

Senior News

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Information For Ages
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Aiken's Makin' is a Fabulous Festival!

Story on Page 6

October 2013
Vol. 27, No. 10

Taking Care

Reap the rewards of autumn initiatives... Homework can pay off for caregivers

by LISA M. PETSCHÉ

Autumn is a good time for implementing change. There is a fresh-start feeling and renewed sense of purpose and productivity that typically accompany the early part of a new school year, ingrained in us from our youth and perhaps also from years of raising children. As well, moderating temperatures tend to result in an increase in our energy.



Lisa Petsche

Homework that pays off:

Although your school days may be behind you, doing some homework in the coming weeks can really pay off, improving your well-being and that of the person you care for. Read on for suggestions.

- If you have not yet done so, educate yourself about your relative's medical condition and share the information with him or her and

other family members as appropriate, to ensure you have a common and thorough understanding.

- Request a medication review by your relative's primary physician or a geriatrician, to check for drug interaction and determine whether your relative still needs all the medications they are currently taking.

- Arrange for an experienced lawyer to assist your relative in assigning powers of attorney for personal care and property (finances) and preparing a will. Or review such documents if they were done some time ago, to determine if they need updating.

Self-care strategies:

It is well known that self-care can improve your effectiveness and longevity as a caregiver. So it is worthwhile to consider the following strategies.

- Book an appointment with your primary physician if you are overdue for a medical check-up or you are experiencing physical or mental health issues.

- Buy a piece of home fitness

equipment, such as a treadmill, or get some workout DVDs so you can exercise with leaving home.

- Do something that provides you with meaning and purpose apart from caregiving, such as scrapbooking or researching your family tree. It is important to nurture your identity, Revive an old pastime or try something new.

- If it is physically difficult for you to perform outdoor maintenance tasks such as mowing the lawn, tending the garden and raking leaves, or finding time ins an issue, enlist the help of a reliable neighbor (considering hiring a teenager from the block) or contract with a reputable yard maintenance service.

- If your relative 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 put your mind at ease.

- If your relative cannot be left alone, research respite services in your community so you can arrange breaks from caregiving. It is a win-win, because your relative will benefit from the added stimulation that comes from a visiting companion or meeting new people and trying new things at a community program. In-home options include respite provided by home healthcare agency staff, an individual hired under a private

arrangement (most often located via word of mouth or newspaper classified advertising) and a trained volunteer (for example, from the Alzheimer's Association). There are also adult day care programs and residential care homes that have a short-stay program (so caregivers can plan a vacation). To learn about resources, contact your local office on aging or the non-profit organization associated with your relative's disease.

- Connect with other caregivers. Consider joining a community support group; some offer concurrent care. Information on caregiver groups can be obtained from community social workers and your local office on aging. Online caregiver message boards and chat rooms and electronic mailing lists or discussion forums are some at-home alternatives.

- Join a caregivers' organization – for example, the Caregiver Action Network (formerly the National Family Caregivers Association) at www.caregiveraction.org, which offers information and support and advocates for caregivers' needs.

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

Enopion's *The Match Girl* tickets on sale October 1st

Special to *Senior News*

It is Christmas 1830 in England as we visit the home of Ginny and Eon Wescott. They, along with their 4 year old son, Patrick, await the birth of twins. Their home is accustomed to many children for it is also a Home for Girls.

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AGENCY ALERT: Elder Abuse... The Size of the Problem – Part II

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council
Augusta, Georgia
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As we discussed last month this topic has reappeared in our local media outlets, so I thought may be time to bring this terrible topic back into the forefront. Today, we will discuss the impact of abuse and learn some prevention strategies. You all remember, what is elder abuse? Elder abuse and neglect is defined as intentional actions that causes harm or creates a serious risk of harm (whether or not harm is intended) to a vulnerable elder by a caregiver or other person who stands in a trust relationship to the elder including the failure by a caregiver to satisfy the elder's basic needs or to protect the elder from harm.



Kathleen Ernce

Impact of Elder Abuse:

Seniors who experienced abuse, even modest abuse, have a 300% higher risk of death when compared to those who had not been abused. Victims also have had significantly higher levels of psychological distress; lower perceived self-worth than non-victims; have additional health care problems including increased bone or joint problems, digestive problems, depression or anxiety, chronic pain, high blood pressure, and cardiac problems. Other potential psychological consequences that need further scientific study is: Why is there an increased risks for developing fear/anxiety reactions, learned helplessness, and post traumatic stress syndrome.

The impact of abuse, neglect, and exploitation also has a profound fiscal cost. In 2010, the direct medical costs associated with violent injuries to older adults were estimat-

ed to add over \$5.3 billion to the nation's annual health expenditures and the annual financial loss by victims of elder financial exploitation were estimated to be \$2.9 billion in 2009, a 12% increase from 2008 - the latest statistical data.

How Can You Tell If Someone Is Being Abused?

The following story us an example of how to tell if someone may be being abused, "Two years ago, the doctor diagnosed Eduardo's mother with osteoporosis. When she needed more help doing daily tasks, he hired a nurse to care for her when he was a work. For the last few months she has been depressed and withdrawn. Eduardo learned from his mother that she doesn't like the way a nurse talks to her."

You may see signs of abuse or neglect when you visit an older person at home or in an eldercare facility. You may notice the person has trouble sleeping; seems depressed or confused; loses weight for no reason; displays signs of trauma like rocking back and forth; acts agitated or violent; becomes withdrawn; stops taking part in activities enjoyed in the past; has unexplained bruises, burns, or scars on the body; looks messy, with unwashed hair or dirty clothes; develops bed sores or other preventable conditions; and has other signs and conditions.

Prevention Strategies:

There are a number of advance planning tools that one can employ that will reduce confusion and clarify wishes in the event of being unable to speak for themselves.

In Georgia, these tools include completing an Advance Directives with a Limited Powers of Attorney for Healthcare and/or one for finances, to protect ones' interest. In addition to making wishes known, these tools also can be used to protect against financial exploitation, as well as the possibility of abuse or neglect. Identifying a person you

trust ahead of time to manage your finances will help to limit one's exposure to unscrupulous individuals.

Establishing a health care document, as well as identifying a health care proxy for decision making, can help protect oneself by making sure that adequate care will be arranged for future incapacitation. Also having numerous, strong relationships with people of varying social status; coordinating resources and services among community agencies and organizations that serve the elderly population and their caregivers; and having a clearer understanding and guidance on how the Durable Power of Attorney for Healthcare document can be used.

Public Awareness:

Public awareness efforts and communication tools for promoting or improving health and well-being is vital. Changes in services, technology, regulations, and policy are often also necessary to completely address a health or social problem. However, communication alone can: increase knowledge and awareness of an abuse issue; identify possible solutions; influence perceptions, beliefs, and attitudes that may change social norms; increase knowledge of

reporting incidents to authorities promptly; and demonstrate or illustrate healthy life skills; enforce knowledge, attitudes, or behavior will aid in one's quest of not becoming a victim of elder abuse, neglect, or exploitation.

Please remember if you are being abused, neglected, or exploited or know of someone who is, please talk with a trusted friend, a representative of one of the organizations or agencies who work with seniors, a representative of the Department of Family and Children Services - Adult Protective Services at 1-866-552-4464, or The Senior Citizens Council at 706-868-0120 for assistance, or guidance. Also, know that under Georgia's law, the staff of The Senior Citizens Council are mandated reporters and that while the identity of the caller may remain anonymous, the details of the incident must be reported.

(Comijs et al 1999; Pillemer & Prescott 1989) See more at: www.nia.nih.gov; National Council on Aging, 2013: www.ncoa.org.

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

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Senior News & Views of Georgia

Don't confuse Medicare with Obamacare!

by KATHLEEN ERNCE
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October is an important medical-insurance sign-up month for millions of Americans, both under and over 65 years old. The annual Medicare open enrollment period which runs between October 15 and December 7 overlaps with the initial registration for the new Health Insurance Marketplace – a cornerstone of the Affordable Care Act (ACA) – called Obamacare. However, senior citizens – aged 65 or older – please do not confuse the two as they serve different populations.

If you are covered by Medicare you do not need to be involved with the Health Insurance Marketplace! Obamacare is for people under aged 65 who do not have any health insurance coverage.

According to a spokesman for the Center for Medicare and Medicaid Services (CMS), "We want to reassure medicare beneficiaries that they are already covered, their benefits are not changing, and the marketplace does not require them to do anything different. Specifically, they do not have to change their Medicare coverage or enroll in any Marketplace plans."

The Medicare open-enrollment period is a window for the 50 million covered to review their policies for any modifications in costs, coverage, and benefits. This time period (October 15 - December 7) is the time set aside each year to review the plan that is current and make any changes or adjustments for the changes that take place at the beginning of the year.

Most Medicare counselors/agents suggest that you review your current plan, asking yourself questions about the plans coverage, the expected

changes, the expected costs, and if you current medications are covered with a low co-payment.

The enrollment period is also prime time for swindlers to rip you off, so take heed of a warning from CMS: "Remember, it is against the law for someone who knows that you have Medicare to try to sell you a Marketplace plan."

Also this week, US News & World Report published an article on the myths and facts of how the Affordable Care Act (ACA) affects Medicare beneficiaries. According to the article, older adults are often confused about how Medicare works and ACA changes are compounding some of that confusion. The article summarized the five myths about the ACA and Medicare and provided the facts on how the ACA impacts Medicare beneficiaries, both now and going forward. I thought this article was worthy of reprinting here:

Myth – "Medicare is ending."

False. The ACA is not replacing Medicare, and Medicare has grown stronger as a result of the ACA. In fact, the ACA adds eight years to the solvency of Medicare's Part A Trust Fund, increasing the years of the program's guaranteed benefits to 2026, 10 years longer than before the ACA.

Myth – "Seniors on Medicare must buy more health insurance to comply with the ACA."

False. Seniors and people with disabilities will not be required to purchase more health insurance coverage to comply with the ACA. Further, it is against the law for Medicare beneficiaries to purchase health insurance in the new marketplaces.

Myth – "Medicare beneficiaries will pay more for their medications under the ACA."

False. While the Part D premium

will increase slightly for Medicare beneficiaries with higher incomes (individuals with annual incomes over \$85,000 or couples with annual incomes over \$170,000), the majority of Medicare beneficiaries have already started paying less for their prescriptions. Over time, the ACA closes the prescription drug coverage gap, or doughnut hole, and according to a recent CMS press release, more than 6 million seniors had saved over \$7 billion on prescription drugs at the end of June 2013.

Myth – "Medicare beneficiaries won't be able to see their current doctors."

False. Nothing in the ACA expressly changes the doctors that Medicare beneficiaries can see.

Myth – "Medicare premiums are rising."

False. The ACA has not attributed to the rise in Medicare premiums. In fact, Medicare costs are rising more slowly as a result of provisions in the ACA. Also, according to the most recent Medicare Trustees' Report, the Medicare Part B premium will remain relatively unchanged between 2013 and 2014, and Medicare Advantage plan premiums as well as Part D premiums are also stable year-to-year generally.

For more information, you may call us at The Senior Citizens Council at 706-868-0120 to speak with Kathleen Ernce, Executive Director and a certified Medicare Counselor, or call Medicare direct at 1-800-MEDICARE (1-800-633-4227) for any questions or concerns regarding Medicare, the Affordable Care Act, or the Health Insurance Marketplace.

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

Spiritual Notes

RECHARGE

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

On numerous occasions I talk to senior adults who are frustrated and unhappy with life, generally. Aging in today's world is more difficult than in years past. Families are more mobile and, in many cases, do not live near family members. In some instances grandparents rarely have opportunities to see their grandchildren. Young families are so involved with activities and so often they live miles away.

In addition to family separation issues, with aging comes health problems, retirement con-

cerns and a rash of other dilemmas. All of these tend to deflate and cripple spirits. No doubt most senior adults can identify with one or more of these circumstances.

We all have our weary days and burdens to bear. Jesus said in Matthew 11:28-30: "Come to me, you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Isn't it great that we have this promise?

A pastor friend shared this passage with his senior adult parishioners and encouraged them

to get involved with each other along with various ministries in the community and the church. His message was meant to RECHARGE his congregates. The promise of Jesus can only be played out if there is positive action on the part of the listeners.

The Lesson is, rather than engaging in self pity and frustration, realize that we have been yoked with Jesus as our companion. He will teach us with gentleness. It may be time to RECHARGE your life!

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

Poets' Corner

SOUL MATE

by Robbie Harris Allen

Many women have husbands
Who play out that role.

But only a few, have a mate
Of their soul.

A soul mate is one who,
Loves you complete.

A love you never dared dream
Could be so sweet.

You know to protect you,
He would give his own life.

And makes you feel special
everyday,
Just to be his wife.

With him you travel down
The road this life sends.

Some days warm sunshine,
Some days fierce winds.

But no matter what comes,
You know he won't leave your side.

And you both strive to stay
Grounded in the Almighty Guide.

A Guide who you know in your heart
Brought you together.

And that's why you know
You will be soul mates forever.

I SHALL NOT WANT

by Henry. N. Goldman

(Psalm 23:1 - An acrostic poem)

Thousands of blessings, a lifetime
bestowed,

Held in His arms, His love ever
flows.

Each moment so precious, being His
own,

Letting His death for my sins now
atone.

Over my being, love's circling band,
Reaching to lift me, His merciful
hand.

Drawn upward from world's constant
turmoil,

Into His haven from danger and toil.
Searching for peace, He quieted my
fears,

Melting away my sadness and tears.
Year after year, He supplies all my
needs,

Scriptures do promise, if we will but
heed.

Healings bestowed on this
oft-weakened soul,
Ever restoring, that I remain whole.

Promises uplifting, gives hope and
great joy,

He always bestows, our Lord will
employ.

Ever here for me, He is there every
day,

Returning to bless me in so many
ways

Death shall forsake me – my
Shepherd will save.

TREASURES TO TRASH

by June D. Wilhite

Mail boxes line roads like tin
soldiers.

Each awaits daily doses of treasures.
Though each vary in size and
exteriors,

It's their uniform functions that
matter.

Trash cans sit by roads like corpse
biers,

Filled with trash once esteemed as
true treasures.

Oft mistreated they bear dents and
scars,

Just existing for trash to transfer.

Early values, impulses, and tempters,
Offer promise of rendering pleasures.

But feast turns to fat, the sale ends
in cinder,

Gifts are re-gifted, and looks
disappear.

So look down the road at the future.
Will the things that I value endure?

Or lose their appeal, become dross in
the fire?

Seek to measure the worth of the
treasure.

Our God can turn "trash" into
treasure.

He took soil and turned it to
creatures.

He gave hopeless souls a new future.
Gave His life, then arose. He's our
Savior!

WHAT'S BOILING IN YOUR LIFE? LET GOD HELP YOU OUT!

by Pauline M. Brown

What's boiling you your life?
Is it problems or daily fights?

What's boiling on your mind?
Too many problems will get you
down.

What's boiling in your heart? Is it
fear?
God knows all about it.

We all are human and at our best
We sometimes fail.
Jesus has all the power! He is able.

When life's problems get you down,
don't worry
Things will work out.

Say Jesus and feel the breeze.
Jesus has power to save you and me.

When things start boiling in your
life,
Relax, God is going to bring you out.

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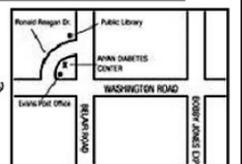
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On the Cover

Aiken's Makin' is a Fabulous Festival!

by CAROLYN BRENNEMAN

Photos by Carolyn

COVER: Aiken's Makin' Festival

Aiken's Makin' Festival, which took place in Historic Downtown Aiken on September 6th and 7th, displayed many unique exhibits, both local and regional, and focused on the artistic abilities of adults, teenagers, and youngsters. Over the last 37 years, this annual festival has grown from 50 vendors to over hundreds of vendors displaying many pieces of fine art, handmade crafts, and showcasing the many artistic abilities of communities in the southeast. This year, the festival made room for additional crafters and artisans and many more food vendors. Vendors showed everything from pottery, woodcrafts, furniture, stained glass, quilts, clothing, needlecrafts, toys, jewelry, ceramics, art, baskets and many more handmade or handcrafted items. Entertainment includes dance routines, and vocal performances as well as great food and

delicious treats from local restaurants. One very popular vendor, Stuffed Puppies, cooked up a bunch of hush puppies stuffed with veggies and barbecue meat.

One very artistic vender was Cliff Garren, from Tennessee, who was selling coffee tables, lamps, and unique storage boxes which were made of Western juniper and Rocky Mountain juniper, which Cliff says the wood is over 600 years old and came from fallen trees. How creative is that!

Visitors were delighted to browse the vendors' unique offerings in garden ornaments, pottery, clothing, woodworking, metal craft, quilts, needlecrafts and much more. "It gets better every year," says Jaimie Lyon, a resident of Augusta, who has attended the festival the last seven years. "I love the handmade crafts, vocal entertainment, and, of course, the food is just terrific!" says Jaimie.

"I just love Aiken's Makin', and this is my seventh year here," said Angela, an attendee who came with her granddaughters. "The festival has unique foods I can indulge in for the day and lots of unusual

crafted gifts and great entertainment," Angela said.

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!



Attendees enjoying the festival



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“Hallelujah for Health” Benefit Concert scheduled for October 10th

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 attend this year’s 16th annual “Hallelujah for Health” Benefit Concert where area choirs and groups will



Jeanette Cummings

entertain through song and praise. “Hallelujah for Health” will be held on Thursday, October 10th at 7:00p.m. at the KROC Center at 1833 Broad Street, Augusta, GA. The all-star line-up will include: Harmony River Chorus, Springhill Baptist Church Choir, Beulah Grove Baptist Church Choir, Minister John Hobbs, Vocalist, The Golden Bells, Bright Stars, Marvin Cummings, Guitarist, Robert Reid, Guitarist and Vanessa Stanley, Vocalist.

The CSRA Partnership for Community Health celebrates its 20th anniversary this year. Founded in 1993 to explore new ways to improve indigent healthcare in Richmond County, the Partnership consists of hospitals, health departments, and representatives from

social service agencies; educational, business, and community organizations; and the governmental and religious communities.

Currently, there are four health clinics affiliated with the CSRA Partnership that are available for the entire community. These clinics provide access to primary health care for the uninsured and under insured in our community. The clinics are located in the 30901, 30906 and the 30904 zip code areas. The Partnership has been instrumental in the development and/or operations of these clinics. In addition, the Partnership also sponsors programs for youth, at risk adults, and elder-care, especially in the areas of chronic disease.

Please contact Jeanette

Cummings, Area Agency on Aging Director, at 706.210.2013; www.AreaAgencyOnAging.com; or, jcumings@csrarc.ga.gov. In 1964 and listed in the National Register of Historic Places, the Ezekiel Harris House is a reminder of the days when tobacco was the primary cash crop of Georgia. For more information, call 706-722-8454 or visit www.augustamuseum.org.

Hours: Guided tours by appointment Tuesday - Friday, with the last tour beginning at 4:00 pm; Saturday 10:00 am - 5:00 pm, with the last tour beginning at 4:00 pm; Tours by appointment only Tuesday - Friday; Closed Sunday & Monday. To schedule tours call 706-722-8454.

Admission: Adult and Senior: \$2 • Child: \$1

Veteran’s Curation Program on Display

Special to *Senior News*

The Augusta Museum of History has partnered with the city’s Veterans Curation Program to produce an inspiring new display that officially opened to the public on September 28th. The new exhibit, produced entirely by the military veterans who are a part of this special program, explores their lives and work through the objects they brought back from military conflicts overseas, as well as the prehistoric artifacts they have learned to preserve. Military paraphernalia, archaeological items, and personal stories provide an intimate portrait of veterans transitioning into civilian lives.

Brandie Taylor, a veteran combat medic, appreciated the program’s focus on new job skills: A lot of people don’t get to experience anything that deals with archaeology, she said. Working here has given me an opportunity to spread the word about the VCP and help other veterans.

The Veterans Curation Program provides employment and job training for veterans of the American military conflicts in Iraq and Afghanistan. Veterans receive competitive pay while learning new, marketable job skills as they are trained to rehabilitate and preserve archaeological collections administered by the U.S. Army Corps of Engineers. Augusta is home to one of the three Veterans Curation Program labo-

ratories, in addition to those in Alexandria and St. Louis.

Brandon Holloman enjoyed expanding his knowledge of history: You never know why things are the way they are in the present until you learn about their past.

Please congratulate the latest class of veterans to complete their term of employment at the Augusta Veterans Curation Program.

Augusta Museum of History, the only Museum in the CSRA accredited by the American Alliance 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, to James Brown memorabilia 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.

Hours: Thursday - Saturday, 10:00 am - 5:00 pm; Sunday 1:00 pm - 5:00 pm; Closed Monday -Wednesday.

Admission: Adult: \$4 • Senior: \$3 • Child (6-18): \$2 • Child (5 & under): Free

The 1797 Ezekiel Harris House, said to be “the finest eighteenth-century house surviving in Georgia,” is located at 1822 Broad Street and is an excellent example of early Federal architecture. Fully restored in 1964 and listed in the National Register of Historic

Places, the Ezekiel Harris House is a reminder of the days when tobacco was the primary cash crop of Georgia. For more information, call 706-722-8454 or visit www.augustamuseum.org.

Hours: Guided tours by appointment Tuesday - Friday, with the last tour beginning at

4:00 pm; Saturday 10:00 am - 5:00 pm, with the last tour beginning at 4:00 pm; Tours by appointment only Tuesday - Friday; Closed Sunday & Monday. To schedule tours call 706-722-8454.

Admission: Adult and Senior: \$2 • Child: \$1

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The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

Our Cherished Things: A Family Record, Patricia Sprinkle, patriciasprinkle.com, 2013

Atlanta author Patricia Sprinkle's *Our Cherished Things: A Family Record* was first brought to my attention by a neighbor, Ginger Foshee, who recently purchased it. "I have two boys, who don't usually listen to inheritance talks," she explained. "I found *Our Cherished Things* very useful for them. They will know where pieces came from when I'm gone."

When I contacted Patricia Sprinkle asking for a review copy of the book for *Senior News*, she commented, "I am convinced this is a book that a number of people in our age group will find helpful. People who have bought it have said the most amazing things."

Among readers' quotes are "I didn't know we had any 'cherished things' until I got the book for my birthday. Now I look at our home with new eyes." And, "I had fun remembering some of the stories my mother told me about things I now have."

"That is exactly the point, of course," says Sprinkle, "to remind us that our cherished things are cherished not because they are things but because they carry stories and memories we cherish and want to pass on. I see it as a bridge between myself and future generations."

Sprinkle is best known for her cozies, comfortable easy-to-read mysteries, often set in the south and metro area. This time, she has published a book for all of us, regardless of our favorite genre. *Our Cherished Things: Our Family Record* is a book in which readers become authors as they enter the stories of their family heirlooms so that future generations may value them. Each page has space for an item's name, its description, the story of why it's precious to the family; and, when available, information about appraisals. There is also enough room on the page for a notation about who should inherit the heirloom. What a remarkable idea and so helpful! The book serves as a present for our children and those who follow as it provides insight into family ancestors and emphasizes the importance of taking care of handed-down treasures. The book is available from her website www.patriciasprinkle.com. Copies will make lovely gifts for family and friends. I plan to send one to my sister-in-law for Christmas.

On this same note, among the author's most recent other books is *Friday's Daughter*, a southern fiction novel that includes the coming together of two people from different cultures and issues related to inheritance. Her works with a metro

Atlanta setting include the popular work, *Death of a Dunwoody Matron* and *A Mystery Bred in Buckhead*.

When Sprinkle is not writing, she is often involved in her "book project," working with others to improve the library of a school for Dalit (formerly Untouchable) children in South India. She taught creative writing there in 2010, and she and a friend who traveled with her were greatly impressed with the quality of the school. It has interna-

tional accreditation, excellent teachers, and students eager to learn. All they lacked was books for the school library. Patricia and her friend returned home determined to build a better school library. In the past two years they have assembled a team of media specialists for elementary, middle and high schools to advise them and through generous donations of people who know the importance of good books, they have purchased and sent over 1300 books to

the school. Another shipment will go out next summer. If you are interested in being part of this project, you can send a tax-deductible contribution check made out to First Presbyterian Church Marietta at 189 Church Street, Marietta, GA 30060. Be sure to write "India Library" on the "for" line.

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

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, 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 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

continued on page 10



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CALENDAR from page 9

Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213
 • Lincoln County Senior Center Pam Parton; 160 May Ave., Lincolnton, GA 30817; 706-359-3760
 • Sylvania Senior Center Cathy Forehand; 209 E. Ogeechee St., Sylvania, GA 30467; 912-564-7727
 • Taliaferro County Senior Center Allene Oliver; 119 Commerce St., Crawfordville, GA 30631; 706-456-2611
 • Warren County Senior Center Gwanda Murray; 48 Warren St., Warrenton, GA 30828; 706-465-3539
 • Washington County Council on Aging Jane Colson; 466 Maurice Friedman Rd., Sandersville, GA 31082; 478-552-0898 (Mon., Tues, and Thurs.) 478-552-0013
 • Wilkes County Diana Hall; 108 Marshall St., Washington, GA 30673; 706-678-2518
 • Shiloh Comprehensive Community Center Elizabeth Jones; 1635 15th St., Augusta, GA 30901; 706-738-0089

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

Aiken County Parks, Recreation & Tourism
 902 Vacluse Rd., Aiken, SC 29801; 803-642-7559;
www.aikencountysc.gov/tourism
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

Euchee Creek Branch Library
 5907 Euchee 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 htp://emptyg3@knology.net.

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.
 • The Grascals with guest Audie Blaylock and Redline, Oct. 18

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.

continued on page 11

Missed your copy of Senior News?

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www.seniornewsga.com
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General Business Directory For Seniors

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To find a location near you, visit
www.goodwillworks.org

CALENDAR from page 10

Augusta Museum of History
560 Reynolds Street in downtown
Augusta. Call 706-722-8454 for events
information.

• Brown Bag History Series: *Living the
Southern-Style, Women's Lives*: Wed.,
Oct. 2, 12.30 p.m.

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

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jwhite355@att.net.

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Begins at 8 p.m., Ballroom Dance
Center, 525 Grand Slam Dr., Evans.
May bring your own partner (over 18),
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partners if you don't have one. Alcohol
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instruction for those who want to learn
how to dance begins at 7 p.m. Great
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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 meet-
ing 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.,
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Free coffee and cake. Everyone wel-
come. 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 accli-
mated, make friends, and get involved
with charitable organizations. We offer a
variety of activities such as golf, book
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please contact hospitality@augustanew-
comers.net or call Susan Salisbury at
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Find Your Voice
Aiken Toastmasters meet on the first
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p.m., at Odell Weeks Center on Whiskey
Road in Aiken. Guests are always wel-
come. 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 inter-
est and pleasure in needlework.
Meetings include a review of local
needlework activities, some hands-on
stitching, refreshments, and socializa-
tion. 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.

VITA Site Volunteers Needed!
Volunteer Income Tax Assistance
The 30901 Development Corporation (a
non profit community development
organization) is accepting applications
through October 31st for Volunteer Tax
Preparers for the 2014 tax season. FREE
income tax preparation will be provided
at the Corporation's approved IRS tax
site located at 1446 Lee Beard Way. For
complete details call 706-722-4999.

Walk For Parkinson's
Sat., Oct. 19, 9 a.m.-noon, Wilson
Family Y Track, Augusta. For details
visit www.movingdayaugusta.org.

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' & Civilian
Evening Get-Together**
Wed., Oct. 9, 6:30-8 p.m., Evans Towne
Market, 4460 Washington Rd., Evans.
Spouses welcome. Limited seating, \$10
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Are you trying to unload your Timeshare?

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

In a tough economy, struggling families look for ways to reduce their expenses. One popular option is to unload any timeshares so they can hopefully recoup their investment and stop paying maintenance fees. Many businesses specialize in reselling timeshares, but the Better Business Bureau warns that many companies are using deceptive sales tactics to bilk thousands from already cash-strapped timeshare owners.

Many timeshare owners want to cash out now but unfortunately, not as many vacationers are buying. Timeshare sales have been steadily dropping and as a result, timeshare owners who are eager to sell are increasingly susceptible to offers that are simply too good to be true. Some unscrupulous timeshare resellers are taking advantage of the situation by misleading timeshare owners into paying thousands of dollars in the hopes of unloading their timeshare quickly. Many companies succeed in convincing timeshare owners that they already have interested buyers but require thousands of dollars in upfront fees – such as closing costs – from the sellers but ultimately fail to complete the promised sale.

One man who complained to the BBB was promised that the business had a buyer for his timeshare. The representative assured him that if the sale did not go through; he would get his money back. He paid a total of \$7,710. The sale never went through and he never got his money back, despite the guarantee from the company.

The BBB offers the following advice to timeshare owners who are looking for help in selling their timeshare:

- Use a Business You can Trust – Make sure the timeshare reseller you use is a BBB Accredited Business or at the very least has a good rating with the BBB. Avoid any company that fails to provide a street address and alternate contact information. A UPS or post office box is not enough. Check out bbb.org for Business Reviews and warnings. Verify the address with a mapping service, property manager and the licensing authority.

- Confirm Licensing Requirements – Some timeshare resellers will use fake addresses or PO boxes in order to mislead

timeshare owners. Confirm where the company is located and in what states it does business. Ask if the company's salespeople are licensed to sell real estate where your timeshare is located. If so, verify this with that state's licensing board.

- Get the Facts on the Figures – Find out if the business charges a commission. Do they handle the entire closing and provide escrow services? Do they charge an upfront listing or advertising fee? What does it cover and is it refundable?

- Be Wary of Upfront Fees – Many complainants to BBB were burned by companies charging an advance "appraisal" fee for services or were told that they just had to pay closing costs and the timeshare would be taken off their hands. Consider opting for a company that offers to sell for a fee only after the timeshare is sold.

- Be Aware of the "Balloon Strategy" – Dishonest timeshare resellers may start with an outrageous fee, and then reduce it to a more appealing number, to lure the seller to pay.

- Don't Fall for the Hard Sell or an Offer that Sounds Too Good to Be True – Don't agree to anything over the phone but instead ask the salesperson to send you written materials; take the time to think it over and don't be pressured. Unscrupulous timeshare resellers may claim that your property is in demand and they can sell it immediately; unfortunately, these promises are often empty. Also remember that a guarantee is only as good as the company backing that guarantee.

- Know the Process – Inexperienced timeshare sellers can be easily misled. Before doing business with a broker know the approximate value of what you own. Call the timeshare company itself to get the current selling price. Find out if the agent's fees and marketing practices are consistent with the practices of other agencies. To ensure the proper value of your property BBB suggests using a timeshare appraisal service. To do this for U.S. based timeshares, you'll need to research the company with the real estate commission in the state in which your timeshare property is located. The Federal Trade Commission also has helpful tips for timeshare buyers and sellers.

- Remember the Too Good to be True Rule – Trust your gut, if it

seems too good to be true; it probably is.

For more 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.

Living Well Workshops!

Submitted by **Rebecca Jester, MSW**
Health & Wellness Coordinator
CSRA Area Agency on Aging

The Living Well Workshop is an evidenced based program developed by Stanford University. It has shown to improve participant's healthful behaviors and health status, as well as decrease their number of days spent in the hospital. This six session, 2-hour, workshop teaches a variety of skills focused on improving your ability to self-manage your chronic health condition. Living Well Workshops will teach you:

- Techniques to deal with symptoms such as fatigue, pain, difficult emotions, stress/anxiety, and shortness of breath

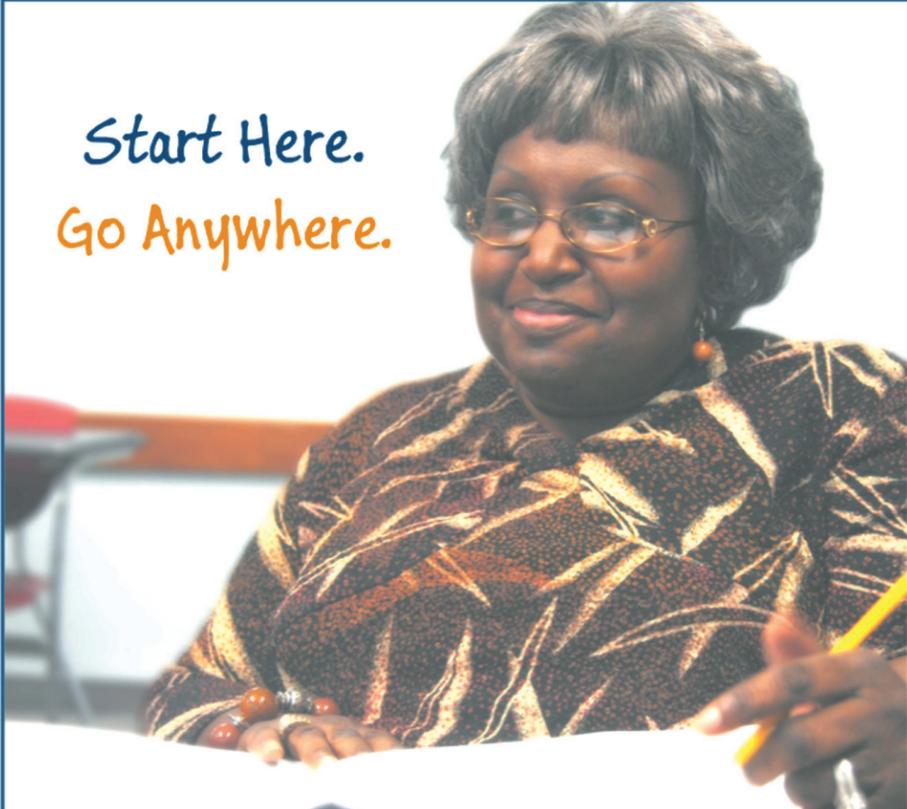
- How to have more control over your health
- Ways to improve strength flexibility and endurance
- Methods to communicate with family, friends and health professionals
- And much more!

Class Schedule and Location

- The Kroc Center, Senior Lounge: 1833 Broad Street, Augusta. Every Wednesday for 6 Week, October 16-November 20, 1:00 pm-3:30pm

Call Becky Jester, Health and Wellness Coordinator for the CSRA-Area Agency on Aging, to register for a free Living Well Workshop today at 706.650.5637.

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