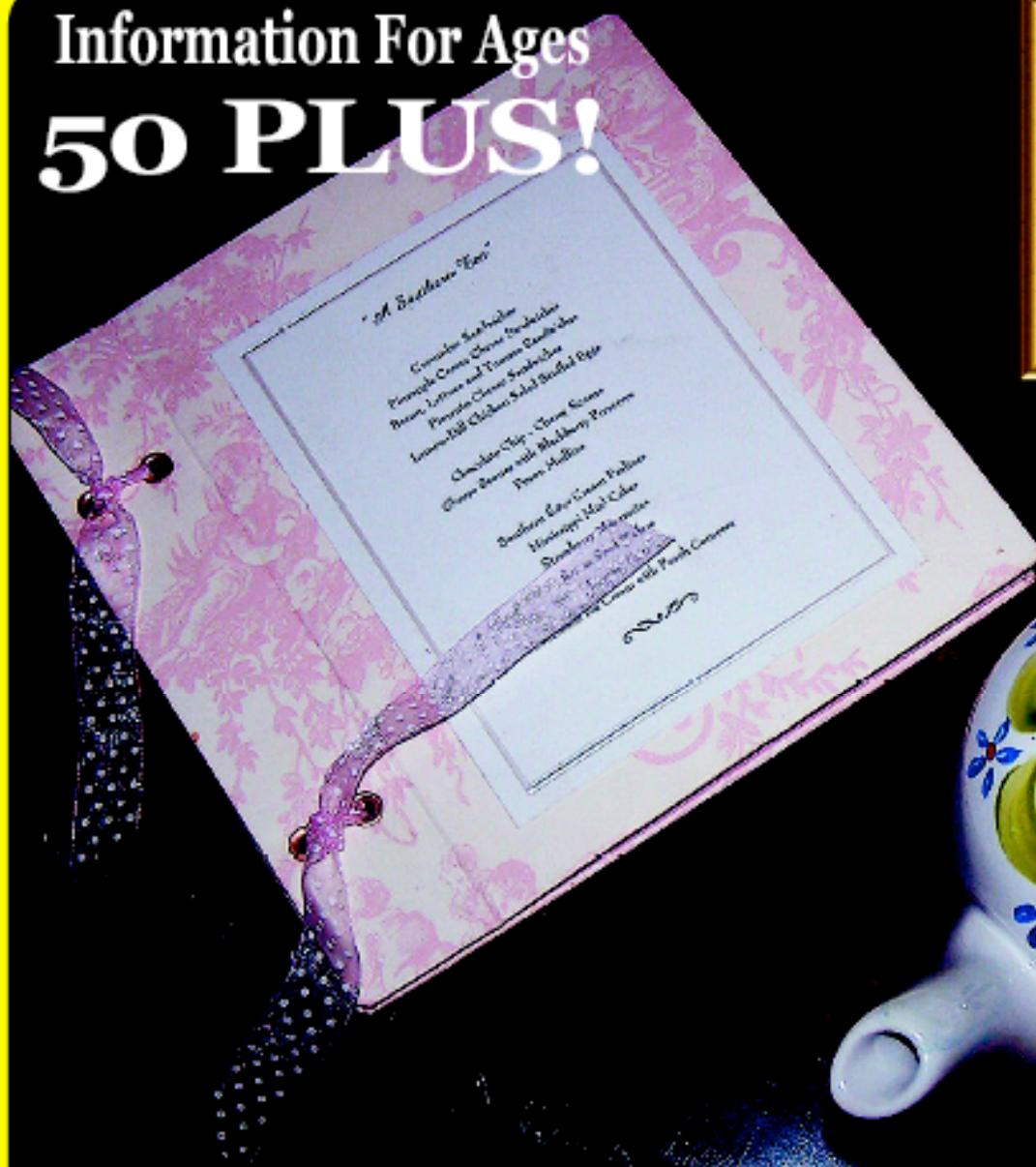


Senior News

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The Fine Art of Tea

**Victorian
Style!**

Story on Page 6



April 2010
Vol. 24, No. 4

Bone Health

by ANDREA C. BUSSEY
PharmD, CGP, FASCP

Osteoporosis, characterized by decreasing bone mass, is a common bone disorder in the aging population. Although it is more common in women, it can affect men as well. This bone disease frequently leads to complications that result in pain, disability and fractures of the wrist, hip and back. Small bones called vertebrae make up the spinal column and it is these small bones that are



often affected by osteoporosis. One-third of women older than 65 years old have had a fracture associated with osteoporosis. By age 80, almost half of women have evidence of vertebral fractures and 30% will

have suffered a hip fracture. This makes osteoporosis a major health problem as we age.

Aging is associated with a decrease in bone mass with as much as 40 percent of bone mass being lost by age 90. Two types of age-related osteoporosis have been defined. Postmenopausal osteoporosis is related to accelerated bone loss in women during the first two decades after menopause. Bones of the wrist and back are most often affected. Senile osteoporosis is related to an impaired production of vitamin D and affects bones of the back and hip. Calcium absorption is decreased in both types of osteoporosis.

Even though normal aging results in decreased bone mass, there are many factors that increase the risk of developing osteoporosis. Some of these include being female, being 50 years old or older, Caucasian or Asian ethnicity, poor diet such as low consumption of calcium or vitamin D, smoking, low body weight, excessive alcohol intake, falls, genetic factors and anorexia. Certain diseases and medications such as steroids, chemotherapy, blood thinners and seizure medications also increase the risk of osteoporosis.

Bone loss can be reduced with certain lifestyle changes and interventions making osteoporosis a preventable disease for many. Although some risk factors cannot be altered, there are many cost effective ways to decrease your risk of developing osteoporosis. One of the easiest is life style modification. This may include increasing physical activity, performing weight-bearing exercise, increasing vitamin D and calcium intake, quitting smoking, avoiding excessive alcohol intake and preventing falls. Adequate intake of calcium and vitamin D is a reliable way of maintaining bone health. Dietary calcium from dairy products is a good source, but the average person over the age of 50 does not consume enough dietary calcium. At least 1200 mg of elemental calcium is recommended daily for women and men over 50 years of age. For those 19 to 50 years of age without risk factors, 1000 mg daily is recommended. Recommendations vary for pregnant women, children and those under 18 years old. The risk of fractures has been shown to decrease in patients over the age

of 50 when adequate calcium and vitamin D are taken.

When taking supplemental calcium, it is best to choose calcium in the carbonate or citrate form. These products have the best absorption; your pharmacist can assist with your selection. When more than 500 mg of calcium is taken at one time from fortified foods or a supplement, absorption is not reliable and may be reduced. Calcium absorption and excretion is dependent on many factors. One very important factor is the presence of vitamin D. This vitamin is necessary for many different functions in the body including bone health and muscle strength.

Vitamin D can be synthesized in the skin from ultraviolet light (sunlight), but this process is not as efficient as we age making supplementation necessary. Vitamins D2 and D3 can be obtained through diet and fortified foods in addition to saltwater fish. However, diet is rarely an adequate source of vitamin D as we age. Supplemental vitamin D is recommended in adults over the age of 50 and those who are deficient. The dose recommended is 800 IU to 1000 IU daily. Vitamin D levels can be measured by a blood test that will assess serum 25-hydroxyvitamin D levels. In order for calcium to be absorbed, serum vitamin D levels must be normal. Those with extremely low 25-hydroxyvitamin D levels will require a prescription strength vitamin D product.

Magnesium is another nutrient necessary for bone health. Magnesium deficiency is associated with certain diseases and conditions and may require supplementation. A well balanced diet consisting of vegetables, whole grains and nuts is usually adequate in most people. Some calcium supplements, multivitamins and prescription osteoporosis treatments contain magnesium, vitamin D and calcium to increase absorption and promote adherence.

Osteoporosis is considered a silent disease that is not evident until a fracture, changes in posture or pain occurs. Diagnosis of this disease can be accomplished with a painless, non-invasive bone mineral density test. The National Osteoporosis Foundation (NOF) suggests testing bone mineral density in postmenopausal women, all women over age 65, all men over age 70, and men aged 50 to 70 who have health related factors. Many pharmacies and health fairs have screenings for osteoporosis utilizing a portable ultrasound machine. These machines can estimate bone mineral den-

sity of the heel, forearm or fingers. These screenings can be useful, but the standard diagnosis is a special x-ray called a DXA scan of the hip and spine areas.

If you are diagnosed with osteoporosis, there are several prescription medications that may be prescribed in addition to supplementation with calcium and vitamin D. Only a few prescription medications are approved for prevention and treatment and not all treatments are effective in preventing vertebral, hip and other fractures. Choosing a prescription medication in preventing or treating osteoporosis depends on many factors and should be discussed with your healthcare provider. After diagnosis, risk factors should be reduced, continued preventive measures should remain in place and adequate intake of calcium and vitamin D should continue. This is in addition to adhering to your prescribed regimen.

If you have developed a rounded, stooped posture; lost height, have risk factors for developing osteoporosis or experience back or hip pain, you should educate yourself about osteoporosis. Visit the National Osteoporosis Foundation at www.nof.org and talk with your healthcare provider about your symptoms. Ask your pharmacist to help you choose the correct calcium and vitamin D supplement in addition to proper dosing to receive the maximum benefit. Remember, Communication is Key when it comes to using medications safely and correctly. Talk with a Senior Care Pharmacist today.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit www.MySeniorCarePharmacist.com, e-mail your questions and comments to Doctor@MySeniorCarePharmacist.com or call 803-202-1106. Look for the next article in the June edition of Senior News.

About the author

Dr. Andrea Cauthen Bussey is a Board Certified Geriatric pharmacist, a Fellow of the American Society of Consultant Pharmacists and a member of the American Geriatrics Society. She has Bachelor of Science and Doctor of Pharmacy degrees from the University of South Carolina and has post graduate training in Geriatric Pharmaceutical Care, Alzheimer's, Dementia, Parkinson's disease and Adult Immunizations. She serves on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care as Vice-President, is licensed to practice in GA and SC and is President and CEO of Pharmacotherapy for Seniors, Inc.

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Improve your overall health by staying active this spring!

Poets' Corner

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

The Remaker

By: Vicky Harper

As I abstaineth,
God traineth.
A new path of righteousness
is the reward
from my Lord of Love.
I long to ascend
to Your holy hill.
Keep cleansing
my hands, heart and soul.
All glory to You
remaker of me,
being made whole.

God Is The Great I Am

By: Brenda G. Partridge Brown

God is the great I am!
The author of my life,
my beginning and ending,

God is the great I am.
He is with me morning, noon, and
night. God is my way in and my
way out! God is just right, and
never wrong! He's the sweet
melody I hear in a song. God is
the great I am!
God is just because God is just
what He said! God is my every-
thing, He is my mother, father, sis-
ter, and brother.

He is the reason I'm able to
dream!
God has all seeing eyes. He sits
high, and looks low. He is never
asleep. With God all things are
possible! God is the great I am!
But the greatest of all, God is
love.

New Shoes

By: Charlotte Owens Phillips

A precious little boy sat on the
back seat,
Staring at his out stretched feet.
Not really his feet, but the new
shoes he wore.
The shoes he always wanted.
The shoes he had waited for.

There was long silence, then we
heard him speak.

"I love my new shoes,
Thank you Mama."
The words he spoke touched my
heart,
Tho his Mama, I am not.
Just happy and blest to be –
his Gigi short for
Great Grand Mama.

You Mean So Much To Me

By: Barbara Merritte

You mean so much to me,
more than words can say.
I seek your face, your
presence from day to day.
Your love, your warm embrace,
I cherish it in a very special way.
You mean so much to me,
I must say.
We laugh, we talk, Words of
wisdom, good advice.
I am blessed to have you in my
life.
You mean so much to me,
I must say.
A Senior Citizen you are, I am
told.
To me you are a blessed jewel,
shinning form day to day.
You mean so much to me,
I truly must say.

My Secret Talent

By: Patricia Chapman

Its funny when it's so late at night,
I often get the urge to write,
It seems that while I lie in bed,
Terrific thoughts go through my
head,
I've mentally written such
beautiful verse,
I know they have published stuff a
lot worse,
I can't seem to master my pen
lying down,
It's hard when your eyes are shut
tight,
The talent is there,
It just isn't fair, I tell you,
I know I can write.

Our Comfort Zone

By: Vera King

Easter is Forever
The Covenant Kept
Our Messiah Manifest
The Trinity Triumphant
Spirit-filled Fulfillment
Tears of Jubilation
Death Defeated
Our wailing Spent
Eden Re-entered
God is Love
Love Overcomes
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good and bad, sickness and health—we're with you. Through all of
life's many stages, your health is our commitment.

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Senior NEWS

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

O.K, so I'm too old to get an Easter Basket. I can dream can't I? But miracles still happen 'cause last year I was visited by a dear, dear reader and her daughter who read that I loved chocolate and Easter baskets and lo and behold if they didn't bring me the cutest little straw Easter tote full to the brim with all the goodies I love but don't need. Is that love or what?

I must report to you that as of the 29th of March, I will have a new right knee. It is the last of body parts that have not been pulled, rearranged, replaced or patched in some way. If I could see on the inside of me I'll bet two dollars to a buck-eye that I'm nothing but one big scar. However, as long as everything is working, I have no complaints.

I wore out my knees working in the dirt. Following in Mama's footsteps I have always loved a yard full of flowers. My adopted son and landscapes, Calvin, who lives next door has done a good

job of getting rid of about 99% of all my flowers. He won't let me plant anymore because he says everything you plant has to be weeded and watered. I knew that but I still don't have to like it.

He has been careful to preserve very old plants that came from our old home place; things like Turks Turban, Red Hot poker, lilacs, daffodils and paper whites. Some things we can't let go of and each time I see those plants in bloom I can see my mother.

One would think I would hate the dirt because of Daddy. He was a farmer but was also crippled. Therefore, he became the supervisor and the four of us sisters became farmers as soon as we could hold a hoe. Man, he was inventive.

Somehow we managed to survive the summer. We had to. Times were hard, there was no money and we had to raise and can our food for the year. That took a lot of doing. The worst part was the animals. By the time they were old enough to be slaughtered, we had gotten attached to

them and when they were gone we found it hard to eat the meat.

That's what happened to our calf "Sonny." He followed me around all over the place and we played every day. He got in big time trouble once on wash day. Mama ran out of clothes line and had to dry a bunch of clothes on the fence. Sonny was inside the fence and seeing something new to play with, he pulled the clothes off the line, into the dirt. He found one blouse particularly interesting - my one and only pink satin Sunday school blouse that went with my homemade navy blue pleated skirt. He ate my blouse, leaving only the row of buttons down the front.

It was about that time that I hated him and cried bitter tears from anger. I remember slapping him but a slap from a five-year-old was not exactly life threatening.

Sonny was gone that fall and landed up in chunks in cans and made into stew and beef croquettes. Everything has a purpose in this world even if we can't see it - especially as children. I hated Daddy for a while and then it passed when he raised a batch of pigs and we went through the same thing again.

City folks know little about the heartache of living on a farm. It seems cruel at times but then, as now, it is about survival.

Have you heard all the talk about 2010? I am not going to bite this time. Remember back to 2000 when the lights were going to go off all over the world and the computers were going to stop. There would be no food. I shall never forget as long as I live. I bought a generator, fuel, five gallon buckets of food that I just threw away the last of and stocked up on enough toilet tissue and paper towels to wipe Georgia.

Everyone got a big laugh from that but I was prepared. Some other very smart folks were as foolish as I. But as I said, when the Mayan calendar ends, I don't think the world will go with it so I'm going to wait until the first day after 2012 to get excited.

Surely there is no fool like an old fool but we've had enough laughs from the 2000 experience to last a lifetime.

Remember the Season and what it is about and have a blessed month. You'll be walking on sunshine. ©3/24/10

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

Spiritual Notes

God's Blessings

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

With the advent of spring we are seeing the foliage turn green, daffodils springing out of the ground and a flock of robins in the yard. After a cold winter this is a welcomed sight as we greet and experience the blessings of springtime. Blessings in life come in visible ways such as the changing of the seasons as well as invisible experiences along life's way.

As we think of blessings our thoughts turn to God, family, country, friends and on and on we could go as we take stock of the blessings we have received over the years. Webster defines blessing as "one who blesses" and "something promoting or contributing to happiness, well-being or prosperity."

Those of us who grew up in the South are very familiar with the phrase, "Bless his/her Heart." It was always spoken with feelings of concern and love. People close their letters with the admonition, "Blessings." You have had friends leave you and say, "May God bless you." My guess is it would be difficult for any of us to make a list of the tangible and intangible blessings we have received. The list would be

extensive and contain stories of appreciation and encouragement. Oswald Chambers writes: "Those people who influence us most are not those who buttonhole us and talk to us, but those who lived their lives like the stars of heaven and the lilies in the field, perfect, simply, and unaffectedly. Those are the lives that mold us."

God continues to bless us in the good days and the bad days of our lives. I read of a Chinese Pastor who was imprisoned for years and his faith kept him strong as God blessed him as he labored in unimaginable circumstances. He said that his favorite hymn was "In the garden" and he would sing it as he struggled and could feel God's presence. The words of the song "and He walks with me, and He talks with me, and tells me I am His own," meant that God never left or forsook him. These are the words of a simple man whose life God had chosen to bless.

I love the old song, "Count your many blessings, name them one by one." As we experience the beauty of spring, thank God for His faithfulness and blessings in all areas of our lives.

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

ADVOCACY ALERTS: The Second Annual Elder Rights Conference

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

The second annual Elder Rights Conference is right around the corner and you do not want to miss this one! Plan to attend the conference on Tuesday, April 20, 2010 at the Savannah Rapids Pavilion, 3300 Evans to Locks

Road, Martinez, Georgia 30907.

The registration will begin at 8:30 a.m.

If you attended last year, you

know that over 200 individuals expressed an interest in planning and presenting another conference in 2010. We also received many requests for one of our speakers, Randy Thomas, to return and he is planning to return.

This year's conference will address legal issues that are becoming more prominent as the demographics change. Among the most important legal issues affecting older Americans are those that affect a person's independence – the right to care for oneself and the right to make one's own decisions about health care and end of life planning.

It is becoming very common for children to care for aging par-

ents and for those children to make decisions about end of life care. However, if you are like most older folks that I talk with daily, YOU want to make those decisions. If you have already made your decisions, then you will be able to confirm in your mind these decisions were the right ones and learn how to convey those decisions to your children to prevent stresses that could result in elder abuse, financial exploitation, and neglect.

Another discussion will address the "Many Facets of Physical Abuse," "Who are abused," and "Who are the

abusers;" a panel will discuss the "Faces of Financial Exploitation" and how the abuse – whether it be physical abuse, sexual abuse, self or caregiver neglect, or exploitation by anyone – impacts the person, the family, the caregivers, and the community. We will also discuss "The Faith Community's Role in Addressing Elder Abuse, Neglect, and Exploitation."

Registration fees includes conference registration, breaks, lunch, and conference materials. Fees are \$20.00 for Professionals, Congregations, or Organizations and \$10.00 for retired persons

and students. Checks should be payable to the CSRA Regional Commission and mailed to Jeanette Cummings, CSRA Regional Commission, 3023 River Watch Parkway, Suite A, Augusta, Georgia 30907. More information is available by calling 706-210-2013.

Registration deadline is April 13. 4.5 General Education Units will be available.

Please call us if you have questions. We can be contacted at 706-868-0120 and we look forward to seeing you on Tuesday, April 20, 2010 beginning at 8:30 a.m.

"Life Coaching... what's that?"

by **CAROLYN BRENNEMAN**

That's the question Rev. Dr. Lynda Sims has been getting since she has opened "New Wave Life Coaching" in Le Pavillion Shopping Center on Washington Road in Augusta.

Popular with business executives and celebrities since the

80's, now anyone can have their own Life Coach. A Life Coach is someone who is always on your side, helping you cope with times of change in your life and make life more meaningful. For more information and to make an appointment for a free consultation call Coach Lynda at 706-513-3683 or go by the office at 3328 Washington Road in Martinez.



Rev. Dr. Lynda Sims

Dinner in Sicily... are you ready for some delicious fun?

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

Come and join us on Tuesday, May 11, 2010 from 5:30 p.m. to 7:30 p.m. for "Dinner in Sicily!" Come for Dinner, Take home an Evening of Memories. Enjoy a mouthwatering entrée by Carrabba's Italian Grill that will be so deliciously authentic you'll swear you're in Sicily! But wait... the evening doesn't stop there. Have a ball bidding on a variety of unique "theme baskets" with names such as "Sweet Honeysuckle," "Barefoot on the Savannah," "Gotta Break Those Low-Down Blues," and "Abracadabra!" There will be something guaranteed to delight everyone!

It's an evening of good food and good fun for the price of a single ticket at \$20 – and your participation helps The Senior Citizens Council continue to provide much needed services in our community!

"Dinner in Sicily" will be held on Tuesday, May 11, 2010 from 5:30 p.m. to 7:30 p.m. at the Julian Smith Casino Barbeque Pit, 87 Milledge Road in Augusta, Georgia. Dine In and Take Out will be available. Tickets are \$20 and you MUST RSVP; no tickets will be sold after Tuesday, May 4, 2010.

Tickets are limited so order yours today by calling The Senior Citizens Council at 706-868-0120.

The Senior Citizens Council... Our mission is "to provide a diversity of services to senior adults and to enable them to apply their experience as a resource for meeting critical community needs." "IN GOD WE TRUST!"

I GoodSearch & GoodShop for The Senior Citizens Council of Greater Augusta and the CSRA, Georgia, Inc. Help The Senior Citizens Council of Greater Augusta and the CSRA, Georgia, Inc. raise money by searching the internet with www.GoodSearch.com (powered by Yahoo) or by shopping online with www.GoodShop.com.



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On the Cover

The Fine Art of Tea... Victorian Style!

by CAROLYN BRENNEMAN

ON THE COVER: A handpainted teapot with menu and guests enjoying an afternoon tea in the gardens of Mr. and Mrs. R. Daniel Blanton; and, a setting of tea and finger foods.

During the mid 1800's, formal afternoon tea parties were often the setting for Victorian social gatherings. On such occasions, friends would come together to enjoy classical music, stylish food and good fellowship. Afternoon tea was perceived as a relaxing interlude for lively conversation and wearing one's most beautiful dress.

According to legend, one of Queen Victoria's ladies-in-waiting, Anna Maria Stanhope, known as the Duchess of Bedford, is credited as the creator of afternoon tea. Because her noon meal had become skimpier and dinner was not until very late in the evening, the Duchess suffered from hunger pains at about 4 o'clock in the afternoon. Thus, the Duchess had her servants sneak her a few small cakes with a pot tea. Soon she began inviting friends to join her for

an additional afternoon meal. The menu centered around small cakes, bread and butter sandwiches, assorted sweets, and, of course, tea. This event became so popular, the Duchess soon had friends joining her for a formal tea with a walk in the garden.

And so today, the tradition lives on in a most elegant manner here in Augusta. Patty Blanton, is our most gracious hostess for an afternoon tea, now in her fifth year, at her beautiful home on Sunday, April 18th, with the garden walk opening at 4 p.m. and the tea at 5:00 p.m.

Guests will have the pleasure of experiencing an exceptional afternoon tea gathering which serves as a fundraiser for Sacred Heart Cultural



Christy Sanchez displays the homemade goat's milk soaps and handpainted tea pot and vase.

Center, while enjoying a talk by guest speaker and author, Lisa Boalt Richardson, author of the award winning book, *Tea with a Twist; Entertaining and Cooking with Tea*.

It is a memorable experience, as well as a worthy cause, to participate in this delightful experience of a Victorian style tea. The afternoon tea will take place in the Gardens of Mr. and Mrs. R. Daniel Blanton. Lady guests, beautifully dressed with stylish hats, will arrive around 4:00 p.m. and enjoy their

walk around the gardens sampling cucumber sandwiches and sipping champagne punch. An hour later, the formal tea will begin with a talk on tea etiquette by guest speaker, Lisa Boalt Richardson.

In the beautiful gardens we will find twelve table settings, each with crisp linens, fine china and tea pots in exquisite floral patterns. Each table, decorated with a bouquet of colorful flowers, will have a pot of

freshly brewed hot simmering tea along with a three tiered server full of delicious triple chocolate chip scones on the top tier, cucumber sandwiches in the middle, and sumptuous desserts on the bottom tier. Mrs. Blanton also serves home churned butter and homemade strawberry preserves along with the traditional lemon curd.

As with tradition, tea etiquette is observed during the afternoon tea. At each table sits a hostess. She opens the tea ceremony by requesting her best friend, who also sits at the table, to begin serving the tea to each guest. Each guest delights in drinking the flavorful tea and enjoying the tasty sandwiches and sweets.

Ms. Blanton is truly a gracious hostess as well as a gifted artist. Each year she hand-paints the menus, teapots and vases and provides each of her 60 guests with a crafted and handmade recipe book. Every guest also receives homemade goat's milk soaps and homemade fig preserves to take home leaving us with a unique and memorable experience for a good cause.

Mrs. Blanton told this writer that in the future she hopes to have a Japanese tea ceremony and garden along with her Victorian afternoon tea. A benevolent and truly gracious hostess, we look forward to this day. For more information, contact Sacred Heart Cultural Center at 706.826.4700.



Christy Sanchez and Patty Blanton enjoying afternoon tea.

Our latest medical advancement. Your newest neighbor.



Dr. Michelle Parker and the staff of Augusta Internal Medicine welcome Dr. M. Kevin Howard. Dr. Howard specializes in Internal Medicine and Sleep Medicine—advancing the spectrum of services offered at Augusta Internal Medicine.

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Writers' Conference

Submitted by
Anne B. Jones, PhD

Aspiring writers are invited to meet published authors in a casual, one-on-one conference in the historic Village at Indian Springs on April 23rd and 24th. Not only can they rub elbows with experienced writers, but they can improve their writing skills and gain valuable insight into the nuts and bolts of the

publishing world.

The two-day conference is an affordable \$100 with cottages, cabins, RV, and camping available in nearby Indian Springs State Park, six miles south of Jackson, GA. This is the third annual conference hosted by Generations Gallery to support their writers group that meets every Saturday. Detailed schedule is available at www.theVillageatIndianSprings.com/gallery. For additional information and registration call 1-800-352-7212.

Compassionate Hearts are at Work with Serenity In Home Care

by CAROLYN BRENNEMAN

The services you desire and need can be right at your home. Serenity In Home Care provides a variety of non-medical services including respite care, hospice care, 24 hour companionship, grooming and dressing, errand and shopping services, transportation services, recreational activities as well as other services for those in need.



**Dionne Edmond-Dunn
Founder**

The company was born out of the compassion of the owner, Dionne Edmond-Dunn, whose mom was sickly and in and out of the hospital for most of her young adult life. It was this experience that led Dionne through her search to provide comfort and care for others.

Early on, Dionne started working as a CNA at NHC in North Augusta. Later on, Dionne left her company to provide full time care for a doctor and eventually she started caring for his wife also. She continued assisting the doctor and his wife for some time providing non-medical assistance. Because

Dionne was so loved by the family, the doctor's last wishes were that Dionne promise to take care of his little mama, as he so lovingly referred to his wife, until it was her time to go.

Dionne's compassion and love for care giving inspired her to start Serenity In Home Care in February of 2006. Seven months after starting her company, she was contacted by Fort Gordon and was asked if she would take the contract to assist families of soldiers who were deployed that needed assistance ranging from light house keeping to errands and doctors appointments to providing companionship anywhere from four to twenty-four hours. And she did.

Serenity growth's has been phenomenal in the last 4 years. They are in their third year of contract for Fort Gordon and her client list, both civilian and military, has blossomed to thirty-one clients and forty caregivers.

Just who are these clients of Serenity? They are civilian families and military personnel ranging in ages from 7 months to 97 years old. Additionally, Serenity assists families with cerebral palsy, Down syndrome, Alzheimer's, autism, stroke and cancer as well as numerous other conditions. Serenity now has branches in Savannah and Columbia, SC as well as Augusta.

Their motto is to treat all of their clients with great dignity and respect. As a family-oriented company, they strive to provide loving support and compassionate care as well as many outstanding services. What's the most difficult part of the job? Dorothy Ann

Jex of Serenity says, "when a client passes," Serenity strives to make the final days comfortable for all and to assist families with any necessary arrangements.

Serenity also sponsors an annual picnic in July held at Diamond Lakes where clients, friends, family and just about anyone can attend to enjoy outdoor fun, good food, great music hosted by a live DJ, races and games for the youngsters and bingo for the oldsters.

Serenity employees also do volunteer work in the community such as feeding the homeless or working at the soup kitchen.

What do family members say about Serenity? Freund - Son of 86 year old client states: "When my mom became ill, I didn't know what to do. The doctor advised us to get hospice or home



Dorothy Ann Jex from Serenity



YChange Academy Volunteers

health to come in and assist in her final days. I found Serenity and my mom received the best quality of service for the most affordable price. Your people have been a God send. Thank you so very much." For more information, visit www.serenityinhomecare.com.

4th Annual Historic Beech Island Tour to be held April 24th

Special to Senior News

Three private homes – two from the early 1800s and a 21st Century home – will be featured on the Beech Island Historical Society's 4th Annual Historic Beech Island Tour of homes, churches, cemeteries and other historical places to be held from 10 a.m.-5 p.m. Saturday, April 24, 2010, in Beech Island, SC. The three private homes include Oaklands Plantation built in 1826, South Slope built in 1832, and Sweet Gum Farm built in 2007.

The one day, self-guided driving tour also will include four historic churches – the All Saints Episcopal Church (formerly Beech Island Presbyterian Church) circa 1831, First Baptist Church of Beech Island circa 1832, Capers Chapel Methodist Church (first church building circa

1830) and Silver Bluff Missionary Baptist Church (organized in the 1750s at Silver Bluff). Other historic sites on the tour will be Redcliffe Plantation State Historic Site built in 1859 by SC Gov. James Hammond, Hammond Cemetery, Zubly Cemetery, a Swiss settlers' archaeological site, the Beech Island Historical Society History & Visitors Center built as a country store in the 1880s and its 1880s brick warehouse/barn and the Jarrett Museum.

Tour Tickets are \$25 the day of the tour at any of the homes or churches, \$20 in advance for adults, and \$20 for seniors age 60 and up. Children and students under age 18 are free. Tickets can be purchased in advance from the Beech Island Historical Society (803-867-3600) or Historic Augusta (706-724-0436); Estate Jewelry (803-279-8362); Material Things (803-643-3701) or

Aiken County Parks Recreation & Tourism Visitors Center (803-642-7557). For more info, call Jackie Bartley (803) 827-0184 or by email at bihs@comcast.net. Tour information also is on the society's website, www.beech-island-history.org.



Oaklands Plantation, circa 1826 home of Rod and Joan Lenahan, is one of four homes on tour

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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 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. Bioptic 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 bioptic 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 bioptic 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 bioptic 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 bioptic 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 –

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or call 1-877-948-7784.

Times Not Forgotten

Those beautiful colors

by CHRISTINE COLEMAN

For the past several days, I have been observing trees, plants and bushes that are full of color. Even the grass has a dual mixture of green and yellow. Have you noticed? I don't know the name of many plants and trees, but there are some I remember vividly. The jonquils, daffodils, forsythia, quince and pansies have always been favorites of mine.

After observing these different plants and bushes, I can't help thinking how it was when I was a child in the early 1930s. My mother loved flowers. Just before the "blooming season" was over, she would visit old home places that had been vacated and was ready for the axe. Of course, she took me along because she couldn't leave me at home alone. On these outings, she would carefully mark the places where plants and bushes were blooming. If there were forsythia or quince plants in bloom, she would tie a string around them.

You see, back then people didn't have money to go to the nursery and buy whatever was pleasing to the eye.

When plants finished blooming, Mama would revisit the places she had marked earlier. She always carried a shovel and bucket and dug the dormant plants. When we got home, she would plant the new bulbs and flowers. When the next season rolled around, she had many more pretty flowers than the year before.


Today, people can go to nurseries and purchase dogwood trees (or any others that suit their fancy). But that wasn't always easy. "Back then", men would go to the woods (under their wives' supervision, of course) and tie a string around a beautiful young dogwood tree. Later, he would go back and dig up the young tree and plant it in his yard. After a few years, the small tree would have grown into a work of art. We have a huge oak tree in our back yard that my husband dug up from beside the road where he was working. It was

about chest high when he brought it home. That was in 1958. You should see it now. Its shape is perfect and it is huge.

Now that Easter is approaching, I hope you will remember to examine pine tree cones and dogwood blooms. The pinecones are shaped in the form of a cross. Dogwood blooms have markings on them that portray a cross. Both of these have a special meaning to me, especially at Easter time. I would not have you think that I enjoy working with flowers. Heaven forbid. You'd think some of my mother's zeal would have rubbed off on me. No one likes the beauty of flowers more than I do, but I do not care for the work involved in caring for them.

Time is short, so be sure to get out there and enjoy God's handiwork. It will be a long time before we get the opportunity again.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at CFD@reicomputers.com.



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

C'mon, let's eat

by FAYE JONES

Spring is here and among the first things we will have soon are strawberries, asparagus and fresh spinach. While we wait, let's try some truly tasty recipes from years back that remain timeless. Read on!

GROUPEL WITH SHIITAKE MUSHROOM SAUCE

One (1) grouper fillet (or monkfish or red snapper)

1 oz dried shiitake or other Asian mushrooms, soaked in 3/4 cup very hot water for 20 minutes.

1/4 cup dry sherry

2 tsp low sodium soy sauce

2 tsp fresh lime juice

1 tsp sugar

1 1/2 tsp cornstarch

2 tsp safflower oil

2 scallions, trimmed and thinly sliced

1 tsp julienned fresh ginger

2 garlic cloves, thinly sliced

1/2 tsp freshly ground black pepper

Remove the mushrooms from their soaking liquid and slice them into thin pieces. Set the mushrooms aside.

Pour 1/4 cup of the soaking liquid into a mixing bowl, being careful to leave any grit from the mushrooms behind. Stir in the sherry, soy sauce, 1 tablespoon of the lime juice and the sugar. Set the mixture aside.

Rinse the fillet under cold running water and pat it dry with paper towels. Rub the fillet with the remaining tablespoon of lime juice, then rub the cornstarch evenly over both sides of the fish.

Heat the oil in a large, heavy-bottomed skillet (preferably nonstick) over high heat. When the oil is hot, add the fish and sear it on one side for two minutes. Carefully turn the fillet over and heat it on the second side for two minutes. Transfer the fish to a plate.

Add the mushrooms, scallions, ginger, garlic and pepper to the hot skillet. Cook the mixture on high for one minute, then reduce the heat to low. Pour in the sherry mixture, replace the fillet, and cover the skillet. Steam the fish until it is opaque - about 5 minutes. Transfer the fish to a warmed serving platter and spoon the sauce around it. Serves 4

SHE CRAB SOUP

1/4 cup butter or margarine

1 cup finely chopped onions

1/2 cup finely chopped celery

1 shallot, finely chopped

1/4 cup all-purpose flour

3/4 teaspoon paprika

4 cups milk

2 cups half-and-half

1 teaspoon salt

1 teaspoon grated lemon peel

1 teaspoon Worcestershire sauce

1/2 teaspoon freshly ground pepper

Pinch ground red pepper

1 pound lump crab crab meat,

picked over

1/4 cup dry sherry

2 teaspoons, chopped fresh parsley

Melt butter over medium heat in Dutch oven. Add onions, celery and shallot and cook until softened, 5 minutes.

Add flour and paprika and cook 1 minute. Gradually stir in milk and half-and-half until smooth. Add salt, lemon peel, Worcestershire and peppers. Bring to a simmer. Reduce heat to low, cover and simmer 20 minutes. Stir in crab meat and sherry. Cover and simmer 20 minutes more to blend flavors. (Do not boil) Sprinkle with parsley. Makes 8 servings.

FRESH APPLE CAKE

5 small apples, peeled and cut into cubes

2 cups sugar

Let stand 5 minutes

Sift together:

3 cups flour

2 teaspoons baking sod

1 teaspoon salt

2 teaspoons cinnamon

1 teaspoon nutmeg

1 teaspoon allspice

Blend into apple mixture

Add:

1 cup melted shortening or

cooking oil

2 eggs, well beaten

1 cup raisins

1 cup chopped nuts

Stir well and pour into lightly greased 13 x 9 - inch pan and bake at 350 degrees for 50 minutes.

CRYSTAL CAVE OSSO BUCCO

2 pounds center-cut veal shank

8 ounces peeled, quartered potato (about 2 small)

4 ounces carrots, quartered (about 1 1/2)

4 ounces zucchini quartered (about 1 small)

4 ounces onion, chopped (about 1/2 a large)

1 medium stalk celery, chopped

2 teaspoons mixed dry herbs (basil, thyme, etc, as you prefer)

2 teaspoons granulated garlic salt and pepper to taste

2 ounces fresh chopped tomato (about half a large)

2 ounces chopped red bell pepper (about 1/2 of a medium)

2 ounces leeks (about 3 inches of a medium stalk)

2 ounces portobello mushroom slices (about 1 medium)

2 ounces fresh chopped herbs (such as basil, about 4 large leaves)

2 teaspoons fresh chopped garlic

In a tall pot barely cover the veal shank with water. Bring to a boil, then reduce heat to a bare simmer and slow-cook 2 hours. Add potatoes, carrots, zucchini, onion, celery, dry herbs, granulated garlic and salt and pepper. Simmer another 30 minutes. All ingredients should be integrated.

In the last minute, add tomato, bell pepper, leeks, mushrooms, fresh herbs and fresh garlic. Cook 5 minutes more. The ingredients added in the last step hold their individual crisp flavor.

Enjoy! ©3/23/10

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 byron-faye1@aol.com.



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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 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

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, gov-

ernment, 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.

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 Vauluse Rd., Aiken, SC 29801;
803-642-7559;
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

Shiloh Comprehensive Community Center

1635 15th Street, Augusta
Activities for senior citizens offered 9 a.m. to 4 p.m. weekdays. For additional information please call 706-738-0089.

Hearing Loss Association of Augusta

Hearing Loss Association of Augusta. For meetings information contact: Debbie Rish, President, at 706-650-2496; 624 Kingston Rd.,

Grovetown, GA 30813; or, by email at hlaag.rish@yahoo.com. Meetings are held the 3rd Monday during Sept.-March.

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.

Gertrude Herbert Institute of Art

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

Caregiver Support Group

Are you caring for a spouse or parent? Join other caregivers to share experiences, gather practical resources and find the support you need. The group meets the 3rd Monday of each month at 6:30 p.m. at the Friedman Branch Library located at 1447 Jackson Road in Augusta. For more information contact Georgia Jopling, Caregiver Specialist, Area Agency on Aging, 706-210-2000 or 888-922-4464.

Augusta Museum of History

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

- 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
- The Godfather of Soul, Mr. James Brown: Through May 31
- Stories & Legends: Remembering the Augusta National: Ongoing
- A Community That Heals: Ongoing

Lucy Craft Laney Museum of Black History

www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

"Dance with Us"

The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our FIRST SATURDAY 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.

AARP Augusta Local 266

There is more to AARP than a newspaper and a magazine. The local chapter meets at Sands Hill Community Center, 2540 Wheeler Road, Augusta. For additional information or to join

continued on page 11

General Business Directory For Seniors

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1186 Atlanta Hwy., Warrenton, GA 30828
706-465-1183
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CALENDAR

from page 10

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.

Philly 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@nscdiscovery.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 needle-

work. 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. For details call 706-364-1662.

Georgia Artists With Disabilities Juried Art Show

April 2-30, Walton Rehabilitation Health System Main Hall. For details call 706-823-8584.

Augusta Alzheimer's Association Annual Spring Fundraiser

Fri., April 16, 6:30-9:30 p.m., St. Paul's River Room, 605 Reynolds St., Augusta. For details call 706-731-9060.

General Business Directory For Seniors

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“Olde Town” 2010 Tour of Homes slated for April 17th & 18th

Special to Senior News

The Olde Town Neighborhood Association is pleased to announce the reinstatement of its annual Olde Town Tour of Homes, to be held in the historic downtown Augusta neighborhood, April 17th & 18th. A selection of 11 properties that represent the diversity of Augusta's First Neighborhood will be open to the public on Saturday, April 17, from 10 a.m. - 6 p.m. and Sunday, April 18, between 1 - 6 p.m. on this annual self-guided walking tour.

The 2010 Tour will highlight the varied and eclectic culture of the Olde Town Neighborhood - where families and individuals embody the mantra of “working, living, and playing” in beautiful downtown Augusta. This year, 11 properties will be on the Tour, representing the diverse lifestyles of Olde Town residents - from bungalows to historic family homes, the homes each have distinctive architectural features and design. Additionally, patrons will be able to view the renovations underway at the historic Confederate Widow's Home, now home to Christ Community Health Services and the completed renovations at Heritage Academy, located in the historic Houghton School. Tour Patrons will

have the opportunity to explore the lifestyle of downtown living by providing the public with an intimate look at the interiors of these historic homes.

Tickets for the Tour can be purchased for \$10 in advance or for \$15 during the tour. Advance tickets can be purchased at the following loca-

tions: The Fox's Lair - 349 Telfair St; Heritage Academy - 333 Greene St; Schweitzer Art Glass Studio - 989 Broad St; Quilt Shop on the Corner - Corner of 5th and Telfair; and La Maison- 404 Telfair St.

During the tour, participants can collect a map or purchase tickets at Tour Headquarters, based at Heritage

Academy, 333 Greene St. Proceeds benefit the projects and beautification of the Olde Town Neighborhood.

The Mission of the Olde Town Neighborhood Association is to enhance and protect the value, quality and charm of the neighborhood called Olde Town.

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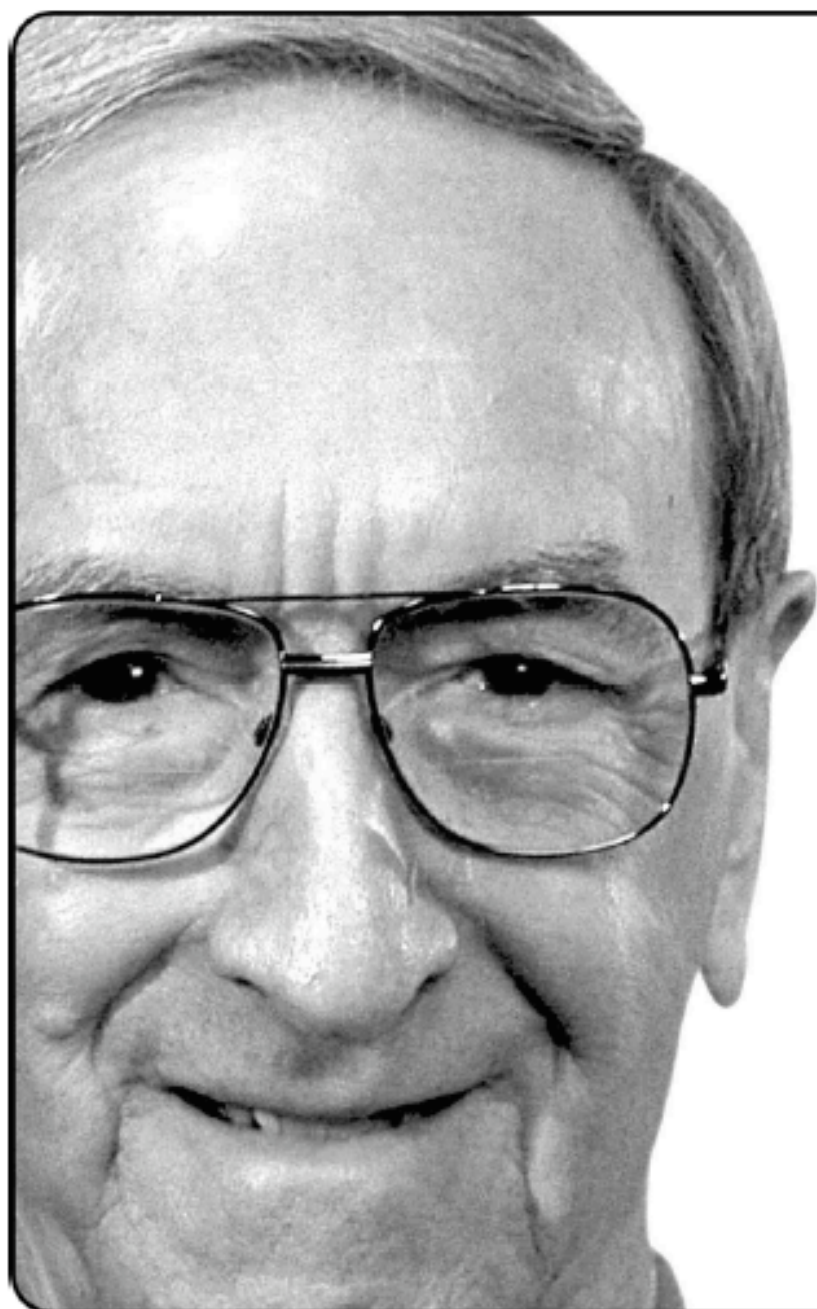
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