Information For Ages 50 PLUS!

“Mama Dora’s BBQ Sauce!”

Story on page 5

January 2015
Vol. 29, No. 1
New Year’s Resolution: Avoid These Scams!

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

While making your New Year’s resolutions list, did you include goals on budgeting and spending wisely? The Better Business Bureau encourages consumers to take charge of their finances, shop and buy wisely, and stay away from marketplace scams. Among the tips to consider in 2015:

• Do not believe it just because you saw it on the Internet. Claims of fast money and “guaranteed” returns on your computer screen are no more reliable than classic chain letters and other “get rich quick schemes.”

• Guard your personal information. Identity theft is one of the fastest growing crimes in the country. Do not give your credit card number (or the expiration date), bank account number, social security number, or driver’s license number over the phone or Internet to anyone you do not know personally. Even if the caller promises a prize, an award, a “guaranteed” return, or a “free” offer, do not give your keystrokes. Many people report that if they allowed the caller remote access to their computers, whether they had paid for the virus to be removed or not, they had difficulties with their computers afterwards. Some said their computer would not turn on or that certain programs/files were inaccessible.

• Do not purchase prepaid debit cards or wire-transfer money for someone that you do not know or who contacts you with an “emergency” need. Many consumers using popular services offered by Western Union, MoneyGram and Green Dot MoneyPak find, much too late, that they have been taken by scammers and that their chances of retrieving their money is remote at best.

• Do not fall for high-pressure sales tactics. An offer that is good “today only” is a sign to be even more careful. By considering your needs and comparing products, prices, terms and guarantees, you can tell a true bargain from a “too good to be true” scam.

By making resolutions to protect yourself, you can become a more informed consumer thus saving time, money and embarrassment by not falling for some of these common scams. The most important advice that I can give to consumers is “Ask questions and then check it out.” The Better Business Bureau stands ready to answer questions and offer advice when it comes to protecting yourself from becoming a victim.

For more information on debt collection or any other topic, visit bbb.org.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.
Christmas is the best and busiest time of the year. Probably nobody will argue with that. However, all that work and stress takes a toll on some of us and we enjoy the relaxed, quiet and “all-warm-out-days,” after Christmas and before the New Year.

One thing we have is plenty of food, some of it leftovers, like turkey for those wonderful sandwich-wiches with mayonnaise and cranberry sauce, . . . an odd combination, but one that we look forward to each and every year. We also enjoy the goodies that are sent over to us by our friends. Then there are the presents still under the tree, because the look festive under there and we don’t feel pushed to organize or put things away. Yes, this is the time to sit back, prop your feet up and enjoy Christmas in depth; at least to sit back, prop your feet up and enjoy it without remorse.

Let’s think about some of our favorite things during the Holidays and are thinking about a diet of some sort. Ugh... what a disgusting thought. Our thought is that we should be allowed to eat and enjoy it without R-E-M-O-R-S-E and that dreadful word... DIET.

As everybody was so busy during the holidays, you may still want to catch a toll on some of us and we enjoyed the relaxed, quiet and “all-warm-out-days,” after Christmas and before the New Year.

No one is useless in the world who lightens the burden lightens the burden of if for anybody. Charles Dickens

Great name chosen for first grandson

by SUSAN LARSON

When we chose to name our son Leif, we were just looking for a nice Norwegian name to reflect his paternal heritage. We didn’t name him after any great grandparents nor were we inspired by any particular historic figures or role models. We just liked the name, and yes, realizing it might be a hard name to live with, we gave him the middle name Andrew, after my dad, which he could have used had he wanted to. However, when our pastor slipped up and christened him Leif Erickson in front of God and everybody, his misnomer may have been prophetic.

As it turned out, Leif really embraced his Nordic name, even with constantly having to correct people on how to spell and pronounce it. He truly identified with the Viking spirit traveling the world with gusto. His global adventures include trekking the Great Wall of China, bunji jumping in New Zealand, and posing with the mass-leif Erickson statue in Iceland.

Now it’s his turn to name a son. And he is staying true to the Nordic tradition. He and his wife, Sarah, will call their firstborn Magnus. And they put a lot more thought and research into it than we did when we named our kids. With the help of the Internet, which we didn’t have, Leif discovered that Magnus means “great” and that it’s most popular in Scandinavia. He then came across Magnus von Magnusson, a four time winner of the title for the World’s Strongest Man. Yes, not only a good strong name, but also a misnomer may have been prophetic.

Today, you have a wide range of options when it comes to cataract surgery. Whether you want to wear reading glasses, bifocals, or no glasses after your surgery, the physicians at the Eye Center of Central Georgia have the tools to help you see your very best.

You want to experience all that life has to offer, but if you’re not seeing as clearly as you used to, cataracts could be getting in your way.

With options like multifocal lenses to correct both distance and near vision, or toric lenses to correct astigmatism, your doctor can help you find the best option for your eyes.

Set up an appointment today, and start seeing your best!

(478) 743-7061 (800) 743-7022

4129 Ogletorpe Street, Macon, Georgia 31201
www.meyecenter.com

by CLAIRE HOUSER DODD

We had lots of them, but the best times during Christmas. Oh, yes, this is the time for bills start coming in!

You want to experience all that life has to offer, but if you’re not seeing as clearly as you used to, cataracts could be getting in your way.

With options like multifocal lenses to correct both distance and near vision, or toric lenses to correct astigmatism, your doctor can help you find the best option for your eyes.

Set up an appointment today, and start seeing your best!
Poets' Corner

THE PUREST ART
by Henry Newton Goldman

The lyrics sung to music now
Are not so very true,
I long to understand the words,
When music fills my ear.

Seems painted art does not convey
A message to eyes not keen,
Most often there is no one around,
To interpret the artist's scenes.

And sculptured works are forms of art,
I love their beauty - although,
Their works are scattered so far and wide,
It's hard to find a show.

But thanks be to thinkers far and near,
That make poetry the purest art,
Their lovely words are always near,
To fill and lift our hearts.

Where musical scores soon fade with time,
And paintings deteriorate fast.
Like sculptured gods of marble and stone,
Poetry's pure art will always last.

*********

BAPTIZED AT SEVENTY-FIVE
by Ms. Gerry Noel

So I got baptized at seventy-five
Now will you tell how you feel
You ask if the pain leaped out
Now I will tell you how I feel
So I got baptized at seventy-five

Like a monstrous fish on Jeremy Wade's fishing reel
You ask if being baptized
Was somewhat like a leap of faith
I would say yes, but I know it's the

*********

RETAIL FROZEN
by Tracie Knowles

As a child on my mother's porch
I would play s store.
Cuttin' and taping pictures from newspapers galore.
Merchandise on sale that I did adore.

From newspapers that were delivered on Sundays,
People were so excited to buy on Mondays.
As I grew older my mind did ponder,
How being a storekeeper could be such a wonder.

Oh, to be a storekeeper to meet
Hoping they'd find something
To buy in my store chest.

Poems' pure art will always last.

*********

“Will The Real God Please Stand”

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

As we approach a New Year, it is more than fitting that we be reminded of what is surely in store for us individually! No other source offers explanation like the pages of Holy Writ! In the opening lines of Job, we are informed that our adversary makes appearance along with the God of our Fathers! (1:6). This is indicative of a common occurrence – for every single day of our lives, the opportunity to sort out the real from the counterfeit, is a fixture with which we must contend! The confrontations of 2015 are precisely the same as they were with Adam and Eve! Our wisdom of choice will spell the difference between success and failure! Will the *real God please stand*?

There will be many who sum- marily dismiss the ability to differentiate between the two opposing forces – but know this! On multiple occasions in Biblical history the bleak voice and power of darkness was challenged and put to flight! The choice is always there! And you can know the difference! Joshua, Samuel, Elisha, the Psalmist – scores of renown historical figures – all recognized the options... pledging allegiance toward the authentic personality! Some were vindicated by faith, some by fire, some by the wind – others by quake! Lives and values were held in sway – but in the finale, the outcome lodged with righteous judgement and virtue! The fields of productive harvest have been manifest through Jehovah! There can only be One God! Indeed, the name itself indicates exclusivity! And the Title also describes the character and deeds, as good... fair... honest... viable; as proper entity! There can be no error, compromise, or oscillation in preference!

At this writing, alien voices of chaos and turmoil bombard our manner of faith and life! Abstract Gods fill the agenda with sacrilege and sin! Homicide, hate, and horror characterize their paths! Their pursuits are totally sadistic! They plier and plunder all righteous cause! Their display of wares brings about disappointment and dismay! Their message is tainted! All profitable expectations are squandered in diabolical ideology!

Their promise is empty – with all charity and compassion conspicuously absent! It is time for the True God to rise and conquer! I realize that it is neither (internationally) charitable, politically acceptable, or theologically correct, to discuss such matters openly – but let me remind all readers that your health, your safety, your sanity – your eternal future rests soundly upon the embrace of the proper entity! There can be no error, compromise, or oscillation in preference! “Choose you this day, whom you will serve, but for me and my house, we will serve the Lord!” His Name, and His reputation is widely known! “There is no other Name under heaven, given among men, whereby we must be saved!”
New day for the Fort Valley Liberty Café, which closed about 1965. However, their well-known and well-loved BBQ sauce has recently resurfaced as Mama Dora’s Barbecue Sauce. Chris Sackellares was the proprietor of the well-known Liberty Café in Fort Valley.

“How in the world has this happened,” you may ask? Well, it’s like this, James Khoury, owner of Khoury’s Mens’ Store in Fort Valley, tells the story of the old Liberty Café which was housed in the building where his men’s store is located now.

The nephew of the owner of the old Liberty Café, Robert Sackellares, now of Alpharetta, Georgia, just happened to find the old recipe (from 1928) of the Liberty Café. It was the old family recipe which was probably their claim to fame, and was used as the “piece de résistance,” of the restaurant.

After finding that old recipe, Robert decided to try it out and was delighted with it today, as he and all the Sackellares and their customers were from the hey days of the Liberty Café from the 30’s up to the 60’s. The Liberty Café first opened its doors in Fort Valley in 1928. So as most people say: “This is good. I should turn it into a business.” But as most of us do... talk, talk and talk. But not Robert, he did exactly what he said to himself. In short, Robert put his money where his mouth was, and started a new business... “Mama Dora’s Barbecue Sauce.”

I had the privilege of tasting this wonderful old recipe during Christmas while having dinner with daughter Emily and son-in-law Mike at their house. Mike had purchased a bottle of Mama Dora’s Barbecue Sauce from his good friend James Khoury. Mike took out the bottle for the delicious Boston Butte we were enjoying. The BBQ sauce was delicious, even on the black-eyed peas and even better on anything else, so you can just imagine what it will do for your chicken.

As it says on the bottle, “Marinate it, mop it, this sauce will enhance chicken, beef, pork or lamb to create the very best taste you have ever tasted.”

The Sackellares family was from Greece and Mama Dora, the matriarch of the family, came up with her recipe which was born from regional influences of South Carolina, North Carolina, and the Old Country. Mama Dora’s Barbecue Sauce is uniquely Middle Georgia. Using a base of vinegar, mustard seed, Worcestershire and a hint of tomato, Mama Dora’s Barbecue Sauce can be described as tangy, yet enhanced with a combination of secret spices. The sauce is 100% authentic to the original sauce that was first served in 1928 at the Sackellares family’s Liberty Café in Fort Valley.

Mama Dora’s Barbecue Sauce is being distributed by Liberty Café Foods, LLC in Alpharetta, GA. The next time you are down in Fort Valley, be sure to stop in and visit with James Khoury at Khoury’s Men’s Store and purchase a bottle or two of the great delicacy, you will not be sorry!
The 5K Event raised $1,500 to support the charity

Special to Senior News

The Rock Ranch recently completed its inaugural Country Christmas in Lights 5K, benefitting The WinShape Trailblazer Scholarship Fund. The Rock Ranch was able to raise $1,500 for the cause. The donation check was presented this week to the Barnesville-Lamar County Community Foundation board, which manages The WinShape Trailblazer Scholarship Fund.

The purpose of this fund is to provide children with scholarships to attend Camp WinShape for boys or girls. The late S. Truett Cathy, Founder of Chick-fil-A, started WinShape Camps in 1985 with the hopes of creating a camp experience that would offer kids fun, adventure, lasting friendships and a closer relationship with God. At the core of the camp’s programming is the relentless pursuit of providing a camp experience that challenges campers to sharpen their character, deepen their Christian faith, and grow in their relationships with others.

“The WinShape Trailblazer Scholarship opportunity is a cause that’s very special to me,” said Jeff Manley, General Manager of The Rock Ranch. “I personally benefited from one of Truett’s scholarships to camp as a kid, and the experience had a tremendous impact on my life. The Rock Ranch is thrilled at the chance to support kids today in the same way through our Christmas 5K.”

The Rock Ranch’s inaugural Country Christmas in Lights 5K was held the evening of December 13 and featured scenic views of ponds and cattle on the 1,500 acre ranch. The last leg of the course took runners and walkers through a magical Christmas lights display ending at Truett’s Barn.

To make an online donation to The Winshape Trailblazer Scholarship fund, visit www.cfcga.org/camp-winshape. If you would prefer to mail a check, please make it payable to “Community Foundation of Central Georgia” and indicate “WinShape” on the memo line. Mail the check to Community Foundation of Central Georgia 277 MLK Jr. Blvd. Suite 303 Macon, GA 31201.

About The Rock Ranch

The Rock Ranch is a beautiful 1,500 acre cattle ranch located about an hour south of Atlanta in Upson County. It’s a place where families, school groups and even businesses can come to enjoy what we call “agritourism.” The Rock Ranch was founded by the late S. Truett Cathy, Founder of Chick-fil-A and is dedicated to “Growing Healthy Families.” Visit www.TheRockRanch.com.

What’s in our new name?

You!

Our new name is a combination of “navigate” and “center”. That’s because we’re helping you navigate your path to quality healthcare all the while keeping you at the center of all that we do.

Carlyle Place
Health Services
Home Health
Medcen Community Health Foundation
The Medical Center
Medical Center of Peach County
Pine Pointe Hospice
Rehabilitation Hospital

Navicent Health
Everything about us is all about you.
777 Hemlock Street / Macon, Georgia

NavicentHealth.org
If you carry these cards, you could get more benefits than Original Medicare.

Do you have both Medicaid and Medicare Parts A and B? Find out what you might be missing.

You could get more benefits than Original Medicare with Care Improvement Plus Dual Advantage (Regional PPO SNP).

**Some plans include:**

- **Transportation Assistance**
  Up to 18 one-way rides to or from approved medical locations

- **Hearing Coverage**
  Routine hearing exam and low copay for hearing aids

- **Vision Coverage**
  Routine eye exam as well as an eyewear credit for glasses and contacts

If you are a Medicare member and you have Medicaid, you may qualify to enroll in a Care Improvement Plus plan at any time during the year. Call today.

**Your Local UHC Agent**
Licensed Sales Agent
866-868-4294, TTY 711
www.CareImprovementPlus.com

The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the state Medicaid program. Enrollment in the plan depends on the plan’s contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. Premiums, co-pays, co-insurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details.

Y0066_141030_105957_FINAL_B71E2D41 Accepted

ADGCPEN000_OVSP18788
Who are the caregivers?

• The typical caregiver is an adult child providing help to a parent or, less often, a parent-in-law. But a caregiver may also be, in order from most to least likely, a friend or neighbor, grandchild, sibling or other extended family member, spouse or parent.

• The majority of caregivers are female. On average they spend up to 50 percent more time on caregiving-related tasks than their male counterparts.

• Caregivers most often fall into the 45 to 65 age group and the majority are married. Those at the younger end of this group are likely to have children still at home and consequently have been labeled “the sandwich generation.” A significant proportion of caregivers are older themselves – in other words, younger seniors caring for older seniors. The older they are, the more likely they are to have health issues of their own, resulting in added stress and risk.

• Close to two-thirds of family caregivers are employed in a full-time or part-time capacity. These people are juggling caregiving with paid work, not to mention other responsibilities such as maintaining their own household and attending to other family members. It is no surprise; therefore, that self-care is usually a low priority for caregivers, if it is even on their radar at all.

Who are the care receivers?

• The typical recipient of care is female, over 70 years of age, widowed and living alone. The older the care receiver, the more likely they are to require personal care. Half of those over 85 fall into this category. The 85-plus age group is, of course, a rapidly growing segment of the population.

• The most common types of health conditions associated with care needs are age-related – for example, osteoporosis, arthritis and vision loss. Other common medical diagnoses of care receivers are cancer, heart disease (such as stroke), neurological disease (such as Parkinson’s disease), dementia and mental illness (such as depression).

Types of caregiving activities:

• Caregiving tasks fall into two categories: basic activities of daily living (known as ADLs) and instrumental activities of daily living (IADLs).

• ADLs are basic, daily self-care tasks including feeding, toileting, dressing, grooming, bathing and mobilizing. Less than 25 percent of caregiving situations involve helping with these needs.

• IADLs are the more complex skills involved in living independently – skills normally learned during adolescence and early adulthood. They include using the telephone, way finding, managing transportation (whether it is driving or using public transit), handling finances, shopping, preparing meals, managing medications, performing housework and performing basic indoor and outdoor home maintenance.

• Typically, care receivers need help with IADLs before they require help with ADLs. In fact, the first indicator of cognitive impairment when someone develops dementia is difficulty managing IADLs, which demand a higher level of mental functioning.

• The most commonly provided type of caregiving help is transportation. This involves taking the person to medical appointments and social and leisure activities and on errands such as shopping and banking. Other common types of assistance that relatives and friends provide are home and yard maintenance, house cleaning and meal preparation.

Reflection:

To help ensure that informal caregiving is sustainable and remains a rewarding experience over time, it is important for those providing care to make use of available help. This includes obtaining assistance from family members and friends as well as taking advantage of community services that can help maximize the care receiver’s functioning and assist the caregiver with necessary tasks. Doing so improves the quality of life of not only the caregiver but also the care receiver.

Note: Statistics were obtained from the National Alliance for Caregiving, Family Caregiver Alliance and Caregiver Action Network.

**********

Lisa M. Petsche is a social worker and freelance writer specializing in boomer and senior concerns. She has personal and professional experience with elder care.
Recomendations by ANNE B. JONES, PhD


I was interested in what I was reading. When I related the topics and mentioned I had bought two copies, the published my second book on the spot. Here is what this Your Living Compass includes:

- A navigational illustration illustrating the eight areas of wellness. Included are Spirituality, Emotions, Relationships, Care for Body, Resiliency, Vocation, Organization, and Rest and Play.
- A discussion of why each area is important and the consequences of neglect.
- Real-life examples.
- Personal questions at the end of each chapter.

I found the book eye-opening and helpful, particularly in the area of developing resiliency. The author, Scott Stoner, is the founder of the Living Compass faith and wellness ministry, an Episcopal priest and pastoral counselor. He also serves as director of the Nicholas Center of the Diocese of Chicago.

Susan Rebecca White’s A Place at the Table intertwines the stories of three outsiders who learn the value of being different in their search for wholeness. This is a tale of serendipity and synchronicity as the main characters are brought together in Café Andes, a small New York City restaurant, owned by Alice Stone, known for its southern cuisine. Alice is an African-American woman from North Carolina who has experienced the devastating effects of racism.

Bobby Banks, a gay man from Decatur, Georgia, has been cut off from his family because of their lack of acceptance. When Alice decides to retire, Bobby makes the decision to take over the café, updating its offerings. Thrown into the mix is Amelia Brightington, a Connecticut housewife whose life has been ripped apart by her husband’s unfaithfulness. She endures further pain when a family secret is revealed in the pages of Alice’s cookbook.

White has taught creative writing at Hollins University, Savannah College of Art and Design (SCAD) and Emory University. She lives in Atlanta, Ga.

You may contact Anne at annebjones@msn.com... (Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart).

www.seniornewsga.com

January 2015 • Senior News • Macon • Page 9

The Next Chapter

Additional Senior Services & Events Information Available at www.seniormewsga.com

Coliseum Health System

- Medicare Made Easy and Advanced Directives. Coliseum Northside Hospital, 400 Charter Blvd. For complete information call 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.
- Bipolar Support Group: Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.
- Survivors of Suicide Support Group: 2nd Thurs. each month at 6 p.m., Macon Northside Cancer Center, 478-741-1355.
- G.L.A.D. (Good Living Around Diabetes): 2nd Mon. every other month 10 a.m.-12 noon. Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. 478-765-4805.
- Extending H.O.P.E. – Lymphedema and Support: 3rd Mon., 6 p.m., Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
- Chronic Fatigue/Fibromyalgia Support Group: 4th Sun. every month, 11:30 a.m.-1 p.m., thereafter.
- Improving the Chemotherapy Experience: Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. 478-765-4805.

H2U Activities

For information call 478-757-6692
- 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.

Additional Services

- Therapy: Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- 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.
- Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Patients, families and caregivers are brought together in a medical emergency happens in their home for over 20 years.

Dempsey Apartments

Affordable Living In Historic Downtown Macon

- Spacious Studio & One Bedroom Apartments Homes
- Located 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, stove & refrigerator
- Access Control
- Central Air
- 24-hour Security
- Conference room, computer center & laundry center on-site
- On-site Resident Service Coordinators
- On-site Management
- 24-hour Maintenance
- Recreation/Exercise Programs
- Within walking distance of the Post Office, hospital, theaters, restaurants & shopping

Call LIFE ALARM 1-800-780-5433
WWW.LIFE-ALARM.COM

To Pre-Qualify for a Free Emergency Response System Through the GA Medicaid Program

LIFE ALARM, licensed to help GA Medicaid members when a medical emergency happens in their home for over 20 years.
**Events from page 9**

- **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 Thursday 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 Navigant Health – Partners In Health Classes**

- **Golden Opportunities**
  - The Wellness Center: 3979 Northside Drive, Macon 478-757-7817
  - HeartWorks: 388 Pine Forest Rd. (inside the MHC) 478-633-9090
  - Central Georgia Rehabilitation Hospital 3354 Northside Drive 478-201-6500
  - Implantable Cardioverter Defibrillator (ICD) Support Group: 3354 Northside Drive 478-201-6500
  - Smoking Cessation: 478-633-9090
  - CPR Classes: 478-474-3360
  - Spinal Cord Injury Support Group: 478-201-6500
  - Brain Injury Support Group: 478-201-6500
  - Parkinson’s Disease Support Group: 3354 Northside Drive 478-757-7817
  - Stroke Support Group: 478-201-6500
  - Empower Seniors Fall Risk Assessment: 478-757-7817

**Support Groups**

- **Lymphedema Therapy**: 478-757-0884
- **Pine Point Adult Grief Support Group**: For information call 478-743-7092, ext. 254
- **Crohn’s and Colitis Support Group**: 3rd Tues., 6:30 p.m., 478-743-7092, ext. 254
- **Men-to-Men Support Group**: 478-633-6349
- **Parkinson’s Disease Support Group**: 478-757-0884
- **Implantable Cardioverter Defibrillator (ICD) Support Group**: 478-633-7157
- **Peach County**:
  - 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613
  - **Putnam County**:
  - 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331
  - **Tift County**:
  - Last Thurs., 478-747-8754
- **Alzheimer’s Association, Central Georgia Regional Area Caregivers’ Support Groups**: Call 478-746-7050 or 800-272-3900 for details.

**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.**
- **Warner Robins SeniorCare**, Centerville SeniorCare Perry SeniorCare

**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, Chatham, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.
- Call the Macon Office at 478-751-6261

**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 Wallace or Beverly McCord at 478-745-9140.

**Counseling Services**

- **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 Wright at 478-751-2796.

**Walter Robins Senior Citizen Services (55 Years Old)**

- **Warner Robins Recreation Department** - Melanie Lewis Email: mlwells@wrga.net; 478-293-1066

**Senior Activity Center**

- 152 Maple Street, Warner Robins 478-272-9626

- **Aerobics**: Monday, Wednesday, Friday

**General Business Directory For Seniors**

- **Medicare Advantage**
- **Medicare Supplement**
- **Prescription Drug Plans**
- **Retirement Plans**
- **Health Insurance**

**Business Card Section**

- **For Advertising Information Call**
- **David VonAlmen at 478-633-8537**
- **Ron P. Myatt at 478-672-7001**

- **Medicine Shoppe**
  - Barry M. Bilbro, R.Ph.
  - 1550 Watson Blvd., Warner Robins
  - www.medsoppe.com 478-922-2067
  - Warner Robins’ Oldest Independent Pharmacy

- **Boo Memo RPH.**
  - Compounding Pharmacist
  - Your Bio-Identical Hormone Specialist
  - 478-922-2067

- **Andy Fields Insurance, LLC**
  - (478) 955-7404
  - Fieldswa1281@aol.com

- **Medicare Advantage**
- **Medicare Supplement**
- **Prescription Drug Plans**
- **Retirement Plans**

- **Home, Instead**
  - Your Bio-Identical Hormone Specialist
  - 478-955-7404
  - Fieldswa1281@aol.com

- **Medical Advantage**
  - Compensability & Personal Care
  - 1-800-621-3690
  - Or call your Regional Contact Number: (229) 212-4198

- **Bobby Moody RPH.**
  - 380 Hospital Drive, Macon, GA 31217
  - (478) 751-2970

- **Meals on Wheels of Macon and Bibb County**
  - Noon Meals: Monday through Friday

- **Home Instead**
  - (478) 751-2970

- **The world’s trusted source for non-medical companionship and homecare for the seniors.**

- **Companionship & Personal Care**
- **Meal Preparation & Sitters**
- **Home/Housekeeping, Light**
- **Errands & Appointments**

- **DODGE COUNTY**
  - **3rd Thurs., 5:30 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613**

- **Putnam County**
  - Last Thurs., 7 p.m., Thomaston, 706-467-1907
  - **Telephone Support Group**
  - 3rd & 5th Tues., 7-8 p.m., “Care Connection” facilitated by an Alzheimer’s Assoc. staff member, 1-866-453-5550. To learn more about “Caring Connection” call 478-201-3900.

- **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 Wallace or Beverly McCord 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 Wright at 478-751-2796.
- **Choir – Band of Angels**: Practice Mondays at 10 a.m. Call Brenda at 478-293-1066
- **Strengthening and Stretching Exercise**: Tues. & Thurs.; 10:30-11:30 a.m.
- **More Than A Number DANCE Aerobics**: Wed., evening, 6:15-7 p.m. Call Dona at 478-751-9238.
- **Spades**: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790
- **Tai Chi for Arthritis**: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238
- **Needle Crafts** daily 10 a.m.-2 p.m. The fabric room is open. $2 for quilting, crocheting, knitting, and sewing. Call 478-751-9238.

- **Warner Robins Senior Citizen Services (55 Years Old)**
  - **Warner Robins Recreation Department** - Melanie Lewis Email: mlwells@wrga.net; 478-293-1066

- **Senior Activity Center**
  - 152 Maple Street, Warner Robins 478-272-9626

- **Ceramics**: Tuesday and Friday from 10:30 am-4 pm, and 1 p.m. - 4 p.m. Changes are for greenware, light music boxes, etc. No charge for firing or paint. Brushes and cleaning tools are available for purchase.
- **Aerobics**: Monday, Wednesday, Friday at 9 am. Cost is $2 a class or $20 a month. Join us for low impact aerobics for seniors. For more information contact 478-293-1066.
- **Prime Painters**: Open to anyone who wants to come and paint. Bring your own supplies. Thursday an hour from 1-3 p.m. - 4 p.m. Cost please call 478-293-1066 for more information.

---

**continued on page 11**
**EVENTS**

From page 10

- Quilting Party: Wednesdays, 10 a.m.-2 p.m. Bring your own (small) scissors and personal thimble. Quilting materials supplied. *NOTE:* We hand quilt for the public and also have quilts for sale. Currently has a waiting list for the class.

- Woodworking Shop: Daily (except on Thursdays) at 9 a.m. “Woodworking Safety Orientation” is a prerequisite for participation and is scheduled upon request. What would you like to make? *Bebeana: Japanese flower arranging. Mondays at 2 p.m. Please contact Yoko Hancock at 478-923-7312 or Dee Boren at 478-987-0493 for more information.

- Line Dancing: On Wednesdays – New Beginners Class at the Wellston Center from 1-2 pm. $2 admission. For more information please contact Julia Juarez at 478-918-5635.

- Yoga: Tuesday, Thursday and Friday, 9 am-10 a.m. in the Senior Center. $5 per class. For information call instructor Ron Shively at 478-719-2772.

- Tai Chi: On Monday and Thursday mornings from 10-11 am in the Senior Center. $5 per class. For information contact teacher Dena Hobbs at 478-225-0133.

- Support Group for Caregivers of Frail Elderly Family Members
  - First & third Tuesdays of each month, 3-5:30 p.m., 6060 Lakside Commons Place (off Bss Rd.), Macon. Call Martha Duke at 478-808-6957.

- Houston County Council Of The Blind
  - The Houston County Council of the Blind meets the first Saturday of each month at the Center. For more information call 478-923-0299.

- Georgia Leathersrafters Guild
  - The Guild meets every second Sunday in the month at Geico on Weaver Rod. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315.

- 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.

- Bloomfield United Methodist Church
  - 5511 Bloomfield Rd., Macon. 478-397-6548 or 478-788-2262

- New Dimension of Praise International Ministries, Inc.

- NAMI Central Georgia
  - National Alliance on Mental Illness Barbra Long, Executive Director 478-328-0508

- 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 Batch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-4498 or email: bsinwney@mg-ra.org.

- 2015 Garden Academy
  - Presented by the UGA Extension Office Houston County and Houston County Master Gardeners. Tuesdays and Thursdays evenings. Jan. 22 - Feb. 6 - 8 p.m. Extension Office Multipurpose Room, Government Building (old renovated courthouse), downtown Perry. Cost: $95. Class is limited. For details call 478-987-2028 or email mg@uga.edu.

---

**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 CSR#: 706-780-5350

To find a location near you visit: [www.goodwillworks.org](http://www.goodwillworks.org)

---

**General Business Directory For Seniors**

**Planning to Buy or Sell?**

Need a Home Inspection?

Call: [David R. Von Almen](tel:+14782135986) Home Inspector (478) 213-5986 VAMktPub@aol.com

---

**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.

**Summer’s Landing of Warner Robins**

(470) 328-3000

**Secure Memory Care—on site available!**

Assisted Living & Supportive Independent Living

---

**WHAT TO DO IN MACON**

**H ave Diabetes? Feet Hurt?**

**You may qualify for Diabetic Shoes at NO Cost To You!**

In-homeitting & Delivery! We’ll deliver for you! Call the Therapeutic Shoe Fitter now...

**478-955-1150**

---

**Two Months FREE Rent On Studio Apartments!**

2394 Vineville Avenue | Macon, GA 31204

**478-743-4661**

---

**Vineville Christian Towers**

An Affordable Apartment Community for Seniors

Now Accepting Applications

Applicants must be at least 62, meet income guidelines, have good rental credit history & an acceptable background screening.

---

**Scott Antique Markets**

January 2015 • Senior News • Macon • Page 11
Recognized as a top inpatient rehabilitation facility!

At Coliseum Medical Centers, our goal is to help patients overcome functional limitations brought on by injury or illness. The Coliseum Rehabilitation Center offers patients complete diagnostic and follow-up care with the most modern treatment techniques available. We are committed to providing this treatment in a supportive environment so that each patient reaches the highest level of personal independence. This commitment to care has allowed Coliseum Rehabilitation Center to earn recognition as one of the top inpatient rehabilitation facilities to return patients home.

For more information about our program and to take a virtual tour of our facility, log on to coliseumhealthsystem.com.