

Senior News

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*Take A Hike on
the Greenway!*

Story on Page 5

September 2014
Vol. 28, No. 9

Taking Care

Help a loved one remain in their home!

by LISA M. PETSCHÉ

When asked, most older adults say they would prefer to stay in their own home for the remainder of their life, in order to ensure their comfort and preserve their independence. While no one knows what the future holds, there are many things that you, as a family member, can do to maximize the chances that your aging relative can stay safe and well in their current environment.



Lisa Petsche

Read on to learn about some of them.

In the Kitchen

- Locate regularly used pots, dishes, staple foods and other supplies within easy reach.

Ensure the heaviest items are stored in the lower cupboards.

- Get your relative a microwave oven for easy cooking and heating of prepared food.
- Small appliances, such as kettles and toaster ovens, should have an automatic shut-off feature as well as simple controls, large dials or buttons and easy-to-read labels.

In the Bedroom

- Situate a lamp within easy reach of your relative's bed. It should be easy to turn on and off.

- Arrange for a phone at their bedside. If their bedroom does not have a phone jack, get a cordless phone so they can keep the receiver with them at night – and wherever they spend their time during the day.

- Assist them in obtaining an adjustable bed, to maximize their comfort and facilitate mobility.

- Ensure there is a clear path from their bed to the bathroom.

In the Bathroom

- Have grab bars installed by the toilet and in the bathtub or shower area. Ensure the bars are placed in the proper location and well anchored to the wall.

- Get a rubber mat (the kind with suction cups) for the tub or shower, and a non-skid bath mat for the floor.

- Get a bathtub seat or shower chair.

- Obtain a raised toilet seat if your relative has trouble getting on and off the toilet.

- Get a hand-held showerhead so they can shower sitting down.

- Consider installing a walk-in bathtub or shower. Models are available with a variety of features, such as a retractable hand-held shower and whirlpool jets.

In Stairwells

- Steps should be in good repair and have a non-skid surface.

- Have solid handrails installed on both sides of stairways. Ideally these should project past the top and bottom steps.

- Keep steps free of clutter.

- Ensure stairwells are well lit. If necessary get battery-powered dome lights that easily attach to the wall.

- Get a chair lift if it is hard for your relative to navigate stairs and they must do so daily. Equipment is available for all types of stair configurations. Some companies sell reconditioned models, which can make the cost more manageable.

Outdoors

- Install handrails on both sides of entranced steps.

- Have an entrance ramp built or a porch lift installed if necessary.

- Install an exterior light with an automatic timer or a sensor, and affix house numbers that are easy to see from the street.

- Arrange for a property maintenance service to tend to relative's lawn and garden and clear snow in the winter.

General Tips

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they are one of the most common causes of falls.

- Use night lights in the bedroom, hallways and bathroom. Get the kind that have motion sensor or that automatically turn on in dim lighting conditions. Also get a couple on plug-in, rechargeable flashlights that automatically come on when the power goes out.

- Spend some time browsing in a medical supply store or perusing their online catalog to discover the many items available – reachers and electric-lift armchairs, for example – that can increase household safety and make everyday activities easier for your relative.

- Arrange for a personal emergency response service (also known as a medical alarm), whereby your relative wears a lightweight, waterproof pendant or bracelet with a button to press if they run into a crisis and need help. Studies have found that getting help quickly after a fall reduces the risk of hospitalization and death.

- If your relative's home is accessible but he or she cannot be left alone for long periods of the day, you may wish to investigate the options of a live-in caregiver.

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

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AGENCY ALERT: Hospitals say Hackers stole records of 4.5 million patients

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

A U.S. hospital network said recently that Chinese hackers stole Social Security numbers, addresses, names, birth dates and phone numbers for about 4.5 million patients.



Kathleen Ernce

Community Health Systems, the hospital network whose data was breached, runs 206 hospitals across 29 states and says its medical data is safe. The suspected hackers have “typically sought valuable intellectual

property, such as medical device and equipment development data,” according to a Securities and Exchange Commission filing, though in this case they copied patient information in April and June.

Is your hospital part of the network? Anyone who received treatment from a physician's office tied to a network-owned hospital in the last five years – or was merely referred there by an outside doctor – is affected.

The large data breach puts these people at heightened risk of identity fraud. That allows criminals open bank accounts and credit cards on their behalf, take out loans and ruin personal credit history.

The company's hospitals operate in 28 states but have their most significant presence in Alabama, Florida, Mississippi, Oklahoma, Pennsylvania, Tennessee and Texas.

When hackers get credit or debit card numbers, customers who are notified can cancel those cards and alert their banks to fraudulent transactions, and are often absolved of liability for unauthorized purchases. And when passwords are pilfered from databases, the answer is sometimes simpler: Change them. Security experts are working to make that even easier, hoping to kill off the password and replace it with biometric scans as soon as next year. But the Social Security number is a permanent nine-digit password to your life. We depend on them for loans, taxes, employment records and financial transactions. “You’re now in for a lifetime of having to look over your shoulder,” says Adam Levin, founder of the personal finance website Credit.com and founder of Identity Theft 911, an education and breach response company.

What to do if your Social Security number was stolen

Accept or enroll in the identity-theft protection services the hospital network is offering – but be aware of its limitations. The company wrote in government filings that it will offer affected patients these services. Still, identity theft protection isn’t a force-field. It’s usually a reactive product that can tell you if someone misuses your identity, which you can also fig-

ure out through other means. Does the service offer help with resolution if you need to clean up the mess after a fraud?

Request a 90-day fraud alert. Ask one of the three major credit bureaus – Experian, Equifax or TransUnion – to place this note on your account so creditors know to take additional steps to verify that any attempts to open new accounts, increase credit limits or obtain new cards, for example, are coming from the real you. One of the bureaus will automatically notify the others of your request, so there’s no need to individually ask all three.

Put a security freeze on your account. This locks your information and forbids the credit bureaus from giving out your information without permission. Yes, this could get annoying, but “I would rather face cumbersome than a disaster,” Levin says.

Contact the Social Security Administration. The agency should know of the theft regardless of

whether you are collecting benefits right now. In cases of synthetic identity theft, criminals associate a victim’s Social Security number with a new name to create a fake persona. Also be sure to check whether your Social Security benefits line up with the dollar amount you expect. A fraudster who cannot be legally employed could be using your identification number to find a job.

If you start getting strange calls from debt collectors, don’t dismiss them. A crook could be responsible for the debts incurred using your Social Security number – especially medical debts. Hackers stole information from a hospital, so they know they can use it at a medical facility, Levin says.

Are you eligible for Medicare but are confused about what coverage you need and what are the costs? And are you getting loads of mail from various

insurance companies trying “sway you to their companies?” Before you make what could be a costly mistake, come hear how Medicare works and does not work with consumers and service providers of in-home care, home health care, hospice, pharmacies, etc.

The Senior Citizens Council is hosting you for a FREE workshop on Thursday, September 18, 2014 from 2:30 p.m. until 5:00 p.m. and Friday, September 19, 2014 from 9:30 a.m. until 12:30 p.m. at the Augusta Metro Federal Credit Union, located at 205 Davis Road, Augusta, Georgia. Although the workshop is FREE, you must register by calling us at 706-868-0120 no later than close of business on Friday, September 12, 2014.

The Senior Citizens Council has moved to 4210 Columbia Road, Suite 13-A, Martinez, Georgia 30907. Our telephone number remains the same at 706-868-0120.

AARP Georgia offers Fraud Watch Network as a resource helping Georgians protect their financial security

Special to *Senior News*

AARP Georgia realizes identity theft is a major problem in our state. According to the Governor’s Office of Consumer Protection, in 2012, Georgia was the state with the second greatest number of complaints related to identity theft filed with the Federal Trade Commission.

In Georgia, the AARP Fraud Watch Network helps people fight back against fraud, identity theft, and scams. Augusta community members are invited to learn how to protect their financial resources and identity during a Fraud Watch Network workshop on Wednesday, September 10, from 10am-12pm at the KROC Center, 1833 Broad Street, Augusta.

AARP Fraud Watch Network gives access to:

- The latest, breaking scam alerts and fraud prevention tips, delivered right to your email inbox.
- A scam-tracking map

www.aarp.org/fraudwatchmap where you’ll find the latest scam alerts from local experts and law enforcement, and more.

“Every two seconds someone’s identity is stolen and it is important to remember anyone can be a victim of fraud. That’s why AARP Fraud Watch Network is free of charge to anyone, of any age to be able access alert warnings about the latest scams, information about how con artists target their victims and a network where you can share your experience with other Georgians who might need it,” says Charima Young, AARP Georgia Associate State Director – Community Outreach.

During the workshop session, Georgians will learn fraud trends and

behavior, con artist’s playbook, practice spotting fraud, and prevention and resources. For more information about the AARP Fraud Watch Network, visit aarp.org/fraudwatch-network or contact 1- 877-908-3360.

To register for the session, contact Jeanette Cummings at email: jcumings@csrarc.ga.gov or 706-210-2013. For volunteer opportunities with AARP Georgia, please contact 866-295-7281.

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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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Senior News & Views of Georgia

Dr. Bill Baggett retires

by SUSAN LARSON

Dr. Bill Baggett is retiring. So he says. As he approaches his 80th birthday, he can recall dozens of leadership positions he'd held for at least 65 of those years starting with his role as President of the Alabama High School Press Club while he was also president of his senior class in Cullman, AL.

While uplifting *Senior News* readers for years with his "Spiritual Notes," he is not an ordained minister.

"The church has always been a significant part of my life and I started out to go to seminary, but was not pleased about my choice," Baggett said. He, instead, went to University of Alabama where he earned advanced degrees in Counseling and Educational Psychology.

His resume includes positions at Florida State University, Stetson University, Valdosta State, and University of North Florida. Then after 20 years as Dean of Men at Georgia State University, he retired. Or so he said.

From there he went on to ministering as Educational Director at The Bridge, a school for troubled teens and was instrumental in raising \$1 million for their cause. In addition, he served a total of 20 years as Minister of Music at Mount Vernon Baptist and Doraville First Baptist.

While serving at the latter, the opportunity arose for him to direct Young at Heart, the Senior Adult Ministry, at Dunwoody Baptist Church where he's been a long time member.

He met with Joy Bailey, a member of DBC, and over coffee and a bagel she convinced him to join them. And now, 17 years later, he is retiring again.

Senior Minister Mack Hannah has felt blessed to have Baggett ministering with him for nearly two decades.

"Every role he's ever been in he's been a minister," Hannah said. "It's just in his DNA. That's who he is. He has the Lord's heart. He's always upbeat and cheerful. Well, except for when Alabama



Dr. Bill and Lee Baggett

loses."

A die-hard Alabama fan, Baggett has quite a collection of elephants, including wooden, ceramic, plush and marshmallow. "I even have one that sings the Alabama Fight Song!" he shared.

Bailey echoes Hannah's observations that no matter what Baggett does or where he goes, he's always a minister.

"He was planning a cruise down the Mississippi with his wife; and, before he left, he made out a list of all the things that needed to be done in his absence," Bailey said. "A few days later, he called to see if everything was going all right."

Sad to say for *Senior News* readers, Baggett will be retiring from his "Spiritual Notes" column as well. His column in this, the September issue, will officially be his last.

Baggett plans to live out his retirement by spending more time with his family, but he will remain active in his church. And if he's ever away on a cruise, no one at DBC should be surprised if he calls in just to make sure everything is going all right. And as for that "retirement" from *Senior News*, he has already agreed that on "special occasions" he'll minister to his fans with one of his "Spiritual Notes."

Spiritual Notes

SERVING GOD!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

It has been a pleasure to write this column for a number of years. At the end of August I am retiring and have advised the Editor of *Senior News* that I will no longer be writing for the paper. Many of you

have written me kind letters regarding any number of the topics I have addressed in the monthly column. I will miss hearing from you.

Senior adults are beset with numerous issues and concerns as the aging process takes place. There are the ever present physical changes, financial anxieties and often, loss of family members and friends. *Senior News* is a good resource for Senior Adults. I encourage you to keep getting your copy of the paper for human interest stories and pertinent information for seniors.

As I have written this column over the years my desire was to be an encourager to seniors. Seniors have many talents and gifts to share, regardless of age or physical condition. One of my life scriptures is

Psalms 100: "Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness; come before his presence with singing. Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and bless his name." Serving God has enriched my life and He is so faithful. Let me encourage you, again, to trust God and use your talents in serving others.

As I "sign off," I wish to thank Ann Tunali and Billy Tucker for the opportunity they have given me to write this column. Blessings to you all!

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

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On the Cover

Take A Hike on the Greenway!

by CAROLYN BRENNEMAN

Photos by Carolyn

Cover:
Greenway Trail in North Augusta

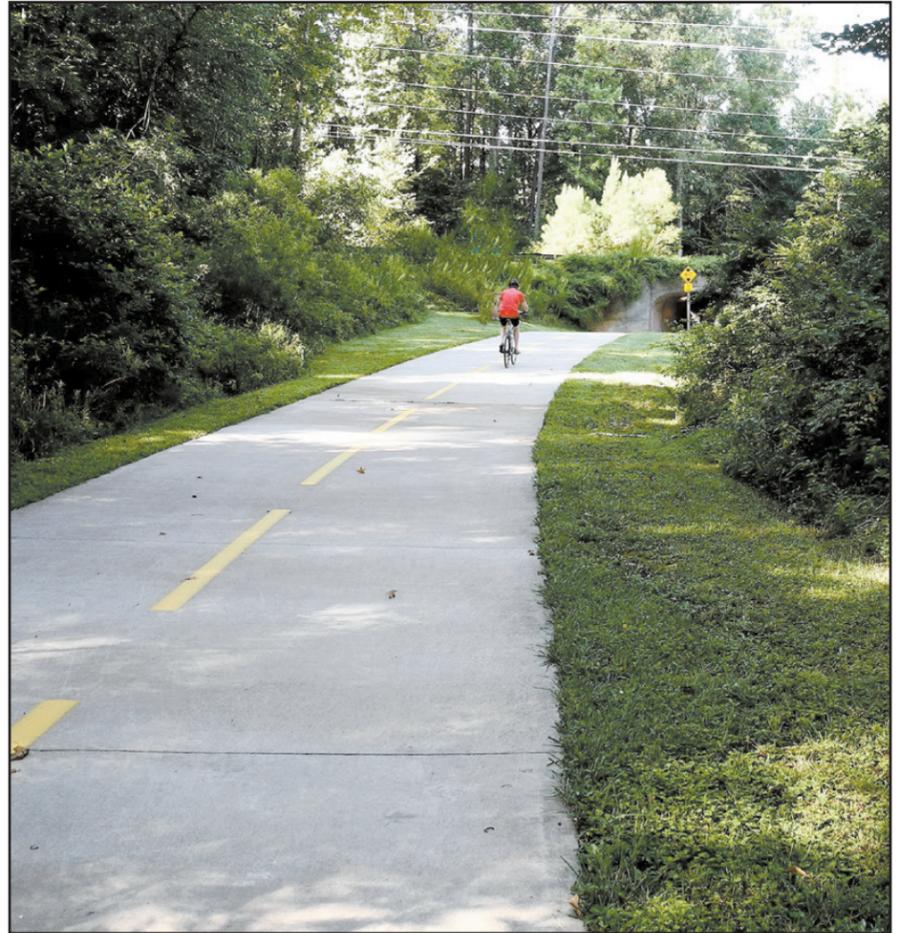
September is here and is a great time to enjoy the outdoors and natural surroundings. One of the best recreational areas is the Greenway in North Augusta. It is a fantastic trailway displaying the natural environment and extends 12.5 miles through the riverfront community of beautiful North Augusta. It follows an abandoned right of way of the former central of Georgia Railway and only climbs 200 feet or more over the whole area from the River Golf Club on the Savannah River through the neighborhoods of North Augusta and wooded alcoves. The trail provides paved and clean paths for all of us to enjoy while walking, jogging, biking or just strolling along.

This area, named after the former Mayor Thomas W. Greene, is a great outdoor setting which provides a safe and fun environment for people of all ages. We can go at our own pace as we meander through the natural terrain and the Savannah riverfront. We will see many of North Augusta's neighborhoods, natural settings, wide open spaces, native

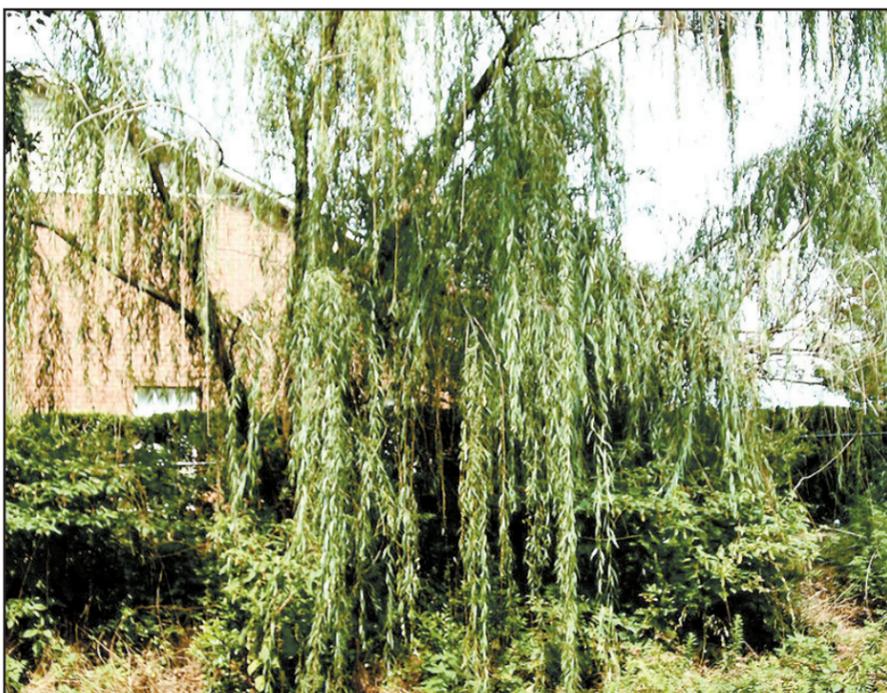
wildlife, and breathtaking river front views of the Savannah River. This popular recreational area is a multi-purpose trail and is a perfect place to spend time with friends and share time with the family.

The peaceful and serene trail offers us a trip back in time and downloadable audio podcasts can teach us about the history of the area as we follow along the trail. Buffering much of the route is a 100-foot wide, wooded area that provides habitat for native birds, deer and other wildlife. Trees hide more developed sections of the trail and any trail crossings over a busy intersection are hardly noticeable as the tunnels and bridges around will take us away from any busy road crossings. So let's all grab our walking shoes or our bikes and enjoy the serene surroundings in this marvelous natural terrain.

The Greenway is open to the public from dawn until dusk and there are four parking areas. Ample parking is available near the eastern end of the trail at Riverside Avenue west. To reach the Riverview Park trailhead from Georgia Avenue in North Augusta, take Buena Vista Avenue west, turn left onto Georgetown Drive and continue to the parking lot in Riverview Park. Enjoy the day at the Greenway!



A biker riding on the trail



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Augusta/CSRA CALENDAR

AUGUSTA/CSRA METRO AREA Opportunities Directory

For additional *Opportunities* listings, please visit our website at: seniornews-ga.com.

The Senior Citizens Council

4210 Columbia Road, Suite 13A, Martinez, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org

The Senior Citizens Council is open Monday through Friday for the following services:

- Advocacy Programs Department – including: Caseworker Services - Caregiver Respite, Referral Information and Support (CRRIS); Bill and Money Management (MAP); Senior Health Insurance and Education (SHINE) - the Center for the Prevention of Elber Abuse, Neglect and Exploitation.
- The Senior Corps Department: Foster Grandparent Program (FGP) and Senior Companion Program (SCP) for income-eligible persons age 55 and older who “serve up to 20 hours a week with special needs children or adults.” Call us at 706-868-0120 for complete details. The Retired and Senior Volunteer Program (RSVP) for individuals looking for “fun and rewarding ways to make a difference in the community” or just get out-of-the-house a few hours a month. RSVP recruits individuals age 55 and over for the opportunity to apply their skills, expertise, and experience to help meet critical community needs while meeting other like-minded folks in our community. RSVP pairs talented volunteers with a variety of local nonprofit, health care, governmental, and faith based organizations to assist these groups with meeting the needs of those they serve. Please call us at 706-868-0120 for details on any of our programs or make an appointment for a needed service. Our physical address is

4210 Columbia Road, Suite 13A, Martinez, GA 30907, Monday through Friday, 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 Eucree 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

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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
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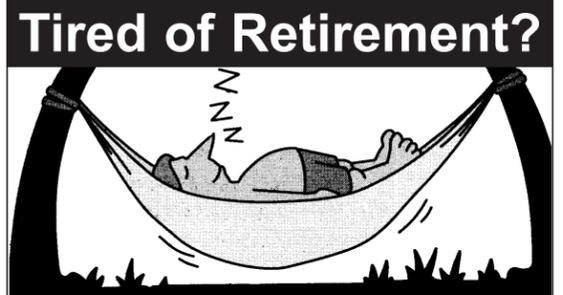
Hearing Loss Association of Augusta

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

continued on page 7



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Going Beyond Caring

CALENDAR from page 6

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.

- Art from the Collection of Jonathan Green and Richard Weedman: Exhibition on display through Sept. 28
- Southern Soul & Song Concert Series: Doyle Lawson & Quicksilver with special guests Kenny and Amanda Smith: Fri., Sept. 12

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.

- Extended hours for August and September to honor Mr. James Brown: Tues.-Sat., 10 a.m.-5 p.m.; Sun., 1-5 p.m.
- *Preserving Your Treasures: Behind the Scenes at the Augusta Museum of History*: Sat., Sept. 6, 13, 20 & 27, 1 p.m. & 3 p.m.
- Brown Bag History Lecture Series: Regional Happenings: Wed., Sept. 10, 12:30 p.m.

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 Event

Augusta Christian Singles will be having a Speed Dating event on September 13 at the Ballroom Dance Center, 525 Grand Slam Dr., Evans. Pre-Registration will be at 5:30 on September 11. Speed dating will begin at 6-7pm. Admission is \$8.00 guests, \$10.00 members. Regular dance starts at 7:30-10:30 pm.

For more info go to our web site at christiandances.org or call Matt Masters 762-233-1978; or contact Barbara Nash at bandance@att.net; Theresa Thigpen at imblessed333tst@yahoo.com; or, Kim Walker at kimadnik@gmail.com.

Fraternal Order of Eagles Lodge 1197

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

AARP Augusta Local 266

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

Al-Anon and Alateen Groups

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

Friday Night Dance

Every Friday, 8-11 p.m., American

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

Augusta Area Newcomers Club

The Augusta Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out. For information please contact hospitality@augustanewcomers.net or call Susan Salisbury at 706-814-6297.

Service Corps of Retired Executives

The Service Corps of Retired Executives (SCORE) provides counseling and mentoring to business people who are starting up a new business or who are expanding one that is ongoing. SCORE is a non-profit, public service organization, affiliated with the SBA. There is never a charge for our services. Call 706-793-9998, Mon. - Fri., from 9 a.m. - 12 noon.

Phinzy Swamp Events

706-828-2109

Find Your Voice

Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

DBSA (Depression Bi-Polar Support Alliance)

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

Pieceful Hearts Quilt Guild

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

Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

Alzheimer's Caregiver Support Group

Meets 3rd Tues., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 or 706-854-3501.

CSRA Parkinson Support Group

Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

Area Agency on Aging Offerings

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

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Poets' Corner

THE SEASONS

by Dr. Beatryce Newton

From seven till eleven – that's how my day begins and ends. The daylight changes with the seasons. In the fall, the light begins to fade earlier in the evening, and comes even earlier the next day.

In the spring, the sun rises from East and casts shades of morning light onto my window sill. I write notes and search for knowledge, with the morning sun to light my journey into the unknown.

As I plunder through information sorely needed, I wonder what mysteries lie beneath the piles of files before me. I pause my search to watch the morning skies of rich azure beauty.

As I sit with morning coffee, the sun's reflection against the wall, casts a calming feeling over me, which follows throughout the day.

I love summer days of bright, sunny, shady trees. Life is a leisure time of pleasure. Woe is the soul who lingers over winter's toil of sorrow. Surcease of sorrow! Sing praises for the light, the long summer nights. Let life be a happy song of

light hearted dancing in the dark.

Enjoy summer fun, frolicking in the sun. The lazy, hazy days of summer nights. Lighthearted singing, resting, reading, leading a life of simple pleasure.

Trips along the long, winding roads of trees and flowers – Flowers in gardens so delightful which warm the hearts of ladies in waiting. Mothers and their children, playing in the sand, sitting and swinging in the shade.

They weed, water and till the soil for older ladies who they love. They serve drinks to tired fathers who toil during the day, and bring gifts of joy to their families everywhere.

Oh, what happy days of summer. What glorious sunshine, long nights and early mornings – My heart sings with lingering delight.

Winter brings darkness, but not for long, fires warm the heart and bring happiness to the soul. The beautiful evening clouds with green, leafy trees between – Oh, the magic of it all. Soft music lulls me to sleep; while bird's songs awaken me. Good morning world. I happily greet you, while my soul

emerges into winter's light.

THE HOUSE

by Doris Highsmith Charnock

Death, like a tornado, came into the house.

Unwanted and irrevocable. Leaving the house leaning. Friends steadied the house.

A ferocious wind blew love out. Loving church members brought love back.

Tears, like rain, flooded the house. Prayer dried the house out.

Paperwork caused the house to shake and tremble.

Built on a rock, the house stood firm.

OUR UNCHANGING GOD

by Marjorie A. Gillis

(From the Book: Reflections)

We never know what life will bring; The happiness; the fearful thing; The poverty or yet the wealth; The sturdy frame; the loss of health.

In faith we live from day to day Doing our best to follow His Way, Not to be shaken by the blows That plunge us from our highs to

lows.

Through all, we know that He is there, The One Who keeps us in His care, Who teaches us that life is worth Every challenge here on earth.

So mountain high or valley low, Knowing He's with us wherever we go.

In our changing world, we must endure, Knowing whatever comes, His promise is sure.

THE MOON

by Mary Elliott

From my porch, I could see the full moon so bright.

It had the most enchanting luminous light.

As I stood there encompassed by it all,

I couldn't help feel so incredibly small.

Even though it was the moon, even though it was at night,

There was a warm and comforting feeling of being alright.

Oh, that wonderful moon that controls the tide,

Makes me feel all happy inside.



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