

Senior News

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***Making A Dream
Come True... Come
to a Sock Hop Party!***

Story on Page 6

March 2010 • Vol. 24, No. 3

Taking Care

When stroke hits a family... Tips for managing the stress

by LISA M. PETSCHKE

Strokes are the leading cause of long-term adult disability in this country. Approximately 600,000 Americans experience one each year. Only ten percent recover completely.

Stroke can result not only in physical disability but in mental impairment as well. Paralysis or weakness on one side of the body is the most obvious sign of damage, but mobility, personal care, communication, mood, memory and problem-solving ability can also be affected.



Without a doubt, stroke is a life-altering experience, not only for survivors but also for their loved ones. It can be a time of grieving losses. Life may never return to the way it used to be, and plans for the future may have to be revised.

Like survivors, family members initially can experience a wide range of conflicting feelings, including shock, relief, denial, fear, anxiety, anger, sadness and frustration.

In the midst of such upheaval, relationships within a family often become strained.

Impaired speech or language comprehension can make it difficult for the survivor to communicate with loved ones. Chemical changes in the brain can cause what is known as emotional lability - sudden, uncontrollable laughing or crying,

often at inappropriate times. This can make for some awkward moments in social situations.

In addition, some people undergo personality changes following a stroke. A confident person may become slow and cautious; conversely, a cautious person may become impatient and impulsive.

Depression, a common consequence of stroke, may affect the survivor's motivation for rehabilitation. Sometimes it manifests itself as irritability, other times as indifference and withdrawal.

Stress points

- Such changes can lead family members to feel that they no longer know the survivor very well. Furthermore, they often feel as if no one outside the family understands what they are going through. It can make for lonely times.

- Uncertainty about the future - for example, how much functioning their loved one will recover after the stroke and whether he or she will be able to return home - also contributes to stress among close relatives. One result can be depression.

- Spouses or adult children may be overwhelmed by the number and types of decisions that they need to make regarding rehabilitation options, medical equipment purchase, home modifications and other considerations following discharge from the hospital.

- They often have to take over practical tasks such as managing finances, preparing meals and housekeeping. In addition, they may be expected to assume the role of hands-on caregiver, assisting with dress-

ing, grooming, bathing and even using the toilet. Feelings of doubt and resentment may surface, closely followed by guilt.

Keeping control

- So how can relatives of stroke survivors keep stress manageable during such a challenging time?

- The best place to start is with some education. Learn as much as possible about stroke, then teach family and friends to help them understand.

- Attend some therapy sessions with the stroke survivor in your family. Find out what he or she is and is not able to do.

- Include your loved one in conversations, even if his or her ability to participate is limited.

- Continue to involve your loved one in family activities and community events as well. If he or she must rely on a wheelchair to get around, register for accessible transportation service in your area. A physical therapist or social worker can facilitate this.

Helping hands

- Focus on progress made, however small the steps, and encourage your loved one to do the same. Take things one day at a time so you don't get overwhelmed.

Encourage your loved one, and perhaps other close relatives, to participate in decision-making, so you don't have to take on sole responsibility for important choices.

- Find at least one person you can talk to openly, someone who will listen and empathize. Consider joining a support group for families of stroke survivors.

- Make a concerted effort to look after your own health. Schedule regular breaks from visiting at the hospital or care giving at home in order to stay connected to friends and outside activities.

- Ask other family members to help out as needed. If your loved one will be returning home or already is home with you, find out about relevant community support services and make use of them. Don't take on every responsibility single-handedly or you will burn yourself out.

- Be patient. Allow plenty of time to adjust to the changes in your relationship and lifestyle. Look for ways to include laughter and joy in each day - this will enhance your relationship with your loved one and help foster a positive outlook.

Lisa M. Petschke is a medical social worker who has worked in rehabilitation settings. She is also a freelance writer specializing in boomer and senior issues.

Area Agency on Aging Advisory Council openings

by JEANETTE CUMMINGS
Director, Area Agency on Aging

The CSRA Regional Commission Area Agency on Aging is seeking individuals interested in planning for the needs of older adults in a fourteen-county area to serve as Advisory Council members. Council members act in an advisory capacity to the Area Agency on Aging staff. The Council assists in determining priorities, identifying problem areas and needs and defining agency goals. We currently have openings in Richmond, Columbia, Glascock, Jefferson, Hancock, Jenkins, and Washington counties. Advisory Council meetings are conducted the second Tuesday in March, June, September and December. Mileage is reimbursed.

Potential members should be interested in programs for persons over 60 years of age. Interested parties should contact Jeanette

Cummings for an application at jeanettecumings@csraa.org; 706-210-2013 or 1-888-922-4464.

The Area Agency on Aging is a division of the CSRA Regional Commission created for the purpose of improving the quality of life for older Americans. The specific objectives of the agency are threefold: to enable older adults to live in their own homes as long as possible with appropriate supportive services; to remove individual and social barriers to economic and personal independence for older persons including the provision of opportunities for employment and volunteer activities; and to act as an advocate for older persons in developing community resources for the aged throughout the fourteen county area while providing a comprehensive service network. Counties included in the agency's jurisdiction are Burke, Columbia, Glascock, Hancock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Taliaferro, Warren, Washington, and Wilkes.

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Poets' Corner

The Gate

By: Vicky Harper

Pursue the Jesus gate.
Mind you, enter straight.
Going over it
can make you self-righteous.
Under it, the serpent is there.
If you go around, it
you will never get there.
The lock is in your heart,
so swing wide the Gate,
and let Holy Spirit enter,
for eternity begins there.

My Trickle Theory

By: Vera King

My life has been a picnic
By streams of flowing wealth
Where everyone was drinking
But not to my good health

Somehow I got a trickle
From their great excesses
Which lead eventually
To my very own successes

So I give thanks to others
For my present state
Without this constant trickle
All my payments would be late.

Old Memory's Friend

By: Charles W. Cook

It's been a while since I walked there
Where honeysuckle floods the air;
And tulip trees rise strait and tall
As autumn leaves begin to fall.

I'd like to roam across the vales
Among the hawks and cottontails;
Ascend high woodlands trails once
more
To view the vistas known before.

A paradise of rustic charms
With old plank barns on family
farms;
Fried apple pies and marmalade,
A summer nap in white oak shade.

Such childhood ventures I endured
With homespun love always insured:
A mountain lad with wide-eyed
dreams
While skipping stones across the
streams.

It is a land where manhood grows,
Great plans were made in times like
those;
A campout on the Blue Ridge crest
were moments shared that I loved
best.

The flowing dawn through morning
fog,
A mossy quilt on chestnut log,
The chirr of locust's spring return;
Still boyhood joys for which I yearn.

But age and distance can erase

The gleeful moments of such place;
I know that youth can't come again,
but priceless is old memory's friend.

The Garden

By: Doris A. "Dot" Jones

He's planting his garden in heaven
now.
Sowing each seed with tender care.
His earthly garden stands bleak and
bare.
No pretty flowers or vegetables to
share.

But, the memories remain, for he
sowed his seeds in the hearts of his
friends and now,
He's remembered, as his heavenly
garden he tends.

As long as he has loved ones here on
earth,
His garden remains although it's
untouched.
For he leaves his smile and words of
cheer in the hearts of others, as we
recall his fare.

His heavenly garden is one to
behold, more beautiful than any
earth could unfold.
He's a master gardener now, toiling
without pain and strife
in a garden fed by the "River of the
Water of Life."

Hope

By: Robert C. Speng

Hear the streams go gurgling by,
See the birds as they fly,
Watch the flowers as they grow,
Feel the fluffy feel of snow.

Hear, see, watch and feel
These and many more.

Learn to know all the beauty
Here on Heaven's floor.

After you meditate all these
Look up and see God's trees.
Look higher, higher still
Into the Heaven, into His will.

See the clouds that cover the earth.
Feel the gay breezes merry mirth.

Hear thunder as it cracks and bursts.
Watch the Heaven, the clouds are
first,
Then the infinite sky.
Now hear the baby cry.

Compare all you see and hear.
Then thank God that you are here.
To see and think and meditate.
To love and live and to create.



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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.

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

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

I hope all of you dear readers have the luck of the Irish this month. Don't know about you, but I could use a little luck - good luck that is.

We had a wonderful weekend with the three inches of snow that fell in here in the mid-state. We don't see much snow and it always causes a commotion. Grocery store shelves empty like magic and I am among the first there. I bought a van full of food to last two days - just in case. I will never outgrow being a Miss Scarlet and I shall never be hungry again - snow or not.

A world of white was wondrous to behold. My old homestead yard looked like a Christmas card and the quiet was amazing. Of course by the next day the snow had melted and all was back to normal. Little things bring a lot of joy.

I enjoyed a wonderful weekend recently. My best friend and "sister" Helen and I had spent hours on the phone talking about the state of our houses and how badly they

needed a spring cleaning. She stays busier than I because she walks better. She hobbles on only one knee. Well, she got on her horse and found a lady who has a cleaning service. She cleaned half sister's house for nearly \$100. It was then I realized I must have chosen the wrong vocation. I could have a fine retirement had I cleaned houses for a living instead of playing with words.

Since her homestead was shining bright she rushed over to help get mine in shape. About five hours later we began to slow down. It was sundown and we were about to starve although our work was not finished. I'm sure it will take at least a month to do all I have planned.

Anyway, not wanting to cook, I talked her into going to our neighborhood fish restaurant for dinner. I promised we would be the first there and that it wouldn't be crowded for another couple of hours and we probably wouldn't see anyone we knew anyway. Therefore we went in our work clothes with no make up.

Arriving at the restaurant we found the parking lot packed to the

brim. As we walked inside it was like home coming at the church. Everybody we ever knew was there - all of them looking neat and clean with make-up. Well rats! I said, one can't be right all the time - just most of the time. It turned into a night of fun and laughter and we had a wonderful dinner.

Back to the homestead after dinner, I thought we would sit and visit for a while. That was not to be. She was wound like an eight-day clock and was ready to clean again. We ended up cleaning out drawers, filtering through my three categories of clothes; those that are too small, those that are even smaller and the ones I wear that make me look like a refugee. We got bags of stuff for some nice folks who haven't eaten as much chocolate as I have.

For 30 years Helen and I have never left each other's house without a sack. We're forever sharing or swapping something. She had a sack and a big basket to lug home and I had a backache that wouldn't wait.

When we finally collapsed at the breakfast table, we were so tired we were silly. That's when we got to talking about the way we lived during our childhood. She lived in Kentucky and I have been in Middle Georgia all my life. Our lives are amazingly parallel, however.

We remembered how valuable paper sacks from the grocery store were. There were no plastic bags back then. Plastic had not been invented. Things were covered with cellophane. The big brown bags were used to drain french fries, fish and cornbread fritters on. When there were left-over bags, my three sisters and I cut them into strips about 2 x 5-inches long, rolled our hair around the middle of the strip and twisted the two ends to hold the curls in place. We were a sight to behold.

We laughed about our mothers being just a little too protective about our appearance. She couldn't shave her legs and my mother made me wipe off my lipstick every morning. I can't imagine what those two wonderful mothers would think about how kids dress these days.

The night ended with us comparing our ailments, declaring that Monday we would start our diet again - like we did last Monday. We are going to get healthy and go to far away places and do fun things. Sounded like a plan to me - kinda like walking on Sunshine.

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

Spiritual Notes

The art of receiving

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Recently, during a time of reminiscing, I began reviewing, in my mind, the various personalities of my family members. There were those who were serious in nature, others fun-loving and the list of personality types goes on and on. It is always enjoyable to share with your children and grandchildren the stories of family and the impression they have made on your life. Because families no longer live close, so many children don't know uncles, aunts, cousins, etc., as so many of us did as we were growing up.

My sister and my mother-in-law were the two people in the family who loved to give. The one thing the family soon realized was that they don't know how to receive. On one occasion my wife gave her mother a gift and her mother protested, "honey, you shouldn't do this," which she had done each time she was given a gift. My wife said, "Mother, just say thank you." My sister, similarly, did not know how to receive. She appeared awkward in expressing her thanks when

given a gift.

As someone has said, "In a day of 'gimmeitis' it seems almost paradoxical for anyone to suggest a tonic for the improvement of the art of receiving." Like my relatives, there are many folks who have not learned this art. So much of our time is spent on majoring on the grace of giving we have not developed the art of receiving. We have often quoted Jesus; "It is more blessed to give than to receive." In doing so we have virtually forgotten for every gift given, someone must be a recipient.

Giving is a Biblical principle. Jesus also said in Luke 6:38, "Give and it will be given unto you." While we accept this scriptural admonition it is important that the generosity of others and their overtures of love will be welcomed by a grateful spirit, a receptive heart and with grace. If you haven't developed the art of receiving, think about it. Giving is enjoyable. Receiving should be also.

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

ADVOCACY ALERTS: The Senior Citizens Council... We're Here To Serve You!

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

Instead of the normal informational article, I would like to let you know what is happening at The Senior Citizens Council and with a few other community organizations.

On Friday, March 5, 2010, Elmcroft, an Assisted Living Facility, is granting a wish of a senior citizen through a project called "Second Wind Dreams." Just as the Make a Wish Foundation grants wishes for children who are gravely ill; the "Second Wind Dreams" grants wishes for senior citizens. Come join the fun as one very special lady lives her dream and is escorted to her very first "Sock Hop" at 1:00 p.m. at Elmcroft. Fun, food, and beverages will be available. For more information, please call Jeremie at 706-854-1393.

On Thursday, March 11, 2010 WJBF, Channel 6 joins The Senior Citizens Council and Walmart in Evans, Georgia for a donation drive for area seniors. "Shoebox for Seniors" collection will be held on March 11, 2010 from 10:00 a.m. to 7:00 p.m. We will be collecting personal care items, flashlights and batteries, health care products, and products that you and I use daily to be distributed to low-income senior citizens during April. For more information, please call us at 706-868-0120.

On Saturday, March 27, 2010, The Senior Citizens Council presents "GET CONNECTED" at the CSRA SENIOR, FAMILY, CAREGIVER EXPO. You will have the opportunity to visit with "experts" in the field of aging to discuss Medicare Options, Home Care Options, Financial Options for Successful Aging, and other important topics. Please join us at Pineview Baptist Church, 119 Pleasant Home Road, in Martinez from 10:00 a.m. until 3:00 p.m. Hot Dogs and beverages will be available for sale during the day. Several educational presentations will also be presented. For more information, please call us at 706-868-0120.

Then Save the Day for another important educational presentation: Augusta Care Network

presents "Aging with Dignity... Advanced Directives" on April 16, 2010 at H2U. The workshop will answer YOUR questions about Advanced Directives. We will help YOU safeguard YOUR rights when you are sick, aging, or dying. We will have a panel of experts to answer your questions, help you know how to begin this important conversation with your family members, and how to let your physicians know the type of medical care you want when you can no longer speak for yourself. Lunch will be served at 11:30

a.m. and the program will begin at 12:00 noon. As space is limited to the first 100 callers, reservations must be made by Monday, April 12, 2010 through the H2U office by calling 706-651-6716.

Another community event: The Alzheimer's Association will host a wine and food tasting event with live music and silent auction on Friday, April 16, 2010 from 6:30 p.m. to 9:30 p.m. at Saint Paul's River Room on the Riverwalk in downtown Augusta,

Georgia. To reserve your ticket or for more information, please call Dee Dee Kurilla 706-731-9060.

And last but not least: The Elder Rights TEAM presents our second annual Elder Rights Conference on Tuesday, April 20, 2010 at the Savannah Rapids Pavilion beginning at 8:30 a.m. Please see article elsewhere in Senior News. For more details or to register, please call Jeanette Cummings or Lauren Spivey at 706-210-2018.

Second Annual Elder Rights Conference slated for April 20th

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

The Elder Rights TEAM of the CSRA proudly presents the Second Annual Elder Rights Conference on Tuesday, April 20, 2010 at the Savannah Rapids Pavilion, 3300 Evans to Locks Road, Martinez, Georgia 30907. Registration begins at 8:30 a.m.

We are pleased that over 200 individuals attended the conference last year and even more pleased that many of you have asked for us to continue with the annual conference. At your request, one of our speakers, Randy Thomas, was such a success last year that we have invited him back!

This year's conference is addressing legal issues that are becoming more prominent as the demographics change. Among the most important legal issues affecting the elderly in America are those that have an effect on a person's independence – the right to care for oneself even in the face of difficulty rather than to be placed under guardianship, for example, and the right to make one's own decisions about health care and end of life planning. As the population ages, it is also becoming much more common for children to care for their aging parents, which sometimes leads to stresses that result in elder abuse, financial exploitation, and neglect. It is also expected that the number of reported cases will grow because the nation's elderly population is growing at a much greater rate than any other population segment. As people live longer, frailty and vulnerability increase, along with the potential to become victims of abuse, fraud, and exploitation.

Our speakers this year will address the "Many Facets of Physical Abuse," who are abused and who are the abusers; a panel will discuss the "Faces of Financial

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

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

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

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

Your Elder Rights TEAM members look forward to seeing you on Tuesday, April 20, 2010 beginning at 8:30 a.m.



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On the Cover

Making A Dream Come True... Come to a Sock Hop Party!

by CAROLYN BRENNEMAN

A dream is coming true for a resident of a senior living community on Friday, March 5th. Due to the collaborative efforts of Elmcroft Assisted Living and a program called Second Wind Dreams, a resident of Heartland Village, a secured memory care unit of Elmcroft, will have her dream realized – a thoroughly enjoyable and fun-filled afternoon – a sock hop party!

Come and celebrate with those who put their hearts into making this event happen for the Heartland Village resident as she shares her joy

and excitement with friends, other residents, and guests. The public is invited to this festive occasion – a sock hop party with poodle skirts, the 50's music, ice cream sundaes, banana splits and root beer floats, on March 5th, at 1:00 p.m. at Elmcroft Assisted Living in Martinez.

Second Wind Dreams® is an international non-profit organization designed to bring senior citizens back to the forefront of society and make them feel what they are – special and unique. Since 1997, Second Wind Dreams has become involved in over 290 facilities in over 40 states, as well as overseas. Their mission is simple – to change the perception and experience of aging

by offering innovative educational opportunities to communities that are willing to enrich lives, empower elders and make dreams come true.

The event at Elmcroft is for one of its Alzheimer's residents who resides in Heartland Village, one of Elmcroft's care homes. We have all heard of the word – Alzheimer's. The dreaded "A" word that we all hope we will never have to know any more about than how to spell it correctly or how to participate in worthy causes for its cure. But elderly citizens with Alzheimer's, who by no fault of their own become forgetful, are often the very ones most forgotten by our society. Fortunately, we have in our own community a memory care unit for those who suffer from Alzheimer's and other forms of dementia. Heartland Village, is a secured facility designed to preserve and maintain a dignified quality of life for its residents. While many places may assist with the day-to-day activities of its residents, Heartland does far more by nourishing "the mind, body and spirit" of each individual residing in its home. By offering a memory care program built around individual lifestyles, abilities, and interests, Heartland Village caregivers reach beyond the everyday needs of their residents and strive to enrich each person's life.

Truly, these caregivers are hearts at work – for indeed it takes a very generous heart and warm spirit to care for, comfort, and provide a supporting environment for those who need daily memory care and assistance. These giving hearts are the backbone of the dream weavers who will empower and enrich the quality of life for our elderly by helping make their dreams come true.

On March 5th, you too will have an opportunity to participate in an event that will enrich your own life as well as the lives of Heartland Village's residents. Mark your calendars to come join the fun and share in a community member's dream come true. Ladies, get out your poodle skirts, matching scarves, saddle



Jeremie Freck
Community Relations Director



Ready for Fun!

shoes and cat-eye glasses! Gents, put on your brown slacks with white-tees, and find a good pair of tennis shoes. Don't be shy – come on out and have some fun, enjoy a root beer float and dance to your heart's content at the sock hop party.

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March is Social Work Month

by JEANETTE CUMMINGS
Director, Area Agency on Aging

Social Work is a growing profession with many opportunities to help people improve their lives. Ernestine Thompson has supported social work education, children and families for over 30 years. She is involved in making our community a better place to live. The national

Association of Social Workers Augusta Unit will honor Ernestine Thompson and other area social work Trailblazers and Pioneers on March 30th at 11:30 a.m. at the Double Tree Hotel. We salute Ernestine Thompson and all area social workers in recognition of March as Social Work Month. Registration is \$25.00 payable to NASW Georgia and mailed to: Janice Adams, P.O. Box 7041, North Augusta, SC 29861.

Hammond Grove Baptist Church honored with state award for Volunteer Work at Walton's Vincent Village



Delores Hankerson and Rev. Bobby Hankerson accept a Housing Achievement Award for their work with seniors at Vincent Village.

Special to Senior News

Two hundred and eight lunches and Bible studies. Forty-eight shopping trips. And 40-plus hearts touched.

Over the past four years, that is the measure in numbers of the dedication of Hammond Grove Baptist Church to the senior residents of Vincent Village, Walton Rehabilitation Health System's affordable/accessible living apartment complex in North Augusta.

"Since Vincent Village opened in June 2006, Hammond Grove Baptist Church members have not missed one week of volunteer service to our seniors," said Beth Miller, Vice President of Community Services for

Walton. "They've not only adopted us, but our seniors truly consider them a part of the family."

As a result, Hammond Grove Baptist Church was recently recognized with a South Carolina Housing Achievement Award for their volunteer work. Sponsored by the South Carolina State Housing Finance and

Development Authority, the awards are presented annually to recognize outstanding contributions in the area of affordable housing for low and moderate income South Carolinians.

The awards were announced on February 18 during the Palmetto Affordable Housing Forum in Columbia.

Junior League of Augusta to host 58th Annual Attic Sale

Special to Senior News

The Junior League of Augusta will host the 58th Annual Attic Sale on Saturday, March 6, 2010 from 7:00 a.m. to 1:00 p.m. at the Augusta Exchange Club Fairgrounds. Thousands of gently used items including children's clothes, toys, furniture, electronics, household items, books, holiday decorations, and much more will be available for purchase at reasonable prices.

A new feature of the 58th Attic Sale is a department of "nearly new" adult (men's and women's) business attire appropriate for work, church, and other similar functions.

To kick off Attic Sale, the Junior League presents the annual Attic Sale Preview Party on Friday, March 5, at 7:00 p.m. at the Augusta Exchange Club Fairgrounds. Tickets are \$25 per person and the evening will include a BBQ dinner, silent auction, raffle, cash bar, and much more. Preview Party is the perfect time for early shoppers to snag the best finds! Prices are double as marked on Preview Party night, but credit cards are accepted. To purchase tickets or for more information, contact the League Office at 706-736-0033 or visit www.jlaugusta.org.

Raffle tickets are also available for purchase for \$10 each or three for \$20. Raffle ticket holders have a chance to win a pearl necklace from The Jeweler's Bench (valued at \$600) or a week at a beach house in Myrtle Beach, SC. You need not be present to win. Raffle tickets can be purchased by calling the League office at 706-736-0033.

Attic Sale is great for anyone that loves garage sales and great bargains! Open to the public, free admission. All purchases made on Saturday must be made with cash.

A tradition begun in 1952, Attic Sale has grown to become one of Augusta's most beloved fundraisers. All funds raised through the Annual Attic Sale are used to fund the community projects of the Junior League of Augusta, Georgia. Since its inception in 1925, the Junior League of Augusta has endeavored to build a better community by providing more than \$1.5 million in donations and thousands of volunteer hours to the community. Now in its 80th year, the Junior League of Augusta continues to seek shared solutions to com-

munity issues by teaming with other charitable organizations and developing projects of its own. From 2005-2010 the League has committed to a single focus area known as the Healthy Child Initiative. Pursuant to the Healthy Child Initiative, all of the League's projects, programs and advocacy efforts are focused on improving the health, wellness and safety of the children of the CSRA.

58th Annual Attic Sale

Presented by the Junior League of Augusta, Georgia; Saturday, March 6; 7 a.m. - 1 p.m. Free Admission, Cash Only; Augusta Exchange Club Fairgrounds

Attic Sale Preview Party

Friday, March 5; 7 p.m. - 10 p.m. BBQ Dinner, Silent Auction, Raffle, Cash Bar, and More! \$25 per person; Augusta Exchange Club Fairgrounds

ABOUT THE JUNIOR LEAGUE OF AUGUSTA, GEORGIA

For more information about the Junior League of Augusta, please call 706-736-0033 or visit our website at www.jlaugusta.org.

Live Well with Diabetes

GMCF, the Medicare Quality Improvement Organization for Georgia, is promoting a "Know Your Numbers" awareness campaign for Medicare beneficiaries in Georgia who have diabetes.

The best way to manage and control diabetes is to be aware of the latest information and receive key tests.

If you or someone you know has diabetes, it is important to get the following tests:

- ☒ **A1c** (at least twice a year)
- ☒ **Lipids** (once a year)
- ☒ **Eye Exam** (once a year)
- ☒ **Blood Pressure**

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Georgia eye doctor helps legally blind to see again



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

by ELENA LOMBARDI

Atlanta, Georgia –

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

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

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

Imagine a pair of glasses that could improve your vision enough to change your life. 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

What would you change?

by CHRISTINE COLEMAN

When you were young, did you ever think of things you'd change if you had the authority? I feel all of us have at one time or other thought of how we could "fix" things better than what they were. Of, course when we were small, we didn't have to worry that much. Our parents always solved our problems and assured us their way was as good or better than an alternative.

Then we started going to school. There our teachers had us do things we thought were useless and completely unnecessary. Many of us thought there was a better way, or if we were in charge, we'd make changes. As I look back, I remember our teachers taught us about the food chain. They admonished us to eat certain amounts of fruit, meat, bread, etc. Also they touched on the harm of tobacco.

All that was good. Now I realize not enough time was devoted to this particular phase of teaching. After all, in the course of a day, many other subjects had to be addressed. English, math and science were some as well as others.

And so it goes. In the back of our minds, there's always a little voice saying, "I'd do it differently if I were in control". Please allow me to comment on a few of the things I'd like to see done differently. First, I'd like for coaches of sports discontinue their jobs when they become unable to do the practices they had us do. They need to be able to set an example for youngsters by working with them (and not observe only). An excellent role model is the "Drill Sergeant" who always goes first. He doesn't expect his followers to do something we won't do.


Another change I would have made "back then" is summer vacation. Instead of having three

months during summer, I'd divide the time during the school term. I loved school, but when vacation time came, I missed my friends. At that time of year, there was a lull in farm work, and we soon became bored.

We all know everything hinges on learning good health habits early in life. If I were in charge, I'd have parents teaching good health habits at home before they ever entered a classroom. That includes refraining from tobacco use (even if parents themselves used it). Children should know about the deadly cancer, which is associated with smoking. I'd have parents teach their children about obesity.

At a later date, I'd like to know your thoughts on what you would have changed if you'd had the opportunity.

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



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

C'mon, let's eat

by FAYE JONES

Nothing gives our senses a greater treat than walking into a home where bread is baking. Surely it brings back nostalgia to all of us from the rural south. Of course we only knew two kinds of bread; corn bread and biscuits. Sliced bread around our homestead was a treat indeed.

Bread making is made easy now. We have machines that do all the work - even the baking but fun is still to be had from whipping up a batch of bread, rolls or muffins in our own kitchens. The following recipes are a few from my collection. As a baker's daughter, these are among my favorites.

BEER BREAD

5 cups self rising flour
1 12 oz can beer
5 tb sugar
1 1/2 cup sour cream
1/2 stick melted butter or margarine

Preheat oven to 350 degrees. In large bowl, combine flour, sugar, add sour cream and beer, mix well.

Pour batter into greased 2 qt round dish or loaf pans. Bake 45 minutes. Brush top with butter and bake an additional 15-20 minutes. GOOD!

BLUEBERRY NUT BREAD

(Makes one 9 x 5 inch loaf)

1 package Duncan Hines Blueberry Muffin Mix
1/3 cup chopped nuts
3 tablespoons sugar
1 egg
1/2 cup + 1 tablespoon water

Preheat oven to 375 degrees. Grease and flour a 9 x 5 x 3 inch pan. Empty blueberries into strainer. Wash under cold running water. Set aside to drain.

In a medium-sized bowl combine all ingredients except the blueberries, mix until well blended. Gently fold in drained blueberries. Spread batter in prepared pan.

Bake at 375 degrees for 30 to 35 minutes, until bread tests done with a toothpick. Cool in pan about 10 minutes then remove from pan.

ZUCCHINI BREAD

3 eggs
2 cups sugar
2 cups grated zucchini
1 tsp vanilla
3 c flour
1 tsp salt
1 tsp soda
1 tsp baking powder
2 tsp cinnamon
1/2 cup nuts

Beat eggs until foamy. Add sugar and oil. Add vanilla and zucchini. Sift dry ingredients. Pour in greased & floured loaf pans. Makes 2 cakes.

Bake at 350 degrees - 45 minutes to 1 hour.

BANANA NUT BREAD

2 cup plain flour
1 2/3 c sugar
1 tsp salt
1 tsp soda
1 tsp cinnamon
1 cup chopped nuts
3 eggs, beaten
1 1/2 cups oil
2 c mashed bananas (3)
1 8 oz crushed pineapple
1 c chopped nuts drained
2 tsp vanilla

Combine dry ingredients, combine oils and add to dry - stir add nuts. makes 9 x 5 x 3 loaves or 4 small pans. 350 degrees for 1 hour.

CRANBERRY ORANGE SCONES

2 cups all purpose flour
1 teaspoon sugar, divided
1 tablespoon grated orange peel
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1/3 cup cold butter or margarine
1 cup dried cranberries
1/4 cup orange juice
1/4 cup half and half cream
1 egg
1 tablespoon milk

GLAZE (optional)

1/2 cup confectioners' sugar

1 tablespoon orange juice

ORANGE BUTTER

1/2 cup butter, softened
2 to 3 tablespoons orange marmalade

In bowl, combine flour, 7 teaspoons sugar, orange peel, baking powder, salt and baking soda. Cut in butter until the mixture resembles coarse crumbs; set aside. In a small bowl, combine cranberries, orange juice, cream and egg.

Add to flour mixture and stir until a soft dough forms. On a floured surface, gently knead 6-8 times. Pat dough into an 8-inch circle. Cut into 10 wedges. Separate wedges and place on an ungreased baking sheet. Brush with milk; sprinkle with remaining sugar. Bake at 400 degrees for 12-15 minutes or until lightly browned. Combine glaze ingredients if desired; drizzle over scones. Combine orange butter ingredients serve with warm scones. Yield: 10 scones.

Enjoy! ©2/20/10

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.

Alken County Parks, Recreation & Tourism

902 Vaulcuse 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.

• It's Marty Time!: Marty Stuart and His Fabulous Superlatives perform on March 12, concluding the 2009-10 Southern Soul & Song Series. Imperial Theatre, 7:30 p.m. Call 706-724-7501.

Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta. Call 706-722-5465 for information.
• Kristin Casaleto: 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
• The Other Tubmans: March 6
• Augusta Collegium Musicum to Present *Shakespeare*: Mon., March 8, 7:30 p.m., Museum's Rotunda
• A Petersburg Boat Pilot: March 20

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

continued on page 11

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CALENDAR

from page 10

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

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

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

Service Corps of Retired Executives

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

Philly Swamp Events

706-828-2109

Find Your Voice

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

Senior Volunteers Needed

Fort Discovery need your help in making visitors' experiences ones that they will never forget. To volunteer call Kathy at 706-821-0609 or email: thibaultk@nsdiscoversy.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. For details call 706-364-1662.

Brain Injury Awareness Walk

Sat., March 27, 10 a.m.-noon, Family Y, 3650 Wheeler Rd. 5K walk is a community event organized by Brain Injury Survivors. For additional information or to sign up call 706-737-9300.

Maestro Z Kuwahara & Soa present Columbia County Music Series Concert

Sat., March 6, 7:30 p.m., Jabez S. Hardin Performing Arts Center, Evans (next to the library at the Evans Town Center). \$20 per person. Call 706-826-4705 or visit www.soaugusta.org.

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