

# Senior News



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## Together

*Story on Page 6*

July 2010  
Vol. 24, No. 7



# Porter Fleming Literary Competition submission deadline is July 31st

**Special to Senior News**  
**Augusta, Georgia**

**T**he 2010 Porter Fleming Literary Competition, now in its seveneenth 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](http://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](http://www.themorris.org) or call 706-724-7501.

## Rape Crisis and Sexual Assault Services seeks volunteer advocates

**Special to Senior News**

**R**ape Crisis and Sexual Assault Services is seeking volunteers to serve as Victim Advocates in the Augusta area. Volunteer training will be held July 15-19 at University Hospital. Advocates should be able to respond to area hospitals within thirty minutes of being called when a sexual assault case presents.

Sexual violence is a crime motivated by control, not sexual desire. Sexual violence is a breach of trust and safety that occurs anytime a person is forced, coerced and/or manipulated into unwanted sexual activity. This can include rape, incest, child sexual abuse, acquaintance rape, statutory rape, marital or partner rape, sexual exploitation, sexual harassment, exposure and voyeurism. As the most underreported of all crimes, it is more widespread than most people recognize. One out of six women, and one out of every thirty-three men, will be

sexually assaulted in their lifetime. Sexual assaults, including rape, remain the most under-reported crimes in our nation; the range of reporting rates for rape and sexual assaults reported to law enforcement vary between 16 and 41%, meaning more than half of all rapes and sexual assaults go unreported. Reporting a crime is one of the most effective tools to prevent future rapes. A trained volunteer advocate from Rape Crisis can accompany a victim at the hospital, law enforcement and court to answer questions about the process and explain how it works.

### About Rape Crisis and Sexual Assault Services

Rape Crisis and Sexual Assault Services has been providing Victim Advocacy for thirty-five years in the Augusta Judicial Circuit, and is now making preparations to expand those services to McDuffie and Jefferson Counties. Volunteers are needed in those counties and surrounding areas, along

with Richmond, Columbia, and Burke Counties as well.

Working under the auspices of University Hospital, the mission of Rape Crisis and Sexual Assault Services is to provide crisis intervention, advocacy, counseling, and prevention education to men, women, and children. Services include:

- 24 hour Crisis Line
- Advocacy and crisis intervention
- Information and referral
- Counseling and support groups
- Children's prevention programs
- Community education
- Promotion of survivor's rights to know and choose possible courses of action

If you are interested in becoming a volunteer Victim Advocate, and are able to respond to hospitals in the aforementioned areas, or would like additional information, please contact Dinah Gunn at 706-774-2746 or [volunteerccsas@uh.org](mailto:volunteerccsas@uh.org).

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

**Special to Senior News**

**O**ne 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.aog.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>.



**The University Health Services Board recently named James R. Davis as University Health Care System's new President and Chief Executive Officer. Davis succeeds J. Larry Read who announced his retirement in late March after serving 11 years in the position.**



# 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  
world.  
We are so fortunate to have you in  
our lives like the rarest of all  
pearls.

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# Senior NEWS

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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

**J**ust 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 setback 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

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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

**A**s 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.



# ADVOCACY ALERTS: The second time around... Grandparents as parents!

by **KATHLEEN ERNCE**  
Executive Director  
The Senior Citizens Council  
Augusta, Georgia

**T**he word rehabilitation can have more than one definition. It can mean learning a new skill to become more marketable in the workplace, or... it can represent every parent's nightmare of a child with an addiction who needs to be in a residential rehabilitation facility. Sometimes that nightmare is visited upon the Grandparents.

In the State of Georgia, there are 164,423 children living with their grandparents. That is 7.6% of all children in the state. Another 53,785 live with other relatives. Of the households headed by grandparents and other relatives, 98,773 of these children are living without either parent present. Nationwide, the numbers are 4.5 million living with grandparents, another 1.5 million with other relatives. This is a 30% increase since 1990 and a 15% since 1997, according to AARP's web site.

Children who are raised by a grandparent are at a high risk from a variety of problems that include anxiety, depression, attention deficit disorder, post-traumatic stress disorder, and other problems. Many have been neglected or abused, or have drug-addicted parents, while others have cognitive deficiencies as a result. Living in poverty can make it all the worse and a long list of behavior problems may develop.

Grandparents can be just as emotionally vested in a child as any responsible, loving parent. Recently, I had reason to visit a residential rehabilitation facility in Atlanta, Georgia. While attending lectures and group therapy sessions, I noticed an older woman who was accompanied by a young woman and an infant. She was doing the lion's share of caring for the child. I struck up a conversation with her and discovered that she was the baby's grandmother, her son was in rehab, and the young woman was his wife, having recently moved in with the grandmother due to financial strains.

This grandmother told a story of years of drug abuse by her son. Her efforts to intervene, protect, and direct him finally brought him to the choice of a rehab facility or jail. She said she had burned through her savings to pay for his treatment, used up vacation and sick time in order to be available for therapy sessions, both group and private, lectures and visits. She told of her insurance being maxed out for the year and the stress she felt over the possibility of becoming ill and having no coverage for herself.

When I asked if her employer was empathic to her situation, she stated that he was, but any further time off would be without pay. She worried about providing basic needs for her grandchild with reduced income while his father's recovery time remained open-ended; all of their futures as uncertain as his dad's chances of not suffering a relapse. She was now turning her eyes to her 401(k) as a source of immediate income. The baby's mother holds a part-time job and said that if it were not for her child's grandmother, she didn't know what would become of her and the baby.

This is a family in true crisis, stressed beyond reason, overwhelmed by the tenuous odds of recovery, knowing that statistics are against this being her son's one and only attempt at getting clean and she can not afford to fund it again!

Many grandparents find themselves in a similar situation: having worked all their lives, raised their families, and finally are at a place in life where they can turn their attention to themselves, only to find that for whatever reason, they are having to step into their children's shoes and become a hands-on parent again for a grandchild or grandchildren.

I also met a 71 year old grandmother who after raising 7 of her own children was now raising her blind son's 8 year-old daughter as well as caring for him. Her son lost his eye sight at the age of 49 due to disease. She said the key is to keep a child busy with positive activities such as church and school. When I asked these grandmothers why they have sacrificed so much and if they would do it again, they all agree that they would and they cite love for their families as the foremost motivator for what they do every-day.

Raising a child under the most ideal conditions is a challenge for most of us. For grandparents that may have health problems and other concerns, being a full-time parent again can get complicated. If there is more than one grandchild, a disability is present, or the child is troubled, it can get very complicated!!

However, there is help! The computer is a good place to start. If you type in "grandparents raising grandchildren," you may be surprised at how many web sites will pop up. Which to choose? A solid beginning is to go to the AARP web site: [www.aarp.org/grandparents/](http://www.aarp.org/grandparents/). This web site offers a large variety of subjects particular for the grandparent raising children again. You will be able to find such things as help in coping with a disabled grandchild, to traveling with your grandchildren. AARP lists many agencies that offer a wide range of information and help.

Another good local resource is

The United Way of the CSRA. After dialing 211, or calling 706-724-5544, an operator will direct you to local resources; such as the Salvation Army, Interfaith Hospitality Network, and/or the Golden Harvest Food Bank. The Department of Families and Children Services can be of assistance with food stamps, Medicaid, child care, and energy services (help paying the power bills).

Grandparents and our seniors in general are involved in our communities in so many ways. They contribute not only to assisting in raising our nation's young, but volunteer in many other areas. Through The Senior Citizens Council here in Augusta, Georgia, we have Senior Companions that log 3,700 volunteer hours per month. Our Foster Grandparent Program logs an impressive 8,000 hours per month, and our In-Home Senior Companion Program and Retired and Senior Volunteer Program (RSVP) Program combine for a total of 2,650 volunteer hours per month. We all know the old adage... if you want some tasks done right - give it to the person with a lot of other responsibilities.

If you would like to join the ranks of the Foster Grandparents Program, Senior Companion Program, or the RSVP please call

us at 706-868-0120 for a personal interview appointment.

The reasons why grandparents take on the role of a parent vary widely. Some stories are sad, many are inspiring... all are heroic!



**David Tucker, Curator of Education and Deputy Director of the Morris Museum of Art, has been named the recipient of the Greater Augusta Arts Council's 2010 President's Award, the highest honor given by the GAAC.**



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# On the Cover Together

by CAROLYN BRENNEMAN

Photography by Carolyn

**COVER**  
Blackberries on a vine at the Berry Farm in Augusta

Calling all actively engaged adults age 50 and better! Summer is the time for some quality family recreation with our kids and grand-kids. Head on out to one of the pick your own farms or take a short trip to one of our local farm markets for some fun and togetherness to explore sweet aromatic and delicious local produce.

To find a farm near us where we can pick our own fruit or explore a roadside market where we can get freshly picked fruits and veggies, check out the website [www.pickyourown.org](http://www.pickyourown.org) created by Blake. Not only will we find great farms and market stands in the surrounding area of Augusta and Aiken, we can find locations in any state complete with crop calendar listings.

This is a fun family bonding activity that all ages enjoy and there are a few great picking farms close by. One of the most popular pick

your own farms is Gurosiks Berry Plantation in North Augusta on Briggs Road where there are rows of berries, tomatoes, herbs, beautiful zinnias and sunflowers. Taking a walk down the gravel path will even lead us to a few beehives. Want to try a blueberry farm? Try Johnson Farms off of Highway 88 in Blythe, which allows us to pick our own blueberries in July. Or explore Mountain View Blueberry Farm, a family owned farm located 3 miles off I-20 at exit 33 in Aiken county.

More in the mood to just spend fun together exploring one of the roadside markets? Try Furys Ferry Farm market at the corner of Furys Ferry and Mulliken or Riverwatch Farm Market at the intersection of Baston Road and Old Petersburg Roads. Of course, in downtown Augusta, there is great variety at the Farmers Market every Saturday. And check out the newly launched farmers market in the parking lot at Earth Fare on Saturday mornings for fresh fruit and honey.

For a good variety of fruits and veggies, one of our favorite markets around Augusta is Cee Gee's Open Air Market on Davis Road, owned by Carol and Gary Holland. Stop in and pick up some delicious blackber-



Come on Gramps, let's pick some berries together

ries, scoop up your own blueberries from a very large bin, grab some silver queen white corn out of the corn bin, and enjoy the earthy and tomato-y plump reddish tomatoes. We can pick out our own peaches or get them by the bushel or the peck. Want some local wildflower honey or a carton of double yolk eggs? (from free range chickens, of course) Are they reasonably priced? Carol Holland points to the sign posted, "Store prices are subject to change according to customer attitude." But

before we leave, enjoy some icy cold refreshments sitting on the porch swing in the picnic area while viewing the lovely colorful zinnias.

We can extend the experience of bonding together for months afterwards by picking some extra fruit to can, freeze, or make into jam. At Blake's website, we can find many valuable tips and guides for picking fruits and vegetables as well as detailed step-by-step instructions on preserving, home canning, freezing and drying many fruits and vegetables and how-to tips on making jams, preserves, sauces, and much more. These activities are indeed a great way to have fun. Try it out together and, when we open a jar of our homemade jam on a cold winter morning, the aroma and taste will bring back our pleasant memories of our warm Summer day.

Hey folks, be sure to check out all the exciting and useful information on Blake's website [www.pickyourown.org](http://www.pickyourown.org) for addresses and phone numbers of the various farms and markets and call the market before heading out on an adventure. Let us spend some family recreation time and create our summer memories together. Photo of the two children is provided by Blake.



**RICHARD WOODS FOR STATE  
SUPERINTENDENT OF SCHOOLS OF GEORGIA**  
*Putting the Heartbeat Back into Education!*

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](http://www.woodsforgeorgiaed.com) or email me at [woodsforgeorgiaed@gmail.com](mailto:woodsforgeorgiaed@gmail.com).



Saturday at Cee Gee's  
Open Air Market



Debra picking Zinnias to take to the market



# Annual Volunteer Recognition Winners Announced

by JEANETTE CUMMINGS  
Director, Area Agency on Aging

The CSRA Area Agency on Aging (AAA) held its annual Volunteer Recognition and Awards Luncheon on Wednesday, May 12th at Julian Smith Casino, Augusta. The event affords the AAA an opportunity to recognize individuals and organizations that strongly support the well-being of elderly and disabled individuals in the CSRA.

Susie Mae Beard of the Lincoln County Senior Center is the recipient of the Clara West Volunteer of the Year Award. Ms. Beard was recognized for her outstanding volunteer efforts at the center. She volunteers on a daily basis – gladly preparing the kitchen and dining area for congregate meals, delivering the devotional, calling bingo, delivering meals and shopping for the homebound. Though she is actively involved in various ministries at her church, Mt. Zion Baptist Church, Ms. Beard still finds time for the center and has been doing so for the past five years.

The Volunteer Group of the Year Award was presented to the Augusta Alumni Chapter of Kappa Alpha Psi Fraternity, Incorporated. According to the fraternity's guidelines, approximately 35 percent of the chapter's commitments support the local community. Local initiatives include the Sunday of Hope for the St. Jude's Hospital, Habitat

for Humanity, Hurricane Katrina and Haiti relief, tutoring and mentoring activities and the U. S. Census. On an annual basis, members are involved with the Feed the Hungry Projects at local soup kitchens and Thanksgiving dinners at two community centers. Additionally, the fraternity organizes and sponsors health fairs and provides financial assistance to local causes, organizations and individuals including the homeless and veterans.

Harper's Personal Care Home, Washington, Georgia received accolades as the Provider of the Year. Employees at this rural personal care home demonstrate a spirit of teamwork. Recognizing that the residents have lost much of their independence and autonomy, staff are cheerful and always take the time to address the individual needs of residents. With low turnover and absenteeism, they readily assist with activities of daily living to include feeding, dressing and socialization. Residents frequently enjoy singing, dancing, playing bingo, listening to daily devotionals, getting manicures and fishing. An informal pet therapy program is in place as a means of health improvement. Harper's is truly a "home away from home" as each resident has a private room equipped with a television, telephone, small refrigerator and personal items such as family pictures.

To inquire about aging services and volunteer opportunities, contact the Area Agency on Aging at 706-210-2000 or 888-922-4464. The Agency is a division of the CSRA Regional Commission.



Susie Mae Beard of the Lincoln County Senior Center is the recipient of the Clara West Volunteer of the Year Award.



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The Volunteer Group of the Year Award was presented to the Augusta Alumni Chapter of Kappa Alpha Psi Fraternity, Incorporated.



Walton Rehabilitation holds groundbreaking event in Harlem

Walton Rehabilitation Health System recently held a groundbreaking to celebrate the construction of Planer Mill Village, a new affordable and accessible community designed to provide apartment homes where seniors can live more independently. The new community joins Walton's 12 other independent living communities. Apartments in these communities are ADA-compliant and fully accessible, featuring wider doorways, roll-in showers, wheelchair-accessible sinks and curbless sidewalks. Walton's independent living communities represent a partnership between Walton and HUD.

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A member of the Trinity Hospital of Augusta Medical Staff.



# 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 –

**J**ust 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 bioptic 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.

\*\*\*\*\*

— Paid Advertisement —

## TOZAL Eye Health Formula

Vitamins clinically proven to help maintain macular function.  
[www.tozalfformula.com/26702](http://www.tozalfformula.com/26702)  
or call 1-877-948-7784.

\*\*\*\*\*

## Times Not Forgotten

# Grandma's Clay Pipe

by CHRISTINE COLEMAN

**M**y Grandma Molly smoked a clay pipe, brownish in color. A reed from the woods was cut and dressed (usually by Papa) and inserted into the pipe for a stem. The stem had to be replaced periodically.

From my earliest memories of her in the 1930s, I noticed that Grandma smoked that pipe three times each day. After a meal, she immediately lit her pipe. I had never seen a woman smoke, so this was something unusual for me to understand. My mother never smoked, and she always wished Grandma wouldn't, but she never complained to her mother. When I talked with Grandma, she told me that smoking after meals was a pleasure she truly enjoyed.

In the summer months, Grandma smoked on either our front or back porch. During the winter, she smoked while sitting in front of our fireplace. After supper, we'd all sit around the fire. That's when Grandma would go through the ritual of filling her pipe with tobacco and packing the tobacco

down with her thumb. All of us children would watch while she prepared for that last smoke of the day. She used tobacco purchased in tiny white cotton sacks with a drawstring to secure the opening. Papa always bought her a sack of tobacco when he purchased his own can of Prince Albert on Saturdays.

We always kept a broom near the fireplace to sweep ashes and coals back into the fire in the event the hearth became messy. Grandma would take a straw from the broom and hold it so that the end would touch the fire in order to light her pipe. If only coals were left, she'd lay the straw down on the hearth, making sure one end was on the coals. Whether it was in the fire or on coals, the straw would catch fire. Papa had always lit his cigarettes with a match, so this was something new to us children. All of us watched while she sucked on the pipe stem until the tobacco turned red, signifying the pipe was lit. She would then sit back and enjoy her smoke.

When Grandma finished smoking, she'd dump the ashes from her

pipe. Then she'd prop the pipe against the hearth. There it would stay until the next day. Of course, we children were curious. Once, when there was no one around, I picked up the pipe and put the stem in my mouth. I sucked on it the way I had seen Grandma do. To my dismay, the taste was too awful to describe. It was so bitter I almost got sick. There was no one I could tell because the grownups would have chastened me for even picking the pipe up as that was off limits to children. I didn't tell anyone what I had done for a long time. When I finally confided in my sister and the boys, I found they had all, at one time or another, tried the same thing. When I asked them how they liked that pipe, they all told me, "Don't ask." Needless to say, that was the end of my pipe smoking curiosity. Watching Grandma's smoking ritual lost its appeal to me after that incident.

\*\*\*\*\*

Christine Coleman lives in Swainsboro. Feel free to E-mail her at [cfc@reicomputers.com](mailto:cfc@reicomputers.com).



## MOLECULES IN A BOTTLE

CLOSEST DISCOVERY TO THE "FOUNTAIN OF YOUTH"  
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The pathway to health and well-being lies in the body's amazing natural ability to heal itself, in fact, our bodies sustain optimal health and well being by maintaining the correct natural chemical balance of reactive molecules within the cells in our body.

Inside the cells, the body produces two different types of reactive molecules that support virtually all of the functions of the immune system and tissue regeneration response.

The body is constantly working to balance cellular health by using these reactive molecules to rid the body of harmful components and to clean up the oxidative stress and free radical damage that occurs at the cellular level. When these reactive molecules are in the proper balance the immune system functions at its optimal level!

ASEA is the only product in the world that contains these stabilized reactive molecules, based on the cutting edge science of Redox Signaling.

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These reactive molecules are:

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- Integral in the healing response

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Antioxidants alone will not work. A light bulb by itself is useless, but activate it with electricity and it becomes one of the greatest inventions of modern life – the same is true with antioxidant. By themselves antioxidant are unable to fight free radicals and aging, but activate them with these reactive molecules and they become life savers.

Since ASEA contains these antioxidant activating molecules it should come as no surprise that in a recent in vitro scientific study – supplementation with ASEA showed an increase in antioxidant effectiveness of over 500%. This has never been seen before.

For information please contact: ANN TUNALI, 404-668-2420  
Your Health & Wellness Advocate – [anntunali@msn.com](mailto:anntunali@msn.com)  
[www.teamasea.com/staywell](http://www.teamasea.com/staywell)

*It's time to let your body do what it was meant to.*

ASEA is based on more than 16 years of research, making it a safe and natural way to help your body function as it should.

ASEA is the only product that delivers the balanced foundation that every person must have to allow their body and immune system to function at its optimal best.



# 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, hotdogs 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 hooecake 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 mixture. 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!

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Faye Jones is a syndicated writer and columnist and can be reached at [byronfaye1@aol.com](mailto:byronfaye1@aol.com).

## 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](http://www.georgiagoldenolympics.org).



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# Augusta/CSRA CALENDAR

## Augusta State University Continuing Education

• Online Courses: Go to classes in your pajamas, at anytime day or night. Go to [www.ced.aug.edu](http://www.ced.aug.edu) and click on ONLINE COURSES. Contact Byron Widener for more information at 706-667-4215.

## The Senior Citizens Council

218 Oak Street North, Suite L  
Augusta, GA 30907; 706-868-0120  
[www.seniorcitizenscouncil.org](http://www.seniorcitizenscouncil.org)

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

• Advocacy Programs including: Caseworker Services; Caregiver Support and Information; Bill Paying and Money Management; Benefits Counseling including information about the new Medicare Part D Prescription Drug Plans; and, Elder Abuse, Neglect, and Exploitation Prevention.  
• Foster Grandparent Program and Senior Companion Program: Limited income persons age 60 and older needed to work from 15 to 40 hours a week with special-needs children or adults. Call for complete details.  
• Retired and Senior Volunteer Program: Are you looking for a fun and exciting way to make a difference in the community? RSVP offers persons age 55 or older an opportunity to apply their skills and experience to meet critical community needs. RSVP pairs talented volunteers with their choice of a variety of non-profit, health care, government, and faith-based organizations. Call for complete details.

For additional information or to make an appointment for a needed service, call 706-826-4480 from 8:30 a.m. to 5:00 p.m.

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## 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  
Pat Jenner; 2463 Golden Camp Rd.,  
Augusta, GA 30906; 706-772-5456  
• McBean Community Center  
William 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 Eucly 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  
Betty Laverty; 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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## H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta  
Contact: Patricia A. Jenner

706-772-5456; 1 a.m.-3 p.m.

\*\*\*\*\*

## Aiken County Parks, Recreation & Tourism

902 Vacluse Rd., Aiken, SC 29801; 803-  
642-7559;

[www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)  
Courtney Senior Center

49 Roy St., Wagener, SC; 564-5211  
Harrison-Caver Park

4181 Augusta Rd., Clearwater, SC; 593-  
4698

Aiken County Recreation Center  
917 Jefferson Davis Hwy., Graniteville,  
SC; 663-6142

Roy Warner Park  
4287 Festival Trail Rd., Wagener, SC;  
564-6149

\*\*\*\*\*

## Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

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## Hearing Loss Association of Augusta

Hearing Loss Association of  
Augusta. For meetings information con-  
tact: Debbie Rish, President, at 706-650-  
2496; 624 Kingston Rd., Grovetown, GA  
30813; or, by email at  
[hlaag.rish@yahoo.com](mailto:hlaag.rish@yahoo.com). Meetings are held  
the 3rd Monday during Sept.-March.

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## Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7  
p.m., Jesse Carroll Community Center,  
Windsor Spring Rd., Hephzibah. For  
additional information contact Lion  
David Usry, President, at 706-592-2752.

\*\*\*\*\*

## 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](http://www.the.morris.org).

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## Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta.  
Call 706-722-5465 for information.

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## Caregiver Support Group

Are you caring for a spouse or parent?

Join other caregivers to share experi-  
ences, 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

360 Reynolds Street in downtown  
Augusta. Call 706-722-8454 for events  
information.

• From Ty to Cal: A Century of Baseball  
in Augusta: Ongoing

• Into the Interior: A History of the  
Georgia Railroad and Banking Company:  
Ongoing

• Augusta's Story: Ongoing

• Stories & Legends: Remembering the  
Augusta National: Ongoing

• A Community That Heals: Ongoing

• Brown Bag History Series Lecture: *The  
Story of Edgefield*: Wed., July 7, 12:30  
p.m.

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## Lucy Craft Laney Museum of Black History

[www.lucycraftlaneymuseum.com](http://www.lucycraftlaneymuseum.com)  
Call 706-724-3576 for events informa-  
tion.

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## "Dance with Us"

The Augusta Chapter of USA  
Ballroom Dance invites beginners to pros  
to our FIRST SATURDAY social dance  
at the Elks Lodge #205 on Elksdom Court.  
Members \$7; Non-members \$10 starting  
with a complimentary dance lesson at  
7:15 p.m. by different local studios.  
For more information contact Marie  
Perrotto at 706-863-1180 or Jean Avery at  
706-863-4186.

\*\*\*\*\*

## Augusta Christian Singles Dance

Dances held each Saturday night, 7-  
11 p.m., at Ballroom Dance Center, 525  
Grand Slam Dr., Evans. Admission  
includes complimentary dance lessons 7-  
8 p.m., refreshments and drinks. Cost:  
Guests, \$10; members, \$8. For additional  
information call 706-863-9262 or visit  
[www.christiandances.org](http://www.christiandances.org).

\*\*\*\*\*

## AARP Augusta Local 266

There is more to AARP than a news-  
paper and a magazine. The local chapter  
meets at Sands Hill Community Center,  
2540 Wheeler Road, Augusta. For

continued on page 11

# General Business Directory For Seniors

**PINEVIEW GARDENS**

**PERSONAL CARE HOMES**

*Specializing in Dementia  
and Alzheimer's Care!*

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could change your life! Go to [www.iLove-GoodWater.com](http://www.iLove-GoodWater.com). Or let me hear from you  
by sending your name and address to: I  
LOVE GOOD WATER, 5579 Chamblee  
Dunwoody Rd., Suite 403, Atlanta, GA  
30338.



# CALENDAR

from page 10

additional information or to join call Varnell Owens, Chapter President, at 706-790-4388.

## 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.

## Augusta Newcomers Club

The Augusta Newcomers Club helps new residents acclimate and make friends by offering many activities including lunch and dinner groups, social activities, bowling, golf, book clubs and more.

Monthly coffees for prospective new members are held on the first Tuesday of each month.

For additional information call Jeannie Hipsher at 706-210-7547 or Mary Ellen Quick at 706-869-1517; hospitality@AugustaNewcomers.com; www.AugustaNewcomers.com.

## 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.

## Phinizy 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.

## Senior Volunteers Needed

Fort Discovery need your help in making visitors' experiences ones that they will never forget. To volunteer call Kathy at 706-821-0609 or email: thibaultk@nsdiscover.org.

## DBSA (Depression Bi Polar Support Alliance)

Meets the 3rd Wed. of every month at 6 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details.

## Volunteers Needed

The Retired and Senior Volunteer

Program (RSVP) is seeking volunteers in the Aiken area at the Council on Aging, Social Services Offices, Health Department, Habitat for Humanity Thrift Store, Public Schools, and other Aiken Volunteer locations. Some typical duties include delivering "Meals on Wheels," light office administration, answering phones, stamping mail, making copies, visitor reception, coaching "Welfare to Work" clients, after school programs, and more. If interested in volunteering and giving back to your community, please contact Ed Jelinek or Dorothy Moyers at 803-648-6836, ext. 224 or 223.

## 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., 7 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3519 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.

## Trinity Hospital Offerings

For details call 706-481-7604 or visit www.trinityofaugusta.com

• Joint Efforts: Thursdays, 11-11:45 a.m., Augusta Orthopaedic Clinic, Behind Trinity's ER, 1521 Anthony Rd., Augusta  
• Widow & Widower Social: 2nd Tues., 4:30-6:00 p.m.

## Walton Rehabilitation Health System Offerings

• Augusta Stroke & Outpatient Support Group: 2nd Wed., Noon-1 p.m., Walton Rehabilitation Health System Board Room, 1355 Independence Dr., 706-823-5250.  
• Brain Injury Support Group: 2nd Thurs., 6-7:30 p.m., Walton Rehabilitation Health System, Walton West, 2501 Center West Pkwy., 706-533-3094.  
• Spinal Cord Injury Support Group: 2nd Thurs., 5-6 p.m., Walton Outpatient Therapy Center, 706-823-8504.  
• Amputee Support Group: 3rd Thurs., Noon-1 p.m., Walton Rehabilitation Health System, 1355 Independence Dr., 706-823-8504.

# General Business Directory For Seniors

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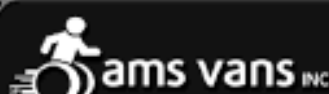
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To find a location near you, visit

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# Together let us explore Augusta's Museum of History

by CAROLYN BRENNEMAN

Photos by Carolyn

The Augusta Museum of History is certainly one of the finest landmarks in Augusta and not only houses a wealth of knowledge regarding the makings of Augusta and the surrounding CSRA, displayed in its permanent exhibits of history, but also showcases three very exciting current exhibitions: Timeless Toys, James Brown the Godfather of Soul, and Celebrating a Grand Tradition, the Sport of Golf.

Timeless Toys, is a new exhibit at the museum which displays the popular Raggedy Ann and Andy dolls, the very popular Barbie Dolls of the 1960's, Dungeons & Dragons, our favorite Jimmy Cricket, and many more childhood favorites that will bring back pleasant memories for us. A press release states, "fascinating, inspiring and challenging, items such as marbles, miniature Civil War soldiers, Barbie dolls



**Jimmy Cricket from Timeless Toys**

and a Rubik's cube will be on view." It is surely going to be a favorite for parents and grandparents who will recognize and identify with their favorite toys and will delight in telling stories about them to their children.

Another popular exhibit displays the life and times of the Godfather of Soul, James Brown, a most extraordinary performer, producer, singer, songwriter, dancer and philanthropist who devoted money and time to a variety of causes in Augusta. This exhibit, on display since May of 2008, shows various rare memorable and personal artifacts as well as an array of costumes worn by Brown and allows us to experience the wonders of his life and times through interactive kiosks. Excerpts of interviews can be heard from such famous persons such as Dan Aykroyd, Jesse Jackson, and Smokey Robinson, giving us insights into Mr. Brown's altruism, performance



**An Old Fashioned Barbie Doll**



**Celebrating a Grand Tradition - The Sport of Golf**

abilities, philanthropy and musical genius. Dan Aykroyd said, "Brown was a giant talent and one of the most entertaining, engaging and charismatic characters around at that time." We can share a rich experience in walking through this exhibit with our children.

A new permanent exhibit since March is Celebrating a Grand Tradition: The Sport of Golf. This exhibit carries the history of golf as well as its profound influence and Augusta's own story through grand displays of artifacts including clothing styles and equipment as well as interactive exhibits showing hundreds of pieces of golf memorabilia and displays of the prominent golf clubs here in Augusta. Also on display are life size bronze statues of many of golf's legends, including Bobby Jones, Ben Hogan, Arnold Palmer, Jack Nicklaus and others.

During the entire

month of August, the Museum offers Dollar Dog Days of Summer for only \$1 admission and children under 5 are free. The Museum is open Thursday-Saturday 10-5 and Sunday from 1-5, call 706.722.8454. Together take a day to delight in some of the fascinating exhibits in our own Museum of History.



**James Brown... the Godfather of Soul**

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**HEALTHGRADES\*** \*As defined by HealthGrades - Augusta, Richmond County, GA-SC CSA Map Area.