

Senior News

Serving AUGUSTA & the CSRA

Information For Ages
50 PLUS!

*Made in the
South comes
to Augusta!*

Story on Page 5

December 2013
Vol. 27, No. 11

Taking Care

Give yourself the gift of time

by LISA M. PETSCHÉ

People who care for loved ones with frail health typically have a multitude of responsibilities. There never seems to be enough



Lisa Petsche

hours in the day to get everything done, let alone spend time with other important people in their life and tend to their own needs.

It is not surprising that the gift caregivers value the most is the gift of time: time to attend to their physical, mental, emotional and spiritual needs to help keep the inherent stress of caregiving manageable.

If you are a caregiver, consider personal time a need not a luxury and resolve to make it an ongoing gift to yourself. Do not wait for New Year's Day to get started; now is the time, before the holiday season ramps up.

Read on for suggestions on how to free up some of your time and

energy for self-care.

Holiday timesaving tips

- Set realistic expectations and be prepared to alter traditions. Keep it simple and let relatives and friends know your needs and limitations. Decide what is really important, focus on that and forget the rest.

- Whatever tasks you decide to take on, ask for help and delegate responsibilities. Make plans and start necessary preparations well in advance. Make lists to stay organized.

- If you plan to have guest and your finances allow, arrange a housecleaning or a catered meal (or both). Some other ideas: make it a potluck event or, better yet, ask someone else to host the big family feast. Invite friends over for dessert instead of a meal, and do not hesitate to buy from a bakery.

- For gift giving, purchase gift cards; many kinds are available online as well as on display at grocery stores and drug stores, among other places. If you buy gifts at the mall, take advantage of the gift-wrapping service.

Year-round tips

Here are some timesaving ideas you can use throughout the year.

- Curb perfectionism. Not everything needs to be done to a high standard; take housework and yard maintenance, for example. Set a time limit for chores if necessary.

- Establish and stick to priorities, so you do not waste time or energy on unimportant things.

- Accept offers of help and ask other family members to share the load. Be specific about what you need.

- Pay for help if you can afford it – for example, a dog walker, housecleaning service, grounds keeping service, handyman or accountant.

- Get a portable phone so you can multi-task while conversing, and an answering machine to screen calls.

- Hire a professional organizer if you are overwhelmed by paper or clutter.

- Get a computer if you do not have one. Internet access can help you stay connected to loved ones. You can also connect with other caregivers through Internet message boards and chat rooms.

Financial Management

- Arrange with the bank for direct deposit of pension and other checks and automatic withdrawals of regular bills.

- If you have a computer, sign up for online banking so you can pay bills, transfer money and check balances from home.

Shopping and errands

- Shop by mail order whenever possible.

- Take advantage of stores and other services that offer home delivery.

- Research mobile services in your area, such as hairdressing, dog grooming, car washing and automobile servicing.

- Consolidate errands and avoid peak use times of the day, week and month when visiting stores, banks and government offices.

Care for your relative

- Investigate community respite services, such as friendly visiting, adult day care programs and residential facilities that offer short-term care. Also look into volunteer driver programs and accessible transportation services that can free you up from chauffeuring duties. Information on these and other resources can be obtained from the local office on aging.

If finances permit, hire a companion or personal support worker for your relative so you can regularly get out to some type of leisure activity. Let loved ones know that a gift certificate to a home healthcare agency or an IOU for respite care would be welcomed for the holidays and other special occasions.

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

Housekeeping and meal preparation

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

- Collect recipes for one-dish meals, such as casseroles, stews, stir fries and main course salads.

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

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

- Buy convenience foods that reduce preparation time: packaged salads, shred cheese, frozen mixed vegetables and boneless chicken breasts, for example.

- Order takeout periodically. Just ensure choices are healthy.



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AGENCY ALERT: Tips to Protect Against Health Care Scams

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council
Augusta, Georgia
kernce@seniorcitizenscouncil.org

Scammers are trying to con seniors into giving out sensitive information while signing them up for plans they do not need – Don't fall for their lines!



Kathleen Ernce

“Fraudsters are capitalizing on the rollout of the Affordable Care Act (ACA) and

Medicare's Open Enrollment. The shifts in the healthcare landscape have prompted some criminals to carry out health care scams targeting seniors,” according to the Senate Special Committee on Aging.

Members of the Committee have said, “The fact is that if you have Medicare, you do not need to buy health insurance through the exchanges created by the ACA. And, although it is illegal for someone to sell an exchange health insurance plan to a known

Medicare recipient, it has not deterred fraudsters from trying!”

In many instances, these nefarious operators are trying to con seniors into giving out sensitive information such as a bank account, Social Security, or Medicare number while signing them up for plans they do not need. The Senate Special Committee on Aging reports it has heard too many stories from seniors who have had their identity stolen or been swindled out of their hard-earned life savings, and we are committed to working together to protect our seniors. Below are a few steps seniors can take to avoid falling victim to these fraudsters and identity thieves:

- Protect your personal information and be suspicious of solicitations. Never share personal information, such as Medicare, Social Security or bank account information with anyone who contacts you uninvited at your door, over the phone or by e-mail seeking to verify personal information or sell you a health plan.
- Know that Medicare will never call you at home. If you receive a call from someone who

says they're from Medicare or Social Security, hang up. Medicare and Social Security employees will never call you at home, unless you have contacted them first about a problem.

• Use official websites only. Seniors using the fall Medicare open-enrollment period to shop for prescription drug or Medicare Advantage plans should sign up only through the official Medicare Plan Finder website www.medicare.gov or by phone at 1-800-MEDICARE.

• Report suspected fraud. Report any suspected fraud to the local police or your state's attorney general. To report identity theft related crimes contact the Federal Trade Commission at www.ftc.gov/idtheft or by calling 1-877-438-4338.

The Senate Special Committee on Aging is also available to help if you have any questions about reporting fraud or need assistance. The committee's anti-fraud hotline is staffed by a team of investigators weekdays from 9 a.m. to 5 p.m. EST. You can call the toll-free fraud hotline at 1-855-303-9470, or contact us by clicking here: <http://www.aging.senate.gov/fraud-hotline>.

senate.gov/fraud-hotline.
 • Ask questions. If it has anything to do with Medicare, call 1-800-MEDICARE or check out online resources at www.medicare.gov. To learn more about Medicare fraud and taking steps to prevent it you can visit www.stopmedicarefraud.gov or contact The Senior Citizens Council at 706-868-0120 to learn how to report fraud.

There is a special Scam Hotline set up to receive information if you or a loved one have been the victim of fraud, please contact the Fraud Hotline at 1-855-303-9470.

Our Board and Staff extend our best wishes for a peaceful, loving holiday season and look forward to serving you in the new year. Our office hours are 8:30 a.m. until 5:00 p.m. Monday through Friday. Please call us 706-868-0120 for an appointment to discuss your concerns.

The Senior Citizens Council is located at 218 Oak Street North, Suite L, Augusta, Georgia 30907.



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We look forward to the opportunity to provide tours and answer any questions you may have regarding short or long term care services.

Thomson Health and Rehabilitation

511 Mount Pleasant Road • Thomson, GA 30824

706-595-5574

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Serving Augusta & the CSRA

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Poets' Corner

HOPE ETERNAL

by Henry Newton Goldman

*Despair will weigh me down at times,
Uncertainty is my constant thorn;
But when I feel that all is lost,
Within me hope is reborn.
Though sadness may banish all my joy,
And failure dash my dreams,
My heart shall be refreshed again,
For hope will reign supreme.
When all seems lost in darkest hour,
And friends nearby fall away,
I know my bonds will be renewed,
For hope shall be my stay.
When years go by without success,
And plans just won't come true,
I'll reach way down and persevere,
For hope will bring me through.
And when my life draws near its end,
My steps then falter and slow,
In passing from earth to Him above,
Blessed hope will help me go.*

THE MEANING OF CHRISTMAS

by Frankie Lee

*Each year it gets more commercial
Each holiday is about gifts
Giving gifts instead of time
Wrapped in a beautiful box
With a beautiful bow
Opened many times alone*

*The gift of love and memories
Is the greatest gift of all
The meaning of Christmas
Is in touch and heart and a call
Give your time and love and heart
And that's the greatest gift of all
Make a memory that will last forever
Spring, summer, winter and fall*

*As a child you remember
That special gift given with love
Something you looked at
And wished for above
Someone special in your life
Saw that sparkle in your eye
Took the time to find that gift
And hear that joyous cry*

*It wasn't just what was in the box
With that special bow
But it was the thought and love
That made it sparkle so*

*For that gift was also a memory
Of a special time and place
And that person that touched your heart
You can still see that loving face*

*Christmas was not meant for gifts
As much as it was for love
The greatest gift that was given
From God above*

*For it is His birthday that we
celebrate*

*On this very special day
Let's give a gift back to him
And don't forget to pray*

*Christmas is so special
A day of peach and love
When we can take a moment
Beyond the commercial hub
Of shopping and eating and dressing
Ourselves so special too
It's about others, not just me and you*

*So enjoy the day of giving
Of seeing an unknown smile
Of thinking of so many others
That touch our lives each day
For all of you I pray
Merry Christmas!*

ACCEPT IT NOT

by Doris A. "Dot" Jones

*On every side the skeptics sway.
What does it matter what we do and say?
There is no God anyway.
But... we know better and accept it not!*

*What we have is not what they've got.
The news media prints the worst side of life,
When we struggle on through so much strife.
So many good deeds go unnoticed,
No wonder the world views the skeptics' side.
But... we know better and accept it not!*

*Magazines fill the newsstands with evil on every page,
We fill ourselves with rage against it,
But it seems we can't do a lot.
But... we know better and accept it not!*

*The television is filled with sin.
Sometimes it seems the skeptics win.
No matter the fight against it,
The die seems cast in their lot of sin.
But... we know better and accept it not!*

*In not accepting, we take a true stand,
For God fights evil with his heavenly band.
In the end, God will triumph,
If we continue with what we've got and say,
"We know better and accept it not!"*

Spiritual Notes

A Different and Lasting Gift!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Time does fly by! The Christmas Holidays are here. They seem to come so quickly. This is the time of the year we celebrate the birth of our Lord Jesus Christ.

Regrettably, the real "reason for the season" is sometimes a casualty because of the tendency to fill our days up with the buying of gifts, decorating the house, going to parties and getting involved in numerous other secular activities. While all of these are worthy and admirable, our focus is often diverted from things that will be more lasting and meaningful to us.

Through the years families have taken gifts and food to the less fortunate in their communities. Churches have hosted parties, collected funds and provided other services to the

elderly and those in need. These efforts are praiseworthy and should be encouraged.

Recently, I read a paper entitled "The Power of Three Little Words" by an anonymous author. The author stated, "Some of the most powerful, significant messages people deliver to one another often come in just three little words. When spoken or conveyed, those statements have the power to forge new friendships, deepen old ones and restore relationships that have cooled."

I did some introspection, and, after giving serious thought to this idea, I concluded these words are a Christmas gift I can give to myself and others this year.

I have chosen to following Three Word Phrases: "I'LL BE THERE – being there for another person is the greatest gift that can be given. I RESPECT YOU – respecting is a great way to show love. MAYBE YOU'RE RIGHT – a diffusing phrase highly effective in conflict and in

restoring frayed emotions. PLEASE FORGIVE ME – relationships can be restored and healed if people admit their mistakes and ask for forgiveness. I THANK YOU – gratitude is a powerful form of courtesy. COUNT ON ME – a friend is one who walks in when others walk out; loyalty is an essential ingredient for true friendship. I LOVE YOU – is reserved for those who are special."

As we engage in the frantic pace of the Holidays we might utter the following prayer. God, let all that I do today become a shout of praise and thanksgiving to you for this gift of life. Our words and actions reflect our relationship to the One who taught us to love one another. Celebrate this year by giving gifts of words, gifts that last and honor the Lord Jesus Christ.

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

On the Cover

Made in the South comes to Augusta!

by CAROLYN BRENNEMAN

Photos by Carolyn

This November was the 27th year for the award-winning Made in the South Christmas show which was held for 3 days at the James Brown Arena. This year, just like the previous years, Made in the South was an event well worth attending. There were hundreds of artists from several southern cities, including New York and Virginia at this unique event. The booths were filled with

artisans who displayed hand painted ornaments, unique Christmas gifts, homemade tempting candies, jewelry and other beautiful artifacts. There were artisans who specialized in original Christmas ornaments, hand-crafted treasure boxes, original painted cameos and other jewelry, hand-crafted painted windows, and delicious fudge including pumpkin pie with nuts and red velvet cheese cake fudge.

“I just love attending this event and I come every year,” said Vivian James, from Martinez. “The vendors are really talented and bring so much fun and festive cheer to Augusta.

One talented vendor, Cynthia Johnston of For Effect starts creating jewelry the day after Christmas for the next year’s holiday season. Ms. Johnston makes jewelry out of artists’ paper, which she paints and coats with resin to make a variety of lightweight, colorful pieces.

Portraits by Mary Phillips, which is operated by Mary Phillips who owns a studio in Gatlinburg, Tennessee, has been an artisan at the show for the past 20 years. “Every year I do the Made in the South show to do portraits, and my specialty is children.” Mary was excited that the Augusta event brought out so many attendees this year. “Augusta is just a nice place to come,” she said. “Mostly I a really good time hear and have several repeat customers here.”

The Christmas holidays bring many festivities to the CSRA and this is the special time of the year for reflect-



Diana James from Virginia displays delicious jams



Display of unique Christmas gifts



Beautiful colorful handmade wreaths



Gail displays her gorgeous beads

ing, sharing, giving and receiving. And every year, as the Christmas holidays approach, what better way to get ready by exploring the unique and dazzling treasures at the yearly award-winning Christmas Made in the South shows. Made in the South is featured in 8 cities in the South in

November through December. So if you missed the festival in November, there is still time to see Christmas Made in the South, as it will show on December 6-8 in Charleston, South Carolina, this year. For more information, check out www.madeinthesouthshows.com.

Vintage Gardens At Sweetwater



Senior Living at its best! Enjoy the quiet gazebo with flowers, horseshoe pit, individual gardening areas, and a community center with planned activities for everyone.

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Saturday, by appointment

Augusta/CSRA CALENDAR

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, gov-

ernment, 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 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 Jennifer Thomas; 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

Augusta Area Libraries

Headquarters Library

706-821-2600; TTY: 706-722-1639;
823 Telfair St, Augusta, Mon-Thu, 9-9;
Fri-Sat, 9-5:30. Sun, 2-5:30
• GED Classes. Every Tuesday & Thursday @ 5:30 p.m. Please register in class with the Instructor. A PINES Library Card Required!
• ESL. English as a Second Language. Every Tuesday 6:00- 7:30 p.m. Instructor: Nicky Garity. No Registration Required

Talking Book Center

706-821-2625; 823 Telfair St., Augusta, Mon-Fri 9-5

Augusta-Richmond Co. Branches

Appleby Branch Library
2260 Walton Way, Augusta, 706-736-6244; Mon, 9-7; Tue-Fri, 9-5:30; Sat, 10-5:30

Diamond Lakes Branch Library

101 Diamond Lakes Way, Hephzibah, 706-772-2432; Mon & Wed, 9-8, Tue, Thu & Fri, 9-5:30; Sat, 10-5:30

Friedman Branch Library

1447 Jackson Rd, Augusta, 706-736-6758; Mon & Wed, 9-8; Tue, Thu, & Fri, 9-5:30; Sat, 10-5:30

Maxwell Branch Library

1927 Lumpkin Rd, Augusta, 706-793-2020; Mon, Wed, & Fri, 9-5:30; Tue & Thu, 9-8; Sat, 10-5:30

Wallace Branch Library

1237 Laney-Walker Blvd. Augusta, 706-722-6275; Mon & Wed, 9-5:30; Tue & Thu, 9-8; Fri-Sat, 12:30-5:30

Burke County

Burke County Library

130 Highway 24 South, Waynesboro, 706-554-3277; Mon, 9-8; Tue-Fri, 9-6; Sat, 9-1

Midville Branch Library

149 Trout St., P.O. Box 428, Midville, 478-589-7825; Mon & Wed, 12-6; Fri, 10-6

Burke County

Sardis Branch Library

750 Charles Perry Ave., P.O. Box 57 Sardis, 478-569-4866; Mon & Wed, 12-6; Fri, 10-6

Columbia County

Columbia County Public Library

7022 Evans Town Center Blvd Evans, 706-863-1946; Mon, Tue & Thu 10-8; Wed, Fri, & Sat 10-5; Sun, 2-5

Eucler Creek Branch Library

5907 Eucler Creek Dr., Grovetown, 706-556-0594; Mon-Tue, 10-8; Wed, Thu & Fri, 10-5; Sat, 10-4

Harlem Branch Library

375 N. Louisville St., Harlem, 706-556-9795; Tue, 9-7; Wed & Fri, 1-6; Thurs., 1-7; Sat, 9-1

Lincoln County Library

181 North Peachtree, P. O. Box 310, Lincolnton, 706-359-4014; Mon & Thu, 9-6; Tues, 9-7; Wed, Fri & Sat, 9-4

Warren County Library

10 Warren St., Warrenton, 706-465-2656; Tue, 10-8; Wed-Fri, 10-6; Sat, 9-3

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

Hearing Loss Association of Augusta

Meetings are held on the 3rd Monday, September-April except for December, at University Hospital, 1350 Walton Way, Dining Rooms 1-3. Social begins at 5:30 p.m. and meeting at 6 p.m. For information on the organization please contact Gayle Tison, President, at http://emptyg3@knology.net.

continued on page 7

Alliance Hospice

a plan for living



~ SERVICES PROVIDED ~

- Coordinated care driven by the patient and family's wishes
- Case management and care in the patient's setting
- Symptom management with primary focus on physical comfort
- Covered under Medicare, Medicaid and many private insurance plans
- Intensive support services – psychosocial, spiritual and bereavement care – for the family

Serving 14 Counties in the CSRA!

3685 Old Petersburg Rd.

Suite 145, Augusta, GA 30907

(706) 447-2461

802 East Martintown Rd.

Suite 200, North Augusta, SC 29841

(803) 441-0174

GA License: 036-239H
SC License: HPC-109

TOLL FREE: (877) 440-2461

CALENDAR

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Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community Center, Windsor Spring Rd., Hephzibah. For additional information contact Lion Frank Spinney, President, at 706-592-5618 or Jon Winters at 706-592-9622 or 706-833-0458.

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.

Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta. Call 706-722-5495 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.

ON-GOING EXHIBITS INCLUDE

- *Celebrating a Grand Tradition, the Sport of Golf*
- *The Godfather of Soul, Mr. James Brown*
- *Augusta's Story*
- *One Man, Two Ships, Lessons in History and Courage*
- *Canteens to Combat Boots*
- *Timeless Toys*

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 American Legion Post 63, 90 Milledge Rd., Augusta. Members, \$8; 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.

Singles Dance

Single and need something to do on Saturday nights? If you are single, divorced, widowed, or legally separated, \$10 will get you a light meal, variety of music, dance lessons, good fellowship, and a great dance floor!

Begins at 8 p.m., Ballroom Dance Center, 525 Grand Slam Dr., Evans. You may bring your own partner (over 18), but you will also find plenty of dance partners if you don't have one. Alcohol and smoke free environment. Free instruction for those who want to learn how to dance begins at 7 p.m. Great place to dance and socialize. Sponsored by Augusta Christian Singles. For additional information call Theresa Thigpen at 706-294-7195.

Fraternal Order of Eagles Lodge 1197

1999 Scott Rd., Augusta. For activities and events information call 706-495-3219.

AARP Augusta Local 266

There is more to AARP than a newspaper and a magazine. The local chapter meets at the Kroc Center, The Salvation Army, 1833 Broad Street, Augusta. For additional information or to join, call Mrs. Stella Nunnally, Chapter President, at 706-724-0045.

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 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.

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).

Pieceful Hearts Quilt Guild

Meets on Monday nights, 7-9 p.m., and Thursday mornings, 10 a.m.-2 p.m., at St. Bartholomew's Episcopal Church, Martintown Rd., North Augusta. For details call 803-279-6456 or 706-790-4975.

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.

Area Agency on Aging Offerings

Learn through a 30-Minute session, 3rd Thurs. each month, 1 p.m., KROC Center Augusta, Senior Lounge, 1833 Broad St. Registration not required. Contact Lee Walker, Resource Specialist, 706-922-8348 or 706-210-2018.

Fort Gordon Spouses' & Civilians' Club

For complete information on activities visit www.fgsc.com.

• Celebrate the Holidays with Mingle & Jingle: Dec. 11, 11 a.m.-1 p.m., Be My Guest, 4216 Washington Rd., Evans. Meal cost, \$10; reservations are required.

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Holiday bargains abound at Fort Gordon Thrift Shop's First Saturday on December 7th

Special to Senior News

Finding the perfect gifts for everyone on a holiday shopping list is a snap at the Fort Gordon Thrift Shop's First Saturday on Dec. 7. The lively event runs from 9:30 a.m. to 2 p.m. and features 50 percent off Thrift Shop-owned items. Military clothing, formals and coats are excluded.

"Our selection of gently-used toys, clothes and household goods, all available at amazing prices, makes it easy to complete your holiday shopping while sticking to a budget," said Stephanie Lainez, manager of the Fort Gordon Thrift Shop. "With 50 percent off Thrift

Shop-owned items and no tax on purchases, our shoppers save big throughout the year at First Saturday."

New merchandise arrives at the Thrift Shop every day, so shoppers can always be assured of finding something to catch their eye. Plus, with three buildings filled with treasures, hunting for steals and deals can be exciting.

"Since many of our consignors travel the world with the military, we frequently offer items from Europe and Asia," said Lainez. "Shopping at this Augusta thrift shop is always a pleasant surprise."

The Fort Gordon Thrift Shop sells furniture, clothing, toys, crafts and Fort Gordon-themed items and

offers them all tax-free. Operated by the Fort Gordon Spouses' & Civilians' Club, the shop is open every Tuesday and Thursday from 9:30 a.m. to 3 p.m. and the First Saturday of each month (October through May) from 9:30 a.m. to 2 p.m.

Donations are accepted during business hours as well as at the donation bin located next to the shop. DOD card holders may consign items every Tuesday and Thursday from 9:30 a.m. to 1 p.m. and First Saturday from 9:30 a.m. to noon.

Profits from the Thrift Shop go toward annual scholarships and grants for community organizations and students. In 2013, the Thrift

Shop's success helped the club award more than \$20,000 in scholarships and grants.

The Thrift Shop is located in Building 39102 behind the Exchange in the Brems Barracks near Avenue of the States and 40th Street.

The Fort Gordon Spouses' & Civilians' Club is an active part of the Fort Gordon community that leads service projects, operates the Thrift Shop and provides volunteer opportunities, special events and activities. A private nonprofit organization, the club is not affiliated with Fort Gordon or the U.S. Army. Membership in the club is open to anyone affiliated with Fort Gordon.

For more information, please visit www.fgsc.com.

AARP Foundation Tax-Aide Seeks Georgia Volunteers for 2014 Season

Special to Senior News

Foundation Tax-Aide, the nation's largest free, volunteer-run tax preparation and assistance service, is seeking volunteers across the state to help Georgia taxpayers who are seeking assistance preparing and filing their 2013 tax returns.

Volunteers do not need to be an AARP member or retiree to participate.

AARP Foundation Tax-Aide volunteers receive free tax training

and are reimbursed on a limited basis for qualified program-related expenses. They help taxpayers at sites around the state, learning new skills while giving back to countless communities.

"We've assisted thousands of people in preparing and filing their tax returns," said Helen Lowenthal, District Coordinator for most of DeKalb County. "We could not do it without our volunteers, who make an indelible mark on the communities they help."

Last year, Tax-Aide volunteers

helped over 31,000 taxpayers across the state. They join the Tax-Aide volunteers across the country, helping millions of taxpayers each year.

For more information on how you can join the AARP Foundation Tax-Aide team, and how to register to become a volunteer, visit our Web site at www.aarp.org/taxaide.

AARP Foundation Tax-Aide is offered in conjunction with the IRS.

AARP Foundation is working to win back opportunity for strug-

gling Americans 50+ by being a force for change on the most serious issues they face today: housing, hunger, income and isolation. By coordinating responses to these issues on all four fronts at once, and supporting them with vigorous legal advocacy, the Foundation serves the unique needs of those 50+ while working with local organizations nationwide to reach more people and make resources go further. AARP Foundation is a charitable affiliate of AARP. Learn more at www.aarpfoundation.org.

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