

Senior News

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*A Celebration
of Life – A Visit
to Colonial
Times!*

Story on Page 6

November 2010
Vol. 24, No. 11

Avoid making common mistakes

by EVA MOR, PhD
Author of
Making the Golden Years Golden

In my book *Making the Golden Years Golden*, I help the reader develop plans for their future retirement. Women tend to be less prepared than men. In this article I address the women that are more likely to be less financially savvy, and thus make costly mistakes.

The statistics show that women live longer than men, on the average 8-10 years longer, 50 percent of marriages end in divorces, so you must be prepared to manage your finances wisely if you should be one of the women that are living on their her own. The following are 10 mistakes that are most commonly made as well as suggestions of how to avoid them, or correct them:

1. Being unfamiliar with finances.

Women tend to let their spouses handle family finances and all related decisions. Protect yourself by making sure you know of all investments, all accounts, and your name appears on all of them. Joint ownership establishes your legal right to all assets in the event of your spouse becoming ill, or the unfortunate event of the marriage ending.

2. Not saving early enough for retirement.

It is never to late, start today. Resist unnecessary spending. However small the steps, start as soon as possible.

3. Investing in one basket.

Diversify your investment to reduce risk. When investing for retirement go with lower levels of risk, and put money into accounts that will give you a tax break, such as 401K or an Individual Retirement Account (IRA). The longer you build up your retirement assets with tax differed accounts the better of a retirement you will have.

4. Starting tapping into retirement account too soon.

No matter what is the reason, do not use your retirement money. It is difficult to replenish it.

5. Starting to collect Social Security too early.

Some two third of retiring Americans begin to collect early at a reduced rate. If you wait 'till you're 65 years old with collecting your Social Security benefits, your monthly check will be 20 percent higher, then if you start at 62 years.

6. Not purchasing Long Term Health Insurance.

Women are more likely not to have Long Term Health Insurance, assuming that Medicare will cover home care or nursing home stay. Medicare will only cover 100 days of rehabilitation and only if you will recover from the condition you are being rehabilitated from. If you purchase LTI early, in your fifties, it will be much lower then if the same policy is purchase in your sixties.

7. Carrying Debt.

Decrease debt that so easily piles up on credit cards. Avoid needing to pay interest on credit card balances. Try to enter your retirement years debt free.

8. Not having a Will or Health Proxy.

Eight out of ten women do not have Wills or Health Proxy. The first instruction as to what should be done with your assets, the second empowering someone you trust to speak for you when you are unable to do so regarding medical care. If you do not have a Will, the state may step in to administer it (and charge your estate for this favor), if you do not have a Health Proxy, doctors that may not know you will decide regarding your care.

9. Not Planning for Residential Options in the Future.

Plan your life after retiring. You will need about 80 percent of your current income to live comfortably. You should preplan your residential situation. Consider scaling down housing expenses.

Most of us do not need the large houses we lived in with our children. Research ahead of time what are the option and the cost for them, i.e. retirement communities, residential facilities, senior housing, etc.

10. Women are less likely to start second careers.

If you need to supplement your income there are many opportunities that can be suitable for you. You need to research what is available, you may checkout the local school, they always need aides, the local hospital, nursing homes, libraries, they all need part time workers.

For more information visit
www.goldenyearsgolden.com.

Times Not Forgotten

Are all the children in?

by CHRISTINE COLEMAN

Not long ago I read a poem entitled "Are all the children in?" It reminded me so much of the way my parents felt about their children as we were growing up.

Whenever our family went visiting, everybody went. Our parents couldn't be worried about leaving a child at home alone or at someone else's house.

When nighttime came, our parents unfailingly checked to make sure each child's chair was filled with the proper person. When we went fishing or swimming or just riding around, everyone had to be accounted for when leaving an area.

Also, after we were old enough to be away from home dating or whatever, Mama never slept until all of us were safe in bed. Regardless of how quiet we were when we came in, she'd call our name. When we answered, she'd say, "OK" and then ask, "Are you all right?"

On one occasion our family went on a Sunday outing. All of us piled into our big blue Dodge car and went to visit a family in Toombs County. My oldest brother always drove, and I sat between him and Papa in the front seat. Mama and the others sat in the back. (That's probably in the Bible somewhere).

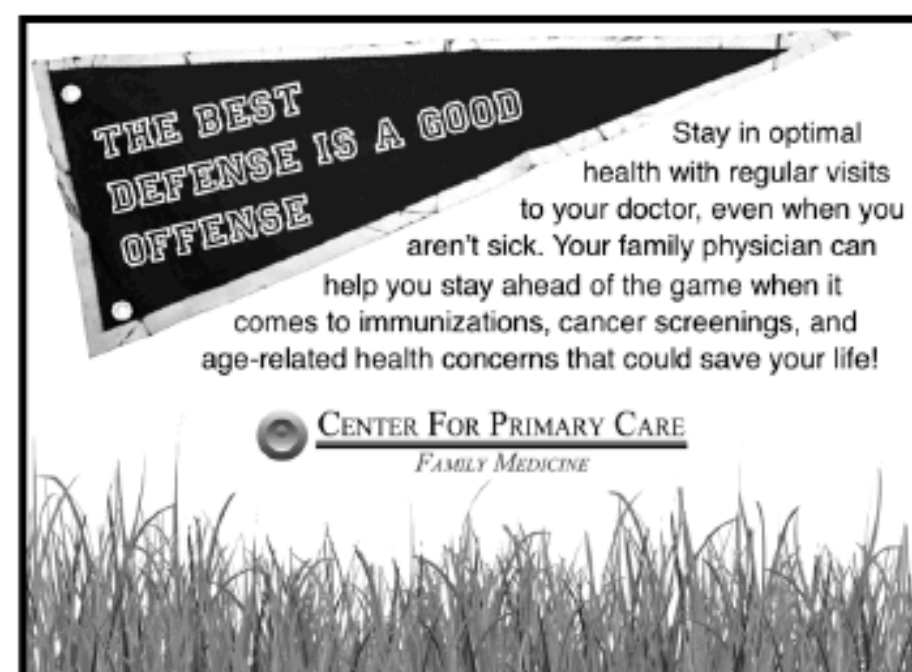
Well, on this trip, we were traveling on a dirt road headed for our destination. The road had been "worked" recently, and there were still dirt banks on each side. My

brother drove too close to the right side. (We may have been meeting a car). Anyway, the car began to slip sideways. Papa called out to us. He said, "Hold on everybody. We're going to turn over." The car turned over on its side into a deep ditch. It stayed there without turning further.

Mama and Papa immediately started calling our names one by one. They asked if we were hurt and if we were all right. We all answered that we were fine. Then came the task of getting everyone out. All of us climbed out the driver's side window, now turned upwards. All of us exited except Mama. She couldn't get out. Papa got up onto the car and leaned down into the car to try to pull her out. It didn't work. She was too heavy for him. She stood on the steering wheel with one foot. He still couldn't get her out. She stood on the back of the front seat, but that didn't work either. Eventually, a man drove by and offered to help. Together, they got Mama out. While Mama was still in the car, she wanted all of us to come close enough for her to see us and so that she could ask if we were ok.

A wrecker came and turned the car upright. We all went home in the big blue Dodge. It had broken windows, but that was all. That night when we were all gathered around the table, Mama and Papa thanked God that "All the children were in."

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



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CENTER FOR PRIMARY CARE
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Poets' Corner

Harvests
by Ada Wynelle Wade

From somewhere emerges a great
moon burdened with gold
Struggling up sky-stairs, she floods
fields and hay rolls in light
Now agleam, now cloud-dimmed, an
intermittent miracle stunning eyes
As, among myriad spectators
blinking in awe, she seeks a seat.

Often drowned in memory by this
October night, I hear hooves
In a circle and juice flowing;
A plump uncle in overalls
Beside a vat, stirring, testing, with
syrup-stained bib,
In earnest talk with my father about
crops, gallons, juices, and
Pork readied at summer's troughs
for the coming winter kill,
Child chases kin-child, sprites in the
night air, squealing at mice.
Shivery surprises happened upon in
the approaching darkness
While the sky-queen ascends her
sky-throne in magnificence.

Once again returned, in the twilight
hush awash with her glow,
She stirs me. Silently I gaze, amazed
at the eternal glory of
Her presence that speaks to my heart
of yesterdays and
Of ancients who've watched her,
enthralled as I, and are no more.

Crocheted by God
by Jeani M. Picklesimer

Crocheted by God, the bits of lace
Drift to the earth from outer space...
Small doilies fall at Father's Will.
Fresh patterns dance with feather
grace.

Then take a bow; though I give
chase
I cannot hold nor, thus, embrace
A single puff of Heaven's spill,
Crocheted by God.

Ice linens seek a landing place,
And silently some brush my face –
A dainty kiss, an instant thrill!
My eyelash hugs a flake until
The raveled net leaves but a trace,
Crocheted by God.

Growing Old
by Oliver Cantrell

As we age, why complain,
Maybe we didn't obtain wealth &
fame!
Some times were good,
Some might have been bad,
But overall look at the fun you had.
Anyway, what can you do...
But live your life good and true?
And hope that one day,
After you are finally laid to rest,
That you will be able
To past God's ultimate test...
The test of where you will finally

dwell.
Will it be Heaven?
Or will it be Hell?

Your Son, My Son
by Bernice Eubank

There stood a dear old mother,
So well advanced in years,
Who stood beside an open grave
And wept with anguished tears.
She could not understand
Why God had called her son,
She had not other living kin,
He was her only one.

She turned her face toward Heaven
And asked "Dear Father," Why?

Why did you take my only child,
Why did he have to die?
I should have been the first to go,
You left me all alone.
There's no one left on earth "Dear
Lord"
No one to lean upon.

The dear heartbroken mother
Said, Father tell me please
Just why you took my only son
Then I will be relieved.

A peaceful voice came down that
day,
To comfort and be near,
He softened all her anguish and
Soothed her many tears.

And in a voice so strangely still,

He set a scene upon a hill
He said, "I too, had just one son,
His name was Jesus Christ"
He received the sins of many
And he paid an awful price.

He trudged that hill to Calvary
And hung upon a cross,
That day I lost my only son,
I understand your loss.

Golgotha claimed his life blood
He bled and died you see
So all the sons on earth down here
Could live eternally.

You asked me why I took your son,
"His place was next in time,"
But just remember mother,
In return, "I gave you mine."



The Junior League of Augusta recently announced that Augusta resident Paula Jackson Herz will serve as the 2010 - 2011 President and also announced the members of its 2010 - 2011 Executive Board.

Joining Jackson Herz on the 2010 - 2011 Executive Board is a group of women with a variety of personal, educational and professional backgrounds who share the organization's commitment to community service. They are: Elizabeth Donald Donsbach of Martinez, President-Elect; Lisa Taylor of Augusta, Community Vice President; Julie Kneuker of Augusta, Finance Vice President; Bobi Claridge of Augusta, Membership Vice President; Ashley Pritchett of Augusta Communicates Vice President; Rebekah Henry of Augusta, Treasurer; Melissa Hankinson of Augusta, Placement Chair; Kari Baker of Evans, Parliamentarian; Kelley Norris of Augusta, Tea Time Publications Chair; Anna Susan Boykin of Augusta, Corresponding Secretary; Sarah Davis of Evans, Ways and Means Treasurer; and, April J. King of Evans, Sustainer Advisor.

Additional information about the Junior League of Augusta, Georgia is available online at www.jlaugusta.org.



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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

As I write this epistle I am looking out the windows at maple trees that are bending down with a fall wind that feels like spring. It's hard to tell whether my body temperature is caused from the weather or hormones but something is out of balance. It's simply not normal to sweat in November – but then again, look at the beautiful roses that have been hybridized to bloom through December. Things ain't what they used to be.

We've already begun to plan our Thanksgiving dinner. I thought it would be neat to have something different but the kids fell out in a group at the mention of not having fried turkey. I had thought a crown roast would be nice but that idea bit the dust as soon as I presented it. Some traditions are here to stay but I truly don't mind. As long as there is dressing and cranberry sauce our dinner will be a success.

I have so much for which to be thankful this year. It has been a nightmare year but I am finally

beginning to cope. As you know, I have been recovering at my daughter's home in Eatonton from several surgeries. We thought it was short-term but now know that it may be permanent. Nerve damage done to my legs is permanent and I am unable to walk and maneuver without a walker or wheelchair.

It has been a challenge to accept the fact that I must sell my home and all my belongings. As I looked through my house a few weeks ago when we went home to check out the home-stead, I became aware that it was small things in the house that I was attached to and wanted. It was not the huge bedroom suits nor the couches nor the Southwestern room with the fireplace that moved me. It was little things; a glass egg ring box given to me nearly 40 years ago by our minister's wife who was my dear, dear friend and who just left this world several months ago. Also, there are glass cats from my "sister" Helen. Seems the small things that are gifts from the children or friends are beyond price. I like that.

We have some changes to make but life is full of changes

and I am so thankful this Thanksgiving day that I have been taken into my daughter's home where there is love to spare. This transition is not easy but it has been nothing like I thought it would be. After I realized that I could no longer live alone in my home there was nothing left to do but go to daughter Susan's home. She is beyond happy since she has tried for years to get me to move to Eatonton.

God has blessed me beyond belief. Now all I would like to have is a Thanksgiving turkey with nice brown skin. You see, we have a family problem. No matter if the turkey is baked or fried, my family picks the skin off and the poor turkey looks pale and sick. In the meantime, kids are wiping their mouths and patting their tummies. Some kids never grow up. But you know, that's like walking on sunshine to an old mother who has so very much to be thankful for this year. Blessings to all.

©10/26/10

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

Spiritual Notes

Grandparents' Influence

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

My wife and I recently took a trip with a group of senior adults. Much of the conversation among those of us who were grandparents revolved around the actions and accomplishments of our grandkids. There are daily reports in the media today regarding the plight of the young. We read of teen robberies and murders as well as an increase of drug and alcohol use.

No one can deny that there are problems among our youth today. Who is to blame? Some say the lack of concern among parents; others blame the movie industry and TV, as well as the school system. The arrival of the computer and other gadgets of technology can also be added to the list.

Because of the rapid pace of life in families today, there are few opportunities for them to spend quality time together. We all have observed families in restaurants where the kids and/or parents are on the cell phone or engrossed with a mechanical toy. Very few words are exchanged during the meal.

Parents are given good and prophetic advice on childrearing in the following Scriptures. The Book of Proverbs states in Chapter 13, Verse 24: "He who spares the rod hates his son, but he who loves him disciplines him promptly." Also a familiar passage in Proverbs is 22:6: "Train up a child in the way he should go, and when he is old he will not depart from it."

These scripture verses obviously apply to the parents more than to grandparents; however, there are occasions where our influence can be effective. Grandparents are an important

part of the family constellation. In Romans 12 we read in the first number of verses (paraphrased): "In Christ we who are many form one body, and each member belongs to all the others. We have different gifts, according to the grace given us."

Family members should work as a team. Our gifts are not the same as the parents; but, nevertheless, valuable. As grandparents our passion, prayers and mission should be to support and reinforce the efforts of the parents. Make the time you spend with your grandchildren, and all youth, count as we hopefully make a dent in the problems facing the youth of our country.

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

ADVOCACY ALERTS: Technology-age con men... beware of Scams & Fraud

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

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

Back in the day, the worst of losing your wallet or purse was the loss of money and the inconvenience of replacing the items in it. It can happen to anyone. Simple precautions can



Kathleen Ernce

make your life easier if it happens to you; such as making photocopies of every card in your wallet, front and back; including library and movie rental cards. Overdue book and movie rental fees can add up quickly and these cards often have passwords and other personal information on the reverse side. Notify your credit card companies and your bank of the loss and have new card numbers issued instead of closing your accounts. Closing accounts can have an adverse effect on your credit rating. Change your passwords and call the three major credit bureaus and have a 'fraud alert' put on your credit accounts. Contact TransUnion at 800-680-7289, transunion.com; Experian at 888-397-3742; experian.com; and Equifax at 800-525-6285, Equifax.com. If your ATM card and/or

your checkbook is stolen, you will want to get a new card and checking account. Check on your credit history approximately two weeks after the theft to see if any new credit applications have been made in your name. You can call toll-free at 877-322-8228 to get a free copy of your credit report.

The technology age has made things far more sinister. It's not only a matter of what was lost in your wallet or purse, now it is identity theft. The scenarios that are used to defraud and steal are many and effective. They can range from a stranger pretending to be someone you once knew attempting to get you to send them money, to offering a free trial of a product, and perhaps the most despicable of all; the fraudulent dating site. Social networking has become a gold mine for scammers to lure lonely people into false relationships in order to part them from their money.

What can a person do to protect themselves? An article in Reader's Digest, written by Max Alexander, makes the following suggested precautions: Don't use passwords or user IDs made up of personal information such as your birth date or Social Security number. Don't use common, general security questions. Pick something out of the ordinary. Don't leave your personal information lying around and don't use the same passwords for all of your accounts. Make sure you mix it up with a combination of letters, numbers and symbols. Change your passwords often. Make certain to read the fine print of on-line offers and watch for misspellings and links with the @ symbol. If you donate to your favorite charity, and want to do it on-line, make sure you use their official web

site.

Another option is to put what is known as a 'Security Freeze' on your credit accounts. You can sign up with any of the above-mentioned credit bureaus for this service by sending a written request by certified mail. It prevents thieves from using the information they have stolen to open and use credit cards by making the existing credit account unavailable for vendors to check credit records before issuing their own credit line. Once the Security Freeze is in place, the information can be released only with the cardholder's secret PIN number. There is a \$10 fee each time the cardholder activates, removes or lifts the freeze. However, if you are 65 or older you will not have to pay to apply the freeze or permanently lift the freeze from your account, but you will have to pay if you want to temporary lift the freeze to make a purchase.

Other suggestions from AARP are to make sure your antivirus, firewall, and spyware protection is up-to-date. Avoid unsolicited e-mails. Delete messages that want you to verify your account information. If you do business on-line, make certain it is with known reputable businesses. Ignore unsolicited offers that promise wealth, and deals that sound too good to be true. Be especially suspicious of offers that come from outside the United States. Check website privacy rules.

You want to look for encryption. If you see a symbol for a lock, it means the information is scrambled. Never use the same password on-line that you use for your banking. Don't access your accounts from public computers; they are not secure. Be wary of pop-ups that tell you your computer is unsafe. If you download what is offered, it could be Malware which will damage your computer. Always check your bank statement for transactions that are suspect, and remember, these same guidelines apply to your cell phone.

The Internet Crime Complaint Center which is run by the FBI and the National White Collar Crime Center, reports that Internet fraud was responsible for the theft of nearly \$560 million dollars last year. That is double the amount reported in 2008. The average loss per victim was \$575. The researchers believe that the numbers are much higher, possibly billions of dollars because only 1 in 10 report the crime.

The best and most effective weapon against on-line scams and fraud is to pay attention and be cautious. There is no such thing as being too careful when it comes to putting your money on the line on-line. If you feel you have been a victim of a scam or fraud and need help, please call us at 706-868-0120 and one of our trained counselors will assist you.

The Next Chapter

Big Girl... a light read

Book Reviews by
ANNE B. JONES, PhD

Big Girl
by Danielle Steel
Delacorte Press, New York, 2010

B*ig Girl* is a light read with an interesting but predictable look at a woman whose weight has been an issue all of her life. Danielle Steel is one of our most popular female authors and this work reflects her tendency to explore current topics and women's issues in an entertaining informative way. As is her usual style, she has included a large and satisfying portion of romance.

Big Girl opens with a heart rending portrait of Victoria Dawson, a young woman raised in Los Angeles, who is deemed unlovable by her family because of her looks and size. Unable to fit in, she escapes to a different world, establishing a new home and a refuge in New York.

Steel's depiction of how parents

contribute to and destroy their children's self-esteem is a lesson well taught. Using a psychologist as a supporting character, she gives readers a view of the results of dysfunctional family dynamics, while demonstrating how one can change them.

The author is a master storyteller and the book held my attention; however, I was appalled by the lack of editing and depth. I saw bad punctuation errors and sometimes a lack of good sentence structure. There were many opportunities for the author to have probed further into such important issues and her characters seemed unnecessarily shallow. My one-word review for the book would be "plastic." But, for many readers it is a great escape without the burden of thinking and that can sometimes be a good thing.

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

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On the Cover

A Celebration of Life – A Visit to Colonial Times

by CAROLYN BRENNEMAN

Photography by Carolyn

COVER: Cover Photo is Tim Nealeigh of Arrogant Frenchman Productions. He brings history to life through a historically accurate dramatic presentation.

The 19th Annual Colonial Times, an award-winning event, was off to a colorful start at the Living History Park in North Augusta on October 16th and 17th. It was truly a Day to Remember. This entertaining and educational event was attended by thousands including our esteemed retired citizens around the area, several families with young children, and boomers like Carol and Thomas who came from afar to experience the remarkable times and days of the 1700s. Colonial Times offered us the chance to experience and see exactly how daily life was like for our early settlers through demonstrations and live exhibits. Each colonial character used precise detail, including language and dress, for the reenactment, and the very detail of all of the mannerisms was precise and deliberate.

Every audience of any age, appreciated the personality of the people portrayed and the culture of the time depicted.

The festivities included tales from Daniel Boone; lacing techniques from the Arrogant Frenchman, musket firings, demos by the Provost Marshals, Native American Indians, and others. Activities included soap making, bread baking in the clay oven, butter churning, lucetting, woodmaking and many other activities that were part of the 1700s.

One of the favorites of this event included M. LeFarceur de Villeverte, Marchand de Dentelle, an exquisite lace merchant who demonstrated the proper means and fine art of bobbin lacemaking and displayed his beautiful and colorful shawls. Also present were women making cord using an instrument called a lucet, which dated back to ancient Viking times. Lucetting was a form of knotted cord-making. Cords were made for lacing up the back of breeches or dresses, for making a drawstring for a sack, or for making fishing line. On this simple instrument, cords

continued on page 7



Everyone is enjoying the festival



Native American Indian with a settler



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Carol and Thomas enjoying the festival

COLONIAL TIMES from page 6

could be made very tight or with some elasticity to them. Lucetting was enjoyed by many in the early days.

Down the road, the Bakers were busy making bread in a dutch oven which was baked on a bed of hot coals. Samples of the different breads, along with preserves, jams and fresh churned butter were offered. Close by, the woodmaker set up his shop in town and displayed his beautiful decorative carvings as well as wooden bowls, utensils and carving implements. Of course, we loved the three Muskogee Creek Indians who told tales around the campfire. These Indians were colorfully dressed and wore horn head sets, complementary pierced dangling silver earrings, necklaces with a peace metal, and breechcloth with leather leggings. These creative Creeks were also masters of bead-

work, basket making, and woodcarving.

This yearly event was educational, entertaining and for everyone in

the family. Mark your calendars and plan on attending next October. For more information on the Living History Park, please contact Lynn

Thompson, president of the Olde Towne Preservation Association, at lynn@colonialtimes.us, phone 803.279.7560.



**Provost Marshal
watching over the town**



**Baker slicing persimmons
and other fruit**



Making cord with a Lucet

Aiken couple attends 2nd World Parkinson Congress

Submitted by Amanda Stefanakos

Mike and Mary Benko of Aiken attended the 2nd World Parkinson Congress in Glasgow, Scotland. Mr. Benko, who has Parkinson's disease, is a Parkinson's Advocate for UCB Pharmaceutical Company. The purpose of the WPC

Gingerbread Village... a scrumptious event for the CSRA

Special to Senior News

Delight your senses at the Augusta Museum of History's annual Holiday Gingerbread Village, Thursday, November 18 through Sunday, November 28 in the Museum's Rotunda as you view the display of delectable historic creations of the CSRA!

This year will be a true treat – winners from previous years have been invited to make sensational creations. As in previous years each historic-themed gingerbread creation will be available through silent auction, with proceeds benefiting Museum programs. The display and the opportunity to bid on the creations are free to the public during regular Museum hours. Visitors will also be asked to vote for their favorite.

Please come and join us for this special treat for all ages! For more information on the Village contact the Museum at 706-722-8454.

The museum is located at 560 Reynolds Street in downtown Augusta. Hours: Thursday - Saturday, 10:00 am - 5:00 pm; Sunday 1:00 pm - 5:00 pm; Closed Monday-Wednesday. Admission: Adult, \$4; Senior, \$3; Child (6-18), \$2; Child (5 & under), Free. Please call for more information or visit our website www.augustamuseum.org.

is to unite the global Parkinson community with high-level, inspirational sessions, workshops, and discussions on the most recent and cutting edge scientific and clinical research as well as advances in care and quality of life for people living with Parkinson's disease.

The Benko's are also involved locally by hosting the annual Par for Parkinson's Golf Tournament to raise funds for the Movement Disorder Clinic at MCG and they are members of the CSRA Parkinson Support Group.

The 2010 CSRA Parkinson Walk will be held at the Family Y Track on Saturday, November 13. For more information call 706-364-1662 or email parkinsoncsra@comcast.net. Registration information is available at www.mcg.edu/neurology/specialties/md/2010ParkinsonWalk.html.



**Mike and Mary Benko are shown at the
2nd World Parkinson Congress in Glasgow, Scotland**

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Georgia eye doctor helps legally blind to see again



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

by ELENA LOMBARDI

Atlanta, Georgia –

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

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

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

Imagine a pair of glasses that could improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of bioptic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

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

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

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

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

have different levels of vision and different desires.

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

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

— Paid Advertisement —

TOZAL Eye Health Formula

Vitamins clinically proven to help

maintain macular function.

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

Taking Care

Being a supportive friend... 12 ways to help an Alzheimer's caregiver

by LISA M. PETSCHKE

One in ten Americans over the age of 65 and almost half of those over 85 have



Lisa Petschke

Alzheimer's disease or a related type of dementia (loss of intellectual functioning).

Alzheimer's disease (AD), the most common

form of dementia, involves gradual breakdown of nerve cells in the brain. Affected persons lose the ability to interpret information and to send messages to their body to behave in certain ways. Over time they experience mental, emotional, behavioral and physical changes, necessitating increasing amounts of supervision and, eventually, hands-on help with activities of daily living.

Family members, particularly wives and daughters, provide most – and in many cases all – of the care. They are at increased risk for depression and other health problems due to the emotional strain and the physical toll of care giving.

The following are some things that you, as a friend or relative, can do to help prevent an Alzheimer's caregiver you know from wearing down.

1. Keep in touch.

Recognize that you may have to make most of the effort in maintaining the relationship.

2. Become informed.

Educate yourself about AD – to help you understand the kinds of challenges caregivers can be faced with – and share information with family and friends. Share finding with the caregiver as well – especially strategies for managing challenging behavior.

3. Lend an ear.

Listen non-judgmentally and demonstrate compassion. Do not give unsolicited advice.

4. Connect them with other caregivers.

Locate caregiver support groups (contact the local office on aging or Alzheimer's Association chapter) and encourage the caregiver to try one. Offer to stay with their loved one while they attend meetings or, if concurrent care is provided, accompany them to the first meeting.

5. Promote self-care.

Encourage the caregiver to eat nutritiously, exercise and get sufficient rest in order to maintain good health. Do whatever you can to help make this happen. For example, bring over a meal, or offer to sit with their loved one while they go for a walk or take a nap. Also encourage them to get regular checkups. Offer to stay with their loved one while they attend appointments.

6. Provide practical help.

Determine what kind of assistance the caregiver could use most. Perhaps it's picking up groceries, running errands, or doing laundry or yard work. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or baked goods or, if you're a neighbor, sweep both walks or bring in both sets of garbage cans.

7. Surprise the caregiver with a treat.

Ideas include a rented movie, a favorite magazine, fresh flowers or a plant, or a gift certificate to restaurant that has delivery service. If you're on a limited income, sign out reading materials, movies or CDs from the local library.

8. Give the caregiver a break.

Offer to sit with the loved one

for an hour while they go out to a hair appointment or to church, or for a longer stretch so they can attend a cultural or social event.

9. Locate resources.

Offer to obtain information about community supported services – such as accessible transportation, home care, adult day care and residential respite programs – if none are in place, and encourage their use as appropriate.

10. Join the local chapter of the Alzheimer's Association.

Your support will assist them in providing aid not only to your friend or relative but also to other AD caregivers like them. Typical chapter programs and services include a telephone hotline, support groups, a Safe Return program for wanderers, training for family and professional caregivers, a newsletter and a resource library. Membership also makes a thoughtful gift for the caregiver, connecting them to a key resource.

11. Watch for signs of trouble.

Encourage the caregiver to seek help from their primary physician or a mental health worker if they feel overwhelmed or hopeless (possible signs of clinical depression), or if they start to fear for their safety or that of their loved one.

12. Stand by the caregiver.

Praise their efforts and be an ongoing source of encouragement. In particular, support them if they decide to pursue placement in a long-term care facility. Do whatever you can to help them and their loved one with the transition.

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

C'mon, let's eat

by FAYE JONES

Happy Thanksgiving! Can't believe it's time for turkey and the trimmings again. Where did another year go? Since all of you dear readers have mountains of recipes for entrees and sides, we thought you might enjoy a few recipes for drinks and good things to nibble on while waiting for the turkey to bake. Read on and enjoy!

HOLIDAY EGGNOG

12 eggs
1 1/2 cups sugar
1/2 tsp salt
2 quarts milk, divided
2 Tbsp vanilla extract
1 tsp ground nutmeg
2 cups whipping cream
Additional whipped cream and nutmeg, optional

In a heavy 4-quart saucepan, whisk together eggs, sugar and salt. Gradually add 1 quart of milk. Cook over low heat, stirring constantly, until a thermometer reads 160 degrees – about 25 minutes. Pour into a large bowl; stir in vanilla, nutmeg and remaining milk. Place bowl in an ice-water bath; stir frequently until mixture cools. If mixture separates, process in a blender until smooth. Cover and refrigerate for at least 3 hours.

When ready to serve, beat cream in a mixing bowl on high until soft peaks form; whisk gently into cooled mixture. Pour into a chilled 5-quart punch bowl. If desired top with dollops of whipped cream and sprinkle with nutmeg. Yield: 18 servings 3/4-cup each.

STRAWBERRY DIP

The fresh and delightful flavor

of this dip will bring back memories of summer.

1 package (8-ounces) cream cheese, softened
1/2 cup sour cream
1 carton (6-ounces) lemon yogurt
1/4 cup mashed strawberries
3 tablespoons honey
1 tablespoon maple syrup
Fresh fruit

In a mixing bowl, beat cream cheese and sour cream until smooth. Add yogurt, strawberries, honey and syrup; mix well. Refrigerate for at least 4 hours. Stir before serving. Use fresh fruit for dipping. Yield: Two cups dip.

CRAB-STUFFED CHERRY TOMATOES

1 Pint cherry tomatoes
1 (6-ounce) can crabmeat, drained, flaked and all cartilage removed
1/2 cup diced green pepper
2 green onions diced
2 Tbsps Italian-seasoned bread crumbs
1 tsp cider or white wine vinegar
1/2 tsp dried parsley flakes
1/4 tsp dill weed
1/2 tsp thyme
1/8 tsp salt

Cut a thin slice off tops of tomatoes and carefully scoop out insides; invert on paper towel to drain. In a small bowl, combine remaining ingredients; mix well. Stuff tomatoes; place in an ungreased 13 x 9 x 2-inch baking dish. Bake, uncovered,

at 350 degrees for 8 - 10 minutes or until heated through. Serve warm. Yield: About 1 1/2 dozen.

HOT MACADAMIA SPREAD

1 Package 8-ounces, cream cheese, softened
2 Tbsp milk
1/2 cup sour cream
2 tsps prepared horseradish
1/4 cup finely chopped green pepper
1 green onion, chopped
1/2 tsp garlic salt
1/4 tsp pepper
1/2 cup chopped macadamia nuts or blanched almonds
2 tsps butter or margarine
Assorted crackers

In a mixing bowl, beat cream cheese and milk until smooth. Stir in sour cream, horseradish, green pepper, onion, garlic, salt and pepper. Spoon into an ungreased shallow 2-cup baking dish; set aside.

In a skillet, sauté the nuts in butter for 3-4 minutes or until lightly browned. Sprinkle over the cream cheese mixture. Bake, uncovered, at 350 degrees for 20 minutes. Serve with crackers. Serves: 6-8.

Enjoy! ©10/24/10

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.

Augusta/CSRA CALENDAR

Augusta State University Continuing Education

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

The Senior Citizens Council

218 Oak Street North, Suite L
 Augusta, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org

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

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

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

CSRA Senior Centers

Over 60? Enjoy socializing, parties, cards, crafts, Bingo and travel? Interested in staying healthy and active? Tired of eating lunch alone? If you answered YES to these questions, then you need to check out a Senior Center near you!

• Blythe Area Recreation Department Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668
 • Carrie J. Mays Recreation Center Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
 • East View Community Center Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302
 • HH Brigham Senior Center Pat Jenner; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
 • McBean Community Center Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
 • Sand Hills Community Center Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
 • New Bethlehem Community Center, Inc. Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
 • Bessie Thomas Community Center Jeff Asman; 5913 Euclid Creek Dr., Grovetown, GA 30813; 706-556-0308
 • Burke County Senior Center Jackie Brayboy; 717 W. 6th St., Waynesboro, GA 30830; 706-437-8007
 • Glascock County Senior Center Anita May; 568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050

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CALENDAR

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• Grovetown Senior Center
Betty Laverty; 103 W. Robinson Ave.,
Grovetown, GA 30813; 706-210-8699

• Betty Hill Senior Citizens Center
Cathie Birdsong; 330 Waters Work Rd.,
Sparta, GA 31087; 706-444-7532

• Harlem Senior Center
Tina Sidener; 405 B West Church St.,
Harlem, GA 30814; 706-449-8400

• Jefferson County Senior Center
Marie Swint; 209 E. 7th St., Louisville,
GA 30434; 478-625-8820

• McDuffie Senior Center
Melinda Hill; 304 Greenway St.,
Thomson, GA 30824; 706-595-7502

• Jenkins County Senior Center
Shirley Chance; 998 College Ave.,
Millen, GA 30442; 478-982-4213

• Lincoln County Senior Center
Pam Parton; 160 May Ave., Lincolnton,
GA 30817; 706-359-3760

• Sylvania Senior Center
Cathy Forehand; 209 E. Ogeechee St.,
Sylvania, GA 30467; 912-564-7727

• Taliaferro County Senior Center
Allene Oliver; 119 Commerce St.,
Crawfordville, GA 30631; 706-456-2611

• Warren County Senior Center
Gwanda Murray; 48 Warren St.,
Warrenton, GA 30828; 706-465-3539

• Washington County Council on Aging
Jane Colson; 466 Maurice Friedman Rd.,
Sandersville, GA 31082; 478-552-0898
(Mon., Tues. and Thurs.)
478-552-0013

• Wilkes County
Diana Hall; 108 Marshall St.,
Washington, GA 30673; 706-678-2518

• Shiloh Comprehensive Community
Center
Elizabeth Jones; 1635 15th St., Augusta,
GA 30901; 706-738-0089

H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta
Contact: Patricia A. Jenner
706-772-5456; 1 a.m.-3 p.m.

Aiken County Parks, Recreation & Tourism

902 Vacluse Rd., Aiken, SC 29801;
803-642-7559;
www.aikencountysc.gov/tourism
Courtney Senior Center
49 Roy St., Wagener, SC; 564-5211

• Canasta Club: Wed., Nov. 3, 10, 17 &
24, 12 p.m., Free.

• DNR Hunters Education Class: Nov. 9
& 10, 5-9 p.m.

• 3rd Friday Bingo: Fri., Nov. 19, 2 p.m.,
Free.

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

• All Aboard the Polar Express: Starlight
Cinema, Nov. 24, 7 p.m., Free, Call for
Details.

Boyd Pond Park
Aiken, SC

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

Hearing Loss Association of Augusta

Hearing Loss Association of
Augusta. For meetings information con-
tact: 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.

• Wolf Kahn Pastels: Through Nov. 7

FREE Monthly Sunday Concert Series

• Caroline Herring: Sun., Nov. 14
• Tara Scheyer: Sun., Dec. 5

Gertrude Herbert Institute of Art

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

Caregiver Support Group

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

Augusta Museum of History

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

• Stories & Legends: Remembering the
Augusta National: Ongoing

• A Community That Heals: Ongoing

• Special Display: The Weapon of
Choice, Long Rifles: Through Dec. 3

Lucy Craft Laney

Museum of Black History

www.lucycraftlaneymuseum.com
Call 706-724-3576 for events informa-
tion.

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The Augusta Chapter of USA
Ballroom Dance invites beginners to
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local studios.

For more information contact Marie
Perrotto at 706-863-1180 or Jean Avery
at 706-863-4186.

Augusta Christian Singles Dance

Dances held each Saturday night, 7-
11 p.m., at Ballroom Dance Center, 525
Grand Slam Dr., Evans. Admission
includes complimentary dance lessons 7-
8 p.m., refreshments and soft drinks.
Cost: Guests, \$10; members, \$8. For
additional information call Barbara Nash
at 803-640-2075.

AARP Augusta Local 266

There is more to AARP than a
newspaper and a magazine. The local
chapter meets at Sands Hill Community
Center, 2540 Wheeler Road, Augusta.
For additional information or to join call
Varnell Owens, Chapter President, at
706-790-4388.

Al-Anon and Alateen Groups

Al-Anon and Alateen Groups meet
in various locations in the CSRA Mon.-
Sat. For information or a listing of meet-
ing 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 golf, book groups and dining
out. Monthly coffees for prospective
new members are held on the first
Tuesday of each month.

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

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a.m. - 12 noon.

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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 wel-
come. For additional information call
803-648-7833.

Senior Volunteers Needed

Fort Discovery need your help in mak-
ing visitors' experiences ones that they

continued on page 11

General Business Directory For Seniors

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

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

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Call 706-836-2781 for additional information.

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LOVE GOOD WATER, 5579 Chamblee
Dunwoody Rd., Suite 403, Atlanta, GA
30338.

CALENDAR

from page 10

will never forget. To volunteer call Kathy at 706-821-0609 or email: thibaultk@nscdiscovery.org.

DBSA (Depression BI Polar Support Alliance)

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

Volunteers Needed

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

Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

Alzheimer's Caregiver Support Group

Meets 3rd Tues., 7 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3519 or 706-854-3501.

CSRA Parkinson Support Group

Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

Trinity Hospital Offerings

For details call 706-481-7604 or visit www.trinityofaugusta.com
• Joint Efforts: Thursdays, 11-11:45 a.m., Augusta Orthopaedic Clinic, Behind Trinity's ER, 1521 Anthony Rd.,

Augusta

• Widow & Widower Social: 2nd Tues., 4:30-6:00 p.m.

Walton Rehabilitation Health System Offerings

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

Volunteer Position Openings

Call Volente Henderson, Human Resources, at 706-823-8507 for complete details.
• Bird Feeder and Courtyard Keeper needed: Maintain 5-medium sized bird-feeders located on campus for patients' viewing. Seed provided.

Rape Crisis and Sexual Assault Services Seeking Volunteer Advocates

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

AARP Tax-Aide Volunteers

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

11th Annual CSRA Parkinson Walk

Sat., Nov. 13, Family Y Outdoor Track, 3570 Wheeler Rd., Augusta. Proceeds are used for Parkinson's research, quality of life programs, patient support and education. For details call 706-364-1662 or email: parkinsoncsra@comcast.net.

A Night of Remembrance

Thurs., Nov. 4, 7 p.m., on the grounds of Trinity Hospital of Augusta. Rain date, Thurs., Nov. 11, 7 p.m. For details call 706-729-6222.

General Business Directory For Seniors

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Over 60 and Better?

by CAROLYN BRENNEMAN

Photography by Carolyn

Over 60 or better? Enjoy socializing, parties, crafts, cards, bingo and travel to exciting places? Tired of eating lunch alone? If you answered YES to these questions, then let us check out a Senior Center near you!!

Folks, there are several senior centers around town. Just check the calendar section of *Senior News* to find one fantastic center near you. Each center is unique and schedules different activities throughout the day. Here are just a few of the senior centers you will like.

Columbia County Senior Center aka Bessie Thomas Community Center at 5913 Euchee Creek Drive, Grovetown, 706.556.0308, offers Bingo on Monday and Wednesdays, and ceramic classes with use of a kiln on Tuesdays and Thursdays. Other activities include gardening, Tuesday live music, birthday parties, fishing trips and cook-outs. Daily delicious meals are provided to Seniors at the center or, for those homebound, the center delivers the meals. Stay for a full day to enjoy all the activities.

A popular center in Richmond County is the Sand Hills Community Center located at 2540 Wheeler Road, Augusta, 706.842.1912. It has daily events and activities that will surely be crowd pleasers. Aerobics and weight training are scheduled on Mondays, Wednesdays and Fridays. Bridge is popular on

Thursdays. Sand Hills usually has around 20 Seniors who come daily to enjoy bingo, puzzles, crafts and needlepoint.

There is another great senior center through the Blythe Area Recreation Department at 3129 Highway 88, Blythe, 706.592.6668. According to Patricia Strakosch, the Center Director, Seniors arrive around 9:00 am and begin the day with a coffee social. After a light breakfast snack, they have a devotional and then begin exercise. Ready for some computer fun? Seniors use the computers to make flyers, write letters or play computer games. In the future, Internet will be provided. Ready for some Bingo? It is 2 times a week. Arts and crafts are one of the favorite activities. Ready for a bicycle ride? We can enjoy either a 2 or 3 wheeled bicycle ride on the track or head on over to the fitness room. Blythe has a wellness program and fitness room full of bikes, treadmills, hand weights and stretch bands. Oh, want to bowl or golf or dance? Yes! The Seniors enjoy the Nintendo Wii video console here at Blythe.

Of course, there are many special events such as the Thanksgiving luncheon at the Julian Smith Casino and the annual Valentines Day Ball.

Another great center is the Grovetown Senior Center, at 103 W. Robinson, Grovetown, 706.210.8699. Director Betty Laverty says that her Seniors, age 60 and better, enjoy daily Bingo games and have many variations for the game. For instance, there is Grab Bag

Bingo, Produce Day Bingo, Surprise Day Bingo, as well as Chip Bingo. Cards and jigsaw puzzles are a great hit as well as the Seniors playing the dart boards. There is an exercise room complete with treadmills, stationary bicycles, and a rowing machine. Lunch is served at 12:00 pm. The Grovetown Seniors enjoy having yard sales,

bake sales and taking trips to Helen, Savannah and Charleston. Once a month they enjoy a lunch or dinner meal out on the town at one of their favorite restaurants.

Want to have some fun? No need to sit at home watching reruns. Come on out to one of the great Senior Centers around town. Check out a location near you in *Senior News*!



Seniors having a meal together



Seniors enjoying cards

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