

# Senior News

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MOTHERS

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*“Celebration of*

*Mothers!”*

Story on page 5

May 2019  
Vol. 33, No. 5



## **Taking Care**

# **Housebound? 16 Survival Strategies!**

by LISA M. PETSCHKE

**W**hen someone is sidelined due to convalescence from an illness, recovery from surgery, or a major chronic illness or disability, their world shrinks considerably. It's all too easy to become disconnected from others and life in general.



Lisa Petschke

If you, or someone close to you, find yourself confined to home for a significant period of time, try not to despair. There are many things you can do to remain actively engaged in life. Sixteen ideas are included below.

1. Make it a point to stay connected to important people in your life. Call friends up and invite them over regularly. It's worth the time and ener-

gy.

2. Cultivate relationships with people who listen attentively, demonstrate compassion, and provide encouragement. Do be careful not to make your health problems, and any related frustrations, the focus of every conversation. Perpetual frustration or self-pity will only alienate others.

3. Seek help from your primary physician if you continually feel sad, angry, overwhelmed or unmotivated. There is no need to suffer, because depression is treatable.

4. Practice self-care by eating nutritiously, exercising (if appropriate), getting adequate rest, and avoiding unnecessary stress. Ensuring you're in the best possible health will help to maximize your quality of life.

5. Accept help. Be prepared when friends and neighbors ask if there's any kind of practical assistance they can offer. Perhaps it's dusting and vacu-

uming, doing laundry, running errands, sweeping the walk or taking out the garbage. If necessary, ask for help rather than struggle alone. People in your life will likely be only too happy to provide assistance; they just need to know what you need.

6. Research and take advantage of businesses that offer home delivery – for example, grocery stores, drug stores, and dry cleaners, as well as personal concierge services. Do likewise regarding mobile services in your area, such as hairstyling, nail care, dental hygiene services, and dog grooming.

7. Purchase a treat by mail order now and then; you'll have something to look forward to while it's en route. The gift to yourself might be a book, movie, music CD, or seasonal décor item, for example. If you have limited income, find out if the public library has an outreach service.

8. Make the effort to feel good about your appearance. Paint your nails, have a friend set your hair, or order a new accessory. Put together a pamper kit of items to give you a lift when you're feeling down – for example, a relaxation CD containing soothing sounds of nature, scented candles, fragrant body lotion, or gourmet coffee or tea.

9. Cultivate some solitary pastimes – such as taking up word puzzles or jigsaw puzzles, writing, sketching, a handcraft, or playing a musical instrument – that bring pleasure or fulfillment and enable you to enjoy your own company.

10. Facilitate connections to the outside world by asking after family and friends and following current events. Arrange a subscription to a newspaper or newsmagazine if finances permit.

11. Get a computer and learn how to use it. Internet access can help you stay connected to loved ones, keep up with local and world news, shop, and gather health-related information, among other things. You can also take online education courses, play games like chess and bridge, and connect with others in a similar situation through Internet message boards and chat rooms.

12. Call the local volunteer office, or a non-profit organization that resonates with you, and find out if there's anything you can do from home to assist them in their work. For example, you might volunteer with a telephone reassurance program that serves isolated seniors, or, if applicable, coordinate a prayer network within your faith community.

13. If mobility issues prevent you from accessing the community, rent or purchase a walker, electric scooter, or wheelchair. Register with the local accessible transportation service if appropriate.

14. If you need an escort for outings and finances permit, hire a companion so you can regularly get out. Let loved ones know that a gift certificate to a home healthcare agency would be welcomed for special occasions.

15. Get information about community resources, such as meal delivery, friendly visiting, volunteer driver programs, and suitable leisure programs. Information can be obtained from the local office on aging.

16. If design issues make it hard to get in and out of your home, and your physical challenges will be ongoing, consider renovations if they're feasible, or move to a more accessible setting.

\*\*\*\*\*

Lisa M. Petschke is a social worker and a freelance writer specializing in boomer and senior health matters.

# Georgia Dermatology

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## Advocacy and More

# The Impact of Elder Abuse and Prevention Strategies

From the desk of  
**KATHLEEN ERNCE**  
 Executive Director, The Senior Citizens  
 Council, Augusta, Georgia  
[kernce@seniorcitizenscouncil.org](mailto:kernce@seniorcitizenscouncil.org)  
 706-868-0120

**E**lder abuse, neglect, and/or exploitation is defined as intentional actions that causes harm or serious risk of harm (whether or not harm is intended) to a vulnerable elder by a caregiver or other person who is in a trusting relationship with the elder. This harm may include the failure to satisfy the elder's basic needs, to protect the elder from harm, or by exploiting money.



**Kathleen  
Ernce**

The impact of abuse, neglect, and exploitation has a profound fiscal cost! The direct medical costs associated with violent injuries to older adults are estimated 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 \$3.9 billion in 2017.

Public awareness efforts, communication tools for promoting or improving health and wellbeing, and changes in services, technology, regulations, and policy are often necessary to completely address a health or social problem. Community education can increase knowledge and awareness of abuse issues; identify possible solutions while strengthening organizational and social relationships; influence perceptions, beliefs, and attitudes that may change social norms; demonstrate or illustrate healthy life skills; refute myths and misconceptions; and reinforce knowledge, attitudes, or behavior.

**On June 13, 2019 YOU will have the**

## Letter-to-Editor

Special to Senior News

Mr Tucker:

**J**ust a note to let you know how sad I am having read the "notice" in your April edition of the *Senior News*.

I have read your paper every month for a very long time, and I found the articles therein to be interesting and informative. You are to be commended for your detailed and consistent work and your dedication to the task.

I plan to continue to read *Senior News* even if it is on line! The Richmond County Retired Educators will also continue to send you articles from time to time.

Thank you.  
 Beverly A. Roberts

opportunity to learn about elder abuse; how to protect older adults and vulnerable individuals with disabilities by attending the **11th Annual Elder Rights Conference**. The conference begins at 8:00 a.m. with refreshments and visits with conference sponsors and will end at 3:00 p.m. This year's speakers include **William D. Johnson**, the State Prosecutor for Elder and Disabled Abuse; **David Blake**, Financial Forensic Specialist with the Georgia Division of Aging Services; **E. Sharee Rines**, Adult Protective Services Trainer/ Policy Writer; **Joe Gavalis**, North Georgia Elder Abuse Task Force; and Augusta's own District Attorney, **Natalie Paine** with an update from the Crimes Against the Vulnerable Elderly

(CAVE) unit. All of these individuals will discuss developing local resources, options, and strategies to empower and protect vulnerable individuals.

The conference is co-sponsored by members of the CSRA Elder Rights TEAM including the CSRA Regional Commission Area Agency on Aging. Costs and registration information may be obtained by calling 706-210-2000. This will be an exciting event and one that will increase your knowledge of abuse, neglect, and exploitation and may have a life saving benefit!

As always, should you have questions or comments about this article, please call me at 706-868-0120.

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## Opinion

### An unprecedented journey... The Honor Flight

by DANIEL W. GATLYN, USN Ret.  
Korean/Vietnam Veteran  
Minister/Journalist

Saturday, April 6, 2019, will long be remembered (at least by me). Along with fifteen Veterans, eleven Guardians, four Staff Members of (HF Flight) and three Crew Members of the sleek EMB-135 (Brazilian twin engine jet), we departed the Macon, GA airport after breakfast at 7 a.m. for Baltimore. I could spend hours elevating the prep, courtesy, care, and respect of those responsible for the phenomenal treatment of America's Vets (and will later). By 9 a.m. (or so) we landed near the Capitol Beltway. Posing for photos at the Terminal, a host of Active Duty Military Personnel paid unexpected honors as we boarded a special Bus for the Nation's Capitol; (Complete with police escort equipped with "bells, buttons, and flashing lights" for the entire day!).

A running historical commentary was delivered on the way by Laura Nelson-Bolick, surrounding all major notables (she was immeasurable); with first stop being Arlington, where we observed a changing of the Guard... another photo Op; and, a fast view of Medal of Honor burial site of Audie Murphy. The rapid pace from there to the Memorial

of Iwo Jima, (and LOTR – "Lunch on the Run"); The Lincoln Memorial, Korean War Memorial, Vietnam Memorial (and Wall where we my son, Danny, and I located the name of Sgt. Ben Howell, 1968. Dan and I ministered in his service.

Circling the Washington Memorial several times; we viewed the expansive Franklin Roosevelt Memorial and other noted sites, including the "Lone Sailor," Navy, Air Force, Marine and Army Memorials.

The entire review was spectacular, with literally hundreds paying respect along the way.

Specifically noted was the obvious change in view of the Armed Forces over the past years. Scores willingly expressed openly their high regard for the Warriors and their feats of sacrifice and heroism. These veterans (The wheel chair brigade) reciprocally expressed gratitude for such recognition! My personal observation was, that we witnessed an unparalleled honor. There was not one incident to mar this impressive trek! Our thanks are extended to all... as a fast return to Baltimore; and, a beautiful and enjoyable flight back to Macon was experienced; arriving as greetings by another vast group were in attendance. A little weary from a long day, but excited above measure!

Refer: middlegahonorflight@gmail.com for information.

## ENOPION's *The Cure* opens May 10th

Special to Senior News

**T**HE CURE, an original musical with a message that will touch your heart, opens May 10th at The Ivory Box Theatre.

**About our next musical:**

The place; a small rural town called Jeru-Salem, where the people are a hardworking, God-fearin' folk. Many are farmers who believe in working the land to reap what they sow. Joe and Mary Carpenter have fallen into the slow cadence of life in this small town and are raising up two boys, Joshua and James. But Mary has found herself "in the family way" again. This time she is praying for a girl.

You'll meet the other town folk as they gather for prayer meetings, sing those old Gospel songs of days gone by, visit with neighbors and go about their day.

But something is about to change in this little town... a sickness that sweeps across the globe wiping out town after town and now it has hit this little community of Jeru-Salem. There is only one hope, one solution that can save them – *The Cure*.

**Show dates:**

- Friday, May 10: 7 pm
- Saturday, May 11: 3pm and 6 pm
- Saturday, May 18: 3 pm and 6 pm
- Thursday, May 23: 7 pm
- Friday, May 24: 7 pm

Tickets are now on sale... \$10. All shows will be held at The Ivory Box Theatre, 3814 Commercial Court, Martinez, GA 30907 (right across the street from the Martinez Post Office.)

Congratulations to our next cast! We are so grateful



for this team that will bring "The Cure" to life:

**CAST MEMBERS:**

- Joe- Tyler Toepfer
- Young Joshua – Kasey Gruwell
- Older Joshua – Joel Schafer
- Young Jimmy – Aaron Gruwell
- Older Jimmy – Will Craine
- Catherine-Grace – Sarah Carpenter
- Reverend Josiah – Bob Matthews
- Mr. Parker Pilot – Tax Man – Patrick Hallisey
- Mrs. Millie Mae Pilot – Parker's wife – Tammy Carpenter
- Doctor John – The town Doctor – Joey Hilliard
- Elmira Zachariah – Heather Massey
- Eugenia Zachariah – Kelley Robinson
- Nurse Thea – Valarie Chapman



## On the Cover

# It's time for our "Celebration of Mothers!"

by CAROLYN BRENNEMAN

**W**hen I was growing up, my family always made a big deal out of Mother's Day. My father would constantly remind us weeks before the big day about the importance of giving back to our mom. My sisters and brothers would make my mother fabulous cards, spend the whole day with mom, starting with a breakfast at the Hilton, and a stroll downtown on Main Street, and then back home to give mom her handmade gifts from each of us. That was back then, of course in the 60's.

Over the years, Mother's Day has become a highly commercialized holiday where we all spend as much money as possible, to give or send a store-bought gift to mom, or send her a text or email. The "magic" of this special day has disappeared

for us as it became more commercialized. However, many of us, now mothers and grandmothers ourselves, look forward to a day of celebrating moms. As my 5 sisters and I became moms and grandmothers, our feelings again changed. We began to see Mother's Day as a day to be treated special and a reminder of how lucky we all are.

My own mother has been gone for 10 years now, but I have very fond memories of the last Mother's Day that my sisters and I spent with her. And over the last few years, I have realized, as well as my friends, how motherhood is truly a remarkable gift and privilege. So, in asking other mothers, what Mother's Day means to them, here are some thoughts from moms in Augusta.

"Motherhood is a remarkable privilege held very close to my heart. It means,

being fearless, a positive role model and a constant cheerleader for every milestone my children have experienced," says Anna of Martinez. "A mother is the greatest and most difficult job I have ever had," says Bobbie, of Grovetown. "It is about being there all the time for the kids, giving them a shoulder to cry on, and being a cheerleader to encourage the children to pursue their hopes, dreams and ambitions." Janet, of South Augusta states, "Being a mother means being completely and totally over-

whelmed by love, joy, work, worry and responsibility. It has made life more adventurous than I ever knew it could be."

So, this Mother's Day, on May 12th, let the mothers all around continue to receive the acknowledgement and attention we all deserve. As moms and grandmothers, we can give a new meaning to this longtime traditional holiday. We are the ones being honored and we are the ones who have the appreciation of what it means to be a mother. We wish all the mothers a joyous Mother's Day!



My mother, Marie



My sister, Cathy, with her son and grandsons



## The 2019 Porter Fleming Literary Competition Award Winners

Special to Senior News

**T**he 2019 Porter Fleming Literary Competition Award Winners

### Fiction

1st Place: *Pastor Polar*, by Frank Honeycutt, Walhalla, South Carolina

2nd Place: *Elsie 'Peaches' Boulware, Age 69*, by Jon Tuttle, Florence, South Carolina

3rd Place: *Summertime* by William Phillips, Jr., Augusta, Georgia.

Honorable Mention: *Surely Not* by Alexander Lee, Nashville, Tennessee

Judge: Matthew Neill Null is a novelist (*Honey from the Lion*) and short story writer. A graduate of the Iowa Writers' Workshop, he is a winner of the O. Henry Award, the Mary McCarthy Prize, and the Joseph Brodsky Rome Prize from the American Academy of Arts and Letters. After a two-year residency at the American Academy in Rome, he is on the English Department faculty at Bryant University in Smithfield, Rhode Island.

### Non-Fiction

1st Place: *An Artist's Manifesto: A Conversation with Myself*, by Marina Brown, Tallahassee, FL

2nd Place: *Vagabonding with the Parents in a Landlocked Sailboat*, by Timothy Brown, Spartanburg, South Carolina

3rd Place: *Learning to See*, by Frances Pearce, Mt. Pleasant, South Carolina

Judge: Barry Yeoman is an award-winning journalist and radio documentarian who has taught at Duke University's Sanford School of Public Policy and Center for Documentary Studies. Besides doing his own journalism, Barry currently teaches magazine writing to undergraduates at Wake Forest University and narrative non-fiction writing to adults at Duke University's Center for Documentary Studies. He works with the non-profit Images & Voices of Hope to coach media professionals who are telling sto-

ries of community resilience.

### Plays

1st Place: *Riding the Dog*, by Chris Garcia, Martinez, Georgia

2nd Place: *Love, Death and Selfies*, Chris Garcia, Martinez, Georgia

3rd Place: *Two Assholes and an Elephant*, By Rick Davis, Augusta, Georgia

Judge: Ellen Hemphill, an award-winning poet and playwright, is an Associate Professor in the Theater Studies Department at Duke University. She is also the Artistic Director of Archipelago, a professional theater company in Chapel Hill, North Carolina.

### Poetry

1st Place: *Umbrella*, by Eric Nelson, Asheville, North Carolina

2nd Place: *Earth As It Is*, by Eric Nelson, Asheville, North Carolina

3rd Place: *Wishbone*, by

Edward Wilson, Augusta, Georgia

### Honorable Mentions:

• *January From the Window at Sunset*, Edward Wilson, Augusta, Georgia

• *Some Angels*, by Edward Wilson, Augusta, Georgia

• *Money Well Spent*, by Edward Wilson, Augusta, Georgia

• *Me and the Moon*, by Edward Wilson, Augusta, Georgia

• *29 December*, by Edward Wilson, Augusta, Georgia

• *Mr. Potato*, by Edward Wilson, Augusta, Georgia

• *Once We Had A Daughter*, by Danyne Powell, Charlotte, North Carolina

• *Call and Response*, by Pat Keller, Hawkinsville, Georgia

• *Columbia to Pawleys, After the Hurricane*, by Dale Bailes, Pawleys Island, South Carolina

• *Human Resources*, by Jo Angela Edwins, Florence, South Carolina

• *Cardboard Box*, by James Hill,

Aiken, South Carolina

• *Our Hands Were Once Webbed*, by Valerie Nieman, Greensboro, North Carolina

• *Late Shift*, by Valerie Nieman, Greensboro, North Carolina

• *The Bridal Couple*, by Gloria Greenbaum, Augusta, Georgia

• *The Dove*, by Joseph Kitchens, Jasper, Georgia

• *War Stories from the Other Side*, by Roberta George, Valdosta, Georgia

Judge Alan Shapiro, the William R. Kenan, Jr. Distinguished Professor of English and Creative Writing at the University of North Carolina at Chapel Hill, is a distinguished American poet. He is the author of thirteen collections of poetry, including *Tantalus in Love*, *Song and Dance*, and *Dead Alive and Busy*, as well as two memoirs, *Vigil* and *The Last Happy Occasion*.

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## The Augusta Chorale presents its 36th Season Spring Concert

Special to Senior News

**T**he Augusta Chorale presents its 36th Season Spring Concert, "A Tribute to Aretha Franklin" with Spirituals, Anthems, Patriotic Songs and other Choral Works – Dr. Phyllis W. Anderson, Artistic Director; Ms. Angela Arrington, Accompanist.

### FEATURING

- The Augusta Chorale
- Lamar-Milledge Elementary School Chorus (Augusta GA)
- Blakeney Elementary School Chorus (Waynesboro GA)
- Special Guest: Veronica Lynch Stone
- The Aiken Civic Orchestra, Mr. Adam DePriest, Conductor

On Sunday, May 5, 2019, the

AUGUSTA CHORALE celebrates its 36TH CONCERT SEASON with its Spring Concert. This year the Augusta Chorale will be joined for the first time in its history by a Children's Chorus made up of students from Lamar-Milledge Elementary School (Augusta GA) and Blakeney Elementary School (Waynesboro GA).

Dr. Anderson, artistic director of the Augusta Chorale, will conduct the production and Ms. Angela Arrington will accompany the Chorale. The performance will be held at the Gilbert-Lambuth Memorial Chapel of Paine College at 4:00 p.m.

The Augusta Chorale together with the Children's Chorus will perform spirituals, patriotic songs, anthems and other choral works. The Aiken Civic Orchestra, under the direction of

Mr. Adam DePriest will provide orchestral accompaniment.

This will be followed by a 'Tribute to Aretha Franklin' where guest soloist Veronica Lynch Stone will sing a selection of her iconic songs such as R.E.S.P.E.C.T., arranged for four-part chorus. People Get Ready for a concert that promises to be a truly unmissable event.

Advance tickets are \$15 for adults. General admission on the day of the concert is \$20.00. Children under 17 years old and students are admitted free. Discounted tickets may be purchased online at [www.augustachorale.org](http://www.augustachorale.org) or by calling 706-830-0991.

For more information about and booking the Augusta Chorale please call 706.830.0991 or visit our website [www.augustachorale.org](http://www.augustachorale.org).

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**Augusta Mini Theatre's Spring Play "I AM"**Special to *Senior News*

**A**ugusta Mini Theatre Arts & Life Skills School will end its 43rd dramatic season with the original production of "I AM," on Friday, May 17th at 8:00 p.m. and Saturday & Sunday, May 18th-19th at 3:00 p.m.

Featuring more than sixty youth drama, African/Modern dance, and music students, the play is about encouraging young people to believe in and trusting one's self.

General admission is \$12.00 and tickets are now on sale at the Mini Theatre, 2548 Deans Bridge Road, Augusta, GA or at [www.augustamini theatre.com](http://www.augustamini theatre.com) and 706-722-0598.

Augusta Mini Theatre is a non-profit 501(c)(3) non-profit arts and life skills school and offers classes, for ages 6-19, in drama, piano, African/Modern dance and visual arts and the teen pregnancy workshop "Making Proud Choices" for ages 14-19 and depends on the public for financial support.

To learn more about Augusta Mini Theatre, please visit [www.augustamini theatre.com](http://www.augustamini theatre.com) and contact Mrs. Judith Simon-Butler or Ms. Allyssa Blair at 706-722-0598.

**Two Mill Villages: Frog Hollow and Harrisburg**Special to *Senior News*

**T**he Augusta Museum of History is pleased to offer the May 8, 2019 Brown Bag History Series Lecture: Two Mill Villages: Frog Hollow and Harrisburg by Ms. Robyn Anderson. The dramatically changed village of Frog Hollow and the ever-shifting appearance of Harrisburg were both thriving textile mill communities – what are their stories?

Ms. Robyn Anderson has been the Preservation Services Director for Historic Augusta, Inc. since 2008. She attended Southeast Missouri State University and received a Bachelor of Science in historic preservation. Prior to her arrival in Augusta, Anderson was the Executive Director of the Pensacola Historical Society.

The Brown Bag History Series is an educational lecture series provided monthly by the Augusta Museum of History, and is an ideal lunch-time break for downtown professionals, retirees, and students. The lectures are free to Museum members and \$3 for non-members. Participants should bring a lunch and the Museum will only be providing beverages. Lunch can begin as early as 11:30 a.m.; the lecture runs from 12:30 - 1:00 p.m.

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# 2019 Georgia Golden Olympics

Special to Senior News

**T**he dates for the 2019 Georgia Golden Olympics are September 25-28, 2019. The games will be held in Warner Robins, GA. Registration materials will be available by May 1st by mail, email and on the website: [www.georgiagoldenolympic.org](http://www.georgiagoldenolympic.org). Start training now and join us for the 37th Georgia Golden Olympics.

## National Senior Games

The 2019 National Senior Games is scheduled for June 14-25, 2019 in Albuquerque, NM. Georgia qualified over 600 athletes to attend the National Games. Information on the event schedules is available on the National Senior Games website: [www.nsga.com](http://www.nsga.com). Albuquerque has planned a spectacular event for all of the senior athletes.

If you are not competing but

would like to volunteer for the games you may register as a volunteer on the NSGA website.

## 2018 Georgia Golden Olympics Awards

Each year three awards are given at the Georgia Golden Olympics. The Barney Ochs Sportsmanship Award, the Ruth Gaylor Spirit Award and the Lola Frost Volunteer Award.

For the year 2018 the very deserving people who received these awards are: Robert Jackson, Lawrenceville, GA: Barney Ochs Sportsmanship Award; Carol Waddell-Rome, GA: Ruth Gaylor Spirit Award; and, Jeni Hixon-Americus, GA: Lola Frost Volunteer Award.

Jeni also serves as the Chair of the Georgia Golden Olympics Board of Directors and has worked with the games for a number of years. She is a true asset to committee. She is the Event Director for the Track and



Field Events as well as director for several other events.

The games would not happen without Jeni. Thank you Jeni for all you do.

Congratulations to all of the 2018 award winners.

## Make A Contribution to the Georgia Golden Games

The Georgia Golden games are funded by contributions from



individuals, agencies and companies that have an interest in the health and well being of older adults. If you would like to make a tax deductible contribution you may do so by check or on the website at [www.nsga.com](http://www.nsga.com).

You may mail your contribution to: Georgia Golden Games, Inc, PO Box 958, Winder, GA 30680.

Thank you for your support! For additional information please call 770-867-3603.

## Your "One-Stop Shop" for Information & Resources to Help You Stay in Your Home CSRA Aging & Disability Resource Connection (ADRC)



### 1. Access to Information & Assistance:

Benefits information, access to resources, ease of finding help, assessments, options counseling

### 2. Caregiver Support:

Training, peer support, supportive services, resources, caregiver education, care consultation

### 3. Physical, Emotional, & Behavioral Health:

Health education, Alzheimer's disease and related dementias, substance use, mental health services

### 4. Wellness Promotion:

Exercise programs, chronic disease management classes, food & nutrition, falls prevention

### 5. Services & Supports:

Meals on Wheels, medical transportation, adaptations, assistive devices and technology, In-home support, vision screenings, case management, Centenarian Club, volunteer opportunities

### 6. Community Education:

Speakers bureau, seminars & training conferences, small & large group presentations

### 7. Safety, Security, & Protection:

Abuse, neglect, exploitation, fraud/scams, community safety & education, advocacy

### 8. Private Pay Options for a variety of services



Answers.Action.Advocacy



An initiative of the U.S. Department of Health and Human Services

## CSRA Agency on Aging

A Division of The CSRA Regional Commission

866-552-4464 or 706-210-2018

[www.georgiaadrc.com](http://www.georgiaadrc.com)

TDD/TTY: 1-800-255-0056 for the hearing impaired

