

Senior News

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February 2010
Vol. 24, No. 2

Kids, Take Your Grandparents to the Symphony!
Story on Page 6

Your pain can be managed

by ANDREA C. BUSSEY
PharmD, CGP, FASCP

What is pain? Pain is usually defined as an unpleasant situation that disturbs our physical or emotional well being. Pain impacts the ability to sleep or interrupts normal activities of daily living. When pain is severe it may impact your quality of life.

The experience of pain is purely subjective and it is the patient, not the caregiver, who can best describe pain intensity and the benefit of therapy.

There are three types of pain: somatic, visceral and neuropathic. Somatic pain is pain that involves skin, muscles, tendons or joints. Headaches and dental pain are examples of somatic pain. This type of pain is usually well localized or easy to pinpoint. It is commonly responsive to medications called non-steroidal anti-inflammatory drugs (NSAIDs) or acetaminophen. NSAIDs may at times be combined with a stronger medication called an opioid or narcotic. Visceral pain is pain that is often hard to pinpoint. This type of pain may involve internal organs such as the liver, kidneys, gallbladder, the gastrointestinal tract (GI tract), bones or the

area surrounding the heart. Opioid medications are often effective for this type of pain, but NSAIDs may also be effective. Neuropathic pain is caused when nerves are involved. Those with diabetes, shingles, trigeminal neuralgia, phantom limb pain, and certain types of strokes may experience nerve pain. Specific types of cancer chemotherapy may cause this type of pain. Nerve pain is often described as burning, piercing or numbness. This type of pain does not respond well to opioid therapy. Quite often other medication classes such as antidepressants or antiseizure medications must be prescribed to provide pain relief when nerves are involved. These medications are only available with a prescription.

Pain is often under treated for a variety of reasons. This includes both patient and physician factors. Everyone has heard the saying "no pain, no gain," but untreated pain can be harmful. Pain is your body's way of telling you something is wrong. Ongoing, untreated pain can be harmful to your body. This can lead to anxiety, depression, anger and interfere with your sense of well being. The goal of pain management when treating acute or chronic pain is to reduce the pain to a level tolerable to the patient and prevent the pain from recurring. The type and intensity of pain may require frequent or high doses of medications. The fear of addiction should not prevent adequate pain management. However, this is often a concern of both patients and physicians alike.

When talking to your medical professional about pain management, it is important to be able to describe your pain. There is a difference between acute and chronic pain. There is also a difference between the treatment of cancer pain versus non cancer pain.

Acute pain is often easy to identify (tissue damage) versus chronic pain. Chronic pain is present when the original source of pain is healed and the degree of pain may seem out of proportion to the original ailment or condition. Although the purpose of pain management is to decrease suffering, the goal in chronic pain management is to also improve functional status of the patient. One example of chronic pain is the management of arthritis pain so the patient can remain as active and comfortable as possible.

Treatment may take many forms. At times, it may be more appropriate to use a non-medication approach such as heat, ice, massage, physical therapy or other intervention. When medications are necessary, there are several medication classes that may be chosen. Once again, the type of pain will determine what medication may be effective and what should be used first. What works in one situation, may not always work in others. Pain medications are available as prescription and over the counter (OTC) products. Your pharmacist can assist you in recommending the proper OTC medication. NSAIDs are used to treat mild to moderate pain and inflammation. Aspirin and ibuprofen are examples of NSAIDs. These are available in OTC and prescription products. Acetaminophen is used when treating mild to moderate pain and is often found in combination products for pain relief. Opioids are prescribed to people who have moderate to severe pain. These medications require a prescription.

Many people fear addiction when it comes to pain medicine, but it is important to understand there is a difference between physical dependence and tolerance compared to addiction. If you are on a prescription opioid for more than a few days, you may become physically dependent. This means if you abruptly stop taking the medication you may have nausea or other unpleasant symptoms. If you become tolerant to a medication, you may need increased doses to achieve the same amount of pain relief. Physical dependence and toler-

ance are physical conditions compared to addiction which is a psychological condition. Addiction is the psychological dependence on medications after there is no medical indication for the drug. People with addiction may also have physical dependence and tolerance if the medication has been taken for a long period of time.

No one pain medication is right for everyone and there will be times when one pain medication is preferred over another based on the type of pain being treated. That is why it is important to be able to describe your pain. Otherwise, choosing the right medication can be challenging. Not all health-care providers are well trained in the management and treatment of pain and pain syndromes. This means finding the right health care team may be difficult. Patients may be referred to a pain specialist.

Remember, Communication is Key when it comes to using medications safely and correctly. As we celebrate American Pharmacists Month in October Know Your Medications, Know Your Pharmacist. Talk to a Senior Care Pharmacist today to learn more about your medications. The most expensive medication is one that is not being taken correctly or is causing undesirable side effects.

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 April 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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CENTER FOR PRIMARY CARE
FAMILY MEDICINE

Poets' Corner

Not Alone

By: Doris A. (Dot) Jones

I often wondered why, he liked to fish alone.
And now I understand,
He was with God and was not alone at all.

This was his quiet time, when the cares of the world he could shed.
He loved to fish with God, even if he didn't have a single bite on the line.

I often asked, "why don't you take a friend?"
I worried when he was on the lake alone.
I worried in vain when I look back and know,
He was with God and not alone at all.

Sometimes he would catch a lot of fish.
Then, maybe none at all.
But, he and the Lord had a good day, just enjoying nature's call.
He was with God and not alone at all.

When the years took their toll, and he couldn't launch the boat, I often said,
"you shouldn't go alone," But, he didn't listen to my plea and now I know, he must have thought God is there to catch me, if I fall.
He was not alone.

Time changed it all for him.
No more fishing time on the lake alone.
I know his memories where deep in his heart.

He was still with God and not alone at all.

Gift From Heaven

By: Lillie W. Scoggins

I could not be a Christian 'till God gave Grace to me
I could not be a Christian 'till Christ was born for me
I could not be a Christian 'till He died on that tree
There was no Gift from Heaven 'till it was given to me.

I want to be that Christian and to God be true;
I want to stay in prayer with praise to Him
that's due;
I want to be a servant, as He would have me do.
Accept his Gift from Heaven, surely that I'll do.

I cannot be a worker, not knowing what to do;
I cannot be a shirker, and earn the pay that's due;
I want to be a servant as He would have me do;
Accept this Gift from Heaven, surely that I'll do.

I cannot be a worker, not knowing what to do;
I cannot be a shirker, not earning reward that's due;
I cannot be a leader unless I join the crew;
I can surely win the race if I follow through.

There will be no harvest if seeds I don't sow;

I will not have the grain if I don't let it grow;
There will be no reaping if my feet are too slow;
I cannot share His Bread, if I don't knead the dough.

I cannot move His boat if I don't try to row;
I cannot sail His ship without His winds that blow;
I cannot gain His wisdom if His words I don't know
I cannot love my neighbors until I share His woe.

I must not join a crew that crucifies my King.
I must not forget, in prayer, His Praise to ever sing;
I must love the brethren, and children I must bring;
I am in a Kingdom that lets my freedom ring.

God sent His only Son, a Saviour for you, too;
You must not reject Him; He paid the price for you.
His spirit He has given, for Life with Him anew -
Holy Trinity forever! We can be there, too!

The Change

By Mildred Boyd

The Dining Room here is the gathering place
And most residents return to their former spaces.
I was taken to the table that accommodates four;
All tables are alike - none seat any more.

I was surrounded by three ladies, seemingly nice
So it wasn't hard to break the ice.
I learned their names, then told them mine.
I think now we'll get along fine.

My hearing I've missed - here more so - I'd like to get acquainted - there are many to know.
In my ears there's a noise that keeps on staying and far away voices - whatever they're saying.

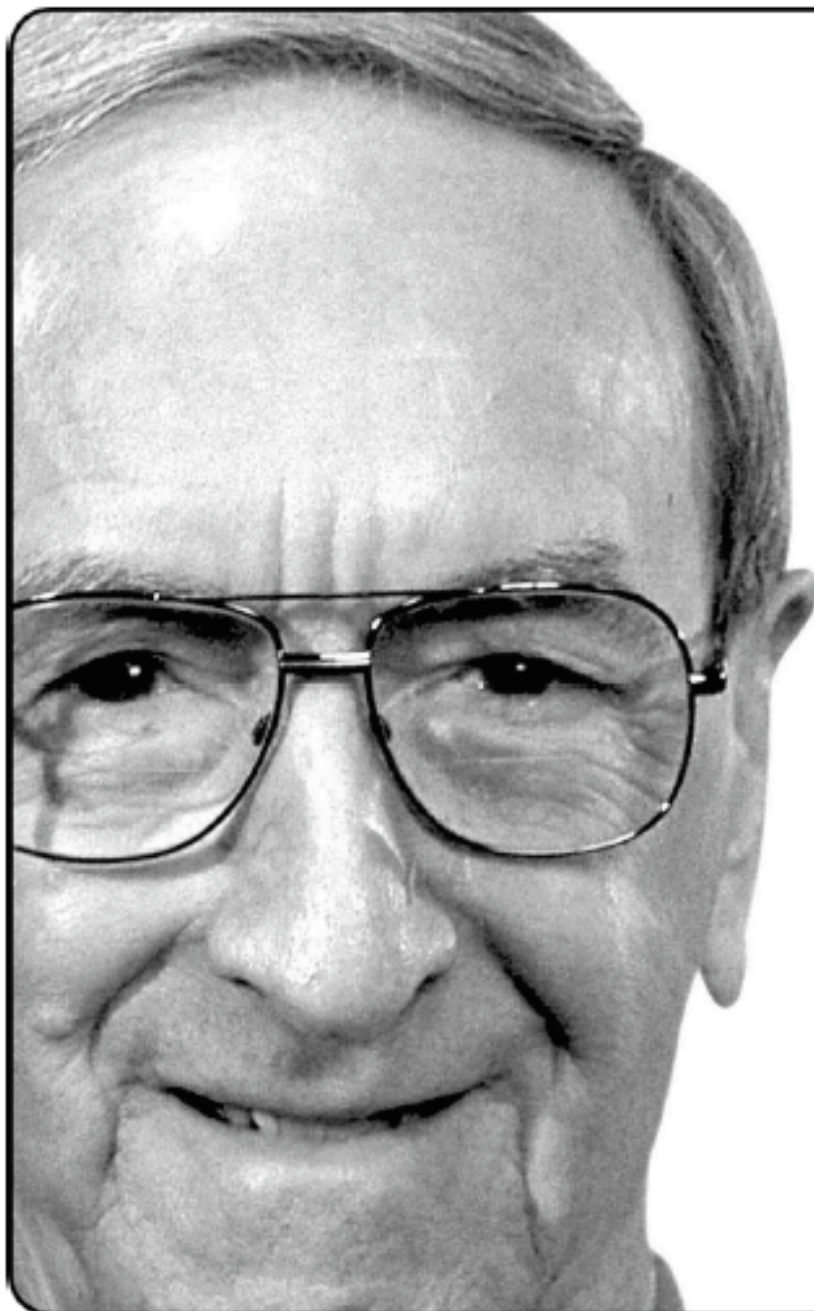
So, my hearing is a problem that's a hindrance to me,
Yet their nods and gestures spell friendliness to see.
I'm a slow-moving person, could never be quick,
Because all of my life I was often sick.

I've a lovely apartment and they made adjustments for me.
To be reached from my wheelchair, this needed to be.

It creates a lot of clutter, keeping things handy;
I just wish it could always be neat and dandy.
If the foregoing statements sound negative and bad -
My blessings are countless, so many I've had.
And miracles brought joy to replace the bad.

I am hoping my countenance will somehow show.
The Source of Fulfillment that I've come to know.

Romans 8:24



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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Did I wish all of you dear readers a happy new year last month? I can't remember, but forgetting it sounds like something I would do.

Lately I have been reading every article I can find on the onset of Alzheimer's, dementia and snakes in the head. I do believe I have finally stripped my gears and am sliding back into an old-age abyss from which I shall never arise.

The number of problems I have from not paying attention is endless. For instance, the washing machine. Brand new and the little darling wouldn't even squeeze the water out of the clothes. It was taking two hours in the dryer to get my slacks dry. Sometimes I would wring water from garments by hand. That was no fun because it reminded me of the days when we had to wring all our clothes by hand after washing them in a tin tub with a rub board. Before we did that we had to haul wood for a fire to boil water in the wash pot before the real work began. Afterward, we heated flat irons on the wood stove in the kitchen and ironed until nightfall. Ah, the good old days.

Sorry, I got to rambling again – which is another sign of dementia.

Back to the washing machine. I called for repairs since it was still under warranty. A young man came, turned the machine on and ran it through a cycle. He tried to keep from laughing when he told me I had been washing everything on "extra delicate." "That cycle is for your silk Sunday School blouses" he said. I didn't see what he wrote on the repair report nor did I want to see.

Now we move on to other appliances. I know I am behind time but after having two fits and a bad spell for a new dish washer I finally won! It was installed and I quickly forgot it was there. After all, it takes a week to get a load of dirty dishes. A plate, fork, cup and spoon a day take little space.

I had friends over for dinner one night and my best friend remarked we should use the dish washer. Sounded good to me. I opened it and there were the instructions and warranty card still inside the plastic envelope. I had forgotten to use the dish washer for a year and a half. I felt sooo bad!

The story doesn't end there. We still have a brand new refrigerator that was knocking, huffing and puffing and scaring the wits out of me in

the middle of the night. The ice maker sounded like someone emptying a truck of gravel in the kitchen.

Again I called for help. This was last week, mind you. The repair man came after two days and by that time I had lost all my goodies stored in the fridge. I always have a door packed full of tiny jars of odd and exotic things like capers, relishes and sauces in addition to grape jelly that turned to sugar a year ago and mustard as hard as cement.

I also lost a big pot of chili and a gallon of spaghetti sauce because I didn't know for two days that the freezer part of the fridge was fine, but the bottom was nice and warm. It was packed full of goodies, too. Anyway, the nice man squatted down and stuck his arm in the fridge. He asked me to come over and stick my arm in, too.

Long story short, I had it packed so full of sacks of meat, fruit, cheese, milk and about a half dozen half-gallon bottles of pomegranate juice that the air from the freezer couldn't even flow down into the bottom of the fridge.

"I think we had better move a few of these sacks so we'll have better air flow," he said kindly and with a smile. Don't know what he wrote on his report either.

Then there is always an issue with car keys. I lost them the other day and really went into a tizzy. I didn't find them until I went outside to see if I had left them in the car and used the unlocking device I held in my hand. I could not believe for the life of me how I had gone all over the house looking for something I held in my hand.

I'm not even going to tell you about my lost glasses I found on my face.

The crux of this epistle is that these things are happening far too often and while I'm still smart enough to know it, I want to do something about it.

First thing I did (from reading advice in a magazine) was work a cross-word puzzle. At least I tried. I got one word before my nerves were shot to glory and I knew deep in my heart there was a better way to shape up my sanity.

My daughter laughs at me and so do others when I do stupid things like eating dinner in a friend's restaurant and then discovering I only had enough money for the tip – not the food. He now asks me if this is cash or charge. But then again, what are friends for?

By the way, this is the month for lovers; Valentine's Day, flowers, candy and gifts of gold. Having a sweetheart is like walking on sunshine. I had the best one once.

Have a blessed month and tell friends and family that you love them. Nothing sounds as sweet.

©1/25/10

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

Spiritual Notes

Facing The Giants

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Some time ago I saw a movie entitled "Facing the Giants." The movie was produced by the Sherwood Baptist Church in Albany, Georgia. It was the story of how a married couple and other members of that community dealt with different problems they faced in everyday living and how they resolved them through a strong faith in God.

As I reflected on my life's journey, after seeing this movie, so many issues and events seemed serious and sometimes insurmountable "Giants" in my life. They ranged from acceptance by peers at the grammar and high school level to a choice of a life's mate and eventually to what type of career or profession I would enter. Then during what we would call our most productive years, there was the raising of a family, the success of life's work and the planning for the retirement years.

My pastor recently delivered a sermon from 1 Samuel, Chapter 17, which is the story of David and Goliath. The title of his sermon was also "Facing the Giants." This Biblical text was quite different from the Giants in Albany, Georgia. David knew he was the servant of the Lord. In verse 45b, David said, "I've come

out to fight you in the name of the Lord All-Powerful." Further, in verse 47 David exclaimed, "Everybody here will see that the Lord doesn't need swords and spears to save his people. The Lord always wins his battles, and he will help us defeat you." And He did!

As senior adults, we now face different "Giants" in our lives. We are experiencing a plethora of issues such as health, finances and even death. As someone has said, "these things come with aging, like wrinkles." We will face them in different ways. The Albany story and the David and Goliath reference are different but they have the same victorious ending.

In the book of Romans 8:31, we are assured of God's love. It reads: "What can we say about this? If God is on our side, can anyone be against us?" And, in verses 37 and 38: "In everything we have won more than a victory because of Christ who loves us. I am sure that nothing can separate us from God's love – not life or death, nor angels or spirits, not powers above or powers below."

The lesson here is obvious. Face your "Giants" with the one who can help you resolve the challenges in your life. He is faithful!

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

ADVOCACY ALERTS: Important Papers... Be cautious about what info you give to Census Workers

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

Recently, the Better Business Bureau (BBB) advised us to be **cooperative but cautious**, so as not to become a victim of fraud or identity theft as the first phase of the 2010 U.S. Census will soon be under way and workers verify the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address.

The BBB offers the following advice on how to know the difference between a U.S.

Census worker and a scam artist: When a U.S. Census worker knocks on your door, they will have an official badge, a handheld calculating device, an official Census Bureau canvas bag, and a confidentiality notice. If they do not show you their identification, ask to see their identification and their badge **before answering their questions**. Even after seeing the badge and identification, **NEVER invite anyone you don't know into your home**.

A little background on the Census: Although the main focus of the population Census is a count of the population, much more information about the characteristics of the population is obtained. The Census questions will gather information

on the age, sex, race, marital status, religion, and educational characteristics of each person in your household. Questions on the economic activities of your household will provide information on the work force and its occupational and industrial breakdown. Remember, **do not give your Social Security number, credit card, or banking information to anyone, even if they claim they need it for the U.S. Census**.

While the Census Bureau might ask for basic financial information such as a salary range for statistical purposes, **YOU DO NOT HAVE TO ANSWER ANYTHING ABOUT YOUR FINANCIAL SITUATION. REMEMBER, NO MATTER WHAT THEY ASK, YOU REALLY ONLY NEED TO TELL THEM HOW MANY PEOPLE LIVE AT YOUR ADDRESS**.

The Census Bureau will not ask for nor accept donations. **Any one asking for that type of information or who is soliciting donations or payments is NOT with the Census Bureau and should be reported to the local sheriff's office**. Also, we are reminded that the Census Bureau is **NOT** working with the Association of Community Organizations for Reform Now (ACORN) on gathering this information and ask that if you are approached by an **ACORN worker you should refuse to answer any of their questions and call your local sheriff's office or 911**.

Census workers may contact you by telephone, mail, or in person at home. However, the Census Bureau **will not contact you by E-mail**, so be on the lookout for E-mail scams impersonating Census Workers. **Never** click on a link or

open any attachments in an E-mail that are supposedly from the U.S. Census Bureau.

Census forms are to be mailed or delivered to households beginning March 1, 2010. **The official National Census Day is April 1, 2010! If you do not return the census forms between April to July, 2010, expect a visit from a Census Taker**. If you receive a form in the mail and need help completing it, please call us at 706-868-0120 for an appointment as one of our volunteers will be happy to assist you.

A personal experience... This past month (January), the writer was a victim of an E-mail scam. Here is my story – In December, I received a request from my E-mail service provider (or so I thought) for information to “update my account.” Well, as we all know December is extremely busy – so I ignored the message. Then in January, I received a second request, saying “if you fail to update your account your E-mail account will be closed!” Once again, everything **LOOKED** real and authentic – so I answered their questions and sent the E-mail on its way. Then, in 5 days, my telephone began ringing “off the wall!” One call after another for the next two days – it seems the scammers had taken my E-mail address book and sent everyone in that list a message – supposedly from me – asking for the reader to send \$1,500.00 to an address because I had lost my bags while visiting in the United Kingdom. The messages continued to say that I needed the money to pay a hotel bill and obtain a passport in order to get back home.

Well, needless to say, I am not stranded in the United Kingdom and have not lost my baggage! The next 24 hours was very stressful as I had to set-up a new account, try to contact everyone in my address book to tell them I am not in the United Kingdom and was not stranded! What an exhausting couple of days!

After reporting the incident to my E-mail service provider and to the FBI, I was reminded of several facts and am now passing the information on to you:

1. If your E-mail service provider contacts you, **do not give them any information until you contact the service provider to confirm they need updated information**.

2. Remember, if your E-mail service provider contacts you, they will ask you to answer the secret questions that you used when the account was established.

3. **NEVER GIVE ANYONE YOUR ACCOUNT PASSWORD** – I did only to learn that it was changed by the scammers and I could not access my account for at least 24 hours!

4. If you are a victim of this type of scam, report it to your service provider and to the FBI.

And last, but not least, if you are a victim or need assistance in recovering from a similar scam, please call our office at 706-868-0120 and speak with Nikki Johnson. Nikki is a VISTA Volunteer and a “computer geek” and will help you through the process!

Needless to say, I feel stupid and violated for setting myself up for the scam and have teasingly said, “I am now the poster child for what NOT to do with E-mail accounts!”



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On the Cover

Kids... take your GRANDPARENTS to the Symphony!

by CAROLYN BRENNEMAN

ON THE COVER:

Shizuo Z. Kuwahara... Maestro Z, new music director of Symphony Orchestra Augusta

Movies, Cartoons & Orchestra! What better way to create a delightful bond between parents and kids, grandparents and grandchildren, or with any of your friends. Come to the Family Fun Concert to have a most memorable experience with the beautiful sounds of music we have all enjoyed over the years from some of our favorite movies and cartoons. Presented by our most esteemed new music director of Symphony Orchestra Augusta, Maestro Z, the Family Fun Concert will be held at 3:00 p.m. on February 21, 2010, at the Maxwell Performing Arts Center at Augusta State University.

Parents and grandparents, did you grow up watching Bugs Bunny, Tom and Jerry, Popeye, or Sylvester and Tweety Bird? Those cartoons used classical music to great effect creating some of the finest animated masterpieces of our times. Take, for example, the classical piece of Rossini's Barber of Seville Overture, used in one of the Bugs Bunny cartoons. Or take the music of Franz Von Suppe, A Morning, Noon and Night in Vienna used in another

Bugs Bunny cartoon where Bugs was the conductor of a musician-less orchestra.

Kids, have your parents ever told you about one of the greatest blockbuster successes ever, from 1982? If so, you know about the story of Elliott and E.T., the Extra Terrestrial, as they rode a bicycle over the moon on the way home. Watch the movie again and listen to the music. The musical score, by composer and artist, John Williams, is classic and magical in all senses of the word.

Magical, indeed, is Shizuo Z. Kuwahara, known as Z, the new symphony conductor of Augusta. "I see Augusta as the Vienna of the southeast," Z tells this writer. "There are great local artists here, such as opera singer Jessye Norman and the late James Brown, one of the most influential figures in 20th century popular music. Rich musical culture exists in Augusta along with many fine artists," Z says. "I look forward to being a part of what Augusta will become." Z believes Augusta can be one of the finest places to live. "I am thrilled to be a member of this community," he says.

"Augusta has many sincere and friendly people," says Z. "This is very important to me. I want a relationship between the people of this community and the orchestra to be built with trust, cooperation and interaction," states Z. There is no better way to experience a taste of this interaction than to attend the concert, "Movies, Cartoons & Orchestra" on

Sunday, February 21, at the Maxwell Theatre.

"This is a great concert to introduce anyone to the richness and brilliant sounds of classical music," Z says. "During the presentation, I will be talking about all of the musical instruments and explain how they can blend together to create beautiful music. I also want the audience involved. I hope that people here will be interested in the family concerts. This is a great first step to enjoy classical music," says Z.

Maestro Z became interested in classical music during his teens. He told this writer that as a teenager he was more interested in a career in baseball than music, even though he played the saxophone. "The saxophone was just for fun," Z says. "But at some point I realized that there may be no future in baseball for me." Putting a baseball career on hold, Z started practicing the sax diligently and after a few years really began to show musical ability. By the time he entered college, he was so passionate about music that he majored in music education with a dream of becoming a music teacher. But one day he heard a rehearsal of Rachmaninoff's Second Symphony and felt the passion of this monumental masterpiece. "At that moment, I knew that I wanted to become a conductor," Z says. "This became my dream - to conduct a symphony orchestra so that I could share with the audience the rich cultural sounds and beauty that music brings to everyone." This event was certainly one of many important milestones for Z. Now residing in Augusta and as conductor of our orchestra, Maestro Z will bring the joy of music to all of us.

Kids, take your grandparents (and for



**GRANDPA...
...take me to the concert!**

that matter, your parents too) to the second Family Fun Concert, held at 3:00 p.m. on Sunday, February 21, at the Maxwell Theatre at ASU. Ride your magical bicycle across the moon on your journey through the world's vibrant musical sounds experienced through movies and cartoons. Z inspires us to feel the pure emotional joy and passion of musical sounds, as he takes us on a journey through time. Music is that which inspires us, warms our hearts and feeds our souls. Attending the Family Fun Concert is sure to hold a magical place in our hearts and memories. Who knows, it may have the potential of being one of those milestone events in our own lives.

Oldest working physician in the U.S. turning 100!

Submitted by University Hospital

Walter Gamewell Watson, M.D., Chief of Obstetrics and Gynecology, University Hospital, Augusta, was born on February 25, 1910 in Trenton, South Carolina. He and his wife have four daughters and one son.

Dr. Watson received his Bachelor of Science in 1931 from The Citadel in Charleston, South Carolina. He completed Medical School in 1943 at the Medical College of Georgia; and, his internship and residency at University Hospital in Augusta.

Dr. Watson has Specialty Board Certifications in Obstetrics & Gynecology. He is honored with the following distinctions:

- Delivered more than 15,000 babies
- Oldest living graduate of The Citadel
- Oldest known working physician in the United States
- University Hospital's W.G. Watson, M.D. Women's Center dedicated in 1999

At 99, Dr. W.G. "Curly" Watson still rises each morning at 6 a.m. and drives through the darkness from his North Augusta home to the Women's Center at University Hospital that was named in his honor in 1999.

One of three children, he is the only son of a farmer/postmaster and school teacher. As a young man, he milked cows, plowed fields and studied agriculture under the legendary South Carolina statesman Strom Thurmond, who was then a teacher. After high school, Dr. Watson attended the Citadel, where he played football and excelled academically. At the age of just 22, Dr. Watson became principal and football coach at Edgefield High School. He worked as an educator for seven years, saving the money to attend medical school. After serving as a U.S. Army physician from 1945 to 1947, Dr. Watson came to Augusta and joined the medical

practice established by the late J.W. Thurmond, M.D.

During the more than 60 years Dr. Watson has practiced at University Hospital, he has ushered more than 15,000 babies into the world, including two of his physician partners. "I can't go anywhere without two or three people coming up and telling me I delivered them," he says.

Dr. Watson's Birthday Celebration will be held at noon on Thursday, February 25 at University Hospital.



Dr. Watson



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Finding a way to give back to your community... visit Making Ends Meet!

by CAROLYN BRENNEMAN

When you give back to the community you reap rewards for yourself as well as for others. The more you care for and value your community, the more the community will care for and value you. We have all heard this, but let us try a new approach. Where can you donate an item, volunteer some of your time, and shop for bargains all in the same location? You can find it all at an exquisite and cozy thrift store known as Making Ends Meet Bargain Center in Martinez. Here is where our fine members of the community donate many treasures. You and I shop for fantastic merchandise at a bargain price. Warm, caring and friendly volunteers delight in providing assistance to those who come to the center.

Making Ends Meet Bargain Center, a non-profit 501(c)(3) corporation, opened its doors in November 2008 and has since greatly expanded its facility at La Petite Plaza off Washington Road, due to the generous support of donations from the members of our community. "People in the community have been so generous in donations for the store as well as donations for materials," says Executive Director Pat Bourke. "This is how it is supposed to be," says Pat, who also runs Julie's House, a shelter for homeless women and children and for battered women. "Our bargain center is truly a dream come true for me. It is a wonderful thrift store for everyone and a resource center for those in need."

Drop in for yourself and browse the aisles and rooms of this quaint thrift store tucked away in La Petite Plaza. There is the clothing and shoe department – full of classy and fashionable brand-name clothes and shoes, purses, coats, sweaters, women's and men's attire, prom dresses and even delicate vintage wedding gowns. Enter the delightful children's room full of baby products, bedding, strollers, car seats, and toys ranging from Barbie dolls to transformers.

Check out the collectibles, still in their original boxes, donated to the center by a prominent gift shop. Walk just a few steps further, and you will encounter the stunning costume jewelry, gorgeous watches, and fashionable trinkets. Ladies, take just a few steps further toward the counter, and you will notice all the brand new and unopened boxes of makeup, nail polishes and toiletries which were recently donated by a pharmacy.

There is more! Take a stroll across the driveway to another building and enter the world of household furniture including couches, tables, lamps, and hanging pictures. Now turn to the right and down the hallway you will enter the world of media – an electronic realm of great gizmos including DVD players, older TVs, computers, keyboards and boxes full of every electronic wizard's desire. Computer guys, browse through the boxes and find the treasure of your dreams.

Looking for equipment for your home

office? You can choose from a variety of filing cabinets, desks, swivel chairs, fax machines, printers and anything else you want. "One man's dream – a flag from Augusta Nationals, valued at \$400, was recently purchased at my bargain center," says Pat, "for only \$10!" Wow, you never know what you will find here at the bargain center.

Can't find that perfect cookbook for your daughter? Get over 400 of recipes contributed by Pat, family and friends from her cookbook "Recipes From the Heart." Want to give back to your community by simply purchasing some great items at a great price?

The center is home to quality products at a bargain price. Hey, don't we all enjoy a great bargain? Have some items in your garage that your spouse would love to see donated to a jewel of a place for a worthy cause? Give Making Ends Meet a call and Tony, the driver, will pick up any and all items. Any condition, working or non-working, new or vintage. Free delivery. Free pick-up.

While you are searching for the item that you desire, stop by and meet the friendly volunteers with hearts of gold assisting customers and those in need. "Our bargain center is also a resource center," Pat says. "We get referrals from Columbia County Board of Education Social Workers as well as the Department of Children and Family Services to assist low-income families. Those qualified are referred to us for clothing and household items."

By the way, forget trying to find any small printed disclaimers in the store proclaiming in fine red print – "all sales final." All items here are risk-free and guaranteed 100% satisfaction or your money back. And in honor of the center's great success, you can purchase a full bag of clothes and/or shoes for only \$3 every Wednesday, Thursday, Friday or Saturday of the first of each month.

Meet Shirley and John Helmick, a delightful and warm hearted couple, who volunteer on a regular basis at the center. "We enjoy interacting with the people and giving

back to the community," Shirley states. "It is a rich and rewarding experience for me," says Tony Johnson, the center's dedicated and hard-working driver.

Calling all volunteers – do you have some time to give to your community's bargain center? Want to have some fun, meet new people, get involved in giving back while at the same time receiving much? Sign up for some volunteer time at the center. After all, it is February and it is the month to reach out

and touch someone's life in a special way.

Know of someone who wants to donate a box truck? Any color, any model is A-okay – call Pat. Feel like giving a little lumber to a worthy cause? Call Pat – a most remarkable and tender-hearted lady.

Check out this bargain center. Give back to the community you care for and value and the community will give back to you. For more information, call Pat Bourke at 706-836-2781.



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Volunteers Shirley and John Helmick

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Tony Johnson... "The Driver"

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 dominoes.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. "These biopic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator

and the new technology has made everything much smaller, but with my biopic glasses, it's no longer a challenge for me."

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

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

have different levels of vision and different desires.

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

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

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Times Not Forgotten

Get those cards and plants ready

by CHRISTINE COLEMAN

Well, the New Year came in as expected. By now, most of your New Year's resolutions have been broken. I learned long ago not to make promises because I knew I'd break them.

Did the ground hog's prediction suit you? When I was growing up in the 1930s, my parents didn't pay any attention to Mr. Ground Hog's claim. They did, however, refer to Grier's Almanac and the phases of the moon for several matters. They checked both these sources to determine the best time for fishing, crop planting, sterilizing hogs and even for pulling teeth.

That being said, let's think about Valentine's Day. My first years in school were when I became acquainted with exchanging valentines. Our teacher would help us draw hearts on colored construction paper. (Some of us were not able to buy them from the store). She'd help us cut the hearts out and write "to and from" on each). We'd pass them out in class to our special friends and be sure to bring some home for our mom and dad.

Later, we were able to buy cards (with envelopes) from the store. There were several in one pack. Now, we could give everyone in a class a card.

Today, not only are cards given on Valentine's Day, but there's more involved. People (especially young folk) exchange cards, flowers, jewelry, clothing and even silverware. Who would have imagined this season would balloon like it has today?

Valentine's Day was (and still is) devoted to other important tasks. The most important one is planting Irish Potatoes — without fail. There was cabbage, onions and English Peas to be planted and/or "stuck out" as well. I remember when Papa would go to town and buy "seed potatoes." Mama would cut each "eye" off the tubers and they were ready to be stuck out in the ground. Papa would have previously prepared rows of rich earth for that purpose. Then, the planting of the other three plants were done as well.

Around the first of February last year, I decided to give the Irish potato planting a try. I purchased three red and three white "seed potatoes." Remembering how my mother cut off the eyes, I did it. The ground was extra

hard where I tried to make a furrow with a hoe, but I managed to get them in the ground.

Time passed and plants appeared. The plants grew and then I wasn't sure when potatoes were supposed to be on the roots. Someone told me to dig close to the root of one plant to see if potatoes had formed. They told me if the potatoes were not big enough, I should cover the hole and wait longer — which I did.

The end of my labor was satisfactory. I dug my "jewels" and cooked them. They made a pretty little dish, but I forgot to make a picture of it. I probably won't do it again, as I don't have anyone to show off my talent to.

Now, we know you don't have to plant these particular things on February 14th, but there will be many people out there who will be waiting for this particular time to get their plants in the ground. Are you going to be one of those? Have fun. I had a great time last year.

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



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C'mon, let's eat

by FAYE JONES

Since February is the month for lovers, try the following menu to make your sweetheart happy. If this doesn't do the trick – perhaps you have the wrong valentine. Enjoy these wonderful recipes. Bet they'll become a part of your permanent collection!

SPECIAL SPINACH SALAD

1/3 cup olive oil
3 tablespoons sugar
2 tablespoons white wine vinegar
2 tablespoons sour cream
1/2 teaspoon ground mustard
1 package (6 ounces) fresh baby spinach
1/2 cup chopped walnuts, toasted
1/2 cup dried cranberries

In a jar with a tight-fitting lid, combine the oil, sugar, vinegar, sour cream and mustard; shake well. Divide spinach among four salad plates; drizzle with dressing. Sprinkle with walnuts and cranberries. Yield: 4 servings

CHERRY STUFFED

PORK CHOPS

1 package (5.6 ounces) couscous with toasted pine nuts
6 boneless pork loin chops (1 inch thick and 6 ounces each)
1/2 cup dried cherries
1 tablespoon brown sugar
1 tablespoon butter, melted
1/2 teaspoon minced fresh ginger root
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Prepare couscous according to package directions. Meanwhile, cut a deep slit in each pork chop, forming a pocket. Stir the cherries, brown sugar, butter and ginger into prepared couscous. Stuff 1/3 cup into each chop; secure with toothpicks. Sprinkle with garlic powder and pepper.

Grill pork chops, covered, over medium heat for 10 to 12 minutes on each side or until a meat thermometer reads 160 degrees. Discard toothpicks. Yield: 6 servings

GREEN BEANS WITH ALMOND BUTTER

1-1/2 pounds fresh green beans, trimmed
3 tablespoons butter, softened
2 teaspoons lemon juice
1/2 teaspoon grated lemon peel
1/4 teaspoon salt
1/8 teaspoon garlic powder
Dash pepper
1/3 cup slivered almonds, toasted and finely chopped

Place the beans in a large saucepan and cover with water. Bring to a boil; cook, uncovered, for 8 to 10 minutes or until crisp-tender.

Meanwhile, in a small bowl, combine the butter, lemon juice and peel, salt, garlic powder and pepper. Stir in the almonds. Drain the beans and return to the pan. Add almond butter and toss to coat.

Yield: 6 servings

CHOCOLATE DESSERT DELIGHT

2 cups chocolate graham cracker crumbs (about 32 squares)
1/2 cup butter, melted
1/2 cup chopped walnuts
1 tablespoon sugar

Filling:

1/2 gallon chocolate ice cream, softened
1 jar (12-1/4 ounces) each of caramel ice cream and hot fudge toppings
1/2 cup miniature semisweet chocolate chips
1/2 cup chopped walnuts

Topping:

2 cups heavy whipping cream
3 tablespoons sugar
1 tablespoon baking cocoa
1 teaspoon vanilla extract
1/2 teaspoon instant coffee granules

Additional miniature chocolate chips and chopped walnuts

For crust, combine crumbs, butter, walnuts and sugar, press into an ungreased 13-in. x 9-in. x 2-in. baking pan. Bake at 350 degrees for 10 minutes; cool completely.

Spread half of the ice cream over crust; spoon caramel and hot fudge toppings over ice cream. Sprinkle with chocolate chips and walnuts; freeze until

firm. Spread with remaining ice cream over the top. Cover with plastic wrap. Freeze for at least 2 hours.

In a large bowl, beat cream until stiff peaks form. Fold in sugar, cocoa, vanilla and coffee granules. Pipe or spoon onto dessert. Sprinkle with additional chocolate chips and walnuts. Return to freezer until 10 minutes before

serving. ENJOY! ©1/25/10

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

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

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Augusta/CSRA CALENDAR

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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.

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

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.
• Kristin Casaletto: Select Works and Laura Umphrey: Before It's Gone: Through March 5

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
- Voices of the Past Museum Theater Series – The Other Tubmans: Sat., Feb. 6, 11:30 a.m., 12:30 p.m., 1:30 p.m.
- Voices of the Past Museum Theatre – A Petersburg Boat Pilot: Feb. 20, 11:30 a.m., 12:30 p.m., 1:30 p.m.
- Victorian Valentine Family Fun Day: Sat., Feb. 13, 11 a.m.-2 p.m.

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

continued on page 11

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CALENDAR

from page 10

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 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.

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@nsdiscover.org.

DBSA (Depression Bi Polar Support Alliance)

Meets the 3rd Wed. of every month at 6 p.m., First Baptist Church of Augusta,

Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details.

Volunteers Needed

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

Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socializa-

tion. 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.

Volunteer Victim Advocate Training Offered

Rape Crisis and Sexual Assault Services at University Hospital will be conducting volunteer training January 21-25. If you are interested in becoming a volunteer victim advocate, please contact Dinah at 706-774-2746 or volunteer-resas@uh.org.

Family Reunion Workshop

Sat., Feb. 6, 8 a.m.-1:30 p.m., Doubletree Hotel, Augusta. Open to the public. Offered by the Augusta Convention and Visitors Bureau. Call Michelle Bovian at 706-823-6600 or mbovian@augustaga.org.

General Business Directory For Seniors

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