Welcome
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 & Doctor Appointments
Range of Planned Activities
Washer/Dryer On Each Floor
Subsidized and market units.

MAKE MONEY DAILY!
Struggling to make ends meet every month? Join me in this Home Base Business. You'll need to be computer savvy, love to talk on a phone, and have a desire to be successful!
Call Ann at 404-668-2420

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

Business Card Section
For Advertising Information Call
David VonAlmen at 478-213-5986
Cindy Arnold at 478-972-2821
Jan Tassitano at 770-993-2943

COLISEUM PARK PROFESSIONAL PHARMACY
380 Hospital Drive Macon, GA 31217
Across from the Emergency Room
BOB MOODY RPH.
Pharmacist, owner
Start Getting Better Now!!!
Phone: 478-745-5431 Fax: 478-765-4359
FREE PRESCRIPTION DELIVERY

The Medicine Shoppe®
Barry M. Bilbro, R.Ph.
Compounding Pharmacist
Your Bio-Identical Hormone Specialist
1550 Watson Blvd. • Warner Robins
www.medshoppe.com
478-922-2067
Warner Robins' Oldest Independent Pharmacy

Resolve to be ready for the unexpected in 2012

Special to *Senior News*

GEMA's Ready Georgia campaign encourages residents to make preparedness a New Year's resolution. From a crippling freeze to deadly tornadoes, Georgians have experienced their share of severe weather in 2011. The Georgia Emergency Management Agency/Homeland Security's (GEMA) Ready Georgia campaign is asking all residents, families and businesses to make preparedness one of their New Year's resolutions.

From losing weight to kicking smoking and reducing debt, many individuals focus on a list of goals each January designed to boost happiness and health throughout the year. Unfortunately, many fail to include personal preparedness. According to a 2011 survey conducted by GEMA, eight out of 10 Georgians admit that preparation, planning and emergency supplies will help them handle a large-scale disaster, yet only one in 10 has taken the necessary steps toward personal preparedness.

"The damage caused by recent disasters serves as an unfortunate reminder of the importance of preparedness," said Charley English, director of GEMA/Homeland Security.

To prepare for manmade or natural disasters, follow three simple steps:

• Create a Ready kit of emergency supplies including nonperishable food, water, a NOAA All-hazards weather radio and flash light with extra batteries

• Develop a communications plan to reconnect with family

• Stay informed about the types of emergencies that can happen in your area and appropriate responses

Visitors to Ready Georgia's website, www.ready.ga.gov, can create an online profile to receive a tailored plan for the entire family that includes the specific amount of supplies to put in their household Ready kits. They can also find local emergency contact information, learn about Georgia-specific disasters and read preparedness testimonials from local sports stars. Employers can use the Ready Your Business guide to create custom contingency plans and children can visit the ReadyKids page for age-appropriate information, videos and games. For preparedness on the go, families can also download Ready Georgia's free mobile app to learn how to prepare for emergencies, create family communications plans and more.

Research has revealed that individuals aware of the Ready Georgia campaign are more than twice as likely to be prepared for a large-scale emergency as others - ultimately increasing their chance of surviving a potentially deadly storm and reconnecting with loved ones after a disaster. By making a resolution to be ready in 2012, Georgians can reduce the impact of any sudden emergency on themselves, their families and their businesses.

"Being prepared is the best defense against the unexpected, so use this opportunity to learn how to become your own first responder during emergency situations," said English. "Tornadoes, storms and floods can devastate communities, but the damage can be minimized if we're prepared."

For additional information visit www.ready.GA.gov.

The Macon Civic Club Annual Musical Revue presents "Livin' the Dream" February 2nd

Special to *Senior News*

The Macon Civic Club Annual Musical Revue will present "Livin' the Dream" on Thursday, Feb 2nd at 7:30 p.m. The Macon Civic Club has been thrilling audiences for over fifty years, and this show promises to be another great one, with all of the great music, laughter and entertainment of years past.

Laugh and cry 'til your sides hurt. This wonderful musical comedy will be showing at the Grand Opera House in Macon. Benefits from the showing will be shared with the Heart of Georgia Developmental Disabilities Ministries, Inc.

Tickets for $20.00 each can be purchased (for great seats) from Hulda Cook, 478-953-2992. The best part is that you don't have to drive! A really comfortable bus will leave the Galleria Mall at 6:30 p.m.

Hope you will join us... Heart of Georgia Developmental Disabilities Ministries, Inc, 238 Hatcher Road Warner Robins, Ga 31088; 478-333-6297; www.heartofgeorgiaddm.org.

Hospice Care Options stands ready

as a team of professionals trained to provide support to loved ones and family members during this difficult time. We can help take on some of the daily responsibilities for your loved ones; caring for them in their home, your home or in a skilled nursing facility. Hospice Care Options will take some of the burden off family members and others who may need extra time to cope with the situation. We stand ready. Call Hospice Care Options today.

Hospice Care Options™

Macon
486 New Street
478.743.3033
800.563.8680
GA Lic # 011-100-H

Warner Robins
136 Hospital Drive
478.922.0515
877.922.0515
GA Lic # 076-0351-H

Services provided regardless of the ability to pay