

Senior News

Georgia

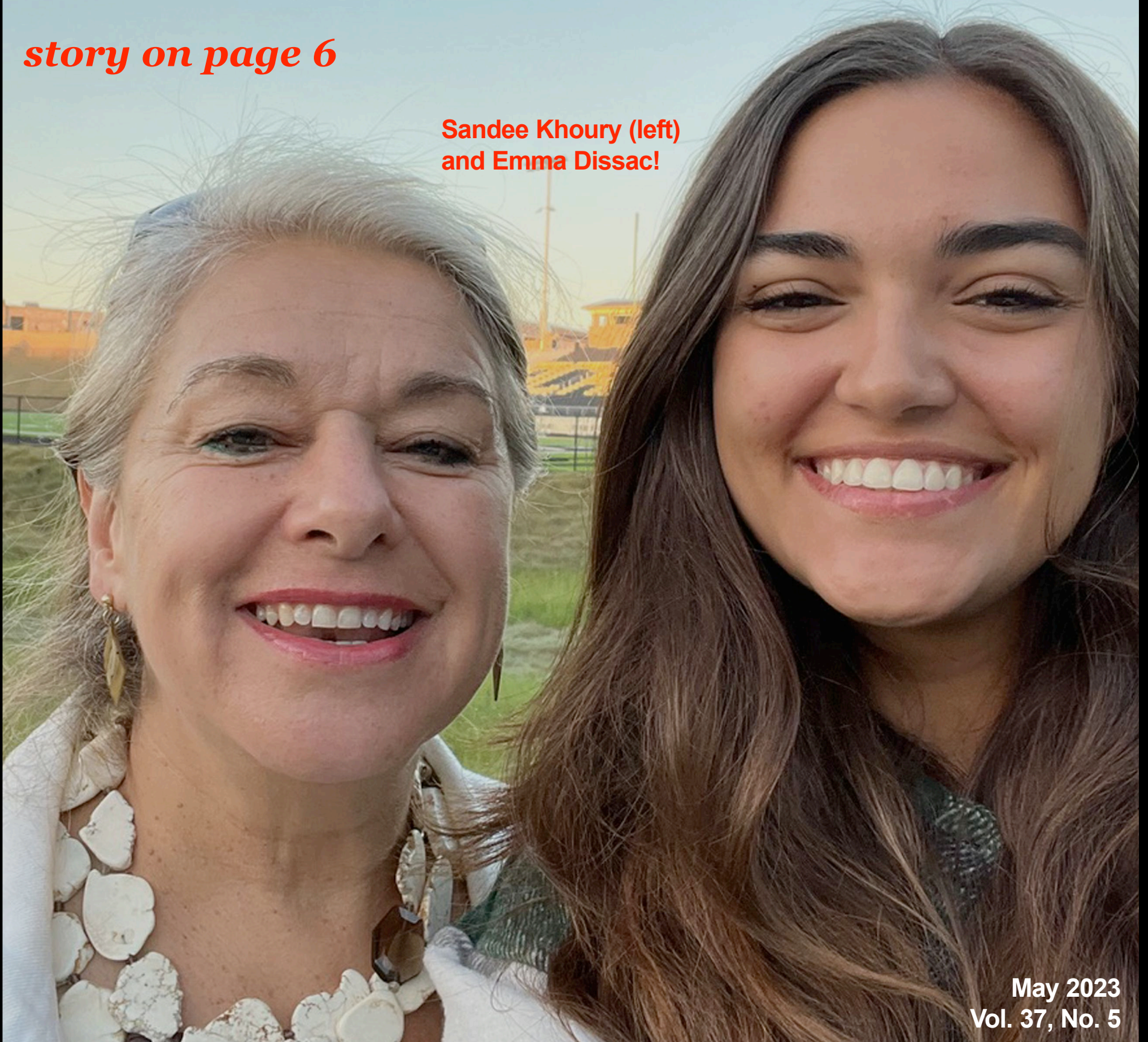
Providing Helpful Information for Mature Adults in GEORGIA!

Emma Dissac...

...a beautiful guest from France!

story on page 6

Sandee Khoury (left)
and Emma Dissac!



May 2023
Vol. 37, No. 5

Dublin VA adopts “GPS” app to help with directions!

Special to SeniorNewsGeorgia

Submitted by James W. Huckfeldt, Jr.
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Dublin VA’s main campus was a strategically designed hospital featuring 4.2 miles of hallways to withstand a potential German bombing when it was built as a naval hospital in 1945. In 1948, the naval hospital transitioned to a VA hospital.

Seventy-five years and countless additions and upgrades later, Dublin VA’s main campus is still a massive complex that can be intimidating to Veterans, visitors and even staff... until now. A new app called “VA Wayfinding” is available on Android and iOS systems and can be downloaded to a smartphone or tablet.

The app features several useful tools, including Travel Claim, Appointments and Navigate among others.

“Most people use smart technologies in the 21st century to assist in their daily lives, and this is another way we’re embracing smart technology to improve the Veteran experience,” Medical Center Director Manuel M. Davila said. “This

new app is another tool in a long list of smart technologies we use to confirm appointments, file travel claims and now to navigate our medical center.”

The Patient Engagement Mobile Application (PEMA) is not unique to Dublin VA and is currently being installed at eight VA medical centers located in Alabama, Georgia and South Carolina. This will allow Veterans in the region to use the VA Wayfinding app at different medical centers if they’re receiving health care from a different location.

Any medical center with the PEMA tech installed will give Veterans the tools they need to attend appointments.

“I really enjoyed the app and am glad VA is using the newest technology to help Veterans,” said Army Veteran Sam Marion. “This is the first time I visited Dublin VA and I used the app to find Release of Information.”

One of the coolest parts of the navigation tool is tapping the microphone icon on the bottom right of the screen and say “pharmacy,” “labs,” “urgent care,” or other location. A dotted line will appear on your screen illustrating the way and a GPS voice will keep you on the correct course.

Ensuring Veterans receive gold standard of care

“We’re continually innovating Dublin VA to help ensure Veterans receive the gold standard in terms of being proactive in their health care,” said Customer Service Manager Vashon Brown. “The VA Wayfinding app allows Veterans to efficiently navigate our campus, check in to appointments, file travel claims and check view recent announcements.”

Dublin VA is still a massive campus, but it’s much less intimidating when a smart device aids Veterans in navigating around to appointments and other critical areas.

Modernization continues to be one of VA’s top priorities and adding PEMA to medical center campuses is a step in the right direction.

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Let Us Entertain You

by CLAIR HOUSER-DODD

We had a wonderful Easter Week this year. Our great-grandson, Matthew was visiting. He is the best helper I could ever hope to have! He had told me that he had been working on a horse farm and had pruned the Boxwoods for the lady who lives there, and he would trim mine when he got home. He did a great job with even those sticky Holly hedges. And I must add, without complaining. I offered him a sheet or jacket to wear while pruning, but he said the stickers were not bothering him.

One thing we hate is taking out the garbage, leaning over, gathering the trash baskets, organizing the papers, tying up the kitchen bags, etc. – not to mention taking them out, down the steps, and trying to open the garbage can while balancing the trash in one hand, and putting it in the can without the top falling down on my head! Anyway, Matthew is a past master at that. Praise the Lord!

Let us mention the grocery stores: that is really a pain to maneuver. He gets me an electric chair which is really a God-send, and while he's at it, he gets one for himself. Now, he did fall down my front steps; but really! My daughter saw us in the store and pretended not to know us, but when a few ladies that knew us were laughing at her chagrin, she immediately denied that he was her grandson. She just ignored me! Then she told the guy that checked us out that when Matthew goes back to school next week he could tell all about his magnificent trip to the

grocery store in Fort Valley. Some kids get to go to Disney World for a wild ride. Not my great-grandson, he gets to come to Fort Valley, Georgia and go shopping with his Gammie and drive an electric wheelchair. WOW! What a story!

This does remind me of my mother and grandson when he was about Matthew's age. There was a double (maybe) electric cart or they were both so narrow they fit into a single chair, whatever! He drove Mother around several stores driving wide open. I couldn't do anything but laugh and they were both enjoying it. And, no accidents or even a hiccup! I guess you can say, "Like father, like son!"

After our visits to two stores, there was a trunk load of groceries, as well as flowers, rugs, and various Easter items, for him to bring in. Now, that is a real problem for me and my new hip and cane, not to mention the steps and the kitchen is way in the back of the house. I spent lots of time giving praise to the Lord for Matthew. Really am not sure I could have gotten ready for the Easter celebration without him.

While his daddy was mowing my yard, Matthew moved furniture and cars around and performed lots of chores around the house as well as inside.

This was one of my very best Easters. Having Matthew here was so wonderful, and to have the family together one more time on such an important occasion was a real blessing, of which we have so many to be thankful for.

Of course, this year and time we have so many people to please, what with in-laws, out-

laws and various other species you must work around so that everyone gets to see everyone else.

Granddaughter, Denver, and hubby, Blake, and their almost one year old, Huntley, came along with daughter, Emily, and hubby, Mike. Emily brings baked Ham, fresh peas, Potato Salad, Dressing and a delicious Cherry Cheese Cake. I baked a turkey with gravy and stuffed eggs and an Apple Strudel. We also had Cranberry Sauce, pickled peaches, pickled okra and iced tea. A real big spread. The table was set with gold place-mats, gold trimmed China with napkins I bought in Paris in the 50's, with an Easter candy in the center of the napkin, candles with Easter Bunnies and a gorgeous paper flower I made for our Camellia Mexican Fiesta at the Gardens a week before. The table was lovely and a great time was had by all.

I don't know what we did before Huntley was born; but, she really entertained us by oohing and going and clapping and rolling her hands to Denver's stories and poems. It was great to have my two grands and their two children. You could tell Huntley was very impressed by her first cousin Matthew who was getting a big kick out of her antics.

All in all, we had a most successful Easter Dinner even though we had to have it on Saturday so that the other side of the family could spend time with their children and grands. As it rained on Saturday, it worked out very well that Sunday was a beautiful day and they had their big Easter Egg Hunt!

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Senior News & Views of Georgia

Taking Care

Practical Ideas to Manage Daily Activities while Convalescing!

by LISA M. PETSCHE
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Recovering from surgery or a prolonged acute illness takes time and patience. It also calls for practical adjustments, especially for those living alone. Fortunately, with some thought and creativity, many everyday tasks can be simplified to make maximum use of limited energy.



Lisa Petsche

If you are experiencing, or anticipating, a period of convalescence, read on for ideas for streamlining daily life in order to prevent setbacks and facilitate your recovery. You may wish to continue some of these practices after your recuperation, to free up more time for leisure activities.

Prioritize and organize

Establish and stick to priorities. Curb perfectionism. Not everything needs to be done to a high standard; take housework, for example. Use a timer for chores so you don't overdo it.

Perform important activities at the time of day when your energy level is at its peak.

Pace yourself. Break down tasks into steps that can be performed with breaks in between. Refrain from rushing or performing activities to the point of fatigue.

Whenever possible, sit down to perform tasks.

Keep frequently used items close to the point of use and within easy reach.

If you have recently had surgery, review any educational materials you have received. They may include energy conservation tips specific to your situation.

If there are others in your household, enlist their help with everyday tasks. Be specific about the kind of assistance you need.

Get a portable phone so you can easily answer calls, or get an answering machine to take messages.

Meal preparation and home maintenance

Prepare one-dish meals, such as casseroles, stews, soups, stir fries and main course salads.

Cook double batches of recipes and freeze half for later use.

Keep a supply of heat-and-serve entrees in the freezer.

Buy convenient foods that reduce prepara-

tion time: packaged salads, shredded cheese, fresh or frozen mixed vegetables and boneless chicken breasts, for example.

Order takeout once or twice a week. Just be sure to make healthy choices. Keep menus and coupons in a folder for easy access.

Concentrate cleaning and tidying efforts on the rooms that are used the most.

Do full loads of laundry whenever possible. Ensure you have enough basic clothing – including underwear and socks – to last for a week. Buy clothes that can be machine washed and dried and resist wrinkles.

Replace frequently used manual kitchen utensils and other household tools with electric counterparts – for example, can opener, pill crusher, screwdriver.

Pay for help if you can afford it – for example, a dog walker, housecleaning service, grounds keeping service, handyman or accountant. Or, hire a trustworthy neighborhood youth to do yard maintenance and perhaps also errands.

Arrange with the bank for direct deposit of pension and other checks and automatic payment of regular bills. If you have a computer, sign up for online banking so you can pay bills, transfer money and check balances from home.

Shopping and errands

Shop through mail order catalogs, using the telephone or Internet. For gift-giving occasions, purchase gift cards; many kinds are available online, as well as on display near checkouts at department stores, drug stores and other retail establishments.

Take advantage of stores and other services that offer home delivery (for example, grocery stores, drug stores, dry cleaners). Keep lists of groceries needed and errands to be done.

Investigate available community resources, which might include meals-on-wheels, housekeeping services, mobile hairdressing services, volunteer driver programs and accessible transportation.

Coordinate errands and avoid peak use times of the day, week or month when visiting stores, banks, government offices and other establishments.

Take advantage of electric scooters available for customers in stores and malls.

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

OPINION

America's Unconscionable Debt

by Daniel W. Gatlyn USN Ret,
Minister/Journalist

It is not a secret that the Leadership of America has been very busy borrowing money over the years; so much so that it is now impossible for the balance to be settled. **In 1930 (the year that I was born), our National Debt was a mere SIXTEEN BILLION DOLLARS... BUT IN 2023, THAT DEBT HAS GROWN TO 31.4 TRILLION. CAN YOU BELIEVE?**

It is inconceivable that we feel it necessary to borrow funds at an increased rate (in principle and interest) to both expand and to honor commitments when we spend an inordinate amount of time instructing our next generation in the art and sensibility of a balanced budget. Our recipe for salvaging dollars (and sense) is despicably hypocritical. The National Debt has nearly doubled in the past five years.

The questions are many! For what purpose do we continue to borrow money? Does the money go to chosen recipient as promised? Is the amount borrowed "off the charts?" Are the funds borrowed within the consensus of U.S. Taxpayers? Was ulterior motives part of the equation in increasing the National Debt? Was the entire transaction completely honest? Do any Representatives gain "clout or coins" from the transaction? Is the transaction practical? Has there been a "pay back solution" orchestrated for each monetary transaction? And more!

Obviously, there has been minimal thought or concern for previous legislation surrounding the annual increase (and approval) of raising the National Debt Limit. Legislation, methodology, amounts, recipients, and rational is continually in question. Rhyme, Reason, and Reality seldom agree on any page of Economics! Someone in the center of Government generally applies pressure upon "defining goals or Personnel." The National Debt (as we know it) is unsustainable! There WILL BE an eventual "heyday or Mayday!"

Let me cover some facts; and, some possibilities! Statistics list our debtors...

not time for celebration. We owe a **TRILLION to CHINA! A TRILLION TO JAPAN!** And almost **TWENTY TWO TRILLION** is owned by American Investors. Something you will never hear from "Uptown!" And, extremely difficult to believe! One day when things get "too hot to handle," the powers that be can meet, and with a vote and stroke of the pen, **CANCEL THE DEBT... IN IT'S ENTIRETY!!!** That will be "crash and burn" time... **SHOW TIME, IF YOU WILL!** Can't happen, you say? Don't bet your undies! What do

you think just happened in Silicon Valley? Best you take notes on all that recently transpired! Too **BIG** to fail? Think again!

You can milk the system just so long! **AND THERE IS NO BALANCE!** Time, Tears, and Tallies will strike out! The Happy Song will run out of melody! The Piper will come calling... the pockets are empty... and, the Party will douse the lights! I have never announced such tremor; but, the clouds are forming... very rapidly! Good luck!

And you... everyone... will need it!!!

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On the Cover

Emma Dissac... A beautiful guest from France!

By Claire Houser-Dodd

Cover: Sandee Khoury and Emma Dissac in front of the Peach County High School!

Never a dull moment at my house. While awaiting William and Sandee Khoury, I was talking with a young guy who had stopped by to remind me he had worked on my house when I had a fire fifteen or so years ago when I was living in Macon, as well as here! He went to school with William and was waiting to speak with him.

We got a surprise! Sandee drove up in a white vehicle, not the red “Beast” she’s been driving; and, instead of William, she had a beautiful, young girl with long black hair with her. I found out on the way to Massee Lane for a Mexican Fiesta and Middle Georgia Camellia Meeting that she is from Limoges, France and is an exchange student. Sandee has been host to many exchange students, mostly boys because she had a son, Devon. Now that Devon has a home of his own, Sandee is free to accept the Exchange Student Group; and, as the old saying

goes, “If you want something done, ask the busiest person you know!” That’s Sandee! Not only busy with her Real Estate South Company, but also with the Camellia Society’s national doings; as well as with many other community affairs and events.

Anyway, the French Beauty is Emma Dissac. She is a 12th grader who is extremely smart and talented. Not only maintains great grades, but is also a great athlete. Just the week before, she had been in Florida for Youth Track Meet. She won first place for the two-mile run, and second place for the one-mile run. Congratulations Emma!

Emma’s parents, Monsieur and Madame Gerome Dissac, are both well-educated and pleased for their daughter to have the opportunity to travel and come to America for an academic year.

Having heard so much on TV and in the newspapers about the “dumbing down of America” via the school system and our young students, we had to ask her opinion. She says, “It is easier, a lot about sports and the school spirit. They don’t have that in France. They don’t even have school colors or mascots. I love that part of the Middle Georgia schools!”

continued on page 7



Emma and Zaniya getting ready to leave for the Peach County High School Prom!



Emma and Zaniya in the Japanese Garden at Massee Lane Gardens!

Emma Dissac

from page 6

Emma was so positive about her schooling! We asked what else she was impressed with in America. “I like how patriotic the people I have met are. They are so friendly and out-going; and, I can’t believe how everybody knows Sandee, her host mom!” You can believe it Emma!!!

Emma has enjoyed our many festivals and is excited about The Battle of Byron and The Peach Festival, which we are planning to attend with her and her entire host family.

William opened Masee Lane Gardens for Emma and Zaniyah Holloway to have their prom picture made. The prom was held at a venue on Margie Drive in Warner Robins. She loved this formal to do as they don’t have proms either.

Emma has asked to stay with the Khourys for an extended time period, so she won’t be returning to France until June 22nd when she will fly into Paris. She will be missed by all the friends she has made at the High School here in The Valley; as well as all of Sandee’s and William’s friends and family whom she has visited.

I was one of the fortunate ones to be charmed by a lovely French Mademoiselle!!!



Emma and Zaniya on the waterfall in the Japanese Garden at Masee Lane Gardens.

A Journalist Speaks!

by DANIEL W. GATLYN, USN Ret, Minister/Journalist

Most of the time my commentary goes in one ear, and out the other! So when the opposite happens, you need to know... applause!!! Over two years ago I wrote an article entitled, **"THE DANGER OF ANGER!"** It has been published in multi-press sources. My three friends commended me for neatness... (Just kidding)!

What really did happen is worth a word or two. Most of my readers are aware that I made a career of the Military... twenty years active and ten years in the reserves... which allows me to take advantage of the VA (Veterans Administration) for Healthcare. Other than my heart Doc, I generally allow them to check my pulse and temp!

In April of 2020, I was at the Macon Clinic for my check up. The doctor, a lady from India, beckoned me to the main office; and, showed me my Column on the Bulletin Board. I was pleased, but little was said. I was just there again... and, she mentioned my Column. My Column is still on the

Board after TWO YEARS. I am not saying that they have endorsed my philosophy, but something apparently caught their eye! After all, "The eyes have it!" But, of course... Just sayin'!!!

Received the following from W. Linn... "A JOURNALIST SPEAKS!"

I’m 68 and I’m still very active and young at heart; and, pretty stout on the physical level too, though I haven’t hiked as much since I started the current engineering role. Ten hour days and getting up at 3:30 a.m. to drive two hours one way to work, leading the ensemble and singing Sunday morning; and, preaching twice a month as the pastor here is in his 80’s and failing in his health, keeps me from hiking, playing several rounds of golf a week and fly fishing.

All that said, you are doing great for your age Dan! I hope, should the Lord tarry, you make the 100’s mark!

PS. If there are persons who "hunger to stay younger"... give a yell, and I'll see you get a copy!

BBB Offers Tips to Avoid Costly “Free Trial Offers!”

Special to *SeniorNewsGeorgia*

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

Free trial offers are an extremely popular marketing approach, especially for subscription services. With so many purchases being made online, we have less opportunities to touch, see, or experience a product before buying it. That means free trials can be a win-win situation for sellers and buyers. Consumers get to “try before they buy,” and sellers get to cultivate interest in their product and hopefully make a sale.

That said, your BBB has received complaints about some free offer trials, so it’s beneficial to be aware of a few aspects of these offers. Especially to avoid unwanted charges or the inconvenience of having to return recurring orders you didn’t knowingly authorize.

Your BBB and the Federal Trade Commission (FTC) have put together several tips that can be helpful in recognizing advantageous free trial offers, while identifying ways to avoid the pitfalls of those that come with complicated terms and conditions:

- Review the signup form and look for pre-checked boxes. If you sign up for a free trial online, look for boxes that have already been checked, advises the Federal Trade Commission. That checkmark “may give the company the green light to continue the offer past the free trial or sign you up for more products.” Be sure to uncheck any terms or conditions you don’t want to agree to before finalizing your request.

- Mark your calendar. Your free trial likely has a time limit. Once that passes, if you haven’t canceled your “order,” you may be on the hook for more products. Know the cancellation date and put it on your calendar.

- Always review your credit and debit card statements. This will help you know immediately if you are being charged for something you didn’t order. If you see charges you disagree with, contact the company directly to sort out the situation. Call your credit card company to dispute the charge if that doesn’t work. Ask the credit card company to reverse the charge because you didn’t actively order the additional merchandise.

Be sure to do this in a timely man-

ner. Most financial institutions have a limited time to dispute charges, and a common window of time is 60 days from the time the charge was submitted.

- Research the company online. Check the company with BBB at bbb.org for the company’s rating, reviews, and complaint history. Look for other online feedback as well and see what other people might be saying about the company’s free trials – and its service. The FTC points out that “complaints from other customers can tip you off to ‘catches’ that might come with the trial.”

Also, pay clear attention to the advertising, as some companies will only use the term “trial offer,” and hope that consumers will assume that means it’s free, when it may just be a smaller portion of the company’s product, but still comes with a price tag.

- Find the terms and conditions for the offer. Even if you heard about an offer through a radio, TV, or print ad, the company should still provide the details on its website. As many BBB Scam Tracker reports show, you shouldn’t sign up if you can’t find the terms and conditions or understand exactly what you’re agreeing to.

- Always protect your personal information online. When you sign up for a free trial online, you’ll typically need to provide some basic personal information and your credit card number. Before you hand over your information, review the site’s privacy policy and ensure the website is secure, that is, it starts with <https://> and has a lock icon on the sign-up page.

- Want to subscribe past the free trial?

Understand how to cancel future shipments or services first. Check the details for recurring orders and know the policies for canceling or pausing your subscription. For example, you’ll want to know if you need to respond or cancel by a certain time each month so you can track this.

Your BBB suggests you also stay familiar with our tips for safe delivery of your online purchases and other helpful tips by visiting BBB.org.

Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia, and Western South Carolina. This tips column is provided through the local BBB and the International Association of Better Business Bureaus (IABBB). The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: BBB.org or E-mail: info@centralgeorgia.bbb.org.

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Appreciation Lunch for First Responders and Military... Honoring our Local Heroes!

Special to *SeniorNewsGeorgia*

Submitted by Courtney Koch, Marketing & Events Coordinator
Janice Overbeck Real Estate Team, Keller Williams,
courtney@janiceoverbeck.com

Marietta, GA (April 12, 2023)

On Wednesday, April 12th, from 11:00 a.m. - 2:00 p.m., The Janice Overbeck Real Estate Team held an appreciation barbecue lunch to honor local policemen, firemen, EMT's and military personnel. Churchill Mortgage served barbecue with a variety of sides and drinks sponsored by Arrow Exterminators. Attendees were welcome to use the patio to enjoy their meal, or they could take it on the road. Additional sponsors for the event included: First American Home Warranty, and Chick-fil-A East Lake. Local Cobb County and surrounding area first responders, policemen, firemen, detective units, and military personnel were all invited.

For more information on community events at the Janice Overbeck Team office, visit: www.JaniceOverbeck.com.



First Responders and Military enjoying their lunch on the Janice Overbeck Real Estate Team Patio while attending the Appreciation Lunch.



Cobb County Firemen attending the First Responders Appreciation Lunch at the Janice Overbeck Real Estate Team office.

May is Macon Bike Walk Month!

Celebrate bicycling and walking in Macon-Bibb County all month long with Bike Walk Macon.

Special to SeniorNewsGeorgia

Submitted by Kaylee Pruitt
Education & Engagement Manager
Bike Walk Macon
www.bikewalkmacon.com

MACON-BIBB COUNTY, Georgia

Bike Walk Macon, a local non-profit organization, is proud to present Macon Bike Walk Month, a month-long initiative aimed at promoting active transportation and community engagement throughout Macon-Bibb County. The events will take place throughout May, with various activities and initiatives designed to encourage people of all ages and abilities to bike, walk, and explore Macon's streets and greenways.

"Trying a new mode of transportation can be intimidating, but it's also incredibly rewarding. Whether you're a seasoned bicyclist, transit enthusiast, or a new walker, we have something for everyone this month. We can't wait to see you out on your bike, feet, or on transit exploring Macon's neighborhoods and landmarks from a new, unique perspective!," says Rachel Umana, Executive Director of Bike Walk Macon.

The initiative includes various events aimed at providing safe, interactive, and enjoyable opportunities for people to bike and walk throughout the city. Some of the events happening in May include:

- May 7: Open Streets Macon: Houston Avenue: A car-free celebration of public space; bringing people of all ages, abilities, and backgrounds together to walk, skate, bike, play, and re-imagine how we use our public streets.
- May 11: Macon Bike Party + Profit Share Night: All-ages group ride with Rock Candy Tours highlighting several prominent music locations around Downtown. The ride will end at Fall Line Brewing Co. for our Profit Share Night.
- May 16: Tattnall Tuesday Group Walk: 3-mile health walk from Tattnall Square Park.
- May 23: Urban Confidence Adult Bike Class: Intermediate-level bicycle class to help riders improve their skills on Macon's streets.
- May 26: Macon Car Free Day + Bagels & Bikes: Join us for a biking and walking commuter meetup at Macon Bagels. Also, join the movement to go car-free and

reduce your carbon emissions by signing the online pledge.

- May 26: Ride Free Day with MTA: Macon Transit Authority will be offering free transit rides for all bicyclists and pedestrians.
- Every Saturday in May: Crank to Coffee with Bike Tech Macon
- All month-long: Donate gently-used bicycles to Re-Cycle Macon for under-resourced individuals in Macon lacking dependable transportation.

Visit www.bikewalkmacon.com/bike-walkmonth for a full list of events and activities. All events are free and open to the public. Follow Bike Walk Macon's Facebook page for more details.

Community members are also invited to support Bike Walk Macon's work to create safer, healthier, more equitable streets by making a donation or becoming a member at www.bikewalkmacon.com/give. For questions and media inquiries, contact Kaylee Pruitt, Education and Engagement Manager, at 478-832-3324 or kaylee@bikewalkmacon.com.

BIKE WALK MACON is a non-profit organization leading the movement to make bicycling and walking a safe, healthy, and convenient option for transportation and recreation for everyone in Macon-Bibb County. For more information, visit www.bikewalkmacon.com.

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