

Senior News

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Story on Page 6

October 2011
Vol. 25, No. 10

Taking Care

Keeping peace of mind in long-distance care. Some tips to help you cope.

by LISA M. PETSCHÉ

Approximately seven million Americans are involved in the care of an older adult – usually a parent – who lives in a different area. At the best of times, caregiving involves a certain amount of stress, but often-times the anxiety is compounded when there are many miles between the caregiver and care receiver.

Without question, long-distance caregiving can be emotionally and financially draining. Worries about a parent's physical, mental and emotional health and safety can be overwhelming at times. You may wonder if plans you have set up are being properly implemented, or if you are going to get a call that there is a crisis.

You may also feel guilty that you cannot be there on a daily basis to see how your parent is doing (which may be quite different from what they report) and provide assistance as needed. You might wonder if you should move closer or invite mom or dad to come live with you.

Then there are the financial costs: the many long-distance telephone calls; travel expenses and wear on your car; and perhaps the cost of hiring a companion or personal support worker because you cannot be there yourself. If employed, you may have to take time off work to deal with crises.

Despite these challenges, there are many ways to maintain peace of mind while providing long-distance care. Read on for some to them.

- Make it easy for people to get in touch with you. Get an answering machine if you do not already have one, and perhaps a cell phone or pager as well. E-mail can also be advantageous.

- Set up a regular time to call your parent.

- Find someone local who can check with your parent daily, either by phone or in person. This could be a reliable neighbor or relative, or even a volunteer from a telephone reassurance service.

- Keep important phone number handy: your parent's neighbor, close friends, primary physician, local pharmacy and any home healthcare provider. Ensure all of these people have your name and contact information, and encourage them to call you with any concerns. Stay in touch to get their ongoing perspectives on how your parent is doing, and do not forget to express appreciation for their assistance.

- Shop around for a good long-distance telephone savings plan. You might consider getting a private, toll-free number so that friends, neighbors and healthcare providers have no reservations about regularly calling you.

- Maintain a file of key information, such as your parent's medical conditions and surgical history, medications, medical specialists, banking institutions and other financial contacts, lawyer, clergy, as well as daily or weekly schedule and upcoming appointments.

- If your parent has a chronic illness, obtain information from the appropriate organization (for example, the Parkinson Foundation) to help you understand the disease and get an idea of what to expect for the future.

- Investigate other available resources in your parent's community, which might include: personal emergency response system; letter carrier or utility company alert services; accessible transportation; adult day programs and other leisure programming; outreach services such as foot care and seniors' dental clinics; home health services involving nursing; homemaking, therapy and companion services; and alternative housing. Such information can be obtained from the local Area Agency on Aging. To find the appropriate office, call the Administration on Aging's toll-free Eldercare Locator Service at 1-800-677-1116 or search online at: www.eldercare.gov.

- When you have an opportunity to visit, pay close attention to your parent's physical condition, mental functioning and mood. Consult their doctor if you have concerns.

- Perform a safety assessment of the home environment to identify potential hazards – for example, throw rugs that do not stay in place – and do what you can to rectify them. Visit a medical supply store and

check out the many products that might make daily activities easier and safer for your parent.

- If you have siblings in the area, arrange a family meeting to discuss your parent's needs and determine who can provide help.

- Ideally, plan to stay with your parent long enough so you are not rushed. That way you will have ample time not only to attend appointments (set these up in advance of your arrival) and run errands, but also to enjoy your parent's company.

- Even if they appear to be managing well right now, it is a good idea to begin learning about resources in the community should your parent require help in the future.

Keeping one step ahead will help make your role as long-distance caregiver a little easier.

Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior issues. She has personal and professional experience with elder care.



Lisa Petsche

Hallelujah for Health Benefit Concert scheduled

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

The CSRA Partnership for Community Health and the Richmond County Medical Society Project Access invite you to share with us in our mission to improve the health status of persons in our community by attending our 13th

Annual Hallelujah for Health Benefit Concert.

The Hallelujah for Health Concert will feature area choirs who will entertain through song and praise. Hallelujah for Health will be held at Paine College in the Gilbert-Lambuth Chapel on Druid Park Avenue on October 27, 2010, at 7 pm. Our goal is to raise funds for projects and operations of the CSRA Partnership for Community Health.

The CSRA Partnership for Community Health celebrates its 18th anniversary this year. Founded in 1993 to explore new ways to improve indigent healthcare, the Partnership consists of hospitals, health departments and representatives from social service agencies; educational, business and community organizations; and the governmental and religious communities.

The Partnership has been instrumental in the development and/or operations of three health centers that are available to the entire community. These clinics provide access to primary health care for the uninsured and the underinsured. In addition, we sponsor programs for at-risk youth and adults, especially as it relates to chronic disease.

For additional information call 706-312-3179.



Jeanette Cummings

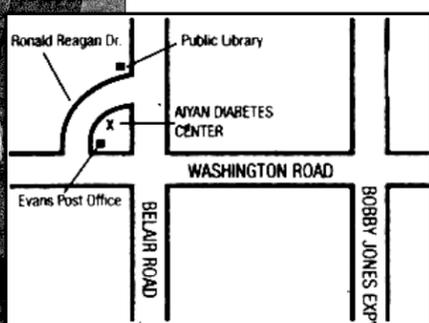


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AGENCY ALERT: Making the most of your medical appointments

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

1. Remember to take your health insurance cards, co-payment, as well as your reading glasses to assist in completing medical office paperwork or to check the previously completed paperwork for accuracy.



Kathleen Ernce

2. Wear comfortable clothing and shoes that can be easily removed when you are examined.

3. Bring a list of your symptoms, current medications, Advanced Directives, and any test result that are required for the appointment.

4. Do your own research about your diagnosis prior to the appointment and discuss your findings with your doctor.

5. Come prepared with a list of questions to discuss with your doctor and be prepared to write down his/her answers to reflect upon later. Do not rely on your memory!

6. Make sure you completely understand your diagnosis, treatment plan, or other procedures required, and medications. Do not sign a consent form without fully understanding the procedure. Ask your doctor or the office staff to explain the procedure to you if you are unsure of the details.

7. If you are anticipating a new diagnosis or are receiving information on a new procedure, be sure to bring someone you trust with you to the appointment. Their presence and support can prove to be invaluable.

8. Make sure that all of your physicians are aware of the other physicians treating you and why they are providing treatment or medication. Also, include a complete list of all medications given you from all physicians.

9. Request a second opinion if you are concerned or are dissatisfied with what the first physician is telling you. In most cases, a second opinion is covered by insurance. To be sure call the insurance company to inquire if the second opinion is covered.

10. Request prescription(s) refills as necessary.

If you are unsure about

Advanced Directives or want to know how to complete a Directive, please call us at 706-868-0120. We will be happy to assist you in this process.

“Come Cruise With Us” was the theme of the 43rd Annual Meeting of The Senior Citizens Council and was celebrated with a breakfast meeting and Volunteer Recognition on Tuesday, September 27, 2011. We had wonderful attendance and a good hearty breakfast.

Kathleen Ernce, Executive

Director, was awarded her 25th year certificate and the members of The Board of Directors were recognized and thanked for their support and service to the agency. The Officers installed were Jean Embry as President, Brian Mulherin as Vice President, and Hester Bliven as Secretary/Treasurer.

The Senior Citizens Council extended a hearty thank you to Raborn and Associates and Hospice Care of America for their financial contributions to the Annual Meeting and Volunteer Recognition. The

agency, also, extended a thank you to the many community members who attended the meeting.

We also announced a Fund Raiser for the agency! Spend \$20.00 to enter a raffle for a “Dream Cruise, 2012.” The cruise is a 4 night adventure for two aboard a Royal Caribbean Cruise Lines for a destination of YOUR choice. The cruise will be awarded during a “Pre-Cruise Party” on December 15, 2011. Please call us at 706-868-0120 for more information or to purchase a raffle ticket.

“War Stories” Video Presentation scheduled for October 30th

Special to *Senior News*

On Sunday afternoon, October 30th, the Aiken County Historical Society will host a public showing of the video “War Stories” at the Aiken Community Playhouse, 124 Newberry Street, N.W. “War Stories” is a project which was started four years ago with the support and sponsorship of the Augusta Richmond County Historical Society.

The 70 minute video produced by Mark Albertin of Scrapbook Video Productions for the Augusta Richmond County Historical Society includes comments from 23 World War II veterans interviewed by Mark over a three year period as part of the national Veterans History Project.

The video presents recollections of WWII veterans who reside

in the Central Savannah River Area of Georgia and South Carolina. Their stories describe dramatic events from not only overseas, but within the Augusta/Aiken area. Viewers will be treated to exciting individual experiences and previously unrecorded personal stories of WWII. Rare archival photographs and combat footage of both the European and Pacific theatres of war are shown.

Two separate showings of the video will take place at 2:00 p.m. and 4:00 p.m., respectively, at the Playhouse on Newberry Street in Aiken. Open to all interested area citizens at no charge, the facility will seat 300, which includes handicap access.

Beginning four years ago in 2007 in Augusta, the overall Veterans History Project includes WWII veterans living throughout the CSRA. Close to 300 South

Carolina area veterans have been individually video interviewed out of over 700 veterans participating to date.

In addition to sites in Augusta, interviews have been held on a regular basis at Aiken Technical College or in the residences of veterans with health issues.

Initially premiered a year ago in Augusta at Augusta State University, two nearly full-house performances of “War Stories” were overwhelmingly received with appreciation by all those attending. A letter of commendation from the Library of Congress in Washington this summer was received thanking all participating volunteers.

Additional background information is available through Fred Gehle, Project Coordinator/Veterans History Project, at 706-738-8242.





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Times Not Forgotten

Corn shuck scrub brooms

by CHRISTINE COLEMAN

Today, people use string mops when they need to clean floors. There are even mops that can be wrung out in a bucket without ever having to be touched by hand. This was not the way folk scrubbed floors many years ago.

In the 1930s when I was growing up, there were no linoleum rugs or carpets on our floors. The houses where we lived had pine board flooring which was scrubbed weekly. After the floors were scrubbed, rinsed and dried we marveled at their fresh, clean look. As the old saying goes "You could eat off the floor" because it was that clean.

Papa would take a thick piece of wood and fashion it into the first part of a scrub broom. He used a brace and bit to make holes in the approximately 12 by 18 piece of wood. Usually, he would make about 15 holes in the piece of wood. In the center of the wood, he would make a bigger hole to accommodate a long handle. Then he'd turn the chore over

to Mama.

Mama was adept at finishing the scrub broom. I used to watch her take 15 or more big ears of corn, which had dried thoroughly, and shuck them. She would have a pan of warm water nearby. After all the ears had been shucked and laid in a stack, she began the next step. She'd take one corn shuck, dip it in the warm water, twist it slightly and then insert it into one of the holes. She continued this dipping, twisting and inserting until all the holes in the board were filled. Now, the broom was ready for use.

Potash soap was used for scrubbing floors. After Mama or one of my brothers finished scrubbing the floors, they used pans of clear water to rinse them. This rinse water was swept off. During summertime, floors dried easily. Wintertime was different. After the floors had been rinsed, they had to be dried. Old blankets or discarded clothing was used to dry up excess water. That was my job. Usually, I'd put the drying material under one foot and walk around the room pushing the drying cloth ahead of me.

In later years, thank you, Lord, linoleum flooring came into vogue. We could then (as now) mop the rugs with a string mop, wring the mop in clear water and dry the floor with little effort. Later, carpeting came along which can be vacuumed. All of this is a far cry from the work of people years ago.

I had almost gotten this memory out of mind when I went to visit the homeplace of Marjorie Kenning Rawlings (of *The Yearling* fame) near Gainesville, Florida. Her house and barns have been kept as they were when she was living there. While touring the house, I noticed a corn shuck broom standing in a corner of the kitchen. It brought back memories of my younger years and it showed me other folks (rich ones) did like us.

I'm happy for the improvement in floor scrubbing. I also appreciate the fact that I witnessed (and helped) with Corn Shuck Brooms.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.

Spiritual Notes

Don't skip the coffee hour

by **Dr. Bill Baggett**
Minister to Seniors
Dunwoody Baptist Church

It seems that we are living in a time when people are more and more polarized and isolated from each other than in past years. Popular TV shows emphasize the varied personal issues and troubles that face individuals and families.

Senior adults remember when the family and friends were the center of their universe primarily because they lived near each other. While there were numerous problems, the family and friends stayed together and worked through them. There are still families who can accomplish this. With the advent of all the available technologies, families living distances apart, and different cultural norms, it is a difficult thing to do. As a result, per-

sonal relationships are more difficult to establish.

In the Bible, Mark 12: 29-31, Jesus said, "Love the Lord your God with all your heart, all your soul, all your mind, and all your strength. The second command is this; Love your neighbor as you love yourself." There are no commands more important than these. While relationships are both painful and wonderful, Jesus taught us that nothing is more important than being related to our God and to our fellowman.

In a recent study Dr. Chaeyoon Lim of the University of Wisconsin-Madison concluded the following: "Religion and happiness are linked. But faithful church attendance may not be enough. In a large survey, those most likely to rate their life satisfaction as a perfect 10 went to services weekly and saw close friends there. Church regulars

without pals in the pews didn't see the boost – they were less satisfied than infrequent attendees with friends. So go to services, by all means – but don't skip coffee hour." Fellowship is essential to a complete life. I believe this is what loving your neighbor is all about.

Tom Holladay stated that, "A life without relationships may well be a simpler life but it is also an empty life." Even when we find ourselves in a new environment we should reach out to our neighbor. You have heard the statement, "The family, couple, friend who prays together stays together." Try praying with family and new acquaintances. Don't skip the "coffee hour."

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

Poets' Corner

WHY DOES AGE MATTER

by Jewel Spivey

What does it matter what your age
As long as you love to sing and play
As long as your heart is young and
gay
Why should it matter what your age

Embrace the fact that workdays are
done
It is your time to play in the sun
Your time to, finally, do
The things YOU want to do

The house and the care are finally
paid
And college costs are out of the way
Get rid of that clutter bought to
impress
It's time for you to get some rest

Say what you really think to every
one
Truth is a powerful weapon you've
won

So what does it matter what your age
If you still see the beauty of a lovely
sunrise
And you still greet each day being
glad you're alive!

GRAY HAIRS

by Bernice B. Lewis

The gray hairs mean I've been alive,
I had to give and had to strive,
Each silver strand,
Each separate strand,
Means something that I can't deny.

The gray hairs mean I've been
concerned,
Had my reasons to yield and yearn;
I've thought a lot,
And cried a lot,
And had many lessons of life to
learn.

The gray hairs mean a lot to me,
I'll let them show and let them be,
I want them there!
I want them there!
They're badges of honor for each to
see. ©

MATERIAL THINGS

by Frederic Holland Sr.
6/07

Coming from poor beginnings,
material things I did crave.
I thought acquiring flashy material
things would be a rave.

I got a very good job, worked hard
and money I did save.

Soon I was able to buy homes,
expensive cars and tailored clothes
most anyone would appreciate

I thought, "gee this is really great"

*The women came and so called
friends began to swarm.
Eventually the homes were lost to
ex-wives, cars got old and clothes
became worn.*

*The women who swore I was their
"soul mate"
Soon found other souls to date.*

*Because I no longer could party and
"ball,"
So called friends forgot to call.*

*But out of those lost material
pleasures,
I found other more important and
lasting treasures.*

*I found family and friends who really
do care.
They show their love whether my
cupboard is full or bare.*

*So let my experience be a lesson;
Material things don't last, but true
family and friends are the real
"blessing"*

THANK YOU LORD

by Ruby Goodman
1/10

*Thank you, Lord, for all the good
things,
For flowers, birds and bees,
For springtime on the mountain,
For honey from the bees.*

*For fruits and nuts and berries,
Dogwood and Cherry blooms,
Sunssets flaring in the sky,
For sun and stars and moon.*

For shadows long across the yard,

*For children running by,
Winter sunshine over all,
Cloudless mild blue sky.*

*Memories crowding on me,
Old friends remembered much,
Events long past before me,*

Flood my mind with such.

*Life is good with things remembered,
Each day a pleasure and surprise.
Looking forward to what is next,
Thank you, Lord, for hands and feet
and eyes.*



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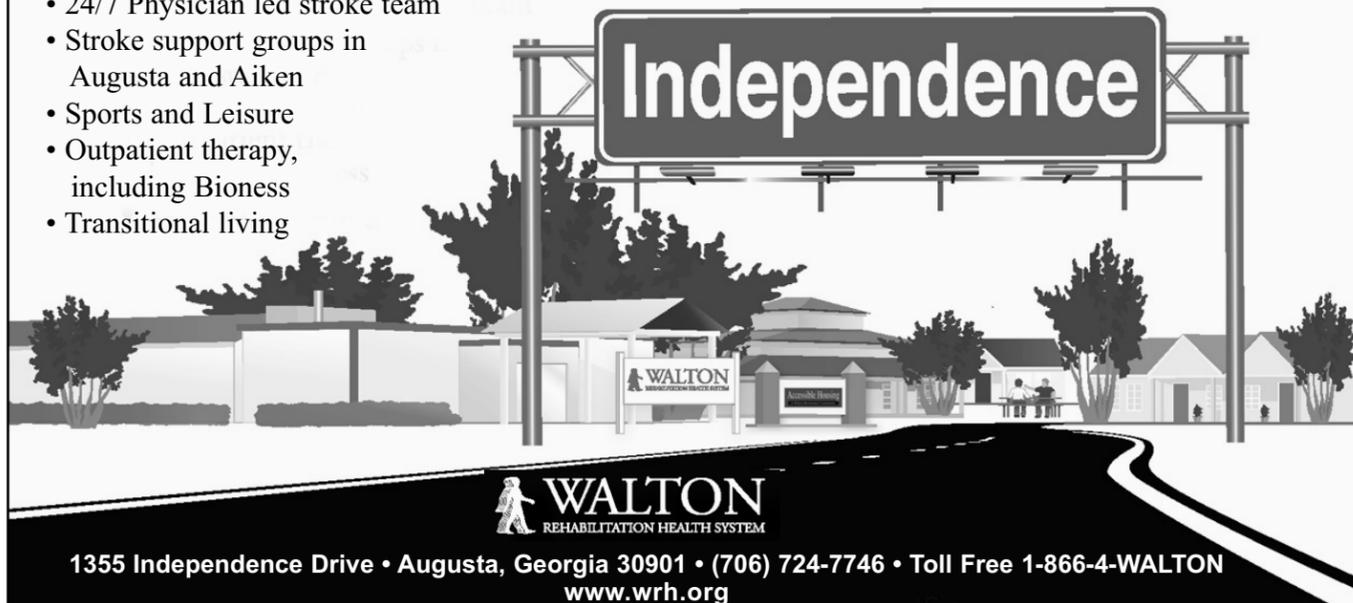
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On the Cover

Aiken's Makin' is a Fabulous Festival for Everyone!

by CAROLYN BRENNEMAN

Photos by Carolyn

COVER
Aiken's Makin' Festival is well attended!

Aiken's Makin' festival, which took place in Historic Downtown Aiken on September 9th and 10th, displayed many unique exhibits and focused on the



Handcrafted solar lights for your garden

artistic abilities of children, teens, and adults. Over the last 35 years, this annual festival has evolved from a small gathering of local artists to a multi-day festival displaying many pieces of fine art, handmade crafts, and great food, showcasing the many artistic abilities of communities in the southeast. This year, over 300 craft and food vendors brought Augusta and Aiken residents a festive event over the course of two days and attracted around 35,000 serious and casual shoppers.

Visitors were delighted to browse the vendors' unique offerings in food, baked goodies, crafts, toys, furniture, jewelry, garden ornaments, pottery, clothing, woodworking, metal craft, quilts, ceramics, baskets, stained glass, needle-crafts and much more. "It gets better every year," says Alice Jamison, a resident of Martinez, who has attended the festival the last six years. "I love the jewelry, metal arts, and, of course, the food is just terrific!" says Alice.

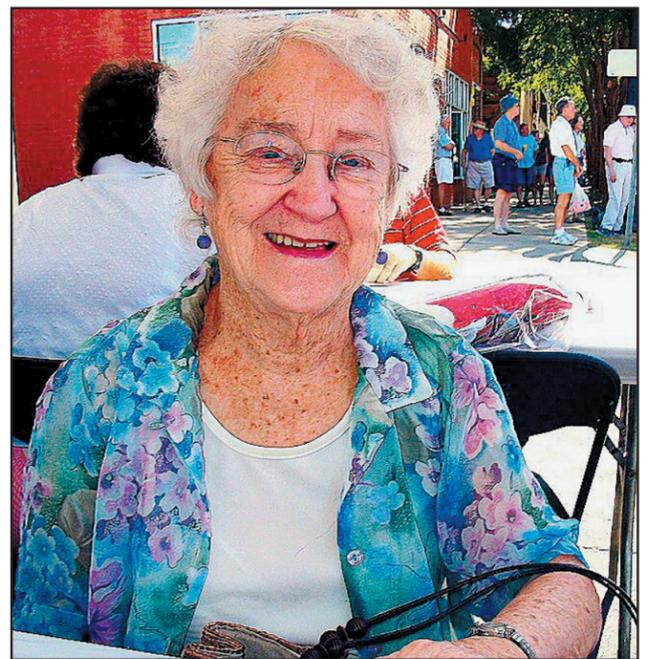
Crafts ladies from Mount Pleasant, South Carolina, displayed gorgeous handmade coiled sweet-grass baskets. Each piece is unique,

and the artist develops her own style in basket making. "I learned basket weaving from childhood as it was passed down from generation to generation in my family," says Angie, a great and talented crafts lady.

This year the festival was a showcase for many artists and craftsmen from the southeast, and also included great entertainment on two stages, featuring Middle Eastern dancers, the Savannah River String Band, Kidz Creek, Carolina shakers and a Living Fire Clown and Puppet Team for the kids.

"I just love Aiken's Makin', and this is my fifth year here," says Mary, an eighty-nine year old attendee who came with her granddaughter. "It is bright, festive, and there is great food, and I get my exercise just walking around," Mary says.

So if you like to explore artistic designs, homemade crafts, see great entertainment, and enjoy this great experience, be sure to mark your calendar for the event next year. You will not want to miss it!



Eighty-nine year old attendee enjoys the festival!



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Take a tour with the Plantation Carriage Group

Take a Day Trip to Savannah!

by CAROLYN BRENNEMAN

Photos by Carolyn

Our group recently took a delightful day trip to Savannah – just 2 hours from Augusta. Savannah is a great city to visit and to explore the charming Southern hospitality and old customs which prevail in this graceful antebellum city. Founded in 1733, Savannah is one of the South's most versatile cities, and welcomes seniors, couples, families and other groups. It is definitely a favorite of boomers.

We grabbed the trolley from Old Town Trolley Tours which provides sightseeing tours highlighting the best Savannah attractions. Yes, the tour in itself was an adventure as we experienced

Transportation, a delightful combination of transportation and entertainment. The guide narrated the two hour tour with a fascinating and fun mix of trivia and humorous stories.

The extraordinary architecture, lush botanicals, and captivating stories of this historic, coastal city made our trip an unforgettable day vacation experience. We viewed extraordinary architecture of the historical district including the Owens Thomas House with its curved walls, ionic columns and many other unusual features. It is a delightful historic house for all ages. Then there is the Isaiah Davenport House, one of Savannah's most stately mansions – a true Federal-style masterpiece **continued on page 12**



Eating at Paula Deen's restaurant in Savannah

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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 –

Ever looked through a pair of field glasses or binoculars? Things look bigger and closer and much easier to see.

Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

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

Randall Day of North Georgia writes, "I am writing this letter to thank you for

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

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

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

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now



able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"Telescopic glasses can cost over \$2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some 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.

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The Next Chapter

God's Relentless Love and Leader Guide for God's Relentless Love

Book Reviews by ANNE B. JONES, PhD

God's Relentless Love and Leader Guide for God's Relentless Love
Rev. Edwin Chase
Tiger Iron Press, Macon, GA 2011

Irarely review religious-based books but I'd heard so many good comments about Edwin Chase's new work, I decided to include it in our reviews. In *God's Relentless Love*, Chase combines insight, inspiration and humor gleaned from twenty-five years as a minister, pastoral counselor, and author. Curious about what prompted him to write the book, I asked him.

According to Chase, he was saddened to learn how many of his counseling clients had visions of a stern, vengeful God who disappointed of them. Instead of basking in his love, they were held back by feelings of despair and the wrongful belief they could never be good enough.

The work reveals a God we desperately long to know but hardly dare to believe. The book is a spiritual alternative to fear, especially for those who feel themselves flawed or

inadequate; those who, poisoned by their inability to please the harsh demanding God of their mind's creation, suffer from damaged self-esteem and damaged faith. For these struggling souls, Chase's well-written book provides an antidote.

According to James T. Laney, President Emeritus of Emory University, *God's Relentless Love* is a winsome and compelling testimony of God's love, an invitation to encounter a gentler God, to allow a God who actually likes you to encourage your faith.

The popularity of *God's Relentless Love* has led to its use in churches and study groups. Because of the demand for an accompanying guide, the author's *Leader Guide for God's Relentless Love* has just been released. Designed as a resource for teachers of small groups and Sunday school classes, the guide is loaded with new material and leading questions. If you're looking for a personal book about God and his love or a catalyst for discussion, pick up a copy of *God's Relentless Love* and *Leader Guide for God's Relentless Love* at your local bookstore.

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

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Down South: Paintings by Art Rosenbaum, Photographs by Margo Newmark Rosenbaum now on exhibit at the Morris Museum of Art

Special to *Senior News*

Down South: Paintings by Art Rosenbaum, Photographs by Margo Newmark Rosenbaum opened September 17 at the Morris Museum of Art. This exhibition, organized by the Morris, features ten paintings and drawings by Art Rosenbaum, the 2011 Westobou Festival signature artist, and fourteen silver gelatin prints by his wife, photographer Margo Newmark Rosenbaum. It remains on display through November 6, 2011.

“We’re delighted by the opportunity to exhibit this work. The richness and energy of Art’s paintings, combined with the focused way that Margo’s photographs document the music and musicians of the region, identify them as uniquely important chroniclers of a vitally important aspect of the culture of

the South,” said Kevin Grogan, director of the Morris Museum of Art.

Artists Biographies

Painter, muralist and illustrator Art Rosenbaum, a native of Ogdensburg, New York, earned a master of fine arts degree in painting at Columbia University. A Fulbright Scholarship enabled him to study and work in France, and he later held a Fulbright Senior Professorship in Germany. His work has been exhibited widely, and he is represented in many public collections, including those of the Columbus (Georgia) Museum of Art, the Georgia Museum of Art, the Morris Museum of Art, the New Orleans Museum of Art, and the Ogden Museum of Southern Art. In 2006, he retired from the faculty of the Lamar Dodd School of Art at the University of Georgia, where he held the title of Wheatley Professor in Fine Arts.

Over the years, he has achieved almost as much renown as a collector and performer of roots music as he has as a painter, and his field-work has resulted in more than fourteen documentary recordings. In 2009, he was awarded a Grammy for his Art of Field Recording, Volume One, which captures more than fifty years of his recordings of individuals performing traditional American folk songs. This and the second volume, both four-disc boxed sets, are both profusely illustrated with his art and documentary photographs by his wife, Margo Newmark Rosenbaum.

Photographer Margo Newmark Rosenbaum, a native of Los Angeles, studied at the San Francisco Art Institute, where she earned a bachelor’s degree in painting and drawing. She went on to earn a master’s degree in painting and drawing from the University of Iowa. She wanted to major in pho-

tography but, initially, saw it merely as a means to an end, a tool she could use in the development of her paintings. Although she considered photography “painting with light,” she also thought that one painter in the family was plenty. She didn’t want to be in any kind of competition with her husband. That said, it should be noted that the considerable formal qualities of her photographs reveal them to be the work of a person who is possessed of a painter’s sensibilities. Her work conveys a strong human element, an empathy for her subjects that is particularly well suited to the depiction of the traditional musicians whose performances are the special strength of Art of Field Recording.

Over the length of their forty-five-year-long marriage, they have frequently shown their work together, often in support of their mutual interest in traditional American music.

BBB advises homeowners on Mold Must-Knows

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

Many homeowners are looking for remedies for dealing with the aftermath of the devastating floods that have hit so many homes around the country. While a little part of the water damage picture, mold can be an ever growing, pesky problem that, if not taken care of quickly, can last forever. Better Business Bureau, along with the Environmental Protection Agency (EPA), is advising homeowners to be proactive when it comes to dealing with mold and mildew.

When looking to eradicate mold, homeowners may choose to either tackle the problem on their own or consult the expertise of a contractor. Either way, BBB advises that, it’s important for homeowners to do their research. According to the EPA’s Mold Guide, the many types of mold may begin growing indoors when mold spores land on surfaces that are wet. Mold can grow on any kind of wood, paper, carpet, and food.

In 2010, BBB received nearly 30,000 inquiries on mold and mildew eradicators. As mold can ultimately destroy anything that it lands on, it’s important to act smart and fast.

While homeowners should always avoid handling and touching mold without wearing proper gloves, there are also many other things to keep in mind. BBB and the EPA advise homeowners to consider the following:

- Know your risks and side effects. There are many health risks associat-

ed with mold and mold growth. Many may experience an allergic reaction and other respiratory complaints when mold is present in the home.

- Be proactive. The EPA attests that there is no practical way to eliminate all mold and mold spores in the indoor environment. The way to control indoor mold growth is to control moisture. If you notice a leak in your shower faucet or sink, repair it immediately to avoid the ideal habitat for mold. Clean and dry any wet or damp surfaces within 24-48 hours to prevent mold growth. Vent all bathrooms, kitchens and other moisture-generating sources to reduce indoor humidity and prevent mold growth.

- Choose wisely when picking a contractor. Some mold eradicators can be impostors. It’s important to check a business’ BBB Business Review at www.bbb.org before selecting a contractor. Ask for referrals from friends and family members and check with at least three contractors before deciding on one. Make sure the contractor has experience cleaning up mold. Check references and ask the contractor to follow the recommendations in EPA’s Mold Remediation in Schools and Commercial Buildings, or other guidelines from professional or government organizations.

For more tips you can trust, visit www.bbb.org/us/bbb-news.

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.



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Augusta/CSRA CALENDAR

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The Senior Citizens Council

218 Oak Street North, Suite L
Augusta, GA 30907; 706-868-0120
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? RSV offers persons age 55 or older an opportunity to apply their skills and experience to meet critical community needs. RSV 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 Vaucluse Rd., Aiken, SC 29801; 803-642-7559; 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

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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., 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.
• Indie Films: *The Wise Kids*, Oct. 12

Gertrude Herbert Institute of Art
Located at 506 Telfair Street, Augusta. Call 706-722-5465 for information.

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.

continued on page 11

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CALENDAR

from page 10

- 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
- Brown Bag History Series: *Place in Time, Augusta Past, Present, and Future*, Wed., Oct. 5, 12:30 p.m.

Lucy Craft Laney Museum of Black History
www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

"Dance with Us"

The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our FIRST SAT-URDAY 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.

Al-Anon and Alateen Groups

Al-Anon and Alateen Groups meet in various locations in the CSRA Mon.-Sat. For information or a listing of meeting in the area call 706-738-7984. To locate meeting throughout Georgia call 800-568-1615.

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. We will have a luncheon on April 21st at The Partridge Inn. The speaker is Michelle Nicholson who will speak about Safaris and Travel Adventures. For reservations 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.

Phinzy Swamp Events

706-828-2109

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.

DBSA (Depression Bi Polar Support Alliance)

Meets the 3rd Wed. of every month at 6 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details.

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 volunteerrcsas@uh.org for complete details.

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DAY TRIP from page 7

designed by Isaiah Davenport. A guided tour of the house showed ornate plaster work, elliptical staircase and the brilliant style of the various rooms throughout. Our last visit was to the famous Telfair Museum of the Arts, where

we viewed many collections of exquisite artwork.

A trolley tour is the way to travel around this great city. There are also ghost tours, the Pirate's House, as well as landmarks including Forsyth Fountain, First African Baptist, an Underground Railroad stop, and City Market. River Street is a

famous promenade with cute sidewalk cafés, restaurants, and shopping. But, of course, on our next visit, we will travel via horse drawn carriage. How fun is that!

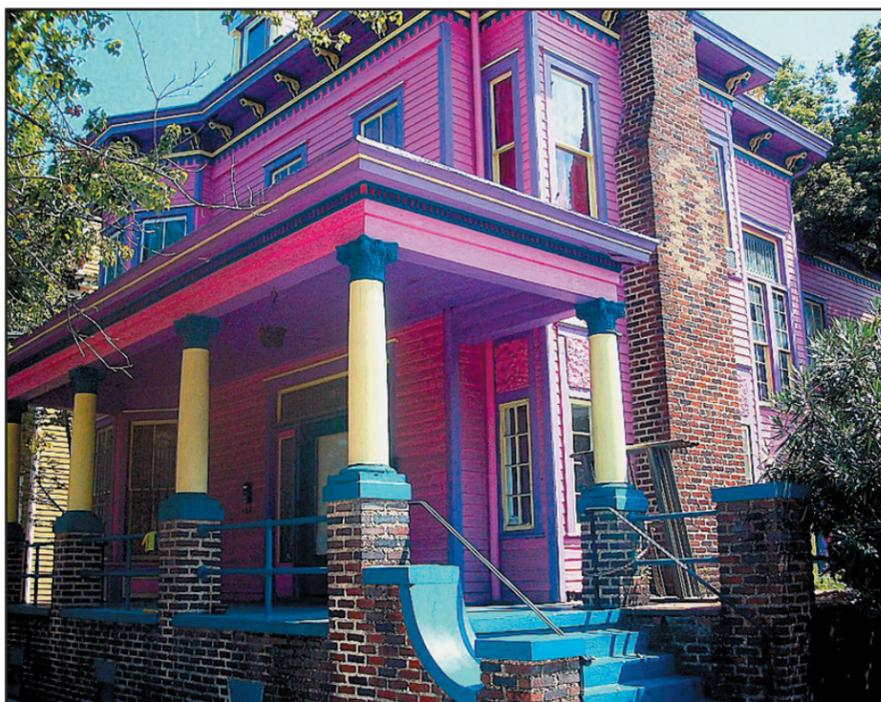
We dined at the famous Paula Deen restaurant, "The Lady and Sons," and enjoyed a sumptuous buffet. When you dine there, make your

reservations for lunch or dinner in the morning hours at the host center, in person, as no phone reservations are taken.

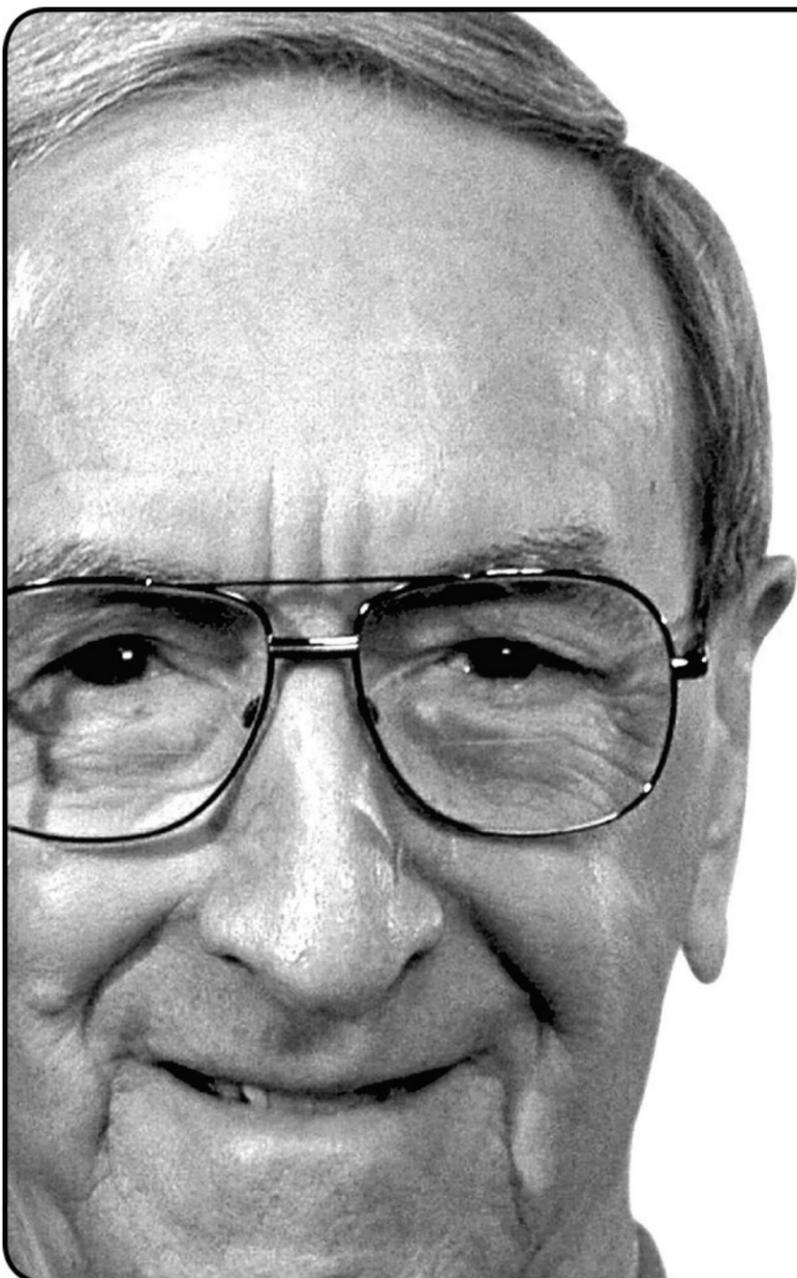
So my Augustan and Aiken friends, plan a day trip soon to Savannah for an informative and amusing day. It is an unforgettable day out-ing.



Arts and crafts are displayed in the City Market



The famous purple Circus House



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