



# Senior News

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Information For Ages  
**50 PLUS!**

*Enjoy The Holiday  
Festivities!*

*Story on Page 6*

December 2011  
Vol. 25, No. 12

## Taking Care

# Handling family tension during the holidays

by LISA M. PETSCHÉ

**T**he holiday season is a hectic time for many people, due to the preparations and festivities that typically take place. Staying sane, not to mention enjoying this time of year, is even more of a challenge for those who do not get along well with their extended family.



Lisa Petsche

Every family has dysfunction, of course, because no member is perfect. But some families are prone to more interpersonal tension than others, due to diverse personalities, circumstances, values and lifestyles among members,

Read on for some tips on how to cope with the almost inevitable stress inherent when relatives get together for the holidays.

### Preparation

- Make it a point to practice self-care at this time of the year. Eat healthy foods, make time for exercise and get adequate sleep.

- Allow plenty of time to get ready for a family event, so you are relaxed and feel your best.

- Conjure up compassion for relatives who emanate negativity, bearing in mind that they are unhappy individuals. Try to feel pity rather than anger towards them.

- Set realistic expectations about family members' behavior. The narcissist, non-stop talker or chronic complainer is not going to change. Plan to steer clear of them if possible, otherwise limit the amount of time you spend with them.

- Give yourself a pep talk. Reassure yourself that you are up to the challenge of gracefully handling a few hours with anyone. If necessary, pretend you have a role in a play and of course must stay in character.

- If you are particularly anxious about a gathering, invite a friend along for support.

- Aim to cut your visit short as a last resort. Plan something to look forward to afterwards, for example, visiting your favorite café or watching a holiday movie.

### During a gathering: dos and don'ts

- Avoid consuming alcohol, otherwise limit yourself to one or two drinks. Disinhibition can cause you to say things you may regret.

- Practice good listening skills: pay attention, do not interrupt and ask open-ended questions. Be conscious of your non-verbal language, keeping your posture open (avoid crossing your arms), making eye contact and nodding periodically. This will help you to come across positively.

- Show courtesy towards everyone. When you cannot manage any more politeness towards a particular individual, find a reason to excuse yourself and move on.

- Give people the benefit of the doubt when you wonder if they are being sarcastic or condescending. Use humor to defuse tension.

- Count to ten and refuse to take the bait when someone tries to one-up you or goad you into an argument. Instead, adopt a "stupid and cheerful demeanor" signature advice from syndicated radio host and licensed clinical psychologist Dr. Joy Browne.

- Stay away from contentious topics and change the subject if others raise them.

- Do not participate in gossip or

put-downs of others, or bring up unpleasant events.

- Engage relatives positively by reminiscing about pleasant times or inquiring about something meaningful to them, such as their children or grandchildren, work, a hobby or a recent vacation.

- Breathe deeply if you find yourself getting stressed. If that does not help, head to the washroom or step outside, to compose yourself.

### Parting Thoughts

- If you keep in mind that you cannot change anyone's behavior except your own, and that it is always within your power to be civil and, yes, even kind to a certain degree, you will make it through family events, perhaps even better than you anticipated.

- If things do not go well in spite of your best efforts to be congenial, plan a vacation over the holidays next year, so you can have a guilt-free break from family functions – and other sources of seasonal stress – and thoroughly enjoy yourself.

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

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## RetireSafe Presents 2011 “Standing Up for America’s Seniors” Award

### Representative John Barrow Honored for Service to Seniors

Submitted by  
**KATHLEEN ERNCE**  
 Executive Director  
 The Senior Citizens Council  
 Augusta, Georgia

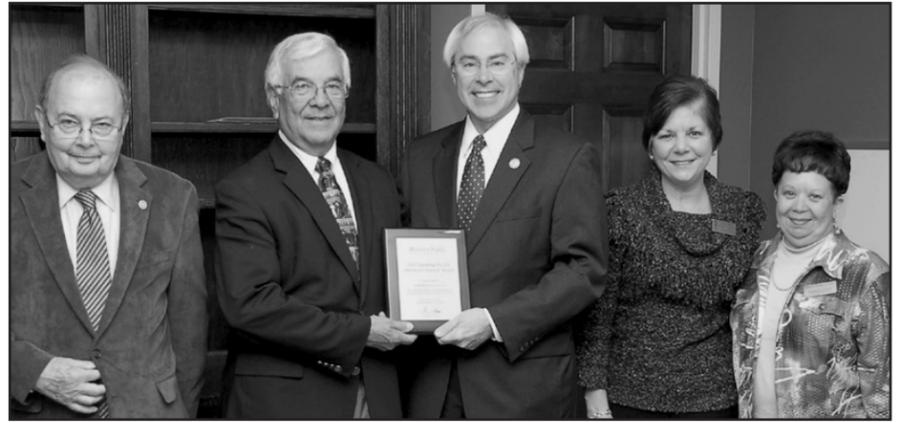
**R**ecently RetireSafe, representing 400,000 seniors nationwide, and more than 650 seniors in the Augusta area, joined by local senior advocates, honored Representative John Barrow for his efforts to protect the health benefits and security of Georgia’s seniors and disabled citizens.

Jim Marquez, Chair RetireSafe Board of Directors, presented the

RetireSafe Standing Up For America’s Seniors Award commemorative plaque at Congressman Barrow’s Augusta district office, recognizing Barrow’s accomplishments and service to older Americans.

A bipartisan group of Members of Congress are being recognized by RetireSafe on Capitol Hill and in their home districts throughout October and November. These members have acted to protect seniors’ health care benefits by ensuring access to affordable medications through Medicare Part D, and opposing proposals that threaten to limit access to health care and increase premiums for seniors in the Medicare program.

“It seems Medicare is being attacked from all direction,” said RetireSafe President, Thair Phillips, “Seniors need champions in Washington who are on their side, who aren’t afraid to stand up and preserve the benefits that our older Americans



L-R: Dr. Lowell Greenbaum, Senior Citizens Council of Greater Augusta and the CSRA, Georgia, Inc.; Board of Directors; Jim Marquez, RetireSafe; Congressman John Barrow; Lauren Spivey, Program Manager, Central Savannah River Area Regional Commission Area Agency on Aging; Kathleen Ernce, Executive Director, Senior Citizens Council of Greater Augusta and the CSRA, Georgia, Inc.

have earned,” he continued. “RetireSafe felt it was time to stop for a moment, rise above the rhetoric, and recognize the Members of Congress who, in many different ways, have worked to protect this lifesaving and essential benefit,” he con-

cluded.

RetireSafe is a nonprofit, non-partisan grassroots organization that advocates and educates on behalf of America’s seniors on issues regarding Social Security, Medicare, health and financial well-being.

## Morris Museum of Art wins five SEMC Awards

Special to *Senior News*

**T**he Morris Museum of Art won five awards in the 2011 Southeastern Museum Conference (SEMC) Publications Competition – a Gold Award in the Newsletter & Calendar of Events category for the quarterly newsletter, a Gold Award in the Brochure & Rack card category for the Art of Belonging membership solicitation piece, and three awards in the poster category, including a Gold Award for the Philip Morsberger Poster, Silver Award for the Southern Soul & Song Steel Drivers Poster (designed by Wierhouse for the concert series), and Honorable Mention for the Southern Soul & Song Ralph Stanley Poster (also designed by Wierhouse for the concert series).

“We are very pleased by this recognition of our publications,” said Kevin Grogan, director of the Morris Museum of Art, who added, that “these accolades help to attest to the Morris’s design quality and that the Morris is one of the most exemplary smaller art museums in the region.”

The Southeastern Museums Conference (SEMC), nonprofit membership organization, is an

association of museums, museum staff, independent professionals, and corporate partners that focuses on the Southeastern United State including: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, West Virginia, Puerto Rico, and US Virgin Islands. SEMC works to provide educa-

tional and professional development opportunities, improve the interchange of ideas and information, and encourage respect and collegiality.

The Morris Museum of Art was founded in 1985 and opened to the public in 1992. It is the oldest museum in the country that is devoted to the art and artists of the American South. The museum’s permanent

collection holds approximately five thousand works of art that date from the late-eighteenth century to the present. The Morris is open to the public Tuesday through Saturday, 10:00 a.m.-5:00 p.m., and on Sunday, noon-5:00 p.m. For more information about the Morris Museum of Art, visit [www.themorris.org](http://www.themorris.org) or call 706-724-7501.





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## Elder Abuse: 'TIS THE SEASON TO BE JOLLY!

by JOYCE F. SIMS, Staff Attorney  
Georgia Legal Services Program  
Augusta Regional Office

**'T**is the Season to be Jolly! However, during the holiday season, many scam artists, thieves and common crooks prey upon the unsuspecting, unprotected elderly through consumer fraud. For those who find themselves the victim of consumer fraud, this holiday season is anything but jolly. As a matter of fact, it could be downright depressing. Unfortunately, if you're not careful, you can find yourself a victim.

One way criminals commit consumer fraud is through a practice known as credit card or debit card "skimming." Criminals steal or "skim" your credit card number, security code, etc. when you use your credit or debit card at restaurants, gas pumps, ATMs, or other public places. Your information is stolen and used to make unauthorized purchases; however, you may never know you are a victim until your credit card or bank statement is received. Unfortunately, by then, the

criminal is nowhere to be found. In fact, you have no idea who the criminal is.

Skimming and skimming related credit card activities violate federal and state laws. However, prosecution typically never occurs because it's very difficult to find the perpetrator. Normally, the perpetrator is in another state or maybe even another country.

To protect yourself, never give out your credit card information over the phone and always keep your card in view when using it in public. Sign up for online access to your account and routinely look at your statements to determine whether unauthorized charges have been made. Contact your credit card issuer or bank immediately if you see even a small discrepancy in your statement. If you are a victim of consumer fraud, you may want to obtain a letter from your bank saying you're a victim of fraud and also file a police report to submit to credit reporting agencies and anybody you've paid late.

Another method used by criminals is sweepstakes or lottery fraud. A letter or email is sent or a call is made informing you that "You Are A

Winner!" The only thing you have to do to receive this windfall is send money to pay the tax on winnings to an address provided or wire the money to an account provided (so that you can get your money quicker). However, when you send the money, you get nothing in return.

Remember, you must be in it to win it! If you never entered a sweepstakes or purchased a lottery ticket, it is highly unlikely that you have won. If you enter and win, you are not required to pay anything out of your pocket to receive the funds. You must pay taxes, but they are taken out of the money you win and paid directly to the government before you are issued the proceeds.

If you receive a fake sweepstakes or lottery solicitation or if you have been the victim of a scam, contact the Governor's Office of Consumer Protection at 1-800-869-1123. You can also report the incident to the National Fraud Center at www.fraud.org.

You do not have to be a victim this holiday season. Be Prepared, Be Proactive, and Be Protected!

Happy Holidays and a Happy New Year!

## Spiritual Notes

# A Gift of Thanks-Living!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**A**s most senior adults were growing up, Christmas was a time of family gatherings and gift giving, as well as numerous church services. Many of us lived in small towns near our extended family. In our schools and churches we celebrated Jesus' birth in music and drama. I remember in grade school when I portrayed a shepherd dressed in my bathrobe as a part of a Nativity Scene. There are so many warm memories of those years. However, some of the most lingering memories were when we took food and gifts to less fortunate families. The recipients were thankful and expressed their gratitude over and over.

We have just celebrated Thanksgiving and now we are in the Holy Season of the birth of our Lord Jesus Christ. This gift of God is a time for thanksgiving and celebration. The experiences I have had in sharing with the less fortunate leads me to the conclusion that thanksgiving is a major part of Thanks-Living. Thanksgiving is something we experience emotionally and Thanks-Living is the way we act in our daily lives to show gratitude and love to God and one another. Our actions speak louder than words. Someone has said, "I'd rather see a sermon than hear one any day." Proverbs 11:25 states: "A generous man will prosper; he who refreshes others will himself be refreshed." A

good blueprint for Thanks-Living was voiced by Jesus when he said in Matthew 5:16, "Let your light so shine before men, that they see your good deeds and praise your father in heaven."

During this season I trust we will take an inventory of how we are living our lives. Are we using our God given talents to serve others? Recently my minister preached a sermon entitled "A Heart to Give." His final thought was as follows: "Generous giving of one's time and talents, things, and tithes is never about having much or

having little. However, it is always about the condition of the heart. It never looks for a reason to give; it only looks for an opportunity." Opportunities are all around us.

Give a gift of Thanks-Living this season and every day. Jesus came to show us how to love and live. Let us celebrate by following His example.  
\*\*\*\*\*

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

## Berry Center to celebrate with an afternoon of Very Berry Art and Music

Special to Senior News

**T**he Berry Center announces plans for an afternoon of Very Berry Art and Music to celebrate the holiday season and their 50th year of quality care to residents of the CSRA who have developmental delays.

The celebration will include a display and sale of art by Berry Center, Inc. art teachers and clients. Work of other artists in the area who have developmental delays will also be included. Entertainment includes jazz with a holiday twist by Mr. Bill Karp along with special guest appearances by Edna Elf, Elvis, our very own Beach Boy, and others. The celebra-

tion includes a presentation about the founding of the Center. A special "Chinese Auction" of art work by clients is included.

The festivities are being developed by Board Members of Berry Center, Inc. Donations enable the Center to continue to provide "Special Care for Special People." Supporters of Berry Center, Inc. will be honored as the organization celebrates its 50th year. The celebration is open to the public and will be held on December 4th from 2:00 p.m. to 4:00 p.m. at The Grand Ballroom, Augusta's Historic Partridge Inn located at 2110 Walton Way in Augusta.

For additional information contact Diane Cone, The Berry Center, Inc. at 706-738-6792.

# Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

\*\*\*\*\*

## GETTING READY FOR CHRISTMAS

by Ann Gilmore

The bell has rung and we are off again  
 The holiday race will now begin  
 We dash here, there, and everywhere  
 Hoping it won't be a nightmare  
 From down the attic come the cartons and bags  
 Filled with holiday decorations, paper and tags  
 Green wreaths, pine cone baskets, and stars  
 Swags for the doors and cookie jars  
 We unwrap the ornaments with special care  
 The elves, snowmen, and angels with golden hair  
 The paper ornaments made long ago  
 Some with pictures and some with snow  
 Taking time to place each in the tree  
 It's the best tree yet, we agree  
 We put a little Christmas here and there  
 On the door and up the stairs  
 Snowflakes hanging from the chandelier  
 And on the shelf Santa's and his reindeer  
 I place the nativity on a straw bed  
 And light the star above Jesus head  
 Each and every space that we can find  
 Has Christmas embellishment of all kinds  
 We finished it in one night  
 Now its time to turn of the lights  
 In the morning as I awake  
 I realize I have made a mistake  
 There are lots of things we have to get  
 The shopping hasn't started yet  
 To the stores we hurry along  
 While listening to Christmas songs  
 We look in this shop and then that  
 Getting sweaters and knit hats  
 I check and recheck the list  
 Want to make sure no one is missed  
 After searching all around town  
 We are finally finished and things can settle down  
 I gather all the gifts in one room  
 The shirts, ties, books, and perfume  
 They all need to be wrapped up  
 Every special gift like grandma's teacup  
 With bows to match and sealed tight  
 So much to do and so little nights  
 Once they are done they're placed under the tree  
 Something for everyone even me

Now I'm done with time to spare  
 Maybe I can get somebody to cut my hair  
 But at last I still have something to do  
 Bake the cakes and coconut chews  
 Roll out the butter cookies and decorate each one  
 With colored sprinkles and then they're done  
 Some to keep and others to give away  
 Pack in containers with a red sleigh  
 I recheck my list, I must make sure  
 There are no more Christmas chores  
 But there is one thing more  
 I have to go to the grocery store  
 Get the turkey, potatoes, and peas  
 The pumpkin pies, and the herbal tea  
 I got all the food and have no fear  
 I even bought the Christmas cheer  
 I look at the calendar and it's Christmas Eve  
 I got it done, it was not a breeze  
 And after all this you won't believe your ears  
 I look forward to Christmas every year

\*\*\*\*\*

## NEW YEAR 2012

by Frederic Holland, Sr.

When the clock turns midnight and you hear the bell ring;  
 You should have your house in order  
 cause we don't know what the new year will bring.  
 Some say the world will end, based on predictions from the past;  
 Some say He will make His return at last.  
 We hear rumors of wars, and the economy is real bad;  
 Obama may lose his job and that's

so sad.  
 They say that the oceans will rise because of global warming;  
 The weather is changing... is that a warning?  
 There are threats of bombings and a terrorist attack;  
 Will people ever get their job back?  
 Seems to be more crime every day;  
 Even some preachers have gone astray.  
 Sorry this rhyme is full of gloom;  
 And I hope the world is not headed for doom.  
 But tomorrow is not promised.  
 So I wrote this New Year's rhyme to say;  
 Get your life in order cause we might near judgement day.  
 \*\*\*\*\*  
**DARE**  
 by Brenda G. Partridge-Brown

Dare!  
 Dare to be different, dare to dream  
 Dare to conceive a powerful goal,  
 one you can feel down in your soul,  
 Dare to walk by faith and not by sight  
 Dare to be different like morning is to night!  
 Dare to thank God in advance for your future, and all it's going to be  
 Dare to dream big, believing in things the natural eyes can't see  
 Dare to walk by faith and not by sight  
 Dare to be different like morning is

to night!  
 Dare!  
 \*\*\*\*\*  
**ANOTHER ANGEL**  
 by Ms. Frankie Lee  
 It's not easy to say goody bye  
 To someone that we love  
 Unless we know that they are not alone  
 And with someone above  
 As they close their gentle eyes  
 We pray and pray and pray  
 If only we could see the hand  
 Of the angel that takes them away  
 As they reach up so high and  
 Touch the angel's hand  
 And the huge smile on their face  
 As they slowly rise above  
 To go to heaven safe and sound  
 And feeling oh so fine  
 Could make it all so easier  
 For us to say good bye  
 \*\*\*\*\*

## LOVE UNLIMITED DOWNSIZED

by Vera King

When I walk into my limited space  
 I feel the love of a lifetime  
 Gathered together in one bouquet  
 Each possession gives me  
 Memories of days gone by  
 Of people I've prayed with  
 In peacetime, in wartime  
 Shared sorrows and pleasures  
 The dearly departed along with  
 My fourth generation arrivals  
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*On the Cover*

# Enjoy The Holiday Festivities!

by CAROLYN BRENNEMAN

Photos by Carolyn and Alleluia Community photos courtesy of Alleluia Community from December 2010 event

The holidays bring many festivities to the CSRA. This is a special time for reflecting, sharing, giving and receiving. There are many

special events that occur during these times and here is a list of our favorite two.

Every year, as the Christmas holidays approach, what better way to get ready and explore many unique and dazzling treasures than at the yearly award-winning Christmas Made in the South shows, which are featured in eight cities in the South in November through December.

This November, the show was held over three days at the James Brown Arena. There were more than 200 artists from several southern cities, as well as New York and Virginia at this unique event. The booths were filled with handmade jewelry made out of sterling silver to jute art to hand blown glass table centerpieces. There were artisans who specialized in original Christmas ornaments, delicious sweets, jams, and handcrafted treasure boxes and many more crafts. "I just love coming to Augusta for this show," said Diana James, from Richmond, Virginia who



Diana James displays her famous jams.



Participants check out the silent auction at Alleluia Community Festival

makes delicious jams and jellies. And after sampling a variety of products, this writer purchased, for friends and family, red onion jam, green pepper jelly, and spicy garlic jelly – all delicious and so unique!

Another vendor, Valerie Lynch Beauden and her husband, of Panama City, Florida, are the owners of Onora Island Treasure Boxes. Her husband crafts the beautiful boxes and she does the finish work on each of them. "Each box reflects a different traditional Celtic name, such as Eostra which means, "new life beginning," said Valerie, a vivacious and warm-hearted craftswoman. "We love doing this artwork and displaying the treasure boxes," she said. So if you missed the festival in November, there is still time to see Christmas Made in the South, as it will show on December 3-5 in Charleston this year. For more information, check out [www.madeinthesouthshows.com](http://www.madeinthesouthshows.com).

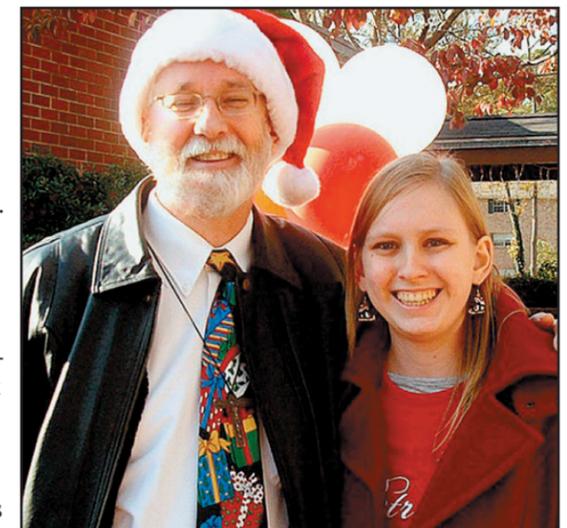


Valerie Lynch Beauden showing her treasure box



Two members of the Alleluia Community enjoy the festival

But wait! There is yet another wonderful festival right here in Augusta this Saturday, December 3rd. The 29th Annual Alleluia Community Christmas Festival is held from 10 am to 8 pm at the Alleluia Community School on Peach Orchard and Lumpkin Roads. This is one of the biggest attractions in the CSRA due to its Christian and family atmosphere. "It is a very likeable Christian based festival for the public to attend. It is very family-oriented and we want to project the true meaning of the holiday season through our events at this



Mark Shrewsbury and his daughter Rachel at Alleluia Festival



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continued on page 7

# Shop at Sacred Heart's Gift Store This Holiday Season

by CAROLYN BRENNEMAN

Photos by Carolyn

Last Thursday, November 17th, the Sacred Heart Cultural Center Gift Shop welcomed the holiday season with the annual gift shop open house featuring a cooking demonstration, a book signing by Gena Knox, and the Sacred Heart Guild homemade bake sale. The popular event was a huge success and allowed CSRA residents to enjoy a cooking demonstration, browse the fabulous gift shop, and purchase some delicious home-baked goodies from the Guild bake sale. "The bake sale, which we have every year, helps raise monies for the Guild which is

used for the preservation of the cultural center including the display cases in the historical room," says Judy Evans, the manager of the gift shop and art hall. "Everything that is raised here from the events of Sacred Heart, goes into funding to perpetually care for this historic center."

Sacred Heart's Gift Shop, tucked away downstairs at the Sacred Heart Cultural Center, offers local artisans many opportunities to show and sell their works. This holiday season, the gift shop features many beautiful wall plaques, unique Christmas ornaments, wall hangings, attractive wreaths and Nativity sets, homemade jams and jellies, memorable col-

lectibles, limited edition prints, original art, and beautifully crafted and colorful gift items, as well the collection of souvenirs and regional books.

Are you looking for something unique to the CSRA? Come to this fabulous and unique shop for browsing and purchasing gifts for your family and friends. While you are shopping in this fabulous gift store, stop by and check out the upcoming events held at Sacred Heart including, a very special presentation which includes a traditional English Christmas program, "A Festival of Nine Lessons & Carols," which features the Augusta Collegium Musicum. The gift shop is open Monday through Friday, from 9 am to 5 pm. For more information, call 706.826.4700.



Judy Evans, Manager of the Gift Shop



Beautiful Christmas ornaments and gifts on display at the gift shop



Christmas gifts for your friends and family

## FESTIVITIES

from page 6

time," says Steve Swenson, coordinator for the festival. "We have our members bring fresh baked goodies for the bakery, we serve delicious German and Italian dishes for lunch and dinner; and, of course, we have our famous coffee house," says Steve. This year there is the evening coffee shop in the gym which will feature a number of different acts. "It is an eclectic mix and entertainment includes various musicians from the community or those community related," says Steve. However, another coffee shop will be held in the cafeteria and will feature a variety of live entertainment including piano music."

Of great interest to us, we will certainly want to participate in the silent

auction where we can bid on great gifts such as certificates for high-end hotels, golf packages, a variety of restaurants, gift baskets and many other great goodies. Come to the festival on Saturday, December 3rd. For more information, call 706-798-1882.



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# Georgia eye doctor helps legally blind to see again

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

Atlanta, Georgia –

**E**ver 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 magni-

fiers 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](http://www.IALVS.com).

\*\*\*\*\*

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## Art Institute Education Director Eckmann receives State Professional Award

Special to Senior News

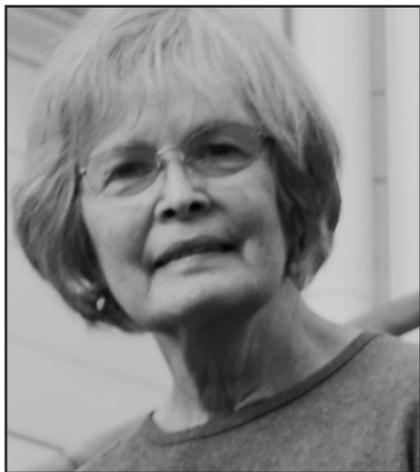
**T**he Gertrude Herbert Institute of Art is pleased to announce that its Education Director, Dorothy F. Eckmann, has received a professional award recognizing her service within the art education sector. In October 2011, Eckmann was announced as the winner of the Distinguished Service within the Profession award for 2012 from the Georgia Art Education Association (GAEA).

The Georgia Art Education Association's membership includes elementary, secondary, and college-level art educators in public and private schools, as well as museums. GAEA promotes and maintains the highest possible degree of quality instruction in visual arts programs throughout the state of Georgia. The Distinguished Service within the Profession award recognizes one out-

standing GAEA member for exemplary contributions, service, and achievement at the state level. The award was presented on October 21, 2011, at the association's annual convention.

Ms. Eckmann joined the Gertrude Herbert Institute of Art in 2000 as Education Director, where her responsibilities include faculty recruitment, curriculum development, implementation and supervision of all in-house and outreach educational programs to include pre-K, K-12, adult curriculum, interdisciplinary professional development for teachers, and student and faculty exhibitions. Under her leadership, the Institute's educational and public programs have strengthened year after year and have established the Institute as the preeminent visual arts education center in eastern Georgia.

She is well-respected not only in the region as an administrator but also in the fiber arts community as a professional artist and specifically among higher education institutes, frequently serving as a guest lecturer, adjunct instructor, or juror for universities throughout the Southeast. She has represented the Institute by serving in officer roles for the Georgia Art Education Association (GAEA) and was the previous recipient of Museum Educator of the Year in 2003 by the organization. In her nearly five-decade career as a working professional artist, art educator, and administrator, Eckmann has exemplified the utmost professionalism in the field through her creation of public programs that make art education accessible for all and through her mentoring of visual arts faculty and students. She received her MFA from Georgia Southern University and her bachelor of arts in textiles from the University of Washington.



Dorothy F. Eckmann

## Vintage Gardens At Sweetwater



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- Gazebo with Flower Gardens
- Horse Shoe Pit

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## *The Next Chapter*

# Suggested books for your Christmas shopping list

Book Reviews by  
ANNE B. JONES, PhD

**C**hristmas Book Suggestions: *Back to the Garden: The Goal of the Journey* (Jackie K. Cooper, Mercer University Press, 2011); *Stinky Kids and the Runaway Scissors* (Written by Britt Menzies and illustrated by Greg Hardin and John Trent; Stinkykids, LLC, Atlanta, available Barnes and Noble Ongoing Series); *Jekyll Island: The Nearest Faraway Place* (Jekyll Island Authority, Jekyll Island, Ga, available Amazon, etc. 2011); *A Yellow Watermelon* (Ted M. Dunagan, NewSouth Books, Montgomery, Ala. 2008); *Bogmeadow's Wish* (Terry Kay, Mercer University Press, 2011)

*Back to the Garden: The Goal of the Journey* is the latest in Jackie K. Cooper's series of companionable "southern gentleman" memoirs, collections of personal stories. Reading Jackie K. Cooper is almost as good as sitting beside him, with a cool tall glass of sweet tea. Drawing upon personal experiences, Cooper leads readers down a heart-warming conversational path in which they can recognize thoughts and feelings from their own lives. My favorite story in

*Back to the Garden* is "A Good Winter." I instantly identified with cold days, turning up the heat, hibernating inside and reading. In person, Cooper is a gentle and personable man, entertaining as well as knowledgeable. These characteristics come through in his "voice." When you finish a Jackie K. Cooper book, you feel like you've been with a friend.

*The StinkyKids Series*, by Atlanta Author Britt Menzies, presents an entertaining and educational way to teach children (ten and under) decision-making and moral values as they strive to be "leaders of good." Beginning with *Stinky Kids and the Runaway Scissors*, the collection brings a diversity of topics to bear on children's everyday life. Enhancing each volume is a "Parent and Teacher Corner," written by Dr. Kelli B. Ritter, PhD (founder and president of Effective Parenting, LLC in Atlanta) filled with suggestions related to engaging young readers in related conversations. The series donates a percentage of its profits to Books, Bears, and Bonnets, Inc., a charity that delivers gift boxes to children and adults fighting life-threatening illnesses. (www.stinkykids.com); *The Heavenly Heart* (Jackie Lee Miles,

avail Amazon 2011)

*Jekyll Island: The Nearest Faraway Place* is a beautifully rendered coffee table book filled with pictures, articles and poems by visitors and locals who have been awed by the island's beauty. Having spent my teenage years in this magnificent place, I can attest to the memories this wonderful work evokes. Those who have not yet experienced this Georgia treasure will feel compelled to visit after viewing its pages. A percentage of the sales goes to the Jekyll Island Foundation, an organization devoted to the preservation, conservation and appreciation of Jekyll Island, Ga. Note: My experiences living on Jekyll and St. Simons islands led to the writing of my recently released and highly reviewed suspense thriller, *Tides of Fear*, which is set on the Georgia coast.

*A Yellow Watermelon* by Ted Dunagan is a young adult tale, particularly suitable for children in middle school. Largely autobiographical, the story takes place in the 1940s and revolves around the friendship between a black boy and a white boy in the mid-century segregated south.

The work provides an exploration of poverty and cultural differences through an interesting story as it also presents the opportunity for shared adult-child discussion. A

*Yellow Watermelon* won the Georgia Author of the Year Award for Dunagan.

Terry Kay always comes through. His books are beloved, not only by Georgians but by readers all over the world. His latest release, *Bogmeadow's Wish* is the story of a young man's journey as he carries his Irish grandfather's ashes home. This is a must for anyone who loves Ireland or plans to travel there. As with all of Kay's books, *Bogmeadow's Wish* is rich in description and character development. Inspired by his 1995 trip to Ireland, this work differs from Kay's others in its ethereal exploration of Irish settings and folklore. In many ways, his characters seem as magical as his story.

Many of you are now reading books electronically. Southern author Jackie Lee Miles has just released *The Heavenly Heart* on Kindle. This uplifting story tells how one girl's death makes a positive impact on many people, including her father. *The Heavenly Heart* gives insight into how our choices make a difference in others through our lives and through death. The download is only ninety-nine cents!

\*\*\*\*\*

You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](http://annebjones.com).

## POPS! AT THE BELL PRESENTS FESTIVAL OF SONG & CELEBRATION PERFORMED BY SYMPHONY ORCHESTRA AUGUSTA

### Featuring James Tormé & Trio & The Festival Chorus and The Augusta Children's Chorale

Special to *Senior News*

**S**ymphony Orchestra Augusta presents the second series concert for Pops! at the Bell, FESTIVAL SONG & CELEBRATION on Friday, December 9, 2011 at 7:30 p.m. in the Bell Auditorium located on the corner of Telfair and 7th Street.

Begin your holiday season at the Holiday Pops! concert featuring Symphony Orchestra Augusta, under the direction of Maestro Kuwahara. Featuring James Tormé & Trio, The Festival Chorus, led by Dr. Joel

Scrapper and The Augusta Children's Chorale led by Linda Bradberry. Join SOA and set a festive mood with jubilant music featuring a sing along of great holiday classics such as Deck the Hall, Frosty the Snowman, Rudolph the Red-Nosed Reindeer and Joy to the World.

"The apple didn't fall far from the tree for James Tormé, son of legendary entertainer Mel Tormé and British actress Janette Scott." CBS News

Tickets for this concert are \$15, \$25, and \$40, and are available online at [www.soaugusta.org](http://www.soaugusta.org) or by calling 706-826-4705. Tickets may also be purchased at the door on concert evening beginning at 6:30 p.m. at the Bell Auditorium box office. Full-time students and military personnel with valid I.D. may purchase \$7 tickets on concert evening, subject to availability.

For more information about Symphony Orchestra Augusta, visit [www.soaugusta.org](http://www.soaugusta.org), call 706.826.4705, email [marketing@soaugusta.org](mailto:marketing@soaugusta.org) or fax 706.826.4735. Located on the second floor of Sacred Heart Cultural Center, the Symphony office is open Monday through Friday from 9 a.m. to 5 p.m.



James Tormé



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# Augusta/CSRA CALENDAR

## Augusta State University Continuing Education

• Online Courses: Go to classes in your pajamas, at anytime day or night. Go to [www.ced.aug.edu](http://www.ced.aug.edu) and click on ONLINE COURSES. Contact Byron Widener for more information at 706-667-4215.  
\*\*\*\*\*

## The Senior Citizens Council

218 Oak Street North, Suite L  
Augusta, GA 30907; 706-868-0120  
[www.seniorcitizenscouncil.org](http://www.seniorcitizenscouncil.org)

The Senior Citizens Council is open Monday through Friday for the following services:  
• Advocacy Programs including: Caseworker Services; Caregiver Support and Information; Bill Paying and Money Management; Benefits Counseling including information about the new Medicare Part D Prescription Drug Plans; and, Elder Abuse, Neglect, and Exploitation Prevention.  
• Foster Grandparent Program and Senior Companion Program: Limited income persons age 60 and older needed to work from 15 to 40 hours a week with special-needs children or adults. Call for complete details.  
• Retired and Senior Volunteer Program: Are you looking for a fun and exciting way to make a difference in the community? RSVP offers persons age 55 or older an opportunity to apply their skills and experience to meet critical community needs. RSVP pairs talented volunteers with their choice of a variety of non-profit, health care, government, and faith-based organizations. Call for complete details.

For additional information or to make an appointment for a needed service, call 706-868-0120 from 8:30 a.m. to 5:00 p.m.  
\*\*\*\*\*

## CSRA Senior Centers

Over 60? Enjoy socializing, parties, cards, crafts, Bingo and travel? Interested in staying

healthy and active? Tired of eating lunch alone? If you answered YES to these questions, then you need to check out a Senior Center near you!

- Blythe Area Recreation Department  
Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668
- Carrie J. Mays Recreation Center  
Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
- East View Community Center  
Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302
- HH Brigham Senior Center  
Pat Jenner; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center  
Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
- Sand Hills Community Center  
Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
- New Bethlehem Community Center, Inc.  
Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center  
Jeff Asman; 5913 Eucler Creek Dr., Grovetown, GA 30813; 706-556-0308
- Burke County Senior Center  
Jackie Brayboy; 717 W. 6th St., Waynesboro, GA

- 30830; 706-437-8007
- Glascock County Senior Center  
Anita May; 568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050
- Grovetown Senior Center  
Betty Laverty; 103 W. Robinson Ave., Grovetown, GA 30813; 706-210-8699
- Betty Hill Senior Citizens Center  
Cathie Birdsong; 330 Waters Work Rd., Sparta, GA 31087; 706-444-7532
- Harlem Senior Center  
Tina Sidener; 405 B West Church St., Harlem, GA 30814; 706-449-8400
- Jefferson County Senior Center  
Marie Swint; 209 E. 7th St., Louisville, GA 30434; 478-625-8820
- McDuffie Senior Center  
Melinda Hill; 304 Greenway St., Thomson, GA 30824; 706-595-7502
- Jenkins County Senior Center  
Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213
- Lincoln County Senior Center  
Pam Parton; 160 May Ave., Lincolnton, GA 30817; 706-359-3760
- Sylvania Senior Center  
Cathy Forehand; 209 E. Ogeechee St., Sylvania, GA 30467; 912-564-7727
- Taliaferro County Senior Center  
Allene Oliver; 119 Commerce St., Crawfordville, GA 30631; 706-456-2611
- Warren County Senior Center  
Gwanda Murray; 48 Warren St., Warrenton, GA 30828; 706-465-3539
- Washington County Council on Aging  
Jane Colson; 466 Maurice Friedman Rd., Sandersville, GA 31082; 478-552-0898 (Mon., Tues, and Thurs.)  
478-552-0013
- Wilkes County  
Diana Hall; 108 Marshall St., Washington, GA

- 30673; 706-678-2518
- Shiloh Comprehensive Community Center  
Elizabeth Jones; 1635 15th St., Augusta, GA 30901; 706-738-0089  
\*\*\*\*\*

**H. H. Brigham Senior Center**  
2463 Golden Camp Rd., Augusta  
Contact: Patricia A. Jenner  
706-772-5456; 1 a.m.-3 p.m.  
\*\*\*\*\*

**Aiken County Parks, Recreation & Tourism**  
902 Vacluse Rd., Aiken, SC 29801; 803-642-7559; [www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)  
**Courtney Senior Center**  
49 Roy St., Wagener, SC; 564-5211  
• Senior Bingo: 3rd Fri., 2 p.m., Free  
• Canasta Club: Wednesdays, 12 noon, Free  
**Harrison-Caver Park**  
4181 Augusta Rd., Clearwater, SC; 593-4698  
**Aiken County Recreation Center**  
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142  
**Roy Warner Park**  
4287 Festival Trail Rd., Wagener, SC; 564-6149  
\*\*\*\*\*

**Academy for Lifelong Learning, USC-Aiken**  
Information: 803-641-3288  
\*\*\*\*\*

## Hearing Loss Association of Augusta

Meetings are held on the 3rd Monday, September to May, at First Baptist Church of Augusta. For information on the organization please contact Gloria Ireland, President, at 706-733-3034.  
\*\*\*\*\*

## Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community Center, Windsor Spring Rd.,  
continued on page 11

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# General Business Directory For Seniors

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# CALENDAR

from page 10

Hephzibah. For additional information contact Lion David Usry, President, at 706-592-2752.

## Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum's website at www.the.morris.org.  
 • *Local Color: Photography in the South*: Through Jan. 29th

## Caregiver Support Group

Are you caring for a spouse or parent? Join other caregivers to share experiences, gather practical resources and find the support you need. The group meets the 3rd Monday of each month at 6:30 p.m. at the Friedman Branch Library located at 1447 Jackson Road in Augusta. For more information contact Georgia Jopling, Caregiver Specialist, Area Agency on Aging, 706-210-2000 or 888-922-4464.

## Augusta Museum of History

560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.  
 • Into the Interior: A History of the Georgia Railroad and Banking Company: Ongoing  
 • Augusta's Story: Ongoing  
 • Celebrating a Grand Tradition, the Sport of Golf: Ongoing  
 • The Godfather of Soul, Mr. James Brown: Ongoing  
 • Decorate A Pre-Assembled Gingerbread House: Dec. 10, 1:30 p.m., \$20 per house – Call for complete details  
 • All Aboard the Polar Express: Sun., Dec. 11, 1 & 3 p.m., \$2 per child – Call for complete details

"Dance with Us"

The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our FIRST SATURDAY social dance at the Elks Lodge #205 on Elkdom Court. Members \$8 and Non-members \$12 starting with a complimentary beginner's dance lesson at 6:30 p.m. and also one by different local studios at 8:00 p.m.

For more information contact Norma Holder at 806-868-0213, Marie Perotto at 706-863-1180 or Jean Avery at 706-863-4186.

## Augusta Christian Singles Dance

Dances held each Saturday night, 7-11 p.m., at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission includes complimentary dance lessons 7-8 p.m., refreshments and soft drinks. Cost: Guests, \$10; members, \$8. For additional information call Theresa Thigpen at 706-294-7195.

## AARP Augusta Local 266

There is more to AARP than a newspaper and a magazine. The local chapter meets at Sands Hill Community Center, 2540 Wheeler Road, Augusta. For additional information or to join call Varnell Owens, Chapter President, at 706-790-4388.

## Augusta Area Newcomers Club

The Augusta Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out. For information please contact hospitality@augustanewcomers.net or call Susan Salisbury at 706-814-6297.

## Service Corps of Retired Executives

The Service Corps of Retired Executives (SCORE) provides counseling and mentoring to business people who are starting up a new business or who are expanding one that is ongoing. SCORE is a non-profit, public service organization, affiliated

with the SBA. There is never a charge for our services. Call 706-793-9998, Mon. - Fri., from 9 a.m. - 12 noon.

## Find Your Voice

Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

## Senior Volunteers Needed

Fort Discovery need your help in making visitors' experiences ones that they will never forget. To volunteer call Kathy at 706-821-0609 or email: thibaultk@nsdisccovery.org.

## Volunteers Needed

The Retired and Senior Volunteer Program is seeking volunteers in Aiken/Barnwell/Edgefield Counties at ACTS, Aiken Area Council on Aging, Barnwell Hospital and Health Department, Community Ministry of North Augusta, Cumbee Center, Generations Unlimited, Golden Harvest, Habitat for Humanity, NHC Healthcare, Our Lady of the Valley, Public Schools, Salvation Army, Senior Net, SPCA, Trinity Mission Health & Rehab, VOICE, Women in Unity. Duties include delivering meals, office administration, crocheting, tutoring, etc. If you are 55 or older and interested in giving back to our community, please contact Dana Caines or Sherry Hajec 803-648-6836 ext. 223 or 224.

## Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments,

and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

## Alzheimer's Caregiver Support Group

Meets 3rd Tues., 7 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3519 or 706-854-3501.

## CSRA Parkinson Support Group

Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

## Walton Rehabilitation Health System Offerings

- Augusta Stroke & Outpatient Support Group: 2nd Wed., Noon-1 p.m., Walton Rehabilitation Health System Board Room, 1355 Independence Dr., 706-823-5250.
- Brain Injury Support Group: 2nd Thurs., 6-7:30 p.m., Walton Rehabilitation Health System, Walton West, 2501 Center West Pkwy., 706-533-3094.
- Spinal Cord Injury Support Group: 2nd Thurs., 5-6 p.m., Walton Outpatient Therapy Center, 706-823-8504.
- Amputee Support Group: 3rd Thurs., Noon-1 p.m., Walton Rehabilitation Health System, 1355 Independence Dr., 706-823-8504.

## Rape Crisis and Sexual Assault Services Seeking Volunteer Advocates

Volunteers are needed in Richmond, Burke, Jefferson and McDuffie Counties. Advocates must be able to respond to hospitals in their area within 30 minutes. Contact Dinah at 706-774-2746 or email volunteerrcas@uh.org for complete details.

## Cookbook For Sale - \$15.00

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# General Business Directory For Seniors

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# 2011 Dr. Virginia Zachert Advocate of the Year Award Winner Announced

Submitted by  
**JEANETTE CUMMINGS**  
Director, Area Agency on Aging  
A Division of the CSRA Regional  
Development Center

**T**he CSRA Coalition of Advocates for the Aging recently announced the winner of the



Jeanette Cummings

2011 Dr. Virginia Zachert Advocate of the Year Award at its 25th Annual Legislative Breakfast held at St. John Towers in Augusta.

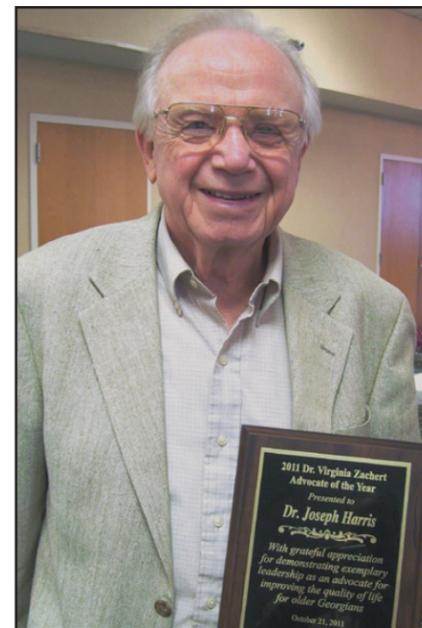
The CSRA Coalition of Advocates for the Aging enjoys recognizing and awarding those who help in the fight to improve the quality of life of older Georgians. In 2007, the Coalition established an award to recognize an older adult who demonstrates exemplary leadership as an advocate. The

award is named after just such a Georgian, Dr. Virginia Zachert. Dr. Zachert has served as a technical advisor to the Area Agency on Aging for over 25 years. Dr. Zachert is a past recipient of the Southeastern Association of Area Agencies on Aging Jane Kennedy Outstanding Leadership in Aging Award.

Dr. Joseph Harris of Washington, Georgia was awarded the Dr. Virginia Zachert Advocate of the Year Award based on his decades of advocacy on behalf of senior adults at the national, state and local levels. Dr. Harris' involvement with older Americans spans all aspects of life from recreation to health and wellness as well as academia. As president of the Washington Chapter of Learning in Retirement, Dr. Harris has organized many presentations specifically selected to not only extend the lives of its members but also, more importantly, enhance those same lives regardless of how

many or few days remain. Dr. Harris has also served in many official capacities with civic organizations such as Rotary International, Washington-Wilkes Charities, Incorporated and the Georgia Council on Aging where he served as Education Committee Chairman. He is a current member and past president of the CSRA Area Agency on Aging Advisory Council and served as a member of the AAA Strategic Planning Committee where he had a hand in directing the future of senior programming in this area. Most recently, Dr. Harris has focused his efforts toward the development of a national certification of senior center directors.

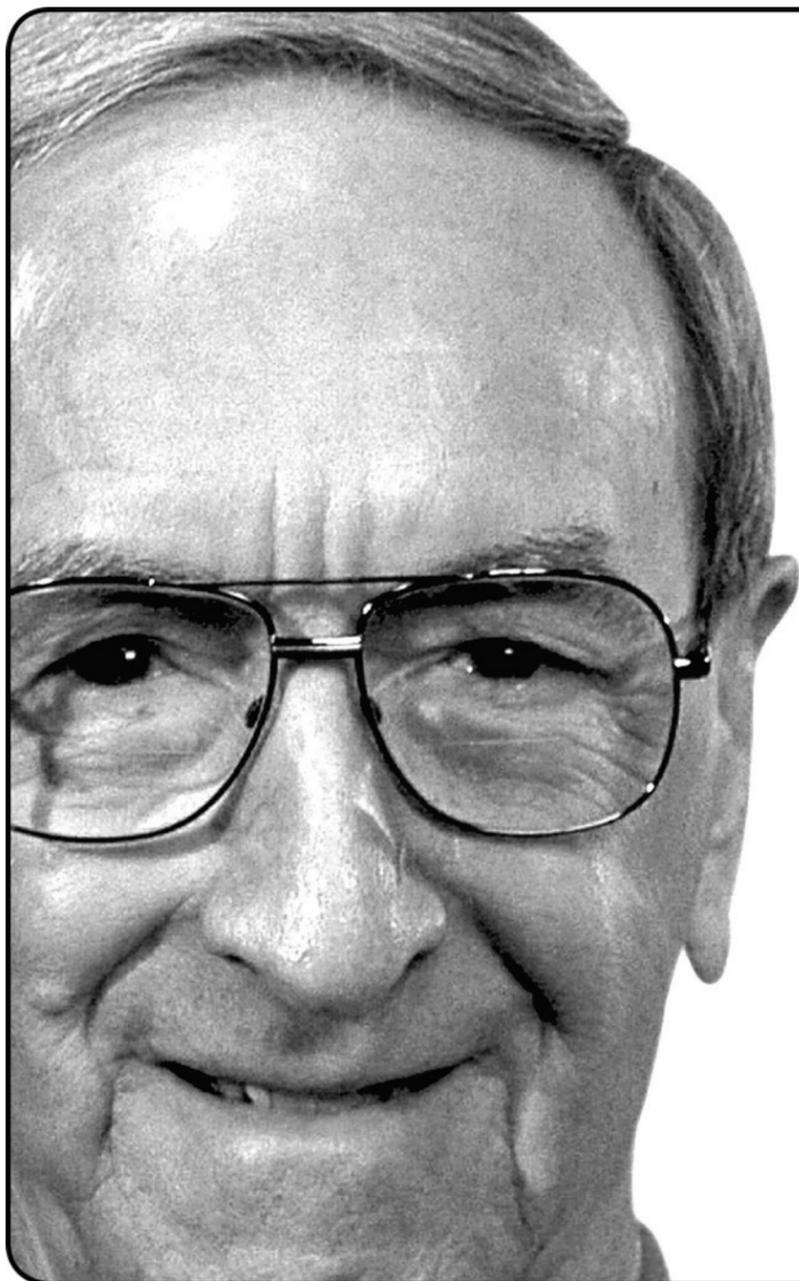
On behalf of senior adults and individuals with disabilities, the CSRA Coalition of Advocates for the Aging and the Area Agency on Aging would like to extend our gratitude to this award winner and others who work to improve the quality of life of



Dr. Joseph Harris

older adults.

For aging services and advocacy opportunities, contact the Area Agency on Aging at 706-210-2018 or 888-922-4464. The agency is a division of the CSRA Regional Commission.



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