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Enjoys The Fine
Art of Quilting!*

Story on Page 6

September 2012 • Vol. 26, No. 9

“Walton Options for Independent Living and Aunt Lucy”

Submitted by
GRACE MANON HARRIS
Walton Options

Going to visit “Aunt Lucy” in Montgomery, Alabama, in the month of August, all of my growing up years was joyful and relaxing. I remember learning to crochet, reading books, witnessing and learning the delight of a good sense of humor. You see, “Aunt Lucy” was not “really kin to me,” she and my mother were friends before I was born. She and Uncle Charles, had a cow, Honey, one horse, Lady, two dogs and a yard full of cats and kittens.

Aunt Lucy was so independent. She climbed ladders, painted the inside of her home, mended fences, and planted flowers in every corner of dirt she could find. While in her 60’s, she taught me “if you set your mind to do something, large or small, you would figure out a way to get it done!”

After Uncle Charles passed away, she did all the work she could do alone, for as long as she could. When she could no longer keep up her big yard in Alabama by herself, she moved back home to Fitzgerald, Georgia, where her two sisters lived.

She found a smaller house and a smaller yard on the outskirts of town and began creating flower beds like she had had in Alabama. Her yard began to look like pictures in a magazine with a weed-free fence row that

surrounded the yard and yellow day-lilies that looked like smiling faces of sunshine.

She lived by herself for years and knew she had to take care of herself. Sometimes in her rush to do things herself, she would lock herself out. In fact, it happened quite often... “When you set your mind to do something...” when she did lock herself out she would climb into the unlocked high kitchen window and land on an old wooden table under the inside window.

Like most of us, there came a time when she began to slow down, because her muscles and joints began to tell of their long service to her. It was now necessary for her to seek help to do her daily living tasks – you know the ones she had done with ease and confidence all of her life.

She had heard the Area Agency on Aging (AAA) had many services. She learned they could find help with her daily living tasks, including stepping over the side of her tub to bathe... there was no way she could sit down in the tub and soak like she loved to do... and get back up by herself. Also, she now found it was hard to climb the few steps to get into her house, not to mention the days of climbing in the kitchen window. Her knees and hips were constant reminders of her days of “doing whatever was necessary!” She would just have to find a place outside to hide an extra house key – just in case.

She called the AAA for assistance

and was assured she would be contacted by someone from Walton Options for Independent Living (WOIL), in Augusta, Georgia. A home visit was arranged to see how WOIL could help her live safer and regain her independence while remaining in her own home. The Housing Specialist (HS) recommended a ramp to safely come and go from her home. She agreed that a ramp would allow her to keep the independence to live with dignity, which she held so dear.

The HS asked about bathing and tending to personal hygiene. Aunt Lucy said it was difficult getting in and out of the tub because of the tub height. The HS recommended a transfer tub bench which would make bathing much safer. Aunt Lucy was pleased to know she would be able to bathe again without the fear of falling.

The HS also made other suggestions including a Hand-Held Shower Sprayer (HHSS) and a raised toilet seat. The HS informed Ms. Lucy that when the contractor came out to build the ramp, he would also install the HHSS on the shower head and grab bars in the tub area for extra security while bathing.

After these modifications, Ms Lucy really began to get out more. She would drive her car to the grocery store, to visited friends, and to church. Everyone was amazed at her change of mood and lightheartedness! Her new-felt independence showed on her face. People asked what had happened to

make such a big change. Ms. Lucy would reply by telling them of her new friends at WOIL and how they had helped her.

She told them about the “STAR Network Program” at WOIL. STAR is a reused program that redistributes donated medical equipment and assistive devices. All items are sanitized prior to going back out to someone in need.

Aunt Lucy also told them about the assistive technology demonstration resource center “Tools for Life Program.” This program allows you to tour the facilities and have a hands-on experience while looking at different equipment options, before you buy. Some devices in the resource center are tools that assist with eating while others are used for cooking, and still others have big button that make it easier to dial a phone.

Aunt Lucy kept answering her friends questions as each one were asking about what could help them stay at home and remain independent. Ms Lucy told them to call WOIL and remain as active as possible and not to be afraid of asking for helping.

Walton Options for Independent Living is a non-profit center for independent living that empowers individuals of all ages and all disabilities to reach their highest level of independence. For more information about Walton Options services call us at 706-724-6262 or check out our website at www.waltonoptions.org.



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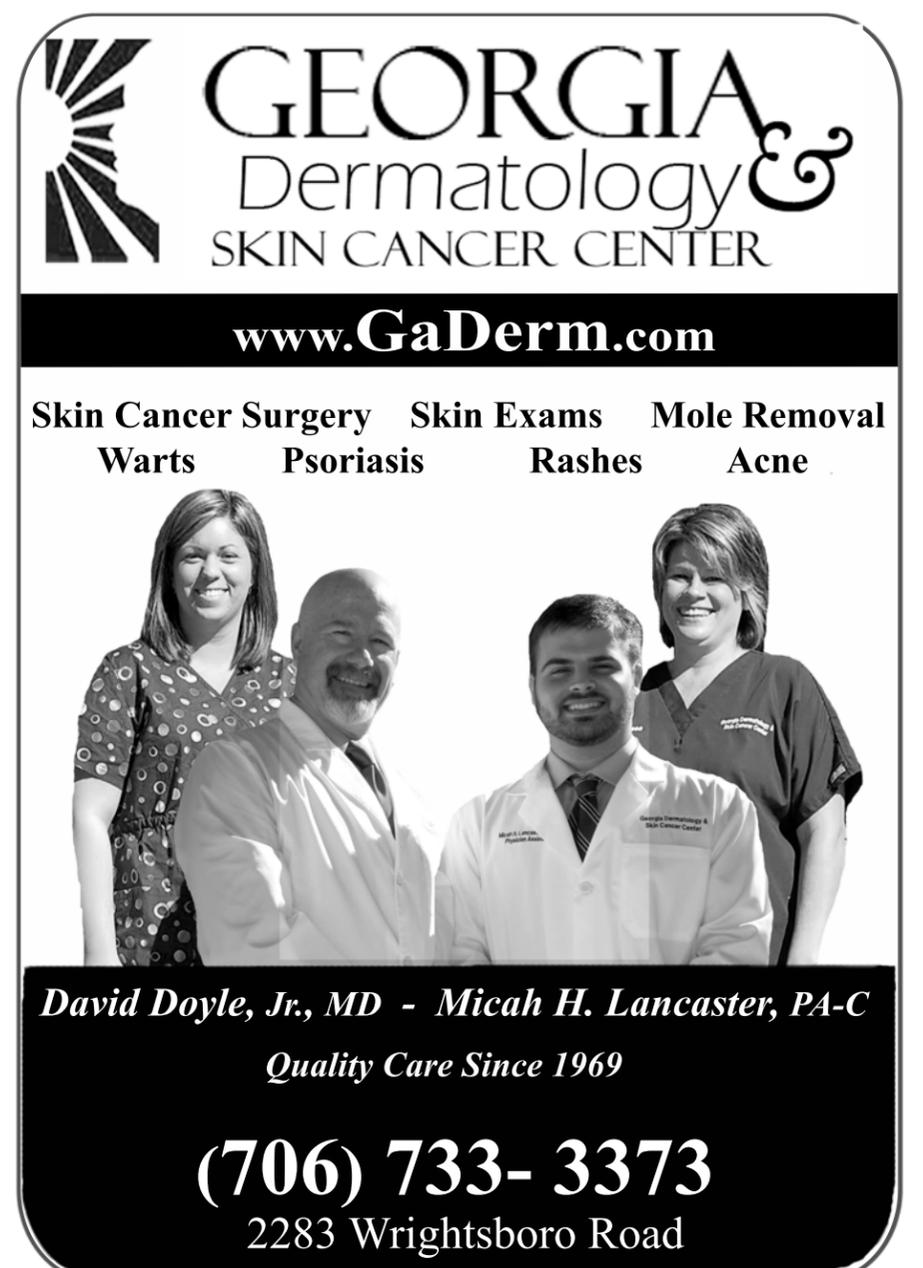
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Taking Care

Community connections: Overcoming isolation

by LISA M. PETSCHÉ

It is easy for family caregivers to become isolated as a result of their chronically ill relative's ongoing need for practical help or supervision due to physical or mental impairment.



Lisa Petsche

For instance, caregivers may have to give up a job, volunteer work or group recreational activities in order to provide full-time care. Over time they also may lose touch with friends because the heavy demands of caregiving limit their time and energy for nurturing relationships and their ability to get out of the house. All too easily, they become disengaged from formal and informal social networks and stress-relieving leisure activities.

Unfortunately, family support is often minimal or absent, due to societal trends that include delayed marriage, decreased family size and increased mobility.

Even if adult children live nearby, they are likely to be raising a family and holding down a job, and therefore have limited time to help mom and dad.

Separation from others fosters loneliness and may precipitate depression, a common affliction among caregivers. While sustaining all relationships may be impossible, close relationships – a vital source of pleasure, validation and practical support – need to be nurtured.

The following are some ways to prevent or overcome isolation, in order to avoid burnout.

- Take the initiative and invite friends over. Do not wait for them to call or drop in.
- Accept offers of help and ask other family members to share the load. Do not try to shield them from the reality of your situation. Give them the opportunity to pitch in and be specific about what you need.
- Keep in touch with out-of-area loved ones through phone calls (find a good long-distance savings plan), letters or email.
- Get a portable phone so you do not miss calls and can multi-task

while conversing. Or get an answering machine so friends can leave messages when you are not available.

- Join a community support group (some offer concurrent care) to connect with other caregivers. Information on caregiver groups can be obtained from your local hospital, community social workers and your local community information service. Online caregiver message boards and chat rooms, and electronic mailing lists or discussion forums, are some at-home alternatives. At the very least, subscribe to a caregiving magazine or caregiving website newsletter that offers practical advice and the assurance that you are not alone in the challenges you face.

- Consider in-home respite provided by a health care aide employed by a government agency or hired directly through a home health care agency; an individual hired under a private arrangement; or a trained volunteer (for example, from the Alzheimer's Association).

- Investigate adult day care programs as well as residential care

homes that have a short-stay program (the latter so you can attend out-of-town events or take a vacation). To locate such resources, contact your local office on aging or the non-profit organization associated with your loved one's disease.

- If mobility issues prevent your relative from accessing day programming or accompanying you out into the community, rent or buy a walker or wheelchair if necessary. Get an adapted van that will accommodate a wheelchair, or register with the local accessible transportation service.

- If your loved one can safely be left alone but you are anxious about the prospect, supply him or her with a portable phone and get yourself a cell phone so you can stay in touch. An emergency response system may also help to put your mind at ease.

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.



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The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

The Greatest Champion That Never Was: The Life of W. L. "Young" Stribling, Jaclyn Weldon White, Mercer University Press, 2012

Drifting Into Darien: A Personal and Natural History of the Altamaha River, Janisse Ray, Wormsloe Foundation Nature Book, University of Georgia Press

Jaclyn Weldon White is a fascinating local author who was once a police officer. An eclectic writer, her books range from true crime to biography to novel. *The Greatest Champion That Never Was: The Life of W. L. "Young" Stribling* is the story of a Georgia man who tasted fame at the age of four while performing in Vaudeville and went on to become one of the most talented boxers in the world, fighting professionally by the age of sixteen. In his twelve year career he fought 287 matches, winning 224 and losing only 12. The remaining were draws.

William Lawrence Stribling, known as "Young" Stribling was famous for his wins, but also for his sportsmanship and unquenchable desire to do his best. Born of a store

clerk and a farmer's daughter, he startled the world with his fast rise to fame. His career was a passport, not only to travel, but to experiences beyond his dreams. He was a close friend to Jack Dempsey and his winnings attracted the attention of Al Capone.

In addition to his boxing success he was a championship basketball player, accomplished golfer, exceptional tennis player, pilot, and speed-boat racer. He was considered to star in a movie about his life. Despite the host of opportunities at his doorstep, his greatest love was his home in Macon, Georgia, his friends and his family.

Janisse Ray has the rare ability to take personal experiences and turn them into riveting stories with which her readers can identify. She speaks to them through her pages, teaching them as she writes. She is an author, naturalist and activist who has written five literary nonfiction books and a collection of poetry. Her numerous awards include an honorary doctorate from Unity College in Maine. *Drifting Into Darien: A Personal and Natural History of the Altamaha River* is a Wormsloe Foundation Nature Book. Those who love our environment will be especially drawn to it.

Ray was an infant when her father's boat sank in the mighty Altamaha River. Saved by her life pre-

server, she floated onto a sandbar. "That first baptism began a lifelong relationship with a stunning and powerful river which almost nobody knows."

Designated by the Nature Conservancy as one of the world's last great places, the Altamaha is Georgia's best kept secret. In many ways it's a no man's land, threading through swamps and pine forests as it makes its way to the sea. Always having wanted to paddle its length, Ray embarks on a kayaking journey from its beginning to end.

Ray has produced an entertaining and provocative work with vivid descriptions. The book leads readers into thinking about their interactions with the world around them as it provides rich historical and cultural insight into this remarkable geographical feature. It also presents a compelling argument for preservation as opposed to greed. Using the river as a backdrop for her philosophical and life experiences, *Drifting into Darien* includes "meditations on the many ways we accept a world that contains both good and evil."

As a former teacher who taught students the impact of geography on cultural development and vice versa, I can say enthusiastically, Ray "gets it."

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

Spiritual Notes

Graying, Growth, Growing Older With God

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

When in the company of senior adults you often hear discussions regarding aches and pains, doctors' visits and sometimes depressing and despondent views for the future. However, there seems to be a resurgence of positive thinking among the aging population in our country. There is a proliferation of senior centers as well as church and civic activities that offer courses of study on various topics, exercise classes

and travel for seniors. There are also numerous ads and programs in the media directed at the senior population.

Gerontological Studies reveal that the U.S. population is living longer each year. Good medical care, an improved standard of living and more financial security has been significant factors in these revealing statistics.

There are still those who fear the aging process. Once they have reached "retirement age" they throw in the proverbial towel. General Douglas MacArthur stated: "A man doesn't grow old because he has

lived a certain number of years, he grows old when he deserts his ideal. The years may wrinkle his skin, but deserting his ideals wrinkles his soul. Preoccupations, fears, doubts, and despair are the dust before death. You will remain young as long as you are open to what is beautiful, good, and great, receptive to the messages of other men and women, of nature and of God. If one day you should become bitter, pessimistic and gnawed by despair, may God have mercy on your old man's soul."

God created us and will take care of us as we grow older. If we desert our life's goals and ideals, as we age, our self esteem and value to this world will be minimized.

The Bible is filled with verses regarding growing up spiritually, i.e., Proverbs 16:31: "Gray hair is a crown of splendor: it is attained by a righteous life." Isaiah 46:3-4: "I have cared for you since you were born, Yes, I carried you before you were born. I will be your God throughout your lifetime – until your hair is white with age. I made you, and will care for you. I will carry you along and save you."

What pathway have you chosen? Are you experiencing true joy in your senior years? God built you for a purpose. Search for it!

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

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AGENCY ALERT: "Putting Medicare into Action"

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

Like most of us, we all have questions about Medicare and wonder how this important health insurance coverage is able to assist senior citizens with health care costs, hospitalization,



Kathleen Ernce

home health care, and help pay for needed medications.

• Do you know if Medicare will cover these conditions?

• How can I get

Extra Help to help me with my drug costs?

• Why must I pay first for medical care and then get Medicare to reimburse me?

• Does Medicare cover screenings for heart disease?

• Can I have both Medicare and VA (Veterans Affairs) benefits?

• Does Medicare pay for diabetes monitoring supplies?

• Is it true that Medicare now covers the new shingles vaccine?

If you are confused or have concerns about Medicare, then plan to attend our next FREE two-day workshop. The first day we will discuss the basics of Medicare and the second day we will learn how Medicare meshes with the "real world" into health coverage for senior citizens, where we'll discuss how Medicare will help low-income seniors pay for medications, how Medicare will help pay for inpatient care, and how Medicare "coordinates" medical care benefits when the beneficiary is injured while driving an automobile.

The FREE workshop is scheduled from 9:30 a.m. until 12:30 p.m. on Tuesday and Wednesday, September 18 and 19, 2012 at Augusta Metro Federal Credit Union, 205 Davis Road, Augusta, Georgia 30907. You must call us by or before Friday, September 14, 2012 at 706-868-0120 to register.

Please come join us to learn everything you always wanted to know about Medicare but were afraid to ask!

Then in October, several local representatives will present

"Mom Needs Help and So Do I!" as we discuss caring for a loved one whose needs are increasing. We will discuss options to help make caregiving positive for both the caregiver and the care receiver. You must call 706-868-

0120 to register as seating is limited to the first 200 callers.

The event is planned for Thursday, October 18, 2012. Please look in the October edition of *Senior News* issue additional information.

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Grandparents Day at the Augusta Museum of History... Mangelly Accordion Band to perform

Special to *Senior News*

To celebrate and honor those special people in many of our lives, grandparents, the Augusta Museum of History presents free of charge the Mangelly Accordion Band in the Museum's Rotunda on Sunday, September 9 at 2:00 p.m.

Under the direction of Mrs. LaRue Mangelly, the group plays their professional accordions for the musical enjoyment of all. The Big Kids Accordion Band will perform the famous baseball poem, Casey at the Bat and grandparents will be serenaded with other favorite tunes, such as Song of India, and pop tunes, Shine on Harvest Moon and Autumn Leaves.

Augusta Museum of History, the only Museum in the CSRA accredited by the American Association of Museums, was established in 1937 for the purpose of preserving and sharing the material history of Augusta and the region. From a 10,000 year-old projectile point to a 1914 locomotive, the collections chronicle a rich and fascinating past. The museum is located at 560

Reynolds Street in downtown Augusta. Please call 706-722-8454 for more information or visit our website www.augustamuseum.org.

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On the Cover

North Augusta Enjoys The Fine Art of Quilting!

by CAROLYN BRENNEMAN

Photos by Carolyn

Cover
Quilt piece of Anne Whitehorne... designed from a family photo, "Wild Lupine and Poppies," photographed in Arizona.

Do you enjoy the fine art of quilting, appliqué, or needle felting? Then check out this fabulous group right here in North Augusta who gathers weekly to share their passion of quilt making and performing other fine needlework. All are welcome, of any age!

Founded in October of 1988 by Ille Waters, the members of Pieceful Hearts Quilting Guild bring their experience and knowledge to share with other professional quilters as well as novices. This fine quilting group attracts ladies of all ages and all skill levels. Many members have been with

Pieceful Hearts for several years and all share their creative minds together, work on quilts for charity events during the year, and showcase their work in an every-other-year quilt show.

Meet one of the Secretaries, Judith Berry, an avid quilter and stitcher who presented to us her exquisite "felt quilt." Another magnificent quilter is Betty Bedford, President, who presented us with her gorgeous traditional log cabin quilt. She named it "Watermelon Christmas," and Betty did all the stitching by hand. Of course, let's not forget Anne Whitehorne, a member of the guild since 1988. She showed us some of the pieces for her latest quilt and it is exquisite. Her square quilt pieces are designed as aloha shirts – fabric shaped by origami to create an aloha shirt centered in the quilt square. She will make nine squares and will design a flip-flop pattern to surround the edge of her quilt. Just how creative is that! Anne also quilts her own designs from photo-

graphs, matching each and every detail of the photo. Very unique.

And there is also appliqué. Elaine Barksdale showed us two appliqué pieces she stitched to make a "Whimsical Garden" pattern. She plans to make 20 appliqués to complete her quilt!

Members enjoy the friendships developed, and during the odd years, they have a quilt show. The

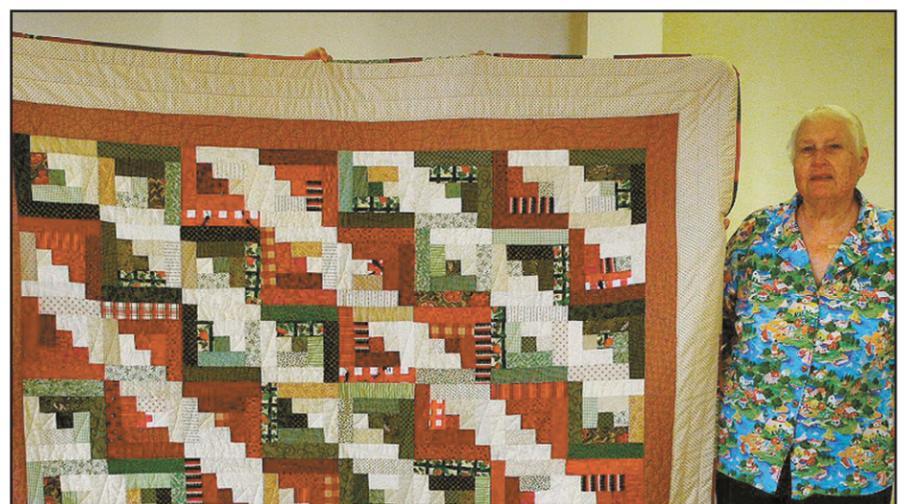
members also make quilts for charitable activities including Lydia project. So, check it out. The Pieceful Hearts Quilting Guild meets at St. Bartholomew's Episcopal Church on Martintown Road on Monday evenings from 7 to 9 p.m. and on Thursday mornings from 10 a.m. to 2 p.m. For more information call 803-279-5994.



Elaine Barksdale's appliqué pieces to make her Whimsical Garden quilt



Anne Whitehorne's aloha quilt pieces



Betty Bedford's gorgeous "Watermelon Christmas" quilt

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Everyone is set to enjoy the festivities

Don't miss Arts in the Heart!

by CAROLYN BRENNEMAN

Photos by Carolyn

Photo of Arts in the Heart logo used with permission from Sallie West of the Augusta Arts Council.

Well the time is near. The 32nd annual Arts in the Heart of Augusta Festival will be held this September 14 through 16 in the historic downtown area between 8th and 10th Streets. Every year this festive event focuses on a selected country; and, this year the featured country will be Germany. And, our host is the German Friendship Club of Augusta.

The festival will give us great German food from Bavaria and the Black Forest, specialty German beers and other beverages and German entertainment. As a matter of fact, we are delighted to have the Amazing Channellheimer Oompah Band entertain us with great German favorites such as Volks March and Chicken Dance. We can enjoy the food, music and culture of Germany.

And, as usual, there are delicious foods to sample from many other countries. The Augusta Commons area will be home to the Global Food Village and Global Stage and will display ethnic foods from over 35 countries, including Turkey, which was added just this year. Atanur Caliskan of the

Turkish Association of the CSRA says, "We are delighted to share our delicious food with people of Augusta, and we look forward to being part of the festival for many years to come."

In addition to great eats, there are over 90 Fine Arts and Crafts booths where talented artists and crafters from the southeast can display their fine, handmade and homemade crafts and goods. Then, of course, the

entertainment, on several different stages, will show off many talents from groups, clubs, and fitness centers in the CSRA.

So let's mark the calendar for September 14-16, and plan to bring the kids and grandkids to a most welcome and enjoyable event here in Augusta.



Arts in the Heart, Augusta

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Georgia Health Sciences Health System
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Healthy Grandparents Program at Georgia Health Sciences University

Submitted by La Trese Lawrence
Media Relations Coordinator
Georgia Health Sciences
Augusta, GA 30912
Office: 706-721-4706

Back to school means back to basics. Whether it's reading, writing and arithmetic, or the consistency of waking up in one place to a supportive face, consistent routines create stability.

That stability is what the Georgia Health Sciences University's Healthy Grandparents Program supports.

The Healthy Grandparents Program serves grandparents and great-grandparents raising children up to 17 years old in parent-absent homes in Richmond and Columbia counties.

Participating grandparents must be the biological grandparent or great-grandparent of a child in a parent-absent home. The absence of the parent can stem from various situations, including military service, incarceration abuse and mental illness.

Established at the College of Nursing in 1999, the program is primarily funded by an annual

grant from Georgia's Department of Human Resources Promoting Safe and Stable Families program, assisted by the CSRA Area Agency on Aging, which helps fund summer camp fees. The College of Nursing provides matching funds.

Grandparent care is often the next-best option when parents are unable to care for their children, according to Program Coordinator Mike Patton. "The longer they are with the grandparents, the better off they are," he says.

A former school social worker, Patton has worked with the Healthy Grandparents Program since its inception.

His rapport with program participants was clear, as he easily greeted the grandparents picking up backpacks at the program's school supply event Aug. 1-2. The 127 backpacks distributed were supplemented by other school supplies as well for preschoolers through high school seniors.

"I thank God for this program because I have custody of six grandkids," says Elisabeth Jones, a Richmond County resident who has participated in the program for about six years. "If it wasn't for the program, I don't know where I'd

be right now."

Staten Heard concurs. The Columbia County resident has been a part of the program for four months. "The program's great. It provides a real good resource for grandparents. This is just a tremendous support," says Heard.

The program also addresses the emotional needs of the grandparents. Monthly support group meetings create an environment in which the grandparents can talk about issues they are facing, according to Patton.

Children's Medical Center Child Life interns supervise the children during the meetings, sometimes assisted by other groups including GHSU nursing students. Family Nurse Practitioner students provided physicals to the children during the summer.

A registered nurse visits participants' homes every four to six weeks to monitor potential problems, such as blood pressure and cholesterol, and discuss health education, says Patton.

Legal counsel is provided for grandparents seeking custody or adoptions.

Patton also maintains an active involvement in the lives of both the grandparents and grandchildren. In addition to the monthly meetings,

he visits the children at school to address behavioral or academic challenges and find community resources to serve their needs.

The Healthy Grandparents Program has worked with more than 250 families and 600 grandchildren. It currently serves 75 families and approximately 150 children.

According to Patton, those numbers will continue to rise. "Richmond County has a higher rate of grandparents raising their grandchildren per capita than any of the six counties that make up metro Atlanta," says Patton.

While the program receives referrals from the Department of Family and Children Services, the school system, Healthy Start, the health department and other community resources, the vast majority of referrals are made by grandparents in the program.

For Patton, it's a good sign that the program is achieving its goals.

"You couldn't ask for a better program. This is a lifesaver and a God-send because they just do so much for the children. They're so good with them, so patient. They answer any questions you have and they take away any concerns," said Elisabeth Gillard, a program participant. "It's just wonderful."

Preserving your treasures

A program that shares tips for caring for your treasures and gives the general public a glimpse of the behind-the-scenes world of museums.

Special to *Senior News*

The Augusta Museum of History offering the popular 'behind-the-scenes' special program to the general public – Preserving Your Treasures: Behind the Scenes at the Augusta Museum of History.

Beginning Saturday, September 1 and continuing on every Saturday until Saturday, September 22, Amanda Klaus, Registrar at the Augusta Museum of History, will escort visitors in the collection preparation area at 1:00 p.m. and 2:00 p.m., giving the public the opportunity to see the Museum's Processing Laboratory. The Museum's Registrar will demonstrate how the Museum collects, catalogs, preserves, studies, cares for, and displays artifacts and archival collections.

The Augusta Museum of History is responsible for of a broad and diverse range of artifacts, representing many aspects

of the rich history of the CSRA. The goal of this hour-long presentation is to show visitors how historically important objects reach the Museum and how they are evaluated, cleaned, and stored. All of the relevant considerations, such as infestation, temperature and relative humidity levels, light levels, and composition of storage materials will be explained. The visitor will understand how these processes are central to the Museum's broader mission of the preservation and interpretation of history.

Beginning September 1, 2012 the tours will be held at 1:00 p.m. and 3:00 p.m. every Saturday through September. Space is limited to ten participants per session and participation is on a first come, first serve basis. Groups are encouraged to contact the Museum at 706-722-8454 regarding availability.

Preserving History is open to the general public and FREE with the cost of regular admission. Museum hours are 10:00 a.m. - 5:00 p.m. on Saturdays. Admission is \$4 for Adults, \$3 for Seniors, \$2 for Children, and Free for Children under Age 5 and Museum Members. For more information, please contact the Museum at 706-722-8454 or visit www.augustamuseum.org.



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803-279-1776



Poets' Corner

POETRY
by Vera King

Poetry
the beauty
of my life.

Poetry
is music
to my ears.

Poetry
it keeps a smile
upon my face.

Poetry
the Holy Grail
from which I sip.

TAKE TIME
by Frankie Lee

Take Time to smell the roses
You often hear them say

Until the time comes and you
Finally understand that day

It means so much, is in front of you
And yet you hurry by and don't see
The flowers, grass and sky and all
And that beautiful green, green tree

Did you see the cardinal pretty and
red
Or the rabbit hopping by
Did you see the roses blooming
Or hear the eagle cry

Oh look, there is a turtle
Where did he come from
And why didn't I notice the bee hive
Or even hear that hum

Take time to look around
And see all you can see
You'll find you're missing a lot
And all of it is free

We have to slow down because soon

it
Will all go much too fast
We have to build memories
As we get older to make them last

Time races by and doesn't stand still
If we don't take the time, who will?

FROST TOUCHED

He has made everything beautiful
in its time. Eccl. 3:11
by Henry N. Goldman

Stately Maple tree turns to red and
gold,
Lately I find that I am feeling old;
And watching red and gold drift
slowly down,
Reminds me how my seasons quietly
fold into yet another year that goes
unbound.
I marvel at these hues by God's own
hand,

As rustling leaves in downward
courses land,
Where Mother Earth's quiet breast
forever holds;
These leaves, touched by frost's
magic wand of cold.

As autumn's chill turns leaves to red
and gold,
Life's passing seasons slowly take
their toll.

I dread the winter snows
approaching fast,
Another year has flown, and I grow
old,
These seasons that slow not, but
quickly pass.
And now these leaves of Maple
quietly rest,
Once more I've seen their beauty at
its best,
And will within my heart this beauty
hold,
These frost touched leaves of blazing
red and gold.

Tips on giving to police and firefighter organizations

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

The police and firefighters in your community are people who put their lives on the line daily to protect you, your family, and your community. So when you get a call or a letter asking you to give to a police or firefighter group, your first reaction is probably a generous one.

But wait. There are a lot of hype merchants out there, fast talking hucksters only too happy to take your dollars without giving you all the facts needed to make an informed giving decision. If you donate to groups like these your hardworking local police or firefighters might not be helped much, if at all. And you'll have poured your hard-earned money down the drain. If you are considering supporting police, firefighter and even veteran causes, the BBB advises you to consider the following.

1) Most police and firefighter groups are not charities. While some groups are 501(c)(3) tax-exempt charities, most are labor organizations, fraternal groups, or benevolent associations. Make sure to ask the group for its tax identification letter and a copy of their IRS 990 form to determine whether your contribution will be tax-deductible.

2) Local police officers and firefighters are not always involved. Don't make the assumptions based on the name alone; the words "police" and "firefighter" in an organization's name does not necessarily mean that local members are involved. If your goal is to help locally, contact your local police or fire departments to ask how you can help.

3) Don't believe promises of special treatment. If such suggestions or threats are used, contact your local police department, the Federal Trade Commission, and the BBB.

4) Ask for written materials. Learn more about the organization's finances before giving. It should "raise a red flag" if the organization is unwilling or reluctant to provide this information.

5) Find out how much of your gift will be spent on fundraising costs. In some cases, fundraising expenses for police and firefighter organizations can be as high as 90% or more of the funds collected. That means that ninety cents or more of every dollar collected actually goes to the telemarketer, not the organization whose name is being used.

6) If asked to buy tickets to send needy kids to an entertainment event, ask how the children are chosen, how many will attend, how tickets will be distributed, and if transportation has been arranged for the children. Many

times the soliciting organizations have not made arrangements with local children's charities, might not provide transportation for the children, or few children may actually attend the event. Many times, no venue has even been secured for the event.

7) If your business is asked to buy advertising space in a police or firefighting journal, ask how many copies of the publication will be distributed, who will receive them, if there is a cover price, the estimated publication date and ask to see a copy of the draft and published version of the ad. In some cases few copies of the publication are ever distributed and those that are given out may be done haphazardly.

Giving is a personal decision. It is up to you to decide whether a police

or firefighter group is worthy of your support. The bottom line? Always ask questions to make sure your donations will be used wisely.

For more consumer tips you can trust, visit www.bbb.org.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.



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Richmond County – 706-860-3835

McDuffie County – 706-595-4170

Burke County – 706-554-4189

South Carolina – 803-641-6953

Augusta/CSRA CALENDAR

Augusta State University

Continuing Education

• Online Courses: Go to classes in your pajamas, at any time day or night. Go to 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

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
Heather Kooms; 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 Euchee 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 Vaulcuse 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

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., 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.

- *Strange Fruit: Lithographs by Joseph Norman*: On display through Sun., Sept. 16
- *Ricky Skaggs and Kentucky Thunder*: Fri., Sept. 14, 7:30 p.m., Historic Imperial Theatre, 745 Broad st. Tickets: 706-722-8351 or www.imperialtheatre.com

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.

- *Preserving Your Treasures: Behind the Scenes at the Augusta Museum of History*: Sat., Sept. 1-22, Tours: 1 & 3 p.m.
- September's Brown Bag History Series Lecture: *People at Work, The Region's Business Community Past and Present*: Wed., Sept. 5, 12:30 p.m.

continued on page 11

General Business Directory For Seniors

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OR CSRA: 706.790.5350

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404-668-2420

CALENDAR

from page 10

• Grandparents' Day at the Augusta Museum of History: *Mangelly Accordion Band* to Perform: Sun., Sept. 9, 2 p.m., Museum's Rotunda

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 SATURDAY of each month social dance at the Elks Lodge 205 Elkdome Court Martinez Ga. Members, \$7; guests, \$10. No partner need! Free dance lesson and a great food table. For a group of 6 or more first time guests we can make arrangements for you to come free.

For more information call John White at 706-595-7328 or email jwhite355@att.net.

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.

Friday Night Dance

Every Friday, 8-11 p.m., American Legion Post 63, 90 Milledge Rd., Augusta. With band or DJ. \$10 cost. Free coffee and cake. Everyone welcome. Call 706-733-5184.

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 Beth Karimi at 706-868-3668 or Esther Hatzigeorgiou at 706-495-9064.

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@nscdiscovery.org.

DBSA (Depression Bi-Polar Support Alliance)

Meets the 3rd Tues. of every month at 6:30 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details or the Friendship Center (see Augusta phone book for number).

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., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 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.
- Amputee Support Group: 2nd Thurs., 5-6 p.m., Walton Outpatient Therapy Center, 706-823-8504.
- 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

Seeking volunteers for Richmond, Burke, Jefferson, and McDuffie Counties. Advocates answer crisis calls and respond to hospitals in their area within 30 minutes. Please contact 706-774-2746 or email volunteerccas@uh.org for more information.

General Business Directory For Seniors

~ Tai Chi Classes ~

New Tai Chi For Seniors Class
Doctors Hospital - H2U
1305 Interstate Parkway
Augusta, GA 30909
Wed. - 11:30 a.m.
\$5 per class per person

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Sbeasley@augustameditation.com
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for additional information

Symphony Orchestra Augusta appoints Executive Director

Special to Senior News

Brian J. Marks, President of Symphony Orchestra Augusta, announced recently that the Executive Committee of the SOA Board of Directors has appointed Mieke Di Sano as Executive Director. Her appointment comes following the unanimous recommendation of the Search Committee chaired by Board member, Jane Schwartz. Dr. Di Sano succeeds Sandra Self, who has served as Executive Director since 1999. Her appointment marks the successful conclusion of a six-month national search.

Mieke Di Sano is an excellent musician, a dedicated music educator, and a highly skilled orchestra administrator. She recently completed a year as a Fellow with the prestigious DeVos Institute of Arts Management at the John F. Kennedy Center for the Performing Arts in Washington, DC, a program designed to prepare talented mid-career professionals for executive leadership positions in today's complex and challenging arts environment.

In announcing the appointment, Mr. Marks said, "We are delighted that Mieke Di Sano will join Symphony Orchestra Augusta as our Executive Director at this critical and exciting time in our Orchestra's development. We welcome Mieke and her husband to Augusta. The Board also joins me in thanking Jane Schwartz and her Search Committee for their excellent work."

Mrs. Schwartz explained, "The Committee set out to recruit an Executive Director who would be a passionate advocate for Symphony Orchestra Augusta, a true partner to our Music Director, Shizuo Z. Kuwahara, and a strong leader for our dedicated



Mieke Di Sano

staff and volunteers. We are confident that Mieke Di Sano brings the knowledge, experience, and passion to advance our mission and our vision for sharing the joy of our music with the Augusta community."

Mr. Kuwahara added, "Mieke's deep love for music, her enthusiasm for orchestras, and her strong business skills will make her an

excellent executive director for us. I very much look forward to our working together."

Mieke Di Sano said, "Symphony Orchestra Augusta has been built on the hard work and strong support of great musicians, volunteers, staff, and, most important, a great community. I am excited and energized by the

opportunity to help realize the Orchestra's vision for the Miller Theater and all that it means for Augusta. I am honored to accept this position and look forward to being a part of the Augusta community."

Mieke Di Sano earned a Bachelor of Music degree in French horn performance from the University of Michigan. She was awarded both a Master of Music and a Doctor of Musical Arts degree from the University of Southern California. While pursuing her DMA, she joined the staff of the Young Musicians Foundation in Los Angeles where for seven years she managed the youth orchestra and served as mentor-artist, Director of Education and Outreach, and Artistic Administrator.

For more information about Symphony Orchestra Augusta, visit www.soaugusta.org, call 706-826-4705, email 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.

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