

Senior News

Serving AUGUSTA & the CSRA

Information For Ages
50 PLUS!

*It is time to enjoy
the Festivities of
the Holidays!*

Story on Page 6



December 2010
Vol. 24, No. 10

Taking Care

A little holiday planning goes a long way

by LISA M. PETSCHKE

The holiday season is a hectic time for many of us due to the preparations and festivities that typically take place. It is even more challenging, though, when you are caring for a relative with chronic health problems – a demanding role at even the best of times.

To keep stress manageable and make your holidays more meaningful, follow these suggestions.

- Set realistic expectations, and be prepared to alter traditions. Keep it simple, and let relatives and friends know your needs and limitations. Decide what is really important to you, focus on that and forget the rest.
- Set a budget for holiday-related expenses and stick to it. If finances allow, consider arranging for a house-cleaning or a catered meal (or both) to save precious time and energy.

• Whatever tasks you decide to take on, ask for help and delegate responsibilities. Make plans and start necessary preparations well in advance. Make lists to stay organized and keep them handy.

• Include your relative in preparations to the best of his or her ability. Contributing in even small ways – such as deciding what decorations to put where or helping to select gifts from a catalog – will make your relative feel valued and create a feeling of partnership.

• Reminiscence to help you both get into the spirit of the season. Share special memories, bring out photo albums or home movies, and listen to favorite carols.

• If you accept an invitation, do so on the condition that you may back out at the last minute if you or your relative does not feel up to the occasion. Take things one day and one event at a time.

• Give yourself permission to attend an event without your relative. If it is not feasible to take your relative with you but you'd really like to go and can arrange respite care, go.

• Space out activities as much as possible by scheduling quiet days between

busy ones.

• Look after your health: get adequate rest, eat nutritious foods and try to fit in some exercise. A stationary bike or a treadmill is a good choice year-round, since it may be hard to get out for a walk, let alone to find a fitness center.

• Find something relaxing you can do to give yourself a break, whether it is quietly enjoying a cup of tea, reading something uplifting, writing in a journal, calling a friend or listening to some favorite music. Make it a priority to continue this daily time for you in the New Year.

• Take responsibility for you well being by doing something nice for yourself. Some caregivers treat themselves to a special gift at this time of the year.

• Look for moments of joy in which to delight. If you slow your pace and keep your priorities in check, you will be sure to find them.

Special Tips for Alzheimer's caregivers

- Keep decorations minimal and out of reach as much as possible if your relative is prone to rummaging or hiding things. Do not put out anything that is valuable or breakable, or could be dangerous if ingested. Avoid lights that flash or play music, as well as sound or motion activated items that can startle.
- Schedule activities during your rela-

tive's calmest time of day. Generally, the earlier in the day the better, since behavior tends to worsen as fatigue sets in.

• Stick to routines as much as possible to avoid anxiety and confusion.

• Entertain at home rather than taking your relative out to an unfamiliar place.

• Keep gatherings small to minimize noise and confusion for our relative.

Otherwise, situate him or her in another room and have guests visit one or two at a time.

• If you are planning to go out visiting, ensure there is a quiet spot your relative can retreat to if he or she cannot handle the stimulation.

• Whether you are at home or out somewhere be prepared for escalation of challenging behavior and have a plan in place. If your relative is at risk for wandering or likes to rummage, enlist the help of a family member or friend to ensure he or she is occupied in a harmless manner while you are mingling or engaged in hosting duties.

• Do not pressure your relative to participate in festivities. Previously enjoyed events may now cause distress if he or she does not understand what is going on or no longer recognizes family members and friends.

Lisa M. Petschke is a medical social worker and a freelance writer specializing in boomer and senior issues.

THE BEST DEFENSE IS A GOOD OFFENSE

Stay in optimal health with regular visits to your doctor, even when you aren't sick. Your family physician can help you stay ahead of the game when it comes to immunizations, cancer screenings, and age-related health concerns that could save your life!

CENTER FOR PRIMARY CARE
FAMILY MEDICINE

DHS Energy Assistance Program helps Georgians with the home heating bills

Special to Senior News

As the colder months approach, the Georgia Department of Human Services (DHS) will once again help Georgians struggling to keep up with the cost of heating their homes. DHS's Low Income Home Energy Assistance Program (LIHEAP) has received approximately \$41.1 million dollars in federal funds to assist low-income, elderly and disabled Georgians

with their heating bills.

Beginning November 1, 2010, local community action agencies began administering the available funds to assist the homebound and elderly (aged 65 and older) may apply for help. All other eligible families may apply starting December 1, 2010 until funds are exhausted. In most cases payments will be made directly to the home energy supplier for gas, electricity, propane gas, wood, coal or kerosene. Qualifying applicants will be eligible for either \$310 or \$350.

To participate in the program, the family must meet a yearly income equal to or less than 60% of the state's median income. For a one-person household, that would be \$21,940; for two people, \$28,691; for three people, \$35,442; for four people, \$42,193; for five people, \$48,944; for six people, \$55,695; for seven people, \$56,961; for eight people, \$58,226 (for each additional person, add \$1,266 to annual income).

To qualify, applicants must bring their most recent fuel bill or statement of service from their heating provider. They also must have proof of income for all household members for the last 30 days. This may be paycheck stubs, a letter granting public assistance, Social Security or unemployment benefits. Applicants must also have social security numbers for all household members.

Assistance will be offered on a first-come, first-serve basis. The program will close when funds are exhausted.

For more information, contact the Division of Family and Children Services, Community Based Programs in metro Atlanta, by calling 404-656-2323 or toll free at 1-800-869-1150.



Do you have a leg wound that just won't seem to heal?

If so, you may be eligible to participate in a research study that investigates a new product that may aid in the healing process.

Diabetic Wounds • Pressure Ulcers • Venous Ulcers
Arterial Ulcers • Cellulitis • Osteomyelitis • Infections

Now accepting new patients.
Call today for an appointment or screening.



Aiyon Diabetes Center
Center for Podiatry Care

629 Ronald Reagan Drive, Suite C
Evans, GA 30809

706.868.0315 • 706.868.0320

Mon. - Fri.: 8:00 a.m. - 6:00 p.m.

www.aiyandiabetescenter.com

Poets' Corner

Artificial Christmas Tree

by Lydia P. O'Nan

Tiny little Christmas tree
Standing there so merrily –
Your plastic needles and limbs of wire
Do not a one deceive.
You've never stood in the forest wide,
Nor clung to a steep mountain side.
From factory to store, from store to home
Is all you've been allowed to roam.
Yet, you too tell the story
Of Christmas joy, love, and glory,
By giving the gift of hope and cheer
To the hearts of all who see you here.

Why Do I Cry?

by Geri Noel

Teardrops fall like rain
From my eyes
And people will ask me
Why do I cry?

But for us the living
We must go on
We'll remember our loved ones
In our prayers and in our songs

God has looked down from Heaven
And chose your loved one to ascend

I cry out of loneliness
I cry out of fear
I cry out of anger
At unkind words that I hear

I cry at births
I cry at death
I cry for my friends
And the tears they have wept

People will say
In death there is a better place
No loneliness, no fear
No anger to erase

But for us the living
We must go on
We'll remember our loved ones
In our prayers and in our songs

God has looked down from Heaven
And chose your loved one to ascend
That's why I cry for you
You are a good person and a good friend

who serve.
Visit a friend you haven't seen for a while.
Remember to give thanks for friendship.
Instruct someone on how to do something.
Remember to give thanks for education.
Never forget how fortunate you are to be a U.S. citizen.
Remember to give thanks for your hard won freedoms.
Go before the Lord in prayer.
Remember to give thanks for His many blessings.

My Mirror

by Margaret Hewitt

I look into my mirror; who is this I see?
I don't know who this lady is – no way it can be me.

This lady's old and wrinkled; my hair's not gray, you see.
Where she came from I don't know. I'm just glad it isn't me.

I'll go and get my glasses to see what I can see.
Holy Smoke! I can't believe that that old lady's me!

Trust in God's Tomorrow

by Allene Rayle

God has not promised us tomorrow
But He has given us today.
Should we not be up and doing
As He guides us in our way?

If only we wait on Him, He will lift us up and say;
Great things will I accomplish
If only you trust and pray.

God has not promised joy without sorrow,
Sunshine without rain,
Peace and comfort always,
No, sometimes the pain.

Through all our trials and heartaches,
God promises to be by our side.
Always ready to lead and guide us
Lest our wayward feet may slide.

The road is not always smooth
Not always easy to travel.
Hills and valleys may confront us
And rocks we may encounter.

Let us always be up and doing
That our lives will richer be
If we only trust in Him
God's tomorrow we shall see.

Our Wall Woes

by Vera King

We've heard there's a wall that wails
And we're all well aware there's a China Wall
That stretches at length
There's a street in the North
Lined with walls that tower above
Many may remember the garden wall
That keeps a secret
And all the walls that divide to conquer
But the wall that captures
My present attention
Is the one that divides
Us and Our Maker.

This Thanksgiving Be Sure To...

by Mrs. Renee Kozlicki
(Written for Thanksgiving 2008)

Take time to see the beauty of the fall season.
Remember to give thanks for your vision.
Help someone who is in need.
Remember to give thanks for what you have.
Appreciate someone else's performance.
Remember to give thanks for unique talents.
Notice how lovely something is decorated.
Remember to give thanks for creativity.
Kiss and hug someone special to you.
Remember to give thanks for compassion.
Give respect to your elders.
Remember to give thanks for your ancestors.
Inquire how you may be of help.
Remember to give thanks for all those

Frequent BATHROOM TRIPS?

Bell Prostate Ezee Flow Tea #4a



■ Relief in 3-5 days from dribbling, burning and rushing to the toilet. If you are considering surgery, try this tea first. Must work or money refunded. 99% success rate. Helps virtually everybody quickly. The only prostate remedy that works so well that it comes with a money-back guarantee. Literally hundreds of delighted men testifying on our web site.

■ Doctor said to keep on drinking the tea. Prescribed prostate drugs did not help. Leonard Pearcey, Warrick, IN ■ I cancelled my prostate surgery. Get up once a night. I'm so happy not to have to face the torment of a prostate operation and incontinence or impotency. Albert E. Blain, 74, Schumacher, OH ■ Even after TURP prostate surgery and microwave therapy had to get up many times. Now down to 1-2 times. Tea is 100% better than drugs. Robert G. Stocker, Eustis, FL ■ After 1st year drinking tea my PSA went down to 4.5; after 2nd year to 2.9; after 3rd year to 2.3. I highly recommend the tea. A real life saver. Thomas M. Thurston, Forsyth, GA

Bell Bladder Control Tea for Women #4b

30 million women are suffering needlessly in North America. Avoid pain and embarrassments within days after drinking Bell Bladder Control Tea #4b. No side effects. Risk free. If your social life and love life was on hold because of leaking, this tea will help you to start living again and lead a normal life. Go shopping and traveling again with confidence. Guarantee printed on every box. Large box 120g lasts a month or two. Bell has been helping tens of thousands of women for years. Bell is the only company that supplies EVIDENCE. Literally hundreds of true statements on the Bell website from delighted women that can be telephoned for reassurance:

■ No more wetting accidents. Within a week I was in complete control. No side effects like with drugs I took. Deborah Height, 49, Collingwood, ON ■ Incredible results. It's hard to believe a non-drug item is producing such quick relief. I suffered for 20 years with frequency and embarrassments. I now sleep through the night. Linda Kleber, 62, Milford, NJ ■ First surgery didn't work. After drinking tea for 12 days, Glory to God, I had relief. Cancelled dreaded second surgery. I'm eternally grateful. Gail F. Moore, 68, Round Pond, ME ■ I had this embarrassing overactive bladder problem for 30 years. Had countless tests and endless prescribed pills. My numerous urinary infections are gone. I'm glad I didn't have surgery. Ellen Bower, Kanata, ON ■ After trying every medication in the last 5 years, tea gave complete relief in 6 days. Thank you for this great product, and above all, for truth in advertising. Marina Rosa, 57, Las Vegas, NV



SNORING? SLEEP APNEA?

Most older men and many women snore and have sleep apnea (gasping for air) :

To my surprise, after taking Bell Snoring & Sleep Apnea Relief #23 I really didn't snore or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. Mark Wilson, 40, Hudson, NH ■ Sleep apnea capsules worked first night! For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. Karen Braun, 67, Glace Bay, NS ■ For 20 years I was waking up frequently gasping for air. During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. Mary C. Myrick, 62, Jackson, MS ■ It is such a joy not having to use the CPAP machine. I have had sleep apnea for 10 years. I was skeptical about Bell Snoring & Sleep Apnea Eze #23. After using it for 3 weeks my wife says there is no more snoring or gasping for breath or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with and can get up with no restrictions. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. Wayne Burse, 63, Baysville, ON



■ AVAILABLE IN AUGUSTA: Hill Drug 1432 Monte Sano Ave.; Medical Center Pharmacy 3121 Peach Orchard Rd. #101; Medical Villa Pharmacy 1520 Laney Walker Blvd. #C. ■ WRENS: Wrens Drug 206 Broad St. ■ LOUISVILLE: Louisville Drug 112 E. Broad St. ■ ATHENS: Daily Groceries Co-op 523 Prince Ave.; ■ EVANS: Medical Center Pharmacy West 465 North Belair Rd. #1A; Health Restoring Foods 4490 Washington Rd. Ste. 13. ■ GREENSBORO: Hunter's Drug Store 102 N. Main St. ■ MADISON: Thrifty Mac Pharmacy 218 S. Main St. ■ THOMASTON: English Herb Garden 200 W. Main St. ■ BLAIRSVILLE: Ken's Herb 1050 Aralson Drive. ■ DALTON: Cherokee Pharmacy 1506 North Thomson Ave. ■ FORT OGLETHORPE: Nutrition Shoppe 112 Heron St. ■ ALSO AVAILABLE IN MACON: Mia's Health Foods 3105 Vineville Ave.; Powell's Pharmacy 4839 Bloomfield Rd.; The Willow Tree 497 2nd St. ■ DUDLEY: Classic Gift Baskets & More 1241 Pryor Rd. ■ HAWKINSVILLE: Cornucopia Health Food Store 313 Commerce St. ■ FORSYTH: Castleberry Drug Company 67 N. Lee St. ■ WARNER ROBINS: Natural Therapies 616 Russell Pkwy.



Bell products are available in 8,000 stores across North America. Store locations on the Bell website:

www.BellLifestyle.com
or call 1-800-333-7995

Store inquiries are welcome.

Senior NEWS

Serving Augusta & the CSRA

Website

www.seniornewsga.com
www.seniornewsgeorgia.com

Editor/Columnist

Faye Jones

Email: byronfaye1@aol.com

Advertising Account

Executives

Carolyn Brenneman

706-407-1564

800-787-1886

seniornewsga@att.net

Columnists

Carolyn Brenneman

Dr. Bill Baggett

Christine Coleman

Kathleen Ernce

Lisa Petsche

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 13,500; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logos, types, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037

FAX: 478-929-4258

www.seniornewsga.com

E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

Times Not Forgotten

Textbooks were not always free

by CHRISTINE COLEMAN

Today, when parents send their children to school, they don't have to worry about buying textbooks. Free books are issued to each child without question. That's not the way things were in years past.

At the beginning of each school year, Papa would go to town and purchase books for all us children. Mama would remind him of the grade each of us would be entering. He always came home with all the books we would need for that term. Some of my classmates, who were not able to buy books, had to "look on" with other children. I know my folks sacrificed to make sure all of us had our own books.

Times were hard back then. We lived on a farm and money was hard to come by. I heard my father say more than once that it took a bale of cotton each year for him to buy books for all of us. There was paper, pencils and pens to buy in addition to books. I was the

youngest of five children in my family attending school at the same time. The four oldest children had left school for one reason or another. I shudder to think of how much money was spent on our education.

When school began in the fall, some of the boys of farming families had to work in the fields for a while longer. They missed more days of school than they should have. When they were able to return, they were behind in their studies. Sometimes they were not able to catch up and be promoted to the next grade. When they had to repeat a grade, they were in classes with younger students. Of course, they were self-conscious and embarrassed, but that's the way it was.

I remember well how some of my teachers spoke to these boys of farm families. They were not always kind. I felt the teacher should have had more compassion. These children were needed at home, and they missed days at school through no fault of their own. My brothers had to miss some days at the beginning of the school year. For the most

part, they were able to catch up each year and be promoted to the next grade. Of course, they couldn't stay after school to practice football or participate in extracurricular activities. They were needed at home. The same applied to my sister and me. We had chores at home after school also.

But the big day finally came. During the time Georgia governor, E. D. Rivers, was in office, he made sure Georgia children had books. His platform was "Free textbooks for all Georgia children - grades one through eleven." And it came to pass. That was a huge burden lifted off parents.

Today, supplies are issued to Head Start students as well as Pre-K and Kindergartners. Parents don't have to worry about supplies or books. We have come a long way in the education field, but lest we forget, there was a time when textbooks were not free.

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

Baby boomers: Apply online for Medicare

by PAUL D. BARNES
Social Security Regional
Commissioner in Atlanta

This January marks a historic moment: our Nation's first baby boomers are turning 65.

For many baby boomers, it's time to hit the computer. Even if you have decided to wait until after you are age 65 to apply for retirement benefits, most people should start getting Medicare coverage at age 65.

If you would like to begin your Medicare coverage when you first

become eligible, it's important that you apply within three months of reaching age 65. But don't worry about the time and effort it will take to apply for Medicare - it's fast and easy! You can do it online at www.socialsecurity.gov/medicareonly in as little as 10 minutes.

Why apply online for Medicare? Because it's fast, easy, and secure. You don't need an appointment and you can avoid waiting in traffic or in line. As long as you have ten minutes to spare, you have time to complete and submit your online Medicare application.

People who started receiving Social Security retirement or disability benefits before age 65 do not need to apply; they will be automatically enrolled in Medicare.

To learn more about Medicare benefits, visit www.Medicare.gov.

To learn more about Medicare and the online application, visit www.socialsecurity.gov/medicareonly. While you're there, take a look at the Patty Duke Show reunion video as they talk about turkey, pie, and Medicare online.

And happy birthday to all the baby boomers turning 65 in 2011.

Spiritual Notes

God is Great, God is Good!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

"God is great; God is good, let us thank Him for our food." Do you remember this prayer which you probably said many times as a child? We not only remember saying it often, but we have taught it to our children and grandchildren and have voiced it with groups of children over the years.

I recently heard a devotional message by a minister who challenged us to think of the beginning of this familiar prayer; "God is Great, God is Good." These six words are an acknowledgement of who our God is. Often times we repeat them without comprehending the reality of our words.

David sings of the greatness of God in many of the Psalms. In the 47th Psalm we read: "The Lord, the

Most High is awesome, a great King over all the earth. He chose our heritage for us. God is king over all nations; God sits on His holy throne." The Bible speaks repeatedly of the greatness of God.

Throughout history there are stories of individuals who developed a "God Complex." They became powerful rulers or spiritual leaders and persuaded their followers of their divinity. One such story was of a French King who had conquered many lands and had set himself up as a god. When he died a great state funeral was prepared, and a single lighted candle was placed at the head of his gold casket. When the priest came in to start the service, he walked over and blew out the candle, saying, "only God is great."

As we enter these days of Thanksgiving and Christmas, we will again celebrate the goodness of God. The Apostle Paul reminds us in 2nd Corinthians 8-9, "God is able to

provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. He scatters abroad, he gives to the poor; His righteousness endures forever."

God is great and He is good. We are recipients of His grace, protection, and love every day. We acknowledge His goodness in allowing us to live in a country where we have freedom to worship and work as we choose.

God's greatest gift to us was the birth of His Son, Jesus. Through our belief in Him, "We might have life and have it more abundantly." During this Holiday season, may your prayers continue to recognize God for His greatness and His goodness; and, yes, for the food.

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

FOCUS ON ADVOCACY: Columbia County Citizens Law Enforcement Academy

PART 1

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

Written by
PATRICIA WHISENHUNT
Information Specialist
The Senior Citizens Council
706-868-0120

Want to know what really goes on in the Columbia County Police Department? Sign up for The Citizens Law Enforcement Academy.



Kathleen Ernce

The classes are a free, ten week course for all Columbia County residents aged 18 or older. The purpose of the program is to better acquaint the area's residents with law enforcement and what the department has to offer to the general public. Several examples of programs offered include: the S.T.O.P.P.E.D. program where parents can register their teen with the Sheriff's Office. If that vehicle is stopped for any reason, the par-

ent will receive a notification card with all details concerning the stop. Another program is for senior citizens who might want to volunteer with the Citizens Auxiliary Unit. This program uses community volunteers to provide assistance to the police department to help streamline efforts to provide public safety and peace of mind in the community. Other programs that will attract seniors are the Senior ID Project, File of Life Cards, and the Senior Safety Presentations.

I enrolled in the Law Enforcement Academy and after being welcomed by Sheriff Clay Whittle and Lieutenant Patricia Champion, we were introduced to Sergeant Tom Langford and Deputy John Ashley Hill, and the K-9 Unit and their "working" dogs. We had the opportunity to see how dogs find hidden drugs, attack the "bad guy" and leap back into the police car through its open window with a short command from his handler.

The tracking of the Blood Hound/Blue Tick mix was remarkable. He seemed laid-back and sweet, but there was no mistaking, he always gets his man.

I then learned that almost without exception, our police and military dogs are trained in Europe and the officer in charge of the dogs must learn commands in the dogs native

tongue.

A tour of the Communications Center revealed that there is far more to dialing 911 than most of us realized. Each station has 5 computer monitors and each one contains a vital piece of information. Once put together (in seconds), the station relays all the vital information for the law enforcement personnel, firemen, or paramedics to be able to get to you in a timely manner. The operators receive on-going training including a second-language and how to accommodate the hearing impaired. An invaluable note for the general public: any cell phone, as long as it can receive a signal, has the capability of putting through a 911 call.

The companion tour of the jail was conducted by Lt. Paul Andrews, who, by the time you read this, will have retired from the force after more than 20 years of service. We were allowed to peek into an actual jail cell. While the entire building was impressively clean, this is not a place you want to spend time! Even visitation is harsh; there is no physical contact as inmates and visitors are separated by a concrete block wall with a small window. Meals are nutritional and calorie correct; showers, time out of the cells, time outdoors, and bed time are all scheduled. There is a nurse on duty at all times and the

inmates are monitored around the clock and are treated most appropriately; and, there are no weapons within the cell blocks.

The Fire-Arms Safety class includes gun safety and an exciting experience of actually shooting a gun at a target. Both attendees and the deputies must attend the safety classes before anyone is allowed to fire their firearms.

This course has something for everyone of every age from high school seniors working on a senior project, to the senior citizens wanting to become better in tune with their community and looking for a great place to volunteer. Much more is offered than I have had space to list. The second half of my experience will be in next month's issue of the *Senior News*.

There is a wealth of information, free services, and volunteer opportunities in the Sheriff's Department. For more information, visit www.columbiacountyso.org, or call Captain Clay Smith in the Community Services Division at 706-541-2876.

One last exciting highlight is the opportunity to go on a ride-along with one of the deputies in a squad car; however, the Sheriff's Department does not allow the ride-along with the K-9 Unit. Yes... we were disappointed, too.

The Next Chapter

Fabulous books to give and get!

Book Reviews by
ANNE B. JONES, PhD

Just in case your Holiday gift list isn't complete, here are suggestions:

Drive, by Daniel H. Pink is for those who love psychological insight. According to Pink most of us have outdated ideas about the causes of our actions. Whether we're CEOs trying to expand productivity or we just want to learn more about ourselves, *Drive* offers enlightenment about what makes us "tick." Basing his theories on scientific studies, Pink suggests people are inspired more by the ability to grow and develop than profit. His thought-provoking case studies are interesting and educational.

Taking Care of Me: The Habits of Happiness and 8 to Great: The Powerful Process for Positive Change are two self-help works by Mary Kay Mueller. Both are practical books for those seeking personal growth. *Taking Care of Me* is a useful present for someone going through hard times, searching for a new beginning, or attempting to heal wounds and relate to others. Simple and direct, it offers readers self-empowerment with the tools to make this attainable. *8 to Great* presents a step-by-step process for breaking out of negative patterns and acquiring greater self-fulfillment and success. This book would be very helpful to teachers, youth ministers and other adults who are working with teens.

Women's Uncommon Prayers: Our Lives Revealed, Nurtured, Celebrated, by Elizabeth Rankin Geitz, Marjorie A. Burke, Ann Smith, Debra Q. Bennett, et al. *Women's Uncommon Prayers* is one of the most beautifully written books I have encountered. This comprehensive collection includes prayers and poems, some serious, others light and humorous, all arranged by a wide range of topics. There are prayers for guidance, special circumstances and occasions, transitions and everyday life. *Women's Uncommon Prayers* is such a treasure, I ordered three. One of them was for me.

I previously reviewed *The Total Money Makeover* by Dave Ramsey. It's such a good choice for a young couple, I'm suggesting it again. Those who abide by Ramsey's common sense money principles are bound to improve their lot in life. *The Total Money Makeover* is worth its time and money investment many times over.

Pet lovers will be entranced by Ted Kerasote's *Merle's Door*. This story of the bond between a man and his dog explores how two different species can nurture and expand each other's lives. At times the book brings forth laughter. At times it brings tears.

Always it is entertaining.

Rupert and the Bag is written by A. Louise Staman and illustrated by famed western artist Rich Adams. Nominated for the Georgia Children's Book of the Year Award, it provides a fun learning experience for young children. Lessons include colors, color combinations, tolerance and "the wonderful results of sharing talents."

Racing fans will love *Gold Thunder*, the autobiography of 1960 NASCAR Champion Rex White. This book explores how, with self-education and determination, a young man overcame a physical handicap to

become one of the sport's greatest drivers. Set against the backdrop of the development of NASCAR, *Gold Thunder* gives insight into the making of a champion whose "magical" Chevrolet was painted with gold dust. O.K., O.K., I cheated. It's *Gold Thunder* as told to Anne B. Jones. Yes I wrote this book. BUT, since it's had three printings as well as good reviews I didn't write... I heartily recommend it.

Feedback and comments welcome:
annebjones@nscn.com; annebjones.com.

The area's only Stroke Rehabilitation Accredited facility

- Unique rehab-ready stroke unit
- 24/7 Physician led stroke team
- Stroke support groups in Augusta and Aiken
- Sports and Leisure
- Outpatient therapy, including Bioness
- Transitional living

Let our experts help you regain your independence after a stroke!

WALTON
REHABILITATION HEALTH SYSTEM

1355 Independence Drive • Augusta, Georgia 30901 • (706) 724-7746 • Toll Free 1-866-4-WALTON
www.wrhl.org

On the Cover

It is time to enjoy the Festivities of the Holidays!

by CAROLYN BRENNEMAN
Photography by Carolyn

COVER - LOWER LEFT:
Home made goodies at the Alleluia
Community Festival.

December brings many special festivities to the CSRA. This is the time for reflecting, sharing, giving and receiving. There are many special events that occur in December and here is a list of our favorite 3 for you to enjoy.

The 28th Annual Alleluia Community Christmas Festival is held on Saturday, December 4, from 10 a.m. to 7 p.m. at the Alleluia Community School on Peach Orchard and Lumpkin Roads. This is one of the biggest attractions in the CSRA due to its Christian and family atmosphere. "All adult members of the Alleluia Community work the festival to make it a very likeable Christian based festi-

val for the public to attend. We are very family-oriented and want to project the true meaning of the holiday season through our events at this time," says Patricia Sanford. "We have our members bring fresh baked goodies for the bakery, delicious German and Italian dishes for lunch and dinner, and, of course, we have our famous hotdog stand," says Patricia. A favorite of the youngsters are the numerous games and a popular hang-out for the teens is the coffee house located in the school gym and will be open this year from 5 to 7 p.m. Entertainment includes various musicians from the community or those community related. We will certainly want to participate in the silent auction where we can bid on great gifts such as certificates for high-end hotels, golf packages, a variety of restaurants, gift baskets and many other great goodies. Come to the festival on Saturday, December 4th. For more information, call 706-798-1882.

For our musical appreciation, "A Festival of Nine Lessons and Carols" will be presented on Tuesday, December 7th at 7:30 p.m. at Sacred Heart Cultural Center in Augusta. A highlight of the Christmas season, this event features the Augusta



Great Music to Enjoy
A Festival of Nine Lessons and Carols



THE LEDGES APARTMENTS

- Quality, Independent Living For Seniors
- Must Be At Least 62 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Utilities Included In Rent
- Two Floor Plans - Efficiencies (Perfect For One) One Bedroom If You Need More Room
- Emergency Call Systems In Each Apartment
- Added Safety Features In Bathroom
- Elevators For Your Convenience
- Coin Operated Laundry Rooms On Each Floor

**INDEPENDENT RETIREMENT LIVING IN THE HEART OF
NORTH AUGUSTA WITHOUT LEAVING FAMILY, FRIENDS,
COMMUNITY AND CHURCH AFFILIATIONS**

Applications Taken at 550 Sikes Hill, North Augusta, SC

803-279-1776



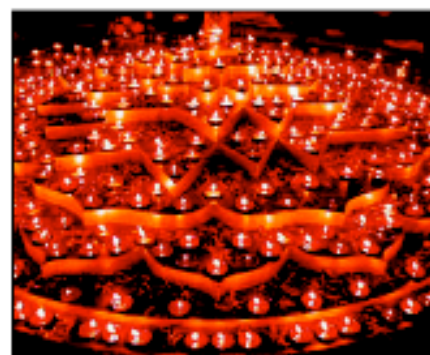
**There are great gifts at the Silent Auction
at the Alleluia Community Festival**

Collegium Musicum, under the direction of William Toole and The Augusta Choral Society with Dr. J. Porter Stokes, Director. Based on the traditional services at King's College Chapel, Cambridge University, England, A Festival of Nine Lessons and Carols is the Christmas Eve service held in the Chapel and was first introduced in 1918 to bring a more imaginative approach to worship. It displays a weaving of scripture and song, and is truly a magical and inspiring event. For more information, call Sacred Heart Cultural Center at 706.826.4700.

For our enjoyment of the display of millions of lights, there is the Lights of the South, in Columbia County, which is ongoing evenings from 6 p.m. to 10 p.m. through December 30. It is an event not to miss and the entrance fee is very reasonable. The Festival of Lights originated in 2005 by Benjamin Bell and now includes more than 4 million lights on 106 acres at 633 Louisville Road near Grovetown. We can walk through the park or enjoy the sights on a hayride.

There are many displays including King Triton pulled by sea horses, along with a nautical scene with a mermaid and dolphins; a lighted Christmas maze; and, Santas House as well as Ms. Claus' Kitchen. And there is the display of the American flag with over 40,000 lights. Food and beverages are available as well as picture taking. Call 706.825.6441 for more information or visit www.lightsofthesouth.com.

Enjoy the special times of this month!



**Millions of lights on display for
the Lights of the South**



The Alleluia Community Festival Bookstore

Annual Award Winners Announced

by JEANNETTE CUMMINGS
Director, Area Agency on Aging

The CSRA Coalition of Advocates for the Aging recently announced winners of the 2010 Elected Official of the Year and the 2010 Dr. Virginia Zachert Advocate of the Year at an October 22nd breakfast held at St. John Towers in Augusta.

The CSRA Coalition of Advocates for the Aging enjoys recognizing and awarding those who help in the fight to improve the quality of life of older Georgians. The Elected Official of the Year Award salutes an elected official or group of elected officials who consistently demonstrate professional leadership and exemplary contributions on behalf of Georgia's older adults.

The McDuffie County Board of Commissioners was recognized for its commitment to senior citi-

zens. McDuffie County has a long history of supporting its senior programs by allocating an unprecedented amount of local funds to ensure that seniors who reside within the county receive the best services possible. The Commission led by Chairman Charlie Newton, procured grant funding to renovate the Senior Center to add an exercise room for participants. In addition, the funds were utilized to provide space for adult daycare services offered through Gilead Adult

Daycare Center.

In 2007, the CSRA Coalition of Advocates for the Aging established an award to recognize an older adult who demonstrates exemplary leadership as an advocate to improve the quality of life for older Georgians. The award is named after just such a Georgian, Dr. Virginia Zachert. Dr. Zachert has served as a Silver Haired Legislator on both the state and national level. She has also served as a technical advisor to the Area Agency on Aging for over 20 years. Dr. Zachert is a past recipient of the Southeastern Association of Area Agencies on Aging Jane Kennedy Outstanding Leadership in Aging Award.

Betty Frank was awarded the Dr. Virginia Zachert Advocate of the Year Award based on her decades of advocacy on behalf of senior adults at the national, state and local levels. Ms. Frank works tirelessly with seniors to help them understand the importance of their own voice when communicating with elected officials. She is constantly seeking practical change for older adults and their families and stands out as a positive role model for other



Charlie Newton, McDuffie County Commission Chairman received Elected Officials Award from Francis Yelton, Coalition member.

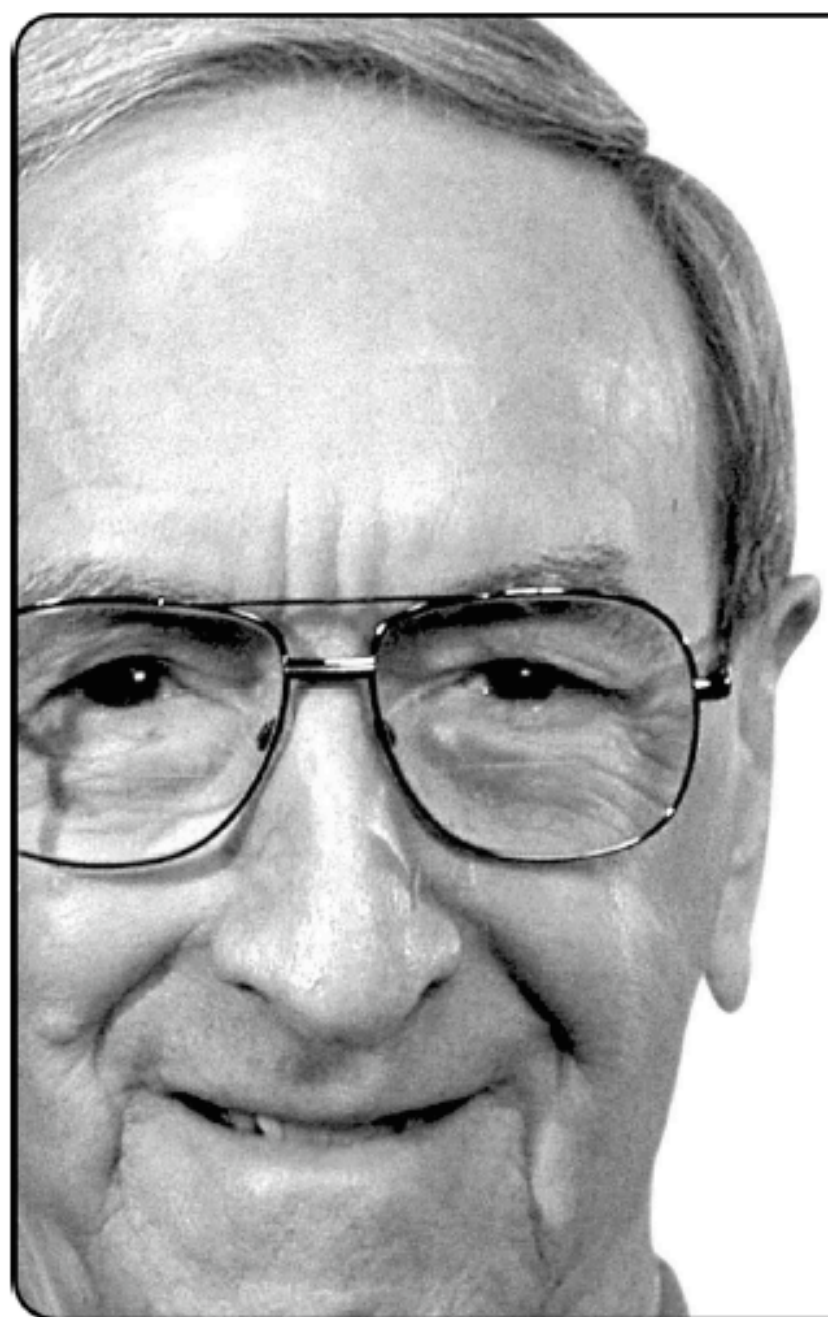


Betty Frank received the Dr. Virginia Zachert Advocate of the Year Award.

advocates.

On behalf of senior adults and individuals with disabilities, the CSRA Coalition of Advocates for the Aging and the Area Agency on Aging would like to extend our gratitude to these award winners and others who work to improve the quality of life of older adults.

For aging services and advocacy opportunities, contact the Area Agency on Aging at 706-210-2018 or 888-922-4464. The Agency is a division of the CSRA Regional Commission.



I have cataracts. Don't I have to wait a while before surgery?

Not at all. In the past patients waited because they thought risky surgery was their last option. Today cataract surgery is safer, more effective and the probability of restoring normal vision through cataract surgery is 95 percent or better. The timing of cataract surgery depends almost entirely on our patient's visual needs.

So if cataracts are causing you or someone you know to alter their lifestyle due to limited vision, it is time you made **VISION FITNESS**™ a priority.

VISION FITNESS™
A healthy priority.

EYE GUYS

Eye Physicians & Surgeons of Augusta, PC

1330 Interstate Parkway | Augusta, Georgia 30909

706-651-2020 or 1-800-521-6049

EYE GUYS

BRADLEY BERTRAM, MD

BRUCE BROWN, MD

HERBERT FUCHTER, MD

WILLIAM WHITE, MD

www.eyeguys.com

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. 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.

TOZAL Eye Health Formula

Vitamins clinically proven to help

maintain macular function.

www.tozalfomula.com/26702
or call 1-877-948-7784.

— Paid Advertisement —

14th Annual Performance of Holiday Music by the Augusta Collegium Musicum planned

Special to Senior News

The Augusta Museum of History is pleased to host the Augusta Collegium Musicum in the Fourteenth Annual Performance of Holiday Music on Monday, December 13 at 7:30 p.m. in the Museum's Rotunda.

Now in their twenty-first season, the Augusta Collegium Musicum is a superb a capella chamber choir under the direction of Mr. William F. Toole. Enjoy the wonderful sounds of this talented group as they sing Christmas music from around

the world including German and Renaissance carols as well as a selection of popular modern day carols. The twenty singers, many of whom hold degrees in music, strive to make beautiful music with technical precision and excellence in performance.

Always a sold-out performance, tickets are only \$10 for Augusta Museum of History and Collegium members, or \$15 for non-members, so come early because seating is limited. Light refreshments will be served immediately following the concert. All proceeds to benefit the programs of the

Augusta Museum of History.

Augusta Museum of History, the only Museum in the CSRA accredited by the American Association of Museums, was established in 1937 for the purpose of preserving and sharing the material history of Augusta and the region. From a 10,000 year-old projectile point to a 1914 locomotive, the collections chronicle a rich and fascinating past. The museum is located at 560 Reynolds Street in downtown Augusta. Please call 706-722-8454 for more information or visit our website www.augusta-museum.org.

Misleading postcards are not from Medicare

Submitted by Georgia Department of Human Services

The Department of Human Services urges older adults to be on the alert for misleading post cards titled "Important: Projected Medicare Changes." The cards are sent on behalf of insurance salespeople and are not endorsed by Medicare.

"Private insurance companies request signatures, ages, and other details on these post cards and then use the information to make sales calls and visits to people's homes," said Dr. James J. Bulot, Director of the Georgia Department of Human Services (DHS) Division of Aging Services. "If consumers have questions about Medicare changes, they should contact the GeorgiaCares network."

The GeorgiaCares State Health Insurance Assistance Program (SHIP) offers individuals free, one-on-one help provided by trained local counselors. The program is managed statewide by the DHS Division of Aging Services and Georgia's 12 Area Agencies on

Aging. To contact GeorgiaCares, call 1-800-669-8387 toll-free or visit www.MyGeorgiaCares.org.

Callers may request personalized information about Medicare, Medicaid and Medigap matters, including long-term care insurance, claims, the resolution of billing problems, information and referral on public benefit programs aimed at those with limited incomes and assets, and other health care insurance information.

The GeorgiaCares team is ready to answer questions now about open enrollment for Medicare Part C (prescription drug coverage) and Part D (Medicare Advantage plans). Enrollment began November 15th, and recipients will have until December 31, 2010, to make their choices. After this period, beneficiaries may make limited changes during the annual Disenrollment Period of January 1 - February 14th of each year. Beneficiaries who do not want to make a change can remain in their plan from 2010.

GeorgiaCares SHIP counselors will answer hotline calls from individuals and provide community education sessions for any group

throughout the state to help beneficiaries understand their options for next year. Beneficiaries can call GeorgiaCares toll-free at 1-800-669-8387 or Medicare at 1-800-Medicare (1-800-633-4227) for assistance.

GeorgiaCares SHIP urges everyone to review their coverage and make sure that any changes to the plan for 2011 will still meet their needs. Beneficiaries who want to consider all of their options will have access to help from many sources, including a notice of any coverage changes from their drug plan; the enhanced Medicare Drug Plan Finder at www.medicare.gov; the Medicare & You 2011 annual handbook that explains Medicare coverage; 1-800-Medicare (1-800-633-4227), which will be available 24/7; and GeorgiaCares - Local Help for People with Medicare, 1-800-669-8387.

For more information about services available to older Georgians and their families, visit the DHS Division of Aging Services at <http://www.aging.dhr.georgia.gov> or call 866-55-AGING (552-4464).

C'mon, let's eat

by FAYE JONES

What a joyous season! If the rest of the world suffers from my problem, then millions are enjoying their "sweet tooth" to the fullest. This is the season to let down the bars and enjoy all the good fun and food that comes our way.

As a child Thanksgiving and Christmas were magical times. We didn't have too much in the way of material things but there was joy enough to go around and some to spare. Our main pleasure came from food. Oh, the aroma of hams and turkeys and the fragrance of spices wafting through the house made memories we cherish to this day. Each Christmas brings new memories for us to cherish so let's start making a few memories by reaching back into old cookbooks for good things to eat this year – starting with the age-old beloved southern divinity candy. Read on!

DIVINITY CANDY

4 cups sugar
2/3 cup corn syrup
2/3 cup cold water
3 egg whites, beaten until soft peaks form
Pinch of salt
1 tsp vanilla flavoring or extract
1 cup chopped nuts

Boil sugar, syrup, water and salt to a soft ball stage. Remove from heat and add vanilla. Pour 1 cup of hot mixture into egg whites. Continue beating mixture while cooking the remaining sugar mixture until it tests "brittle" when a drop of syrup is dropped in 1/3 cup cold water. When brittle stage is reached, pour syrup into egg whites and beat until candy begins to lose its shine. Quickly stir in nuts and drop candy by teaspoonfuls on wax paper. Let cool. Store in airtight container.

SQUAW CORN

6 slices bacon, diced
6 eggs
1 small onion, diced

1 (No. 2) can cream style corn
Salt and pepper to taste

Fry the bacon and onion until the bacon is crisp and the onion is lightly browned. Pour off the excess fat. Add the corn to the bacon and stir until heated. Add the unbeaten eggs and stir until the mixture thickens. Season with salt and pepper. Good for brunch or late evening lite meal.

HOLIDAY BISCOTTI

1/2 cup butter or margarine, softened
1 cup sugar
3 eggs
2 tsps vanilla extract
1 tsp orange extract
3 cups all-purpose flour
2 tsp baking powder
1/2 tsp salt
2/3 cup dried cranberries, coarsely chopped
2/3 cup pistachios, coarsely chopped
2 tbsp grated orange peel

In a mixing bowl, cream butter and sugar. Add eggs, one at a time,

beating well after each addition. Stir in extracts. Combine flour, baking powder and salt; gradually add to creamed mixture and mix well. Dough will be sticky. Stir in cranberries, pistachios and orange peel. Chill for 30 minutes. Divide dough in half.

On a floured surface, shape each half into a loaf 1-1/2 to 2-in. in diameter. Place on an ungreased baking sheet. Bake at 350 degrees for 30-35 minutes. Cool for five minutes. Cut diagonally into 3/4-inch thick slices. Place slices, cut side down, on an ungreased baking sheet. Bake for 9 - 10 minutes. Turn slices over and bake 10 minutes more or until golden brown. Cool on a wire rack. Store in an airtight container. Yield: 2 dozen.

Enjoy!

©11/29/10

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

Augusta Genealogical Society donates valuable documents to the UDC Georgia Division Museum

Submitted by
DAPHNE HOPSON
 Public Relations
 Augusta Genealogical Society

Jane Durden, UDC President General, recently visited Augusta's Adamson Library, home of the Augusta Genealogical Society, to receive valuable documents donated by the local society to the UDC Georgia Division Museum located in Stone Mountain, Georgia.

The Adamson Library is located at 1109 Broad Street in Augusta. Durden visited on November 17 to receive the historically important artifacts donated to the museum by the Augusta Society.

The Augusta Genealogical Society discovered boxes of artifacts while undergoing reorganiza-

tion and has worked diligently to protect and find the proper permanent home for these documents.

Some of the treasures discovered include the 1897 original applications for membership in the UDC. These applications describe the service of the applicant's father or grandfather who served in the Confederate Army in their own hand writing. Some actually have the "service" written in by the soldier himself. One application is from a guard at the recently discovered Camp Lawton Prison Camp in Magnolia Springs. Keep in mind this was in their own handwriting as they certainly did not have the benefit of ancestry.com or Internet.

Another exceptional treasure included is an ORIGINAL Muster Roll from the Thompson Guard, Company F, 10th Georgia Infantry of the Army of Northern Virginia,

Robert E. Lee Commanding Officer.

Ida Evans Eve UDC Chapter Charter is among the papers that will be saved for posterity. The Thompson Chapter's Scrapbooks, Journals and Minutes – some dat-

ing to 1906 – will be archived and preserved for history.

The Genealogical Society is thrilled to be able to participate in uncovering and protecting another very important Georgia historical find.



Senior News Newspapers NOW AVAILABLE ONLINE!!!

Check us out at our new website...

www.seniornewsga.com

and

www.seniornewsgeorgia.com

To view recent editions of *Senior News*
 click on **ARCHIVES**

For advertising information
 click on **CONTACT US**
 or call us at 770-698-0031!

ATTENTION Senior Artists and Crafters

The Senior Citizens Council will present the first ever **Senior Artists and Crafters Show and Sale** on Saturday, February 26, 2011. Mark your calendar and start making, fashioning, creating, shaping, manufacturing, constructing, and producing beautiful works of art for the world to enjoy!

More details to come in January 2011!

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, 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.

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 Eucree Creek Dr.,
Groveport, 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

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
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
Boyd Pond Park
Aiken, SC

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

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 addi-
tional 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.
• Breakfast and Photo with Santa and Mrs.
Claus: Sat., Dec. 4, 9-11 a.m. 706-828-3825
• Silhouette Portraits by Clay Rice: Sat.,
Dec. 4, 10 a.m.-3 p.m. 706-828-3825
• Artrageous! Family Sunday: Holiday
Time! Sun., Dec. 5, 2 p.m. FREE
• Music at the Morris: From One to Ninety-
Two Sun., Dec. 5, 2 p.m. FREE

FREE Monthly Sunday Concert Series

• Tara Scheyer: Sun., Dec. 5

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.
• Into the Interior: A History of the Georgia
Railroad and Banking Company: Ongoing
• Augusta's Story: Ongoing
• Celebrating a Grand Tradition, the Sport
of Golf: Ongoing
• The Godfather of Soul, Mr. James Brown:
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

continued on page 11

General Business Directory For Seniors



PINEVIEW GARDENS

PERSONAL CARE HOMES

*Specializing in Dementia
and Alzheimer's Care!*

Pineview Gardens
4255 Hwy. 25 N, Hephzibah, GA 30815
706-437-0113

Pineview Gardens of Evans
4393 Owens Road, Evans, GA 30809
706-651-0377
www.pineviewgardens@comcast.net

**BUSINESS CARD SECTION
ADVERTISING INFORMATION**

Call
Carolyn Brenneman
706-407-1564
800-787-1886

\$1.00 OFF **ADMISSION**
WITH THIS AD!
1 coupon per person. Expires 12.13.10

2nd Weekend of Every Month

Atlanta, Georgia
Fri. & Sat. 9-6 Sun. 10-4
3 miles east of Atlanta
Airport, I-285 at Exit 55
(Jonesboro Rd.)
Scott Antique Markets
740-569-2800
www.scottantiquemarket.com

Atlanta Expo Centers
December 10, 11 & 12 January 7 & 8 February 11, 12 & 13



America's favorite treasure hunt!

**Change Your Water...
...Change Your Life!**

Learn the **SECRET** to a healthier, more
vibrant body at any age! Learn what Dr.
Hiromi Shinya, Oncologist and Developer
of the Colonoscopy, shares with his
patients! Ask Dr. Dave Carpenter, one of
the foremost authorities on the **Right
Kind of Water to Drink**, questions that
can help you learn the secret to a healthier
body! Go to www.iLoveGoodWater.net.
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

\$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 soft drinks. Cost: Guests, \$10; members, \$8. For additional information call Barbara Nash at 803-640-2075.

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 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 Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out. We will have a coffee for new members on Tues., Dec. 7, 11 a.m., at the home of one of our members. We will have a Tea starting at 10:30 a.m. on Thurs., Dec. 16, to celebrate holiday cheer.

For reservations or additional information

contact hospitality@augustanewcomers.net or call Susan Salisbury at 706-814-6297.

Service Corps of Retired Executives

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

Phinzy Swamp Events

706-828-2109

Find Your Voice

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

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@nsdiscovery.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.

Volunteers Needed

Walton Rehabilitation Hospital

Call Volente Henderson, Human Resources, at 706-823-8507 for complete details.

• Bird Feeder Keeper: Clean, maintain and fill bird feeders (5-medium sized) strategically located on hospital campus for patient viewing. Time commitment: 2 to 3 hours one day a week. Hospital will provide seed.
• Court Yard Keeper: Maintain small hospital internal courtyard. Requires light sweeping, maintaining patio furniture arrangement, light trimming and watering of potted plants and cleaning of grill prep area. Time commitment: 1 to 2 hours two days a week.

Rape Crisis and Sexual Assault Services Seeking Volunteer Advocates

Volunteers are needed in Richmond, Burke, Jefferson and McDuffie Counties. Advocates must be able to respond to hospitals in their area within 30 minutes. Contact Dinah at 706-774-2746 or email volunteer@csa.org for complete details.

AARP Tax-Aide Volunteers

The Augusta area AARP Tax-Aide Program is accepting applications to prepare income tax returns for seniors. All AARP Tax-Aide services are free and all the preparatory training is provided free to volunteers. Computer skills are a must. Call District Recruiter, Lee Lane, at 706-736-6934 for more information.

General Business Directory For Seniors

Point of Need, Inc.
Medical Equipment & Supplies
1186 Atlanta Hwy., Warrenton, GA 300828
706-465-1183
Monday-Friday • 9:30 a.m.-4:30 p.m.
Wheelchairs • Scooters • Lift Chairs • Walkers/Rollators/Canes
Diabetic Shoes/Supplies • Bath Aids • Bathroom Equipment • Medical Supplies
Sales - Rentals - Repairs
Free Delivery & Set-Up within 60 miles • Private Pay & Most Insurance Accepted
pointofneedinc@yahoo.com

BUSINESS CARD SECTION
ADVERTISING INFORMATION
Call
Carolyn Brenneman
706-407-1564
800-787-1886

BIBLE BY PHONE
FREE DAILY BIBLE READINGS -- NKJV
706-855-WORD
Augusta 706-855-9673
Aiken 803-442-9673
Thomson / Lincolnton 706-541-3639
Daily Word • P. O. Box 1234 • Evans, GA 30809

ams vans INC
Finally! Affordable Wheelchair Accessible Transportation!
Newly Converted vans starting in the LOW 20's
Over 100 vans in stock and on site
Over 25 years industry experience
7 year/70,000 mile warranty on all conversions
Just 15 minutes North of Atlanta off I-85
Come see us Today
Local rental service available
800.775.8267
amsvans.com

Experience
Financial Freedom
Learn how to live life on your own terms with Reliv.
Arlene Candy
Independent Reliv Distributor
706-364-2373
www.reliv.com

Goodwill NEEDS YOU!
YOUR DONATIONS
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment
YOUR TIME
Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.
CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350
To find a location near you, visit
www.goodwillworks.org

A Plant Sale not to miss!

by CAROLYN BRENNEMAN

Photography by Carolyn

A giant plant sale at McCorkle Nurseries in Dearing during November was a fabulous experience. McCorkle Nursery, operates as a family owned business and today produces millions of plants every year for wholesale. However, the general public is in luck as they have their two public sales each year, one around November and the next one will be June 16-18.

My friend Zac and I headed out on our first trip to McCorkles in November. I really had no idea what to expect nor what I would purchase, but I did hope that they would have some of those azaleas that bloom 3 times a year – Encore Azaleas – and maybe some blueberry plants or one of those gorgeous Japanese maples. Hum, although I had no landscape plan or any idea what I was getting into, I told Zac that I was going to let things flow and practice a little impulse plant buying for a change.

Checking out Google Maps, I got the directions for the location of the sale on Luckey's Bridge Road and we headed out on Friday morning at 7 a.m., hoping to be one of the first 500 at the plant sale. Nope, didn't happen. Everyone I know, brags about this nursery and looks forward to purchasing the cream of the crop of plants.

The drive through Appling and Harlem and then down Sawdust Road to Main Street onto Luckey's Bridge Road was an adventure in itself for me. Looking at the gorgeous colorful trees, bushes and shrubs along the road was awe inspiring. I was thrilled to see so many shapes, sizes and colors in nature all at once. After turning a bunch of lefts and then rights down long stretches of roads, we arrived to find hundreds of early arrivers with their own little red wagons, wheel barrows, and carts. My eyes popped wide open as I jumped out of the car to stroll down the first aisle of many. "Hurry up and park," I told my friend as I hopped out. "I will see

you down there."

The plant sale site was huge and packed with hard-to-find plants in addition to thousands of traditional such as junipers, hydrangeas, camellias, azaleas and roses of all types, names, brands, sizes and colors.

I was thrilled when Zac and I found the azaleas. Oh gosh, there were so many of them – rows and rows and more rows of all kinds. Encore brand name, yes, that was what I wanted. The ones that bloom from spring through fall. After spending over an hour looking at all of them, I decided to pick the ones with brilliant lavender pink and hot pink large blooming flowers. I lined them up all in the row and couldn't decide how many of which kind. Oh well, I thought, today I am going to be an impulse buyer. The price was so fantastic I decided to get double the amount – 14 in all. Zac wondered if I was going crazy. Hum, "I am sure I will find a place for each of them," I told him.

Then I found the coolest Japanese maple that is absolutely perfect. Yes, I know it will grow large, and I was sure there was a special place for this delicate beauty – somewhere around the yard. I just knew. After spending 5 hours at the sale, we loaded up all the plants and headed home. During the drive back, I was already planning on attending the next big sale on June 18th. We won't want to miss another great adventure!



The gorgeous Japanese Maple



Zac looking at the great selection of plants



Attendees making decisions on what to buy



A great variety of plants at the sale

Vintage Gardens At Sweetwater



Senior Living at its best! Enjoy the quiet gazebo with flowers, horseshoe pit, individual gardening areas, and a community center with planned activities for everyone.

Residents must be 55 and over.

Apartment Features

- Washer/Dryer Connections
- Heated/Cooled Sunrooms
- Fully Equipped Kitchens
- Oversized Bathrooms
- Large Walk-in Closets
- Water and Sanitation Included
- Garbage Disposal
- Mini Blinds
- Single Story, No Stairs
- Handicap Accessible

Community Features

- Community Center w/planned activities
- Individual Gardening Areas
- Gazebo with Flower Gardens
- Horse Shoe Pit

COME ON HOME!

Section 8 vouchers accepted and transferable from Georgia to South Carolina!

Equal Housing Opportunity

Vintage Gardens

At Sweetwater
3 Murrah Road Extension
N. Augusta, SC 29860
(803) 819-3139

Monday-Friday, 9 am-3 pm
Saturday, by appointment