

Senior News

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*Seniors
At College!*

Story on Page 5

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Taking Care

Fifteen Ways to Prevent Burning Out

by LISA M. PETSCHÉ

Informal caregivers from all walks of life provide practical assistance and enhance the quality of life for ill or frail seniors who might otherwise require placement in a long-term care residence. The typical caregiver is a spouse or offspring; many are seniors themselves. Their work is unpaid and often overlooked by society.

The help they provide ranges from chauffeuring, shopping, running errands and paying bills to grounds keeping, housekeeping, preparing meals, managing medication, assisting with personal care (bathing, dressing, grooming and toileting) and assisting with mobility (ambulation, transferring from one location to another and changing position in bed). Needs usually increase over time.

Other typical caregiver responsibilities include coordinating care and advocating for the ill person's needs. If their relative is cognitively impaired, they may also provide supervision to ensure safety. In addition, caregivers provide companionship and emotional support.

Although it has rewards, the care-

giving role can be physically, psychologically, emotionally and financially demanding. This often, heavy load is exacerbated by the limited availability of community support services.

The caregiving journey is particularly challenging when it continues over a long period of time, and when the elder has complex needs, a demanding personality or mental impairment. A variety of emotions may be experienced along the way, including sadness, grief, frustration, anger, resentment, guilt, anxiety and loneliness.

While a certain degree of stress is inevitable, when left unchecked it can lead to burnout, a serious matter. It is important to watch for the following physical warning signs: chronic fatigue, sleep difficulties, significant weight loss or gain, frequent illness and development of chronic health problems. Memory problems are also common, as is social isolation.

Emotional red flags include frequent crying, frequent irritation by small annoyances, difficulty controlling one's temper, feeling overwhelmed, feeling inadequate, feeling alone and feeling hopeless. In severe cases burnout can lead to abuse of the care receiver. This signals the need for immediate help.

If you are a caregiver, consider these strategies for keeping stress manageable and preventing burnout:

1. Accept the reality of your relative's illness. There is nothing you can do to stop it.

2. Learn as much as possible about the illness and its management and educate family members and friends to help them understand.

3. Pick your battles; do not make a major issue out of every concern.

4. Use positive self-talk. Emphasize phrases such as "I can," "I will" and "I choose."

5. Nurture your spirit. Do things that bring inner peace, such as meditating, praying, reading something uplifting, writing in a journal or listening to music.

6. Create a relaxation room or corner in your home – a tranquil spot you can retreat to in order to rejuvenate.

7. Develop a calming ritual to help you unwind at the end of the day. Avoid watching the news before going to bed.

8. Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

9. Stay connected to your friends and community groups to which you belong. Minimize contact with negative people.

10. Simplify your life. Set priorities and do not waste time or energy on unimportant things. If finances permit, hire a housecleaning service or a personal support worker or companion for your relative, to free up some of your

time and energy,

11. Be flexible about plans and expectations. Recognize that there will be good days and bad days, and what you can give may vary from day to day. Take things one day at a time.

12. Give yourself permission to feel all the emotions that surface, including resentment and frustration. Remind yourself that you are doing your best and are only human.

13. Do not keep problems to yourself. Seek support from a family member, friend or counselor. Join a community caregiver support group (some offer concurrent care), or an Internet group if it is hard to get out.

14. Accept offers of help. Ask other family members to share the load. Be specific about the kind of help you need. Find out about community support services, including respite care options, and take full advantage of them. (Information can be obtained from the local office on aging.)

15. Do not promise your relative you will never place him or her in a long-term care home, because you do not know what the future holds.

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



Lisa Petsche



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Expedited U.S. Passport Services for Winter Travel

Special to Senior News

The U.S. Department of State offers expedited passport services to U.S. citizens throughout the year. This winter we remind citizens planning international travel of their expedited service options, including families going on vacations for the holidays and students participating in study abroad programs. While we urge U.S. citizens to apply as early as possible for their passport needs, the Department offers convenient options for those who need their travel documents sooner than our standard 4 to 6 week processing time.

Expedited passport applications may be submitted at one of more than 7,800 acceptance facilities around the country including clerks of courts and U.S. Post Offices. First time passports, passport renewals, additional visa pages, and data corrections all qualify for expedited service. Applicants must pay an additional \$60 expedite fee and allow 2 to 3 weeks for delivery.

Applicants with immediate/emergency travel plans may apply directly at one of the Department's 25 passport agencies and centers across the country. Depending on the agency, proof of travel occurring within 14 days may be required. Please refer to

our website for agency-specific information regarding what is required for an appointment. Applicants must call the National Passport Information Center (NPIC) at 1-877-487-2778 to make an appointment at a passport agency.

Passport expeditor/courier services are private, third-party companies, some of which are registered at our passport agencies and allowed to submit expedited passport applications on behalf of their customers. These companies are not government contractors and do not operate as a part of the U.S. Department of State. Passport expeditor/courier companies charge additional fees for their services. Customers utilizing these companies do not receive their passport any faster than those who come directly to the U.S. Department of State and apply at one of our 25 passport agencies located across the United States.

We encourage individuals needing information on passports to first visit the Department's official website at <http://travel.state.gov>. The website contains information about what is needed to apply for a passport, online applications, fees, and processing times. This information can also be obtained by calling the National Passport Information Center toll-free at 1-877-487-2778 or TDD/TTY at 1-888-874-7793.

AGENCY ALERT: “Are We Understanding How Much Help Aging Parents Need At Home?”

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

For several months now, I have been fielding questions from spouses, children, grandchildren, and the general public – all voicing concerns over caregiving options and the costs of caregiving. Over the next several months, I will do a series of articles that will discuss various options of caregiving. But first, let's discuss the issue of “In-home caregiving.” Many family members think about the possibility that their elderly loved ones may be struggling a little but are unsure how to begin the conversation about “someone helping them... would they allow anyone to come into their home to offer assistance and care.” They say “I'm fine” when their children suggest a helper. So, everyone waits until a crisis hits.

Such a crisis hit Harry Baron. Harry and Claire had already lived through a tough summer, after she experienced several severe falls. They had a “little help” for several hours a week from a “visiting nurse” who helped bath Claire, organized her medications, and offered a few hours of rest for Harry. However, now they were facing the reality that Claire, his wife of 67 years, could no longer live at home, as her falling had become more often and her memory issues were becoming serious. The day before Claire's discharge from the hospital, they learned that she needed more care than Harry could provide.

A flood of questions hit Baron! Who would care for Claire, who did he call to find out about care options, how much was this care costing, and just where did he turn now.

Harry discussed these issues with some friends from church that afternoon and learned about “In-home Care” and he called right away. He was astounded at the cost – which by the way is confirmed by a recent report from the Congressional Budget Office (CBO). The CBO report defines how our aging loved ones with functional limitations are classified and how much assistance they need to maintain their independence in their activities of daily living (ADLS)... (bathing, dressing, eating, toileting skills, walking, and transferring from bed to chair).

People with functional limitations who receive assistance from others primarily rely on informal care (family members). The number of hours of paid care is highest for people who have difficulty with three or more ADLS and who are 85 or older. However, many are wid-

owed and thus without a spouse to care for them.

People under age 85 with limitations in three or more ADLS who live at home rather than in a care facility receive an average of 9 hours of assistance per day.

People age 85 or older with that degree of impairment typically receive about 11 hours of assistance per day, mostly informal.

And for those whose are 85 and up who have limitations with three or more ADLS and who also have cognitive limitations (including dementia) receive an average of more than 14 hours a day of informal and paid care.

The cost of an unlicensed home care worker who provides basic care is paid out-of-pocket for those who are not eligible for public benefits. According to the 2012 Met Life study of costs of long term care, including home care workers, the average national cost is \$20 per hour.

If you pay a worker to care for

your 85 year old parents' with three functional limitations and dementia, the cost could average \$102,200 per year for daily, 14 hour-a-day help. Since most elders cannot afford this, the writing is on the wall. Family members provide much of the needed help themselves. Will this be you?

Harry and Claire – like most elders and people in the U.S. – never considered Long-Term Care Insurance (LTC) (which is the only private benefit that covers home help with activities of daily living). The CBO states only about 3 percent of the population had LTC insurance in 2011.

It is prudent to consider the long term picture even if your aging parents are just fine at the present? Most of us are going to need some help at some time in the future if we live to be that old. Aging parents need to see their financial planners to be sure assets are available to cover these potential costs. And if they do not have that kind of assets it may be up

to you to pay for or provide care on your own.

In the greater Augusta and the CSRA there are several private fee-for-services agencies who provide “In-Home” care. In fact, several are members of the CSRA Senior Resources Advisors who offer guidance to decision making regarding these invaluable resources. If you are needing more information about caregiving options or contact information, please call The Senior Citizens Council at 706-868-0120 for assistance.

Next time, we will discuss moving into an Assisted Living Facility and what to expect at that time.

As always, please call us during normal business hours, to gain assistance in learning about caregiving options. We are here to help you navigate this difficult time of life.

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

Storybook Brunch benefits Southeastern Firefighters Burn Foundation

Special to *Senior News*

The Southeastern Firefighters Burn Foundation is planning a new tradition that promises family fun for years to come. If you have a young child, or you're a child at heart, you won't want to miss the Storybook Brunch, presented by PotashCorp and Tintoria Piana, Sat., March 1st, 9 to 10:30 a.m., at First Baptist Church Fellowship Hall, 3500 Walton Way, Augusta, GA 30909.

The magical morning begins with a hearty breakfast, followed by a parade of favorite storybook characters, including princes, princesses, and action heroes, who linger for autographs and photographs. Children are encouraged to dress up as their favorite storybook character. Parents, don't forget your cameras.

The cost of the event is \$20 per person, and includes a breakfast buffet. Advance reservations are required and seating is limited. Strollers and carriers are not allowed. Tickets are required for ALL attendees, regardless of age. Tickets may be purchased online by visiting sfbf.net/Storybrunch. For more information, call the Burn Foundation at 706-650-BURN (2876).

“Not only will this be a fun family event, but it's occurring on the weekend that kicks off the National Education Association's Read Across America, an annual reading awareness program that calls for every child in every community to celebrate reading on March 2, the birthday of beloved children's author Dr. Seuss,” shared Bobbie Jo Gainey, Development Director of the Burn Foundation. “Thanks to American Family Insurance, every child will take a souvenir storybook home.”

Proceeds from the event will help the Burn Foundation advance its mission of caring for families of loved ones who are patients in the Joseph M. Still Burn Center at Doctors Hospital. The Burn Center admits over 2,000 patients annually from across the Southeast; twenty-five percent of the patients are children.

“We think this event is destined to become an Augusta family tradition,” expressed Dr. Jo Maypole, President of the Burn Foundation. “Since we often

work with pediatric patients and their families, this new event seems like a perfect fit. Children helping other children – it just feels right!”



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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.

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706-595-5574

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Serving Augusta & the CSRA

Website

www.seniornewsga.com

Editor

Ann Tunali

Email: seniornews@msn.com

Advertising Account

Executives

Carolyn Brenneman

706-407-1564

seniornewsga@att.net

Wayne DeLong

803-257-1455

803-624-0903

waynedelong8@gmail.com

Columnists

Carolyn Brenneman

Dr. Bill Baggett

Kathleen Ernce

Lisa Petsche

Dr. Anne Jones

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636

FAX: 478-929-4258

www.seniornewsga.com

E-mail: Seniornewsga@cox.net

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Poets' Corner

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

AFTER CHRISTMAS

by Frankie Lee

*Christmas has come and now it is gone
It all went by so fast
The peace of the season and love of it all
Is now again in the past
It was suppose to be so special and in a way
It was
It just didn't last, it went to fast and Life goes back to normal.*

*We needed that peace, that quiet of the day
The moment for adults to talk and children to play
For people to be kinder to others in their way
And companies to remember the ones that Made them strong.*

*And now it's all forgotten again
People come and go
No one remembers what was learned that day
Of peace and love for all
Soon they may not get the chance to show how
Much they care
It should last all year long
Not just those few days.*

*Make each day a Christmas
Not with gifts but love for all
Filled with kindness and caring
Helping people that take a fall
When one leaves this world alone
It's not the car or job or home
It's not the money in the bank or gold
It's the priceless gift of love
In the person that you are.*

JUST ONE THREAD OF DOUBT

by Henry N. Goldman

(And immediately Jesus stretched forth his hand... and said... O thou of little faith, wherefore didst thou doubt? Matt. 14:31)

*A little bit of doubt can change
The course of might men.
Just one shred of doubt can cause
A kingdom's untimely end.*

*It only takes a little doubt
To sway the crowd's hot wrath.
To swing the pendulum the other way
To stay its wrongful path.*

*Just a shred of doubt can cause
Life's dream to melt away,
And never bring it back again,
To build again someday.*

*Just one shred of doubt can turn
A foot from its destined path,
Lead a life that's meant for fame,
From a course that's never cast.*

*A little bit of doubt can cause,
Someone's ambition to depart,
And let those highest goals be dashed,*

To never get a start.

*It only takes a shred of doubt,
Our faith in God to erase –
Let not that little bit of doubt,
Turn away His saving grace.*

BIRTHDAY: WHAT DO THEY MEAN?

by Mary Elliott
(2007)

*When we were young, it's the beginning of a wonderful dream.
At 16, learning to drive and owning your first car, dreaming of your future, perhaps being a star.
At 18, maybe your first romance and learning to dance.*

At last the magic age of 21, now you're legal to do so many things you start to fly and spread your wings.

25-30, is this when you meet your spouse?

If so, next thing, you're buying a house.

Then children come into your life, bringing lots of love and some strife.

Between 40-50, are these grandchildren I see?

You think; oh my, what has happened to me?

How quickly the years came and went; now you're thinking about retirement.

Birthdays should make you grateful for your life,

Just to be here and be alive.

I once wrote when I was 50 that I felt like I was 30,

Now, thanks to GOD, I am 75 and feel like 55.

Spiritual Notes

It's About Your Heart!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

As the days, months and years pass, most of us, as senior adults, do a great deal of introspection. Looking back on our life's journey we ponder what the impact, if any, we have made in the lives of those individuals we have encountered along the way. Perhaps we have had little or no confirmation of any the influence we may have had on anyone.

We should not be discouraged if we have not received positive reinforcement for the things we did and felt worthwhile during our lifetime. There is no way of knowing how many lives were touched or changed. One of the heroes of mine is

Helen Keller. While growing up in Alabama I heard many inspirational stories of this remarkable blind woman's life. She said, "Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts." Further, she said, "When we do the best we can, we never know what miracle is wrought in our life, or in the life of another."

As we start this brand new year, I'm sure all of us have made the usual New Year's resolutions. It is something we do, either seriously or because of a guilty conscience. (Most of them have been broken by early spring). This year I want to challenge you to bundle your resolutions as I have. Rather than enumerate them, I have another Helen Keller quote that sums up the way I want to live my life in the future.

She said, "The best and most beautiful things in the world cannot be seen or even touched. They must be felt in the heart."

Let's forget whether or not our good deeds are noticed or appreciated. Ask God to touch your heart so that you will be moved to do His will. In the book of James, 3:17-18, we read: "The wisdom that comes from Heaven is first of all pure, then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness."

Your resolve may cause a miracle in your life!

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

On the Cover

Seniors At College!

by CAROLYN BRENNEMAN

Calling all senior citizens of Augusta! Did you know that you can take free classes at many colleges and universities! Just because you're retired doesn't mean your college days have to be over. You can spend your retirement years on a beautiful campus right here in Augusta without ever having to worry about student loans or course



Patrick heading out for class

tuition.

Did you know that GRU is a fabulous college that does offer this free tuition to any senior over the age of 62? According to the provisions of the Georgia Constitution, any senior who is a resident of Georgia, and at least 62 years or older, can enroll as a regular or auditing student in any of the courses offered for registration. What a great opportunity for all of our seniors to take advantage of. Now, any seniors interested in attending GRU here in our very own Augusta? If you are interested in obtaining a degree; or, if you already have one, you can take the classes to further your education. You can also attend classes for your own pleasure, as long as space is available.

According to Katherine Sweeney, Director of the Office of Academic Admissions, many seniors take courses for personal enjoyment and may audit the class rather than take the class for credits. Taking college courses on an audit basis means attending lectures without having to submit all the homework or take the graded exams. Take Martha, for instance. "Going to school and auditing classes has been a way of

occupying my time and generally seeing if I can still sit in a room with young adults in their 20s and keep up," says Martha. And she surely does keep up. Auditing arrangements are often made on an individual basis.

Ms. Sweeney says that many popular courses include classes in the Art or History Departments. Take Suzanne, for instance, she has been attending pottery and sculpture classes over the years and enjoys the fellowship, learning experience and personal satisfaction from creating art. Other students at GRU have gone back to school to pursue a degree or a higher degree, and have attended school for

many years. Any senior age 62 or over, is exempt from the payment of fees, and only needs to pick up any supplies, laboratory or shop fees that may be associated with the course. So, calling all seniors – let's have some fun and take a class at our fabulous GRU.



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The JEFFERSON AWARD

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

Have you ever heard of the Jefferson Awards? What if I told you we have a Jefferson Award winner in our community!

The Jefferson Awards, a prestigious national recognition system honoring community and public volunteerism in America, originated in 1972 when Jacqueline Kennedy Onassis, Senator Robert Taft, Jr, and Sam Beard, Chairman of the National Development Council, founded the American Institute for Public Service and established a "Nobel Prize" for public and community service. The mission of the

Jefferson Awards is to honor Americans who perform outstanding public service and inspire others to follow their example.

Previous National Jefferson Award recipients represent a "Who's Who" of outstanding Americans. Past winners include Justice Sandra Day O'Connor, Former First Lady and Community Volunteer Barbara Bush, General Colin Powell, media giant Oprah Winfrey, and Senator John Glenn.

Recently, WJBF News Channel 6 announced the 2014 winner of the "Giving Your Best Award" as being Helen McVicker. McVicker is President and Founder of Augusta's own, "When HELP Can't Wait." Helen will travel to Washington D.C. in June of 2014 to compete for the National Jefferson Award. The local "Giving Your Best Award" is

sponsored by Georgia Bank & Trust, Solvay Specialty Polymers, Walton Foundation for Independent Living, and WJBF, News Channel Six.

When HELP Can't Wait (WHCW) – in its eighth year of service to the CSRA Nursing Home community – serves residents who have no friends or family to provide them with basic needs. WHCW acts as a surrogate family providing comfort and convenience items to improve the quality of life of these residents. WHCW is a 501(c)3 organization and accepts your tax deductible donations of all types.

WHCW, like the Jefferson Award, is committed to strengthening the spirit of volunteering and community service in communities and to working with media partners to build a coordinated community-

wide growth endeavor; and, is also committed to strengthening the spirit of local volunteering, to enhancing local community service, and to working with local media to build a coordinated community-wide endeavor.

WHCW invites all of the CSRA to come by to see us at 3814 Commercial Court, (across from Martinez Post Office), Martinez, Georgia and to browse our "Classy Closet" (a women's Boutique) for some great buys – all proceeds from the "Classy Closet" help improve the lives of area nursing home residents.

You may also learn how you can become a volunteer of WHCW!

We congratulate Helen McVicker, the all-volunteer staff and Board of Directors of WHCW. Way to go, Helen!

Discount Cards are not Health Insurance!

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

The Better Business Bureau is cautioning consumers about "discount cards" that are marketed as if they are health insurance plans. Given the confusion over the Affordable Care Act, advertisements for discount plans are appearing everywhere – on telephone poles, in elevators, on unsolicited faxes and in spam e-mails. They all boast low monthly rates and provide a contact number for information. Unfortunately, if additional details are provided, they do not always tell the full story.

Judging by complaints received by BBBs, many consumers mistakenly believe that by signing up for a discount medical plan, they have purchased affordable health insurance. In fact, discount plans vary significantly from actual insurance and provide different benefits. For instance: Discount plans can be sold by anyone at any cost with any benefits. They are not licensed insurance products.

Health insurance typically covers most or the entire bill for approved services (after deductible, coinsurance and/or co-payments have been paid). By comparison, a discount plan provides only a discount off of a participating health care provider's full fee; the patient is responsible for paying a majority of the fee at the time of the office visit.

The protections and rights available to you under a health insurance plan may not be available to members of a discount plan.

Providers in a typical discount plan's "network" are not bound by contract to participate in the plan and may stop offering the discount at any time.

Your contact information and privacy may not be protected and even sold to other marketers.

If you are considering enrolling in a discount health plan, review the plan carefully. Ask the following questions before making a decision, and obtain the answers in writing!

Is this plan an insurance product in my state? Verify the answer by contacting your state insurance department.

What is the annual cost of the plan? Don't be swayed by exaggerated savings claims. "Up to 40%" does not mean a guaranteed 40% savings!

What are the benefits of the discount? What health products and services are covered; which ones are not covered?

Which local health care providers and facilities accept the discount card? If the sales person refuses to provide such a list, do not do business with them.

Who do I call if I have a problem with the discount plan? Can I cancel my membership at any time?

Contact your healthcare provider to see if they accept the plan. If not, you could be throwing your money away.

Steer clear if you are pressured to "act now" because this is a "one-time offer." Purchasing health insurance should involve time and attention to details. Also, avoid salespeople or discount card companies that insist on debit card, bank account information or insist on a wire-transfer payment. Remember, before making a purchasing decision, contact your BBB and your state insurance department to find out if there have been complaints against the company.

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.



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Augusta/CSRA CALENDAR

The Senior Citizens Council
218 Oak Street North, Suite L
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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 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

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>.

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 Worlds of Hunt Slonem*: Through Feb. 23

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 Bob Anzuoni at 803-215-4010 or visit www.augustadancing.org.

Augusta Christian Singles Weekly 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. If you don't know how to dance and want to learn, free instruction begins at 7 p.m. Don't stay home alone; come dance and have fun. For more information visit www.christiandances.org.

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

continued on page 8

Vintage Gardens At Sweetwater



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CALENDAR from page 7

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.

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.

• Art Night Out: Feb. 12, 6:30-8 p.m., Artsy Me, 4275 Washington Rd. Cost: \$5 to Artsy Me plus cost of individual projects. For complete details visit www.fgsc.com.

North Augusta Family Healthy Fair Expo

Sat., Feb. 22, 10 a.m.-4 p.m., 100 Riverview Park Dr., North Augusta, SC. FREE Admission and Door Prizes! Health Screenings, Eye Exams, Blood Pressure Checks, Body Composition

Determination, Sheppard Blood Mobile, Nutrition & Health Products, Exercise Demos and Sports & Fitness. Sponsored by local businesses and civic organizations including Comfort Keepers.

Call for Entries!!!

Poetry Matters Literary Prize

The Poetry Matters Literary Prize awards cash prizes in the following categories: Young Poets: Middle School Students; High School Students. Adult Poets: Ages 18 to 60. Senior Poets: Ages 61 and above. Prizes to be awarded on Sat., April 26 in a ceremony at Jabez Sanford Hardin Performing Arts Center. Entries must be postmarked by March 30th and mailed to: Poetry Matters 2014, c/o PRA Publishing, PO Box 211701, Martinez, GA 30917. For online submissions or additional information visit www.poetrymatterscelebration.com.

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