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*Artist captures Spirit of America
through children!*

Story on page 2



The original painting of *The Dream Keepers*, which was created shortly after 9/11, was presented to President George W. Bush. The message is about Faith and Freedom, with the children making the flag using their handprints; and, light and darkness creating a cross.

July 2010
Vol. 24, No. 7

On the Cover

Artist captures Spirit of America through children

by SUSAN LARSON

ON THE COVER

Drawing Closer and The Dream Keepers... by Kathy Fincher

Whether she's painting, writing or public speaking, Kathy Fincher loves to tell a story. What better way than through the face of a child? Kathy combines a discipline of classical art training with the freedom of impressionism to create her own style of "romantic realism." Kathy's passion is painting children on the brink of discovery, exposing their sense of wonder and purity of heart.

Because of her ability to combine her romantic painting style with her storytelling, she is frequently referred to as a "feminine Rockwell." There is also a similarity in their timing. Rockwell's painting helped to restore hope to Americans after WW II. During a time when family values were threatened, one of Kathy's paintings became a beacon of hope.

Following the events of September 11, "The Dream Keepers" found its way into the Oval Office and the painting and its message were personally shared with President George Bush.

Kathy smiles when she hears that "her love of children shows through her paintings" since she admits that she never wished to become a mother.

Her dreams included adventures as a national water ski champion, snow ski freestyle instructor, scuba diver, and all around athlete.

When she married at age 33, she had no plans to change this lifestyle. But God had a different plan for her life and she found herself pregnant within months.

In her own words, she had a "change of heart" and discovered that the everyday challenges of motherhood made skiing flips seem easy. Through a Bible study on marriage and motherhood, Kathy decided to let go of who she thought she was so that God could show her who He knew her to be.

Being born into a family of artists and drawing upon her background, Kathy rekindled her love for art and went back to painting. Her artwork allowed



The Dream Keepers, 40x30 dry pastel and watercolour on museum rag board by Kathryn Andrews Fincher. The original painting of *The Dream Keepers* was presented in the Oval Office to President George W. Bush on July 27, 2006. Pictured with the President are Jef, Maggie, Kelley, Kathy, and Congressman John Linder.



Artist Kathy Fincher with her painting *Ocean of Devotion*



Whoa!

her to paint at home while spending time with her husband, Jef, and two daughters, Maggie and Kelley.

As a wife, mother and artist, Kathy's prayer, "Glory to God," is written in every painting. Kathy's artwork has touched the hearts of families across the nation and helped to

keep alive the spirit of America. She is grateful to leave this inspirational footprint, but is most grateful for having raised two wonderful daughters who have grown to become responsible and loving young women. To learn more about Kathy's artwork, visit www.kathyfincher.com.



Fincher did this 4' x 8' painting in 5 days with her daughter, Kelley, on location in African in a shed. The original was left as a gift to Community Hope School for children orphaned from AIDS.

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Georgia DHS Division of Aging Services urges Georgians to learn to spot and report Elder Abuse

Special to Senior News

One out of every nine Americans experiences elder abuse, yet few know how to recognize an epidemic that may affect an estimated 176,000 older Georgians per year. The Department of Human Services Division of Aging Services urges Georgians to learn to spot and report Elder Abuse.

According to national studies, only seven percent of cases are reported, leaving 13 elders to suffer

for every one older adult who finds help. Myths account for much of the inaction. Many Americans, for example, assume that most elder abuse happens in nursing homes. In reality, 90% of elder abuse cases involve family members, friends, and paid in-home caregivers. This complicates the reporting process. Victims may feel affection for their abusers and seek to hide the mistreatment from others.

Georgians can combat elder abuse by being informed, being aware, and making the call for help.

Elder abuse can take many forms, including physical, emotional, and financial. Potential signs of abuse include unpaid bills, discussion of a "new friend," unexplained bruises or other injuries, or a change in personality or demeanor. Additional information about elder abuse is available from the National Center for Elder Abuse at <http://www.ncea.aoa.gov>.

To report abuse, neglect, or exploitation of an older person or a disabled adult in community or residential settings, the public should call the Department of Human

Services Adult Protective Services Central Intake Unit at 404-657-5250 in Metro Atlanta or 888-774-0152 toll-free. To report abuse in long-term care facilities, the public should call the Department of Community Health Healthcare Facilities Regulation Division at 404-657-5728 or (800-878-6442).

For a brochure or to schedule a presentation on elder abuse, the public may call the DHS Division of Aging Services at 1-888-552-AGING or visit <http://www.aging.dhr.georgia.gov>.

State urges seniors to beware of Medicare scams

Special to Senior News

People who receive Medicare should be on the alert for scam artists, warns the Georgia Department of Human Services Division of Aging Services.

Criminals may offer bogus products and services, pretend to be federal officials or insurance company representatives, or even set up fake health screening booths to steal Medicare numbers. Consumers should always check their Medicare Summary Notices to make certain that they or their doctors have authorized the charges shown. Common scams include:

- Sales pitches for discounted prescription drugs that never arrive
- Telemarketers selling unnecessary Medicare-covered products or services, such as "Medicare Arthritis kits" which do not exist
- Offers of help in applying for Medicare-issued checks to cover prescription costs, even though Medicare provides the checks automatically to eligible individuals who reach a gap in Medicare prescription drug coverage known as the "donut

hole."

Free health screening booths at malls or other public places are usually safe, but scams do exist. Consumers should make sure that the screeners represent a legitimate organization such as a local hospital or public health center before they provide their Medicare numbers.

Scammers use Medicare and Social Security numbers to submit fake bills or commit identity theft; and some may use banking information to charge consumers for products that are never delivered. A few criminals even empty their victims' checking accounts.

If a consumer is unsure about someone requesting information or offering services related to Medicare, he or she should contact GeorgiaCares SMP at 1-800-669-8387. GeorgiaCares is a public-private partnership managed by the Georgia Department of Human Services Division of Aging Services in collaboration with Georgia's Area Agencies on Aging. For more information, consumers may call the toll-free number shown or visit <http://www.MyGeorgiaCares.org>.



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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Just as you dear readers thought you were shed of me, I've popped up again like a bad penny. But my, oh my, am I ever happy to be back.

The story is much to long an epistle to recall here and now but we shall skim over the surface to fill you in. Last winter I was not "up to snuff" and the closer the time came for my knee replacement surgery the worse I felt. After fighting breast cancer for a year, I was not as strong as I thought I was. Had the doctors fooled, too. Anyway, surgery was performed on March 29. I was the poster granny for rehab and recovery. I was amazed. I came home doing so well I sent daughter Susan home to Eatonton because I could make it on my own.

On the fourth day I woke on the couch. I had fallen asleep on the

couch and did not make it to bed. As I tried to sit up - I couldn't. My arms and legs felt they were made of lead. I could not sit nor stand. Neither could I reach any phone. I couldn't walk. For the first time in my life, I was wide awake and very aware that I was totally helpless. I heard my neighbor outside mowing my lawn and the home therapist when he knocked on the door but I was so weak they could not hear me. Finally, after 17 hours, a friend called and getting no answer became concerned. The back door was unlocked so she came in and found me. Within minutes the fire department and an ambulance was there and I found myself back in the hospital.

It seems that I had contracted the dangerous form of staph infection that has no cure as of this date. It's one of those things that kill people but doctors and hospitals don't

like to discuss it because it is passed along in hospitals and medical facilities. Scary, huh? The next two months passed with my being moved to two other facilities. I remember seeing family members but I was in an infectious disease facility and everybody had to wear gowns and gloves except me. The infection had settled in my new knee replacement so they operated on me again to see how far the infection had gone. In three days, we did the same thing again. Three surgeries within three weeks must have almost been a record breaker.

After the first surgery I was diagnosed with pneumonia. That was bad news; however, I didn't realize how bad it was until I heard two of my many doctors deciding whether I had a 50 percent or 30 percent chance to live. They chose the 30%. I was too tired and sick to even worry about it. I told God that I was ready to come home if this was my time. Days ran into weeks again and recovery was slow. Going home was not an option and I kept hearing nursing home being mentioned.

Here is where faith and miracles come into play. I woke in my small, depressing room that overlooked the roof of one wing of the hospital to find my TV on. There were two men sitting at a table - one was Evangelist Kenneth Copeland from Texas. Years ago I was a follower of his and studied many programs from his tapes. He's a plain 'ole country boy, but I know God had to have had a hand in the message Kenneth had that morning when I first opened my eyes. He was talking about the sick who had prayed for healing but had not seen any positive changes in their health. He explained that when we ask for healing - believing we shall receive it - we can go about our business and let God handle the rest. He said no matter what doctors said, x-rays showed, nor how badly a person was suffering, God is at work.

I turned my illness over to God at that moment. I have set my eyes toward heaven and I believe that I am healed. It may take this old, old body a while to catch up to my faith but I shall overcome this set-back dear readers. At this time I am recovering at the home of daughter Susan who is a nurse. We have IV's and the house is full of furniture for the handicapped. I am improving every day and other than a few bumps, it's like walking on sunshine.

©6/22/10

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

Spiritual Notes

Behavior Modification

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

As the summer months begin we feel the heat and, in Atlanta, experience the decline in traffic. The most excited members of the population are the school children who have longed for this time for months. We have received invitations to graduation exercises from students who are graduating from high school and college. As I think back to my high school graduation, which occurred over fifty years ago, I can still sense the thrill of getting on with my life as I anticipated going to college in the fall.

Three of our five grandchildren are in high school. Our two oldest granddaughters, who are college juniors, are working this summer. One of our grandsons called and asked my wife and me if he could come over and have lunch with us after one of his final exams. We were elated to get his call. Normally these kids are so busy with activities that we feel we are no longer on their radar screens. They have discovered the opposite sex, sports, band and a host of friends. The other two grandchildren found out about the lunch and, to our joy, invited themselves to come along.

We had a delightful time. We told stories of when they were babies and some of the significant experiences we had together. As will happen occasionally, the wait staff was slow, the food wasn't prepared well and the booth next to us was served before us even though we were seated

before they were. I scolded the waiter. The grands frowned at me and said, "We don't believe you did that." I tried to explain my actions but they weren't buying. They also indicated that was not "Christ-like" behavior.

My wife and I have discussed this experience at length. I will admit to being "slightly" out of line! However, my impatience was warranted "in my opinion." I learned a lesson. My greatest thrill came at knowing these teenagers know and understand the teachings of the Bible and live their lives as a testimony to our Lord. In the book of Proverbs we read in Chapter 22:6, "Train a child in the way he should go, and when he is old he will not turn from it." Also, in Proverbs 20:11, "Even a child is known by his actions, by whether his conduct is pure and right." The attitudes and actions of these grandchildren are the results of the teaching and guidance of our children and their spouses. All the family members are active in their churches, for which we are eternally grateful. And, just perhaps, I contributed to some of their good behavior. I know their grandmother did. I just "messed up" and they have forgiven me.

The lesson I learned was that I must be aware, at all times, of the consequences of my behavior. Surely I should have learned that by now! Grandparents take note!

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

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to swallow a little pride.*

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Poets' Corner

"Good Morning Jesus"

by Michael L. Wooten
(Sunday Lane Records LLC)

VERSE

The last thing I do at night
I fellowship with Jesus,
Go to sleep safe and sound
Blessed on solid ground,

The first thing I do
When I see the break of day,
I have a talk with Jesus
This is what I say,

CHORUS

Good morning Jesus
My Lord Jesus
Precious Jesus
Holy Jesus

Good morning Jesus
Thank you Jesus
Angels watched over me above
I'm covered with Your love

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Three Kinds of Clover

by JoAnn Malik

Three kinds of clover
Bloom in our yard –
White, pink, and close to the ground
Tiny yellow blooms abound;
Resilient against the mower's
Sound and fierce blades

They disappear,
But for a day.
Like the Dandelions,
They come again within the week.
As if to say, "It's summer,
And still we are Alive."

What A Story Can Do

by Joey Albanese

A good story is like a fountain of
lives.
A good story is a steamy bowl of
ramen.
A good story is the trap for thieves
who steal precious treasures.
A good story is something that can
let you walk on water.

A good story can make fear melt
away like thawing ice cubes.
A good story can strike despair and
nail it to the floor.
A good story can make you stretch

all the way to the moon.
A good story can make your heart
flutter with excitement.
A good story can let you high-five
Percy Jackson.
Or race Michael Phelps and win.

A good story can make murderous
Rena look like a hamster.
A good story can let you do any
thing.
But it knows when it's time to close
the cover
And make you wait for the next
chapter.

Mattie Effie Hamby Memories

by Dennis Pirkle

She wore cotton stockings, rolled
down from the top.
She got her kick from a little snuff
box.
Her teeth were cleaned with a sweet
gum stick.
I was kept in line with a hickory
switch.

The front yard was swept with an old
brush broom.
There was a fireplace in her living
room.
Dinner was served on her big old
eating table.
If you needed to eat, you were
always able.

She tended her crops, just as a man.
The harvest was cleaned and put in a
can.
Her soup was outstanding, her okra
was fried.
When she made a pie, we all would
sigh.

I still remember the lamp oil light,
Oh how the yellow glow would chase
the night.
If she needed water, it came from the
well.
When she got tired, she would sit a
spell.

The little poems she recited with
ease and grace.
Their rhymes always left her, with a
smile on her face.
She'd holler down to Aunt Mattie
and they would talk.
Where ever they went, behind I'd
walk.

They were two of a kind, in more
ways than one.

One widowed by accident, the other
by gun.
They found comfort in each other, I
know that's true.
Each day they would rise and start
anew.

I miss Ma Hamby and Aunt Mattie
too.
My memories are many and my
words won't do.
If we all had the gumption that these
women had,
The world would be right, it just
couldn't be bad.

Grandma Vera

by Ormondi Seda

(NOTE: Mother's Day poem written
for and shared by grandmother Ivera
Powell)

It's not easy to put into words what
you mean to all the people in your
life.
You've taken care of so many without
making a fuss or even putting up a
fight.
You stand on principles to treat
others good and to strive to do
what's right.
You've sacrificed for your family
even if it meant working from day
until night.
You've shown us all how to love
unconditionally even when we've
let you down.
You've sowed seeds of inspiration in
our minds like we were the fertile
ground.
You've given so much of yourself
without asking us for anything in

return.

You picked us up when we fell from
grace and showed us what we
needed to learn.

We salute you Grandma Vera for all
your contributions to us and to this
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We are so fortunate to have you in
our lives like the rarest of all
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Avoid becoming a statistic in the Scamming Game

by EVA MOR, PhD
Author of
Making the Golden Years Golden

Last year over 60 billion dollars were lost to the scamming of Americans of all ages. Thirty-five percent of them were seniors, according to the AARP, though in all likelihood the numbers are higher. Many of the elderly do not realize that they were scammed, or are too embarrassed to report the scamming, thinking it is their fault. It is not. We all are fairly easy targets. The key is to be alert to the techniques of the scammers and prevent becoming a victim.

Here are some tips to help you and your parent stay protected:

1. Learn to say NO. You do not have to be liked by everyone, especially salespeople. It is okay to say no.
2. If it seems too good, it is. Nothing is given away for free. If someone is trying to sell you a bill of goods, stop them from continuing; they'll sound more convincing the more time you give them to talk.
3. Protect your personal information: never give any information if someone calls you. Even if you initiate the call, limit the amount of information you are giving out. It is especially important not to give out your Social Security number.
4. Never give your credit card information over the

phone, except if you're the one initiating the call that involves paying a bill or making a purchase with a company you know and trust.

5. Be very careful buying from companies you are not familiar with, your purchase item may never arrive and your credit card information may be illegally used and sold to others.

6. Never use your credit card as a verification of your identity: crooks try hard to get your credit card information, even if you are not purchasing anything.

7. Do not let anyone pressure you to make a decision on the spot. Do not believe that the deal is only good for "now." Take your time to think it over. Even if you intend to make the purchase, always leave yourself a day or two to think the deal over.

8. It is your right to ask as many questions as you need to. You should not be intimidated by anyone. If they are dismissive, not answering your questions or refusing to divulge information, hang up the phone. Believe me; you do not want to deal with this person.

9. Before you commit yourself to anything or sign anything, ask to see everything in writing. Read and reread everything before signing.

10. Seek out advice of a professional, a friend, or someone you know and trust before you commit your money.

11. Discard all mailings informing you of "prizes" you have won. They are just trying to trick you to purchase something you do not need. As the

old saying goes, there's no such thing as a free lunch.

12. Never open your door to strangers. If someone knocks on your door telling you their car broke down and they need to make a phone call, or they need a glass of water because they do not feel well, do not open the door, especially if you are alone. Tell the person behind the door that you will

call the local police to assist them and then do so. It is unfortunate that we should need to be so untrusting, but it's better to be safe than sorry.

13. Trust your instincts. When you have a bad feeling about something, it's usually right.

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My name is Richard Woods and I am running as a Republican candidate for the office of State Superintendent of Schools of Georgia. Many have asked, "Why run?" Simply said, I have a great passion for education. Even after twenty-one years, the pulse for education beats as strongly as it did when I first walked into the classroom. This passion has led me to ask the question, "Am I happy with education in Georgia?" Sadly, the answer is no. I have had a great burden over the direction education has taken for many years and continues to take in Georgia. Therefore, I decided to make a positive change for Georgia's children, parents, and educators on a statewide level.

Needless to say, this is a great undertaking and will take the aid of many. With my many years of service and knowledge, and your support, we will work together to lay a solid foundation that will make Georgia the educational leader of our nation. In an era in which education is at times largely criticized, I know that our educators are the best in the nation and will take the lead in seeing that our children are prepared to fulfill their dreams and give them the opportunities they deserve. I extend to you a personal invitation to join with me in *putting the heartbeat back into education*. Vote for me, Richard Woods, on July 20 and help me change the direction of education for our children in the state of Georgia. Visit my website at www.woodsforgeorgiaed.com or email me at woodsforgeorgiaed@gmail.com.



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The Next Chapter

The Help

Book Reviews by
ANNE B. JONES, PhD

The Help
(Kathryn Stockett, Amy Einhorn
Books, 2009)

Greetings, as your new Senior News book reviewer, I take my position seriously. Our goal is to recommend a wide variety of interesting books that spark discussion, offer useful information, and provide entertainment. As a reader and a writer, I look for fiction that is character-driven with a great sense of place interwoven into the plot, a work that gives insight into the human condition and the world around us. As for nonfiction, riveting passages that carry us into unknown territories of information and others' lives are irresistible. Please join me on a journey through some of the tantalizing works of our time, some old, some new, all provocative.

When four friends demanded

I read *The Help*, a fiction work by Atlanta author Kathryn Stockett, I resisted. Upon learning it is a hot topic among area book clubs, including my own, I relented, ordering the CD version. Born and bred in Georgia, I have come across many books that present racial issues and spur discussion. Because, although often valid, they sometimes invoke depression or resentment in their readers, I didn't want to risk a plunge downward. In reading *The Help*, instead of taking the plunge, I found myself unable to let the book go. The CD came out of the car and into my portable player. As I cleaned house, sat on my deck and went for walks, I couldn't stop listening.

The Help is a time travel step into another era, an authentic view of the "sixties" south that explores the dynamics, not only of poor black workers who helped whites, but the challenges each race faced when they attempted to cross lines of physical and emotional segregation.

Although the book touches on violent incidences, they are used as take-off points for a more in-depth look at consequences and the people involved.

The author's characters are fully developed and real. Kathryn Stockett paints an identifiable small town landscape with people you and I have surely known. She brings forth issues applicable not only to the mid 20th century, but pervasive and worthy of attention in the new millennium. In addition, the book is hard to put down. Each chapter is as well paced as the reader is entertained.

There are reading group questions available on Kathryn Stockett's website. To these I would suggest others including ones that probe more deeply the relationships between southern mothers who could afford "Help" (who served as surrogates) and their children, the effects on African-American children and families, and parallels between those times and today. I heartily recommend the CD version

because its voices have realistic dialect and accents, and bring the characters to life.

*Note: I identified with Skeeter, the main character, and her attempts to do the right thing. As a naïve and innocent southerner, I strived to be a force for good and had much come-uppance. A product of small town middle Georgia, in my youngest years, having "Help" in our home had a profound influence on me as an adult. Mother, perhaps a Skeeter in her own right, emphasized compassion for all people and that everyone, no matter their color, religion or occupation, should be treated with dignity and respect. My contact with the "Help" of my childhood may have pushed me into teaching in some of the most challenging metro Atlanta area schools, where I especially chose to work with those at-risk. Sometimes I was successful. Sometimes, the issues involved were too hard to bridge. Feedback and comments welcome: annebjones@msn.com.

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Face and Persona featured at Buckhead Library

by MARY FRANCES

A celebration of portrait and figure art, featuring fifty-two paintings in a variety of mediums, can be seen at the Buckhead Library from June 4 through July 1, 2010. A bountiful reception was held Saturday afternoon, June 5th. Five mod-

els, twenty-one artists and their friends mingled, while Raiff Ellis entertained at the keyboard. As a special bonus, Marie Matthews demonstrated portrait painting, with model Annie Jefferson posing and wearing a red-flowered sundress and a flamboyant wide-brimmed hat with feathers, net, flowers, and sequins. Over 100 guests gathered round to watch the artist, then toured the exhibit throughout the library.

"This is a thoroughly enjoyable show," said artist Ann Marshall Bailey. "I got a kick out of seeing various models walking around the library and then seeing the same faces on the walls and in the halls. The experience was surreal."

Other professional artists exhibiting were Wendy Adams, Bob Bledvzycki, Leon Borchers, Namwon Choi, Consuelo Nino Delgado, Paul Drake, Lynda Ellis, Judy Howard, Adele



Ancestor by Lynda Ellis



Crowd watching artist paint model

Huestis, Jung Johnson, Sharon Margolies, Marie Matthews, Carolyn McDade, Lisa Meriwether, Richard Russell, Paul Wagener, LaVonnie Williams, Jean Scanlin Wright and Geri Zaki. These artists are members of the Atlanta Arts Center. They meet at the Center on Tuesdays to paint. Live models pose for the artists. Interested artists who wish to join this group may do so, by contacting Lynda Ellis at 770 981-8187 or 770 309-5826 and on-line at lyndaellis@bellsouth.net.

The exhibit site, Buckhead Ida Williams Library, is located at 269 Buckhead Ave, 30305. The library is open six days a week, Monday thru Wednesday from 10:00 a.m. - 8:00 a.m.; Thursday 10:00 a.m. - 6:00 a.m.; Friday & Saturday 11:00 a.m. - 6:00 a.m. Art lovers are invited to call 404-843-5100 or come by the library to view the exhibit.



Blue Ribbon Fedora by Sharon Margolies



Catherine by Namwon Choi

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Latin artists exhibit at Georgia Farmhouse

by MARY FRANCE

Contemporary Latin Artists in Georgia were the featured exhibitors at the Spruill Gallery from May 4 through June 19, 2010. An opening reception was held on Thursday, May 13 which was followed by a film screening and wine tasting on Wednesday, May 26. Guests viewed forty-eight large and small pieces, as they

strolled from room to room in the historical farm house that has been turned into a gallery and is located across from the Wal-Mart in Dunwoody.

The modern works of nine celebrated artists from Mexico, Puerto Rico, Colombia, Cuba, Dominican Republic, Peru, and Venezuela- were featured under the roof of an 1840s Georgia homestead. There were small pen and ink sketches of one time architect Myrtha Vega, a floor-

to-ceiling chain carved out of cardboard by Lisa Iglesias, and the edgy "Thin Is Better" photography of Maria Raquel Cochez. There were also colorful, child-like collages of Esteban Patino.

"I like this fun, energetic show," said Susannah Darrow, gallery attendant.

Other artists exhibiting were Lucha Rodriguez, Mario Schambon, Sergio Garzon, Cynzia Sanchez, and Pilar Martinez.



Spruill Gallery

The Spruill Gallery located at 4681 Ashford Dunwoody Road, Atlanta 30338 is open Wednesdays through Saturdays from 11:00 a.m. to 5:00 p.m. For more information about this exhibit and the Gallery phone 770-394-4019 or visit on-line www.spruillgallery.blogspot.com.



Liluh with Doughnuts
by Maria Raquel Cochez



Liluh with Doughnuts
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Out & About

Compete in the Georgia Golden Olympics

Special to Senior News

If you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 22-25, 2010 in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horseshoes, billiards and much more. Events are divided into

age categories and medals are awarded for each.

A registration fee of \$35.00 allows the participant to enter 3 events. Additional events are \$6.00 each. Bowling, tennis, golf and archery require an additional fee. Fees are non-refundable. All registration must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. The 2010 event is the qualifying event in Georgia for the 2011 National

Games in Houston, Texas in June 2011. Over 400 athletes qualified for the National Senior Games in 2009 held in the San Francisco Bay Area.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force

Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information call the Warner Robins Recreation Department at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603. Website: www.georgiagoldenolympics.org.

Porter Fleming Literary Competition submission deadline is July 31st

Special to Senior News Augusta, Georgia

The 2010 Porter Fleming Literary Competition, now in its seventeenth year, recognizes the outstanding work of writers of fiction, nonfiction, poetry, and plays who reside in Georgia, Florida, Alabama, South Carolina, and North Carolina. All are invited to enter. The deadline for submissions is July 31, 2010. Entry forms and guidelines can be found on www.themorris.org/porterfleming.html

"The Trustees of the Academy of Richmond County are honored to have sponsored the literary competition since its founding by Augusta author and artist Berry Fleming," said Cobbs Nixon, a Trustee of the Academy of Richmond County. "Our hope is that this competition will foster more great writers within our city, state, and region."

"We are, of course, very pleased to be associated in this important endeavor with our friends at the Porter Fleming Foundation," said Kevin Grogan, director of the Morris Museum of Art. "The region's literature is an unusually rich component of the culture of the South. It offers us another

means of achieving understanding of the region and its people, just as the visual arts, music, and dance do."

The writing competition is held in memory of Porter Fleming, a prominent citizen of Augusta, Georgia. In 1963, Porter Fleming's son, Berry Fleming, who had himself achieved renown as a writer, artist, and philanthropist, established a charitable foundation in honor of his father. To this day, the Porter Fleming Foundation contributes to the educational, literary, artistic, scientific, historical, musical, and cultural enrichment of the lives of the residents of the City of Augusta and the geographical area immediately adjacent to it in Georgia and South Carolina. The literary competition is administered by the Morris Museum of Art, the first museum in the country devoted to the art and artists of the American South, with the financial support of the Porter Fleming

Foundation.

Porter Fleming Literary Competition winners receive cash awards. The awards will be presented during a special literary ceremony which will be held on Saturday, September 25, from 5:00 to 7:00 p.m. in the Morris Museum of Art auditorium. The event takes place during the Westobou Festival, an annual celebration of the Arts in Augusta, Georgia.

The Morris Museum of Art was founded in 1985 and opened to the pub-

lic in 1992. It is the oldest museum in the country that is devoted to the art and artists of the American South. The museum's permanent collection of nearly five thousand works of art spans more than two hundred years, from the late-eighteenth century to the present. The Morris is open to the public Tuesday through Saturday, 10:00 a.m.-5:00 p.m., and on Sunday, noon-5:00 p.m. For more information about the Morris Museum of Art, visit www.themorris.org or call 706-724-7501.

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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

by ELENA LOMBARDI
Atlanta, Georgia -

Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting biopic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Biopic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta



office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of biopic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. "These biopic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my biopic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biopic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

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Taking Care

Help older relatives enjoy summer safely

by LISA M. PETSCHKE

Attention caregivers: summer sun, heat and smog can be harmful to your older relative's already fragile health.

At this time of year, the elements bring increased risk for certain problems, some potentially fatal. These include: decreased circulation and an altered sensation of thirst; chronic illness, such as heart or lung disease; improper or overuse of medications; and being significantly underweight or overweight.

The following tips will help you protect your relative's health and keep him or her comfortable during the dog days of summer:

- Before planning your day, listen to the weather forecast for temperature, humidity level and air quality reading
- Stay indoors and keep windows closed when smog alerts are issued.
- Close blinds and curtains to block the sun's powerful summer rays.
- Have your relative avoid all unnecessary physical activity.
- Serve lighter, more frequent meals and offer more fruits and vegetables, which have high water content. Avoid hot, spicy, high-fat and protein-rich foods.
- Offer plenty of extra fluids, regardless of whether your relative expresses thirst, and be sure to take some beverages along whenever you go out. Water is best, but if he or she isn't a water drinker, try vegetable juice or diluted fruit juice. Avoid caffeinated and alcoholic beverages. If your relative is on fluid restrictions or a special diet, consult with the doctor before making any changes.
- For cooking, use a microwave oven, toaster oven or barbecue rather than a conventional oven or stove-

top. Consider buying pre-cooked foods that only require warming. An even cooler alternative is to order takeout food.

- If you don't have central air conditioning, use fans or window air conditioners to improve airflow and evaporate sweat. Stay on the lowest possible floor of your home, preferably on the shaded side. If necessary, cool your relatives with a refreshing bath, shower or sponge bath, or by placing a cool washcloth on wrists and foreheads. Open windows in the evening if there is a breeze.

- If you don't have an air conditioning unit, seriously consider getting one, especially if you and your relative can't easily get out. Otherwise, plan to spend the hottest part of the day in a climate-controlled environment: a friend's or relative's home or a public place such as a senior's center, library or shopping mall.

- If you need to go out with your relatives, do so in the morning before the heat reaches its peak, or in the evening. Avoid situations involving a crowd. If your vehicle is not air conditioned, time your trips and plan your routes to avoid traffic congestion. Before getting in, open all the windows or doors to let heat escape. Never leave your relative in your vehicle while doing errands, as heat can quickly build up to a dangerous level during the summer months.

- Whenever you go out, see to it that your relative is wearing sturdy, comfortable shoes with good treads, and that he or she has any recommended mobility aids.

- One final piece of advice: Don't forget to protect yourself from the ill effects of excessive summer sun, heat and smog. You matter, too!

If your relative lives alone:

- Make daily checks during heat waves to ensure your relative is eating and especially drinking sufficiently (arrange for more groceries as necessary), isn't overdressed and is acting normally. Seek medical

attention if you have any concerns about his or her physical or mental state.

- Ensure any air conditioners or fans are in good repair and being used.

- Help to obtain an air conditioning unit if your relative doesn't have one, or arrange during a heat wave for him or her to stay with someone (you, another relative or a friend) whose home is climate controlled.

- Provide or arrange for transportation to appointments, for errands, or to take your relative to a cool place. Walking any distance or waiting at bus stops in extreme weather is not advisable.

- If you live at a distance, arrange for a local friend or neighbor to make a daily visit. Supply your relative with a list of local businesses that offer delivery service, including grocery stores and pharmacies, so he or she doesn't feel the need to venture out in extreme conditions. If your relative doesn't have air conditioning, call the local public health office or Agency on Aging to find out if there is a program that subsidizes the cost of air conditioners, or a public cooling center in the area.

Lisa M. Petschke is a medical

social worker and a freelance writer specializing in boomer and senior issues.

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• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740
• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
• Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320
• Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers:

(Seniors age 60+)
• Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
• Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
• Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance at 404-613-6000, or visit www.myfultoncountyga.us.

Senior Multipurpose Facilities

• Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900.
• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.
• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.

Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

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• Alpharetta/Crabapple Neighborhood Senior Center: 12624 Broadwell Road, Alpharetta, 770-751-9397.
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• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
• Scrabble Club: First and third Tues. of

each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

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Lawrenceville, 770-822-5147

Bartow County Senior Center

Cassville, 770-383-7383
www.bartowga.org

Fayette Senior Services

4 Center Drive, Fayetteville
770-461-0813. Call for complete details on services offered.

CLUB 55

The Bridge Community Center
225 Willowbend Rd., Peachtree City
www.thebridge-cc.org
• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@bell-south.net.

Alzheimer's Support Group

On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

Parkinson Support Group

Meets second Thursday of every month, 1-2:30 p.m., Mount Pisgah United Methodist Church in Alpharetta and the Prime Time Ministry will host a North Atlanta/North Fulton support group for Parkinson's Disease patients and their caregivers. Call 770-772-0591 or 770-442-2281, ext. 139.

Multiple Sclerosis Center of Atlanta

Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

Alzheimer/Caregiver Support Group

First Mon. each month, 10:30 a.m., Mt. Bethel UMC, Older Adult Center, 4608 Lower Roswell Rd., Marietta. Care is provided for your loved one while we meet. Call 770-579-9224.

Square Dance Class

Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Cooledge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com; caller: Jesse Oliver, 404-346-7528.

Button Gwinnett Society

Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or elliott@brack.net.

Greater Atlanta Archaeological Society

Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-294-1789.

Friends of Smyrna Library

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www.friendsofsmymnalibrary.org
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CALENDAR

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Buckhead Library

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East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173

Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

Sandy Springs AARP

Meets the 2nd Tues. of each month at 2:00 p.m. in The Dorothy C. Benson Senior Center, 6500 Vernon Woods Drive, Sandy Springs. Contact Miriam Hahn at 404-252-2989 for information.

PALS Lunch 'n Learn Sessions

For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.

Life Enrichment Classes

For adults 50 and older in DeKalb County and surrounding areas. For details call Senior Connections at 404-321-6960 or visit www.srconn.org.

Decatur Monthly Sacred Harp Singing

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Monthly Singalong

Fri., July 23, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

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South Cobb Yellow Rocks

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CALENDAR

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Volunteers Needed

Senior Connections is looking for volunteers to participate in delivering meals to home-bound seniors, Adopt-a-Senior, and Adopt-a-Yard. For more information visit www.sreonn.org or call 770-455-7602.

Volunteers Needed To Deliver Food

South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

Self Help for Hard of Hearing People

Hearing loss resource group meets the 3rd Wed. of each month at 10 a.m. at the Woodstock Public Library. For information email: woodstockshhinfo@phydeaux.org or call 678-438-9135.

Get Connected with SeniorNet

at the Marcus Jewish Community Center of Atlanta

SeniorNet is an international, non-profit computer learning program designed to teach adults ages 50 and over computer literacy. The Marcus Jewish Community Center of Atlanta bears the unique distinction as being one of only three SeniorNet learning centers operating in the metro Atlanta area.

The SeniorNet curriculum covers a broad spectrum of computer-related courses including learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and out's of email, learning how to use a mouse, basic typing skills, buying and using a digital camera, digital photography and Adobe Photoshop elements, PowerPoint, buying and selling on eBay, designing web pages, and fun with graphics.

SeniorNet programs at the MJCCA are available to both members and non-members. Trained volunteer instructors teach computer classes that are specially designed and paced for older adults. Classes are limited to 12 students each allowing for a meaningful learning experience. All classes are held in the ORT Computer Technology Resource Center at the MJCCA Zaban Park campus.

The Marcus Jewish Community Center of Atlanta (MJCCA), "The Center of the Jewish Community," is committed to strengthening the quality of life in Atlanta, and is recognized as one of the most highly-regarded centers internationally. From preschoolers and children, to teens and singles, to adults and seniors - the MJCCA

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For more information, please call 404-463-3119 or email enaumann@atlantaregional.com; www.agewiseconnection.com/volunteer.

Alzheimer's Support Group
4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gerry Saunders at 770-961-2200.

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CALENDAR

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Metro Atlanta RSVP Needs Volunteers 55+

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C'mon, let's eat

by FAYE JONES

Of course you are preparing for your July 4th celebration. Grills all over the nation will be going full force to produce tons of succulent ribs, hot-dogs and hamburgers. An extra plus to the celebration would be bratwurst or sweet Italian sausage grilled on the side.

Not everyone grills, however, and I happen to be one of those who seldom get around to it. I love grilled food but grilling outside for one is a lot of trouble. When I do get in the mood, I grill several different meats at one whack. Wrap cooked meat tight and freeze and you can have a fine grilled steak, chicken or chop whenever your taste buds desire.

Nuff of grilling, you all have your own style. Let's get down to something we all love year round. Bread. It has many faces and some of us have been known to make a meal from a plate of lacy cornbread fritters or a biscuit hoe-cake cooked on the stove top.

Try the following recipes that every

bread lover will enjoy.

BOSTON BROWN BREAD

1/2 cup whole wheat flour
1/4 cup all-purpose flour
1/4 cup cornmeal
1/2 tsp baking powder
1/4 tsp salt
1/4 tsp baking soda
1 egg
1/2 cup buttermilk
1/4 cup molasses
2 Tbsp sugar
2 tsp cooking oil
1/3 cup raisins

In a mixing bowl, stir together whole wheat flour, all-purpose flour, cornmeal, baking powder, salt and baking soda. In another mixing bowl combine egg, buttermilk, molasses, sugar and oil. Add to flour mixture, stirring till well combined. Stir in raisins.

Pour batter into a well greased 4 x 4 1/2-inch loaf pan. Cover tightly with greased foil, greased side down. Place on a rack set in a Dutch oven. Pour hot water into the Dutch oven around the mold or pan till water covers 1-inch of

the mold or pan. Bring to boiling; reduce heat. Cover; simmer for 2 - 2 1/2 hours or till a toothpick inserted near the center of the bread comes out clean. Add additional boiling water as needed. (Brown bread is very dense in texture and must be cooked with moisture.)

Remove mold, bowl or pan from the Dutch oven; let stand 10 minutes. Remove bread from mold, brown or pan. Serve warm or for later use, cool thoroughly on a wire rack, wrap and chill. Makes 1 loaf (10 servings). Reheat in oven if desired and spread with cream cheese as a snack or for breakfast.

FAVORITE MUFFINS

1 3/4 cups all-purpose flour
1/3 cup sugar
2 tsp baking powder
1 beaten egg
3/4 cup milk
1/4 cup cooking oil
1/4 tsp salt

In a mixing bowl, combine flour, sugar, baking powder and 1/4 tsp salt. Make a well in the center. Combine egg, milk and oil; add all at one to flour mix-

ture. Stir just until moistened. Batter will be lumpy. Lightly grease muffin cups or line with paper bake cups; fill 2/3 full and bake in a 400 degree oven for about 20 minutes or until golden brown. Remove from pans. Serve warm. Makes 10 - 12.

BLUEBERRY MUFFINS

Prepare as above, except fold 3/4 cup fresh or frozen blueberries and if desired, 1 tsp finely shredded lemon peel.

CRANBERRY MUFFINS

Prepare as above, except combine 1 cup coarsely chopped cranberries and 2 tablespoons additional sugar. Fold into basic muffin batter.

DATE-NUT MUFFINS

Prepare as above, except fold in 2/3 cup snipped pitted whole dates and 1/3 cup chopped nuts into muffin batter.

CHEESE MUFFINS

Prepare as above, except stir 1/2 cup shredded Cheddar or Monterey Jack cheese into flour mixture.

BANANA MUFFINS

Prepare as above, except reduce milk to 1/2 cup. Add 3/4 cup mashed banana and 1/2 cup chopped nuts to flour mixture with egg mixture. Do not use paper bake cups.

CORN MUFFINS

Prepare as above, except reduce flour to 1 cup and add 3/4 cup cornmeal to flour mixture. Do not use paper bake cups.

OATMEAL MUFFINS

Prepare as above, except reduce flour to 1 1/3 cups and add 3/4 cup rolled oats to flour mixture.

As with all baked goods, add spices and flavorings of your choice. Be innovative and try different flavorings with old favorites!

OATMEAL RAISIN SCONES

1 cup all-purpose flour
3 Tbsp brown sugar
1 1/2 tsp baking powder
1/2 tsp ground cinnamon
1/3 cup butter
1 cup quick-cooking rolled oats
1/2 cup raisins, coarsely chopped,
currants or miniature semisweet
chocolate pieces
1 beaten egg
1/4 cup milk
Milk

In a bowl combine flour, sugar, baking powder and cinnamon. Cut in margarine till mixture resembles coarse crumbs. Stir in oats and raisins, currants or chocolate pieces. Combine egg and 1/2 cup milk; add to flour mixture. Stir just till moistened (will be sticky). On a lightly floured surface, pat dough into a 7-inch circle. Cut into 12 wedges, place on a baking sheet. Brush with milk. Bake in 400 degree oven for 10 to 12 minutes or until light brown. Serve warm. Makes 12.

Enjoy! ©6/22/10

EDITORS NOTE: If you have a favorite recipe, please share with us!

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.



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