

Senior News

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Still Swinging
THE LES STILL BIG BAND

***The Les Still Big Band
comes to Augusta!***

Story on Page 6

September 2010 • Vol. 24, No. 9

Taking Care

Take charge of your health to reduce complications... How to prevent situations that could land you or a loved one in the hospital

by LISA M. PETSCHKE

As we age, our chances of being hospitalized increase due to the increased likelihood of multiple chronic health conditions. The good news is that numerous risk factors are within our control and can help us prevent or manage health problems, reducing our chances of complications and hospitalizations.

Follow these tips to help preserve your well-being and independence or that of a loved one for whom you are providing care.

Physical health

- Get regular medical checkups. If you miss an appointment or a test, call to reschedule right away.
- Have your vision and hearing tested on a regular basis.
- Ensure vaccinations are up to date. Get vaccinated against influenza annually and early in

the season.

- Stay away from people with colds, flu or other contagious illnesses. Keep hand sanitizer by your front entrance and use it coming and going. Also keep a travel size bottle in your vehicle or handbag, or a miniature sized one in your pocket.

- Take medications as prescribed and at regularly scheduled times each day. Fill all prescriptions at one pharmacy. Ask the pharmacist about available aids for organizing and remembering to take medications.

- Practice healthy lifestyle habits: eat nutritious meals, get adequate rest and exercise regularly.

- Limit your sun exposure and always use sunscreen outdoors. A wide-brimmed hat is also advisable, as are sunglasses that block out 100 percent of ultraviolet rays.

- Do as much for yourself as possible, to maintain your abilities.

- Investigate available resources in your community, which might

include grocery delivery services, meals on wheels, volunteer driver programs, accessible transportation, home health services and seniors' housing. Such information can be obtained from the local office on aging.

Mental health

- Do things that center you and bring inner peace, such as practicing yoga, keeping a journal or spending time in nature.

- Set aside daily time for relaxation – for example, reading or listening to music.

- Keep in regular contact with friends. If your social network has diminished, make new connections through taking a class, volunteering or joining a club.

Safety

In addition to health and age related changes, hazardous conditions in the home environment are a major cause of falls resulting in hospitalization. Fortunately, there are numerous ways to reduce these hazards for yourself or a loved one.

- In stairwells: Ensure steps are in good repair and have a non-skid surface. Keep them free of clutter. Have solid handrails installed on both sides of stairways and ensure adequate lighting.

- In the kitchen: Keep regularly used pots, dishes, staple foods and other supplies within easy reach. Ensure the heaviest items are stored in the lower cupboards. If you must reach high places, get a step stool that has a high handrail and rubber tips. Never use a chair.

- In the bathroom: Have grab bars professionally installed by

the toilet and in the bathtub or shower area. Use a rubber mat (the kind with suction cups) in the tub or shower, and a non-skid bath mat on the floor. Consider getting a raised toilet seat, a bathtub seat or shower chair and a hand-held shower attachment.

General tips

- Wear slippers or shoes that fit snugly offer good support and have a non-skid sole.

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them.

- Keep walkways clear of electrical and telephone cords.

- Avoid clutter in rooms and hallways.

- Use night-lights in the bedroom, hallways and bathroom. Get the kind that has a built-in sensor that automatically turns the light on in dim conditions. Also get plug-in, rechargeable flashlights that automatically come on when the power goes out.

- Sign on with a personal emergency response service, whereby you wear a lightweight, waterproof pendent or bracelet that has a button to press if you run into a crisis and need help.

- Visit a medical supply store and check out the many products that can make daily activities easier and safer.

- Consider a cane or walker if balance is an ongoing problem. Make sure you are fitted with the appropriate type of aid and receive instruction on how to properly use it.

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

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Poets' Corner

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

Circle Your Wagons

by Nina L. Clauss

Circle the wagons when storms appear,
Let God lead the wagons, His love will endure.
When storm clouds are darkest, His light comes through,
Trust Him always, He'll be there for you.
I've seen dark tunnels and mountains so high,
Passageways narrow, he will get you by.
God gave us abilities, for Him I use them,
I'll use my skills in a way to please Him.
I write of my blessings, many have come my way,
I count them daily, to the Lord I say.
Thank you Jesus for being here for me,
I am older and wiser and now I can see.
Where I've had you in my life forever,
With the Lord my life is a pleasant endeavor.
So, I'll circle my wagons as I've always done,
No matter what, it's God's way or none.
GOD IS GOOD... ALL THE TIME!
(2005)

True Love

by Esther M. Thomas

I rang the doorbell and you let me in,
I was quickly aroused by the sight of your skin.
We hugged for a long length of time,
I knew then that I needed to unwind.
I stepped away from your sweet embrace,
And I return to God's unchanging grace.
We ate the delicious dinner without haste,
And we shared the chores of tidying up the place.
"What Now?" I spoke with an air of surprise,
As we sit on the sofa in a state of disguise.
The messages of God echoed deep inside,
And I turned to you without wavering and said...
"We must wait until marriage, said

the Lord from above,
"For this is the only way we will experience "TRUE LOVE."

Lord I Praise Thee

by Rachel Thompson

In Thee O Lord I put my trust,
through all that I endure in my life.
You are my strength and help in times of trouble, my rock and fortress in my strife.
It is in my trials that I remember your goodness, even though my eyes can't see.
It is my Faith in you God why I lift my hands and will always Praise Thee.
In those times when I lift my voice in Prayer to ask you, Father, please help.
You might no answer at that very moment, because you are teaching me to be patient and wait.
For you God and only you are in control of my fate.
I can't Thank you enough, or Praise you enough, for all that you have done for me.
So I will hold on through it all, and continue to Praise you unconditionally.

The Soul Who Wrote

by Tabatha McCormick

The soul who wrote this little rhyme was a pretty good person, most of the time
Life was great and according to plan but something was missing, not at all grand
One late night it all became clear when a friend spoke life, words so dear
It wasn't enough just to believe Jesus was calling and He'll never leave
Falling to my knees

I begged "Lord please"
Forgive me for the way I've been living my life
Father give me the strength to defeat my strife.
I felt Jesus' heart so full of gladness

a love so deep, to the world it's madness
I know I am changed, in Christ I'm made new
I wrote this to say, "Would you like to know Him to?"

The Next Chapter Deception

Book Reviews by
ANNE B. JONES, PhD

Deception
by Jonathan Kellerman
Random House 2010

When a female staff member at a prestigious Los Angeles prep school is found tortured and murdered, Los Angeles homicide detective Milo Sturgis is assigned the sensitive case. Using evidence found at the scene and the help of his psychologist friend Alex Delaware, Sturgis fights an uphill battle for clues while facing numerous political obstacles. Many of those involved are among society's heavy hitters, making the path to truth a treacherous and dangerous journey.

Traditionally, opening a Jonathan Kellerman mystery is like opening a door to old friends. Through the years, his *Alex Delaware* series has attracted millions of loyal readers due to his expert character development, realistic dialogue, sense of setting and depth of plot. This work is an exception. *Deception* was an entertaining fast read, but doesn't measure up to Kellerman's usual quality. Amazon customers have given the book a four-star rating. Personally, I'd rate it a three. The character development is superficial and the plot is simplistic. In addition, the book has many typos,

giving the appearance of hasty editing. Kellerman's unusual lackluster writing was apparent on every page. This is probably bound to happen sometime to an author who has published more than thirty best-selling crime novels, meeting continual deadlines. After the author sees his reviews, I bet the next one will be better. And, because he's a master, I'll buy it.

Feedback and comments welcome: annebjones@msn.com.

Grandparents' Day coming to the Augusta Museum of History

Submitted by
Mrs. Thomas Mangelly

Grandparents' Day is coming to the Augusta Museum of History on September 12th. The event is free to the public.

The "Big Kids" Accordion Band will be performing beginning at 2:00 p.m. If you are an accordion player, you are invited to join in with the "Big Kids" or, if you prefer, you may perform as a soloist. Musical selections will be suitable for all levels.

If you miss this "play-together," you may join in the Octoberfest performance planned for late October.

For additional information call Mrs. Thomas Mangelly at 706-798-1831.

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Avoid becoming a statistic in the Scamming Game

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

My father suffered from Parkinson's disease for 14 years, the last six of which he was fully impaired by the illness. As a survivor of the Holocaust, he



avoided dealing with issues involving death, so he never wrote out a will or instructed us regarding his last wishes. There would always be time for that later, he thought.

When "later" came, my mother said that my father did not want heroic measures to be implemented to unnecessarily prolong his life. I was never privy to these conversations. None of his wishes regarding the care he may require at the end stages of his life were in writing.

A month before my father died, he came down with a very severe cold. It developed quickly from an upper respiratory infection to pneumonia, and we had no choice but to hospitalize him. His condition became critical and he was transferred to an intensive care unit. My whole family stayed by his side 24/7. After much argument among members of my family, he was put on a respirator; he was still conscious at that time, could communicate in writing, and was included in decision-making regarding the respirator.

My siblings, mother, and I put everything on hold to stay near my father. It was clear that my father drew a great deal of support from his children and his wife being by his side. Two weeks into his stay in the ICU, my father suffered a massive

heart attack. He lost consciousness and never regained it. The doctors kept performing all kinds of neurological tests, as per our demands. But more grim news kept coming back: no brain activities could be detected, and their recommendation was to remove my father from life support equipment.

His organs were failing one by one, and though we knew that the only thing keeping him alive were the machines, I could not give my consent to pull the plug. My father never specifically told me what he wanted me to do for him if such a situation presented itself. We all agonized, debating among ourselves and struggling with the decision, with the doctors pressing us to commit to a course of action. To our eventual relief, the decision-making process was taken out of our hands three days later, when God mercifully took him.

Helping and Guiding Your Loved Ones in Making Health Decisions for You

If there is a lesson in my personal story, it is this: Do not procrastinate. Write down your wishes. Designate a person or persons whom you want to make those decisions when you are unable to do so yourself. It makes it easier for your own peace of mind as well as for the people who love you, allowing them to follow your requests, rather than stumble through their own guesswork.

The following are two legal instruments that you can put into place that can reflect your wishes as to the care you should or should not receive at the time that you are unable to express it.

Health Care Proxy or Durable Power of Attorney for Health Care

In either document, you can name someone to make medical decisions for you, should you be unable to make those

decisions yourself. The person you appoint may be referred to as "health care agent," "medical power of attorney," "surrogate," or "attorney-in-fact." The designated person must understand that she or he will need to avail themselves to the medical care providers when any medical decisions are to be made. You do not want to choose a representative that lives in another state from you, or one that is physically unable to be available to your medical team in a time of need.

You can be the final judge as to what should or shouldn't be done to you. These important documents can include mechanical intervention in cases of respiratory failure, or dialysis due to kidney failure, and if hydration and gastric feeding tubes should be inserted. You can decide how much or how little medical intervention you want at the last stages of your life. With the Health Proxy or Durable Power of Attorney for Health Care, you empower a person you trust to carry out your wishes. These documents are much like a will but they deal with medical issues rather than with financial ones.

Leaving your health care decisions to others without any guidance from you places a great burden on your loved ones during a very traumatic time. If there is more than one opinion regarding your care from several loved ones, there is an unnecessary strain among them that is preventable. Worse yet, if there is no health proxy and no next of kin, a judge may appoint someone who you are not familiar with to make medical decisions for you. That person may not know what your values, beliefs, or preferences are.

There are standard forms, at no cost to you, that are available at any hospital, nursing home, and the offices of any state agency that deals with health issues. You need two witnesses to attest to your signing. Some doctors as well as hospitals will refuse to follow verbal instructions unless a written Durable Power of Attorney for Health Care or a Health Proxy is in place.

About the Author

Eva Mor was born in Poland to Holocaust survivors. Both her parents lost most of their immediate family to the Nazis. She was born after the war, and her early childhood was in Poland, after which she immigrated to Israel with her family. Dr. Mor adjusted quickly to her life in Israel and loved it there.

The only thing she missed terribly was not having grandparents. Both sets of her grandparents were killed by the Nazis. This fact has colored her professional life. After the obligatory military service, in which she served in the Air Force, she came to the United States where she completed all her higher education. She has since returned to Israel for two years to do epidemiological research for the World Health Organization of the United Nations. She is an epidemiologist and a health care specialist. She also holds a Masters degree in Gerontology and Health Administration.

For the last 23 years Dr. Mor has dedicated her career to bettering the lives of the elderly. She has done so through work in nursing homes, chronic disease institutions, and acute care hospitals, as well as in home care services. She has been part of planning committees for the improvement of health services for seniors, and has done research to find out what services are available for this specific population, and what should be developed in the future.

With that in mind Dr. Mor set out to write the book *MAKING the GOLDEN YEARS GOLDEN*. The book brings to you, with much love and care, the information you need for yourself and those dear to you, in order to make the golden years truly golden.

For more information visit www.goldenyearsgolden.com.

Spiritual Notes

A Spiritual Vacation

by Dr. Bill Baggett
 Minister to Seniors
 Dunwoody Baptist Church

Summer is a time for a vacation. My wife and I had a special opportunity this year as we traveled to Yellowstone National Park to spend a few days of vacation with our granddaughter Jennifer Williams. Jennifer will be a junior in college this fall and has spent the summer with other college students on the staff at Yellowstone.

Although we had traveled some in the western part of the country we had not been to a national park. Jennifer had a few hours a day of free time to give us the "grand tour." As we moved around the various sections of the Park, we were struck with the beauty of the mountains, lakes, the lush forest and the freedom of all the wild life as they moved at will wherever they pleased. Our days were filled with one "ah ha" experience after another. The deer and elk were beautiful and graceful while the Bison were large and not so handsome. It was obvious that they were at home and roamed freely, even on the road ways. We were pleased that a Grizzly bear

never came around!

We spent one day in Jackson Hole, Wyoming. My wife's maiden name is Jackson and she hoped to find some identity with the namesake of the town. Unfortunately the town was named for a pioneer fur trapper with no ties to her Georgia family. We also spent some time in the Grand Tetons Park just north of Jackson Hole. They are indeed majestic.

As we ended each day, our conversations turned to the majesty of our God. Who else could form such beauty? The beauty of Yellowstone is a gift of our Heavenly Father. We were also thankful for the experience Jennifer had for the three months she spent in the Park. She made new friends and plans to work in a similar venue next summer.

We never expected to have fellowship with the Creator of the Universe on this vacation. We are thankful to have had this unique time of fellowship with God. Each day was one worshipful experience after the other.

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

ADVOCACY ALERTS: Retired and Working!

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

Written by
PATRICIA A. WHISENHUNT
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The Senior Citizens Council
706-868-0120

The first of the 79 million Baby Boomers to reach the minimum retirement age did so in 2008; however,

many are likely still working full or part-time as consultants, starting their own business, or have changed careers, or are going back to school. More retirees are volunteering than ever before.

In a survey conducted by AARP, 80% said they were planning to work past the age of 65. Many do it for the money or health benefits. Baby Boomers are expected to live longer than previous generations but many have not saved nearly enough to fund their retirement years.

There are other reasons to return to the workforce beside the paycheck. AARP Director, Deborah Russell states: "Many Boomers want less responsibility; they've done the management thing. They're looking for more meaningful work, to hone their skills, to still contribute, but to have flexible work options." Some re-enter the work place for a desire to stay mentally and physically active." According to H2U's "Health2You" Magazine, those retirees who do continue to work stay healthier longer and experience less disease.

Currently, it is not easy to find work. Only a third of retirees are performing work for pay. Hopefully, this situation is going to change in the very near future. A huge number of Baby Boomers will be retiring over the next couple of decades and who will take their places? The number of workers ages 45-64 is expected to increase 52% this year.

However, the number of workers ages 35-44 will decrease by 10%, according to the Bureau of Labor Statistics. Demand for good, solid employees is expected to exceed the available labor force as the Boomers retire. "We've got a looming labor shortage and I don't think we can get enough labor overseas," says Janemarie Mulvey, an EPF chief economist.

Many large employers are already developing databases of retirees who want to work. An article in "USA Today" report that one company, Mitre, headquartered in both Bedford, Massachusetts and McLean, Virginia, a government contractor that manages federally funded research and development centers for the Department of Defense, the Federal Aviation Administration, and the IRS, "began a retiree program in the early 1980's because it became concerned that it could lose too much institutional knowledge as its workforce retired."

"A lot of the work we do requires folks who have been there, done that," says Bill Albright, Director of Quality of Work, Life and Benefits. In fact, 40-50% of the hires the company makes each year are over age 40; the average age of employees is 47, and it 'creeps up' each year."

Other big corporations interested in keeping older workers include Monsanto, and The Aerospace Corporation, based in El Segundo, California. CVS realized that its workforce did not reflect its customer demographic. Their employees were mostly young and the company suffered a high employee turnover. In the 1990's only 7% of their workers were over age 50. Now, 17% of the CVS 150,000 employees are over age 50.

Flexibility is one of the key words for both employers and the Baby Boomers. Boomers want flexible hours so they may have time to enjoy their family and friends. They want to pursue their leisure activities and travel. They don't want to work as

hard or as long as they once did, but they don't want to spend all their time on the beach either. Employers, if they want to keep the best workers, need to be flexible with their schedules and job transfers not only from in-house moves, but state-to-state also.

Going back to work after retirement can bring a changed attitude as well. Whereas, when a person was young, working to get ahead and raising a family; the focus was paying the bills, now the pressure is off. The older worker is doing a job they really want to do and finding a different level of fulfillment in what they have to offer.

A federally funded program to help seniors who are low-income and who may not have had the benefit of a long-term career during their wage-earning years due to raising a family or other situations, is Experience Works,

Inc. They offer training and job placement for individuals who are age 55 or older. There is no cost to the client for this service and clients earn minimum wage (\$7.25) while training. For more information on this program, the local office is located at 2623 Washington Road, Augusta, Georgia 30904, telephone number: 706-722-4700.

Dychtwald, the author of "Age Power: How the 21st Century will be Ruled by the New Old," says, "It's a relatively fascinating notion of the second half of the 20th century that retirement is a wonderful thing and that you are entitled to be happy, no matter how long you live."

Webster's Dictionary defines the word retire: 1. to go away, retreat, or withdraw. It is clear that the Baby Boomers are changing that. They are living longer, looking younger, are healthier, more active, and employed.



Kathleen Ernce



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On the Cover

The Les Still Big Band comes to Augusta!

by CAROLYN BRENNEMAN

Photography courtesy of
Jon Hutson, JMHcreative

COVER

The Les Still Band performing at
the Dallas Theatre.

Big Band is comin' to town! This music is magic and now this October 10th we can enjoy the entertaining big band sounds of *Still Swinging* at the Maxwell Performing Arts Theatre at Augusta State

University.

The Les Still Big Band will perform a spectacular matinee concert on

Sunday, October 10th starting at 3:00 p.m. Performing music from the Swing Era, the authentic 18-piece band is led by the one and only multi-talented Les Still.

In his early teen years, Les spent many hours listening to and playing along with recordings of the great bands of the 1930s and 1940s. Still, a trombone player, obtained his degree in music from Jacksonville State University in Jacksonville, Alabama. Following his dream of forming his own big band, he founded *Still Swinging* in 1997 by assembling saxophone, trombone, trumpet and rhythm players to recreate the unique sounds of the 1930s and 1940s.

His band is a traditional big band featuring the most sought-after instrumentalists in the Atlanta area.

The play list for each of the concerts includes selections from an impressive 125 titles in their repertoire. Selections of music are swing tunes with a variety of tempos and styles – diverse enough to please everyone. The upcoming event is a “must see” and “must hear” concert and anyone can attend. Audiences who have heard this great band vow that they are in the presence of Glenn Miller, Tommy Dorsey or Benny Goodman when they hear the authentic big band sounds of all the great old charts.

Still Swinging will perform many great favorite arrangements for this concert. Glenn Miller's “Moonlight Serenade,” “String Of Pearls,” “In The Moo,” Benny Goodman's “Let's Dance,” “Bugle Call Rag,” and Harry James' “It's Been A Long Long Time” are just a small sampling of the vast play list. Come to the concert to hear your favorites!

“I grew up listening to Benny Goodman and Tommy Dorsey,” says Janet Parish, a native of North Augusta. “My dad played in his own band and I have always loved the big band sound. I hear so many great things about The Les Still Band. I cannot wait to go to this concert!”

Save the date and mark

your calendar for Sunday, October 10th at 3:00 p.m. to attend *Still Swinging*, The Les Still Big Band concert, at the Maxwell Theatre, at ASU. Get your tickets early at one of several locations or at the Maxwell Theatre box office. This event is sponsored by the

National Hills Lions Club. For more information on the band, visit www.stillswinging.com. For ticket information, call the Maxwell Theatre at 706.667.4100 or purchase tickets from one of the sponsors – 1 Hour Optical in Martinez or at Georgia Bank & Trust.



These ladies just “can’t wait” for the Upcoming Concert – left to right are: Cathy, Robin and Margie.



The “Trombone Section” adds the pizzazz!



The “Saxes” are sounding great!



The “Trumpets” give it a terrific sound.

Three easy steps to dispose of office electronics safely

by **KELVIN COLLINS**
President/CEO, BBB of Central
Georgia & the CSRA, Inc.

Disposing of outdated office computers, printers and copiers the right way is not only important for protecting the environment, it also staves off the efforts of data thieves. Better Business Bureau explains the three steps necessary for small business owners to dispose of old office equipment safely and securely.

Electronics contain toxic poisons such as lead, mercury and cadmium which if they are just tossed into a landfill will eventually leak out and pollute the soil and water. According to the Environmental Protection Agency, 1.84 million tons of TVs, computers, printers, cell phones and other electronics were discarded primarily into landfills in 2007. Only 18 percent of discarded electronics were recycled that year, however, the EPA notes that e-cycling is growing in popularity perhaps due to mandatory programs in some states.

When tossing old electronics you need to consider both the environmental and data security concerns. Computers, cell phones and copiers not only contain toxic chemicals that can pollute the environment, they also contain a wealth of information that data thieves would love to get their hands on.

BBB recommends taking the following step to ensure that all hazardous and data sensitive office equipment is disposed of the right way:

Step 1: Identify hazardous and data-sensitive electronics

The following office equipment contain toxic materials or sensitive data and should be recycled responsibly and not just tossed into the garbage:

- Computer CPUs
- Mobile phones
- Copiers, Printers and Fax Machines
- Monitors, Keyboards, Speakers and Mice
- Landline phones
- Computer cables and wires
- TVs, VCRs, DVRs and stereos

Step 2: Destroy Sensitive Data

While most electronics have toxic components, some also contain sensitive business information stored in the product's hard drive. Ensure that any data has been wiped before getting rid of the following electronics:

- **Computers:** You can purchase inexpensive software to wipe a computer's hard drive, but the data could still be retrievable to a determined person. If you have extremely sensitive information that you don't want getting into anyone's hands, the most secure way of destroying the data is to remove and physically destroy the hard drive.
- **Copiers and Printers:** Copiers and printers have internal hard drives that save digital copies of the documents it has printed. Consult the manual to find out how to wipe the memory; you can also use third-party software to overwrite the hard drive. The most secure way of erasing data is to physically destroy the hard drive – as long as you don't lease the product. If you lease, consult with the company on how your data will be erased.
- **Mobile Phones:** Consult the owner's

manual or search online for directions on how to wipe the phone's memory. Remove the SIM card if your phone has one.

Step 3: Dispose Properly

When it comes to actually getting rid of outdated office electronics, there are many options available depending on the condition of the item, the retailer, the manufacturer and, in some cases, state laws. Following are the main disposal methods to consider:

- **Donate:** Schools, charities and community organizations can use your electronics – such as computer equipment, phones, copiers and printers – as long as they are in proper working condition. Your donation may even be tax deductible.

- **Recycle:** There are many companies across the country that break down and recycle old electronics for free. They usually have drop off locations or you may even be able to schedule a pick up if you have many heavy items. To locate a BBB Accredited e-cycler visit www.bbb.org/us/bbb-accredited-businesses. Many states also offer e-cycling programs—some of which are mandatory. A list of state programs are available on the EPA's web site: <http://www.epa.gov/osw/conservation/materials/ecycling/live.htm>

- **Return:** Some manufacturers including Cannon and Apple and even retailers such as Best Buy and Costco provide "take back" programs to help customers recycle their old products safely and cheaply. Every major cell phone carrier will also take your old cell phone and donate it to a charity or have it disposed of properly. The EPA has a list of manufacturer and retailer programs online at <http://www.epa.gov/epawaste/conservation/materials/ecycling/donate.htm>

- **Resell:** While more labor intensive, you may be able to make a little money selling your electronics through auction websites or online classifieds. Be wary if any buyers overpay or ask you to wire money for any reason.

For more small business advice on how to manage data check out Data

Security – Made Simpler at
www.bbb.org/data-security

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA).

This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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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 dominos.

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

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

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

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

have different levels of vision and different desires.

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

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

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Times Not Forgotten

Is relief in sight?

by CHRISTINE COLEMAN

Is it my imagination or what? I think I've been feeling a slight change in our hot, humid weather. If that's true, I'm very thankful. Dog days have been with us for quite a while, and they will continue into the first week of this month. After that, things should be much better.

Have you missed hearing the birds sing during Dog days? I surely have. I missed them fussing at me as I picked "their" blueberries in my back yard. I'm ready for them to come around again and make themselves known.

When I was growing up in the 1930s, there were things our parents pointed out to us concerning this time of year. First, they cautioned us to be careful not to skin our knees and elbows. They advised us that scrapes were harder to heal during Dog days. Also,

they reminded us to be careful when we walked in wooded areas. Snakes usually did their shedding during this time. As a result, they were partially blind and couldn't get out of the way as well as at other times.

Of course, we're going to have much more hot, uncomfortable weather, but the time is growing shorter. We can soon get out and walk and drive around in comfort. Even the children have been staying inside in air-conditioned homes. I'm looking forward to taking some drives (mainly to get out of the house) and see what has been going on during these hot, sultry times. What would we do without air conditioning? "Back then," when I was growing up, we had to be content with electric fans as soon as electricity became available. Before that, we had to keep doors and windows open. Thank you, Lord for all you do.

Maybe in the near future, I can

stop paying to have my grass cut, but then there'll be leaves to rake. I can't wait to see the leaves turn their beautiful, bright colors, but then there'll be frost. I'll be uncomfortable, but I'm ready to take the bad with the good. We'll always have things to complain about, but I'm so thankful to have seen and lived through all the different phases of life.

Take a minute sometime to think about all the things you appreciate and all the things you don't really care about. I'll bet you (as well as I) will find there's so much more good than we can really understand or deserve.

Try to stay cool and take heart. There's better weather on the horizon. We'll just remember that Dog days will come again next year.

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



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www.teamasea.com/staywell

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

Seniors slam car company efforts to escalate a repair parts monopoly that harms older Americans

Special to Senior News

Recently, RetireSafe President Thair Phillips, representing 400,000 older Americans, slammed the car companies' latest effort to enhance their monopoly over repair parts and car repairs. "There is a certain irony that after a year-long parade of car company recalls, a number of car companies are attacking aftermarket repair parts in an effort to push their own, usually much more expensive repair parts," Phillips said. "In the toughest economy since the Great Depression, sen-

iors and all American consumers count on having the money-saving choice of high-quality aftermarket parts to repair their vehicles," he stressed. Phillips called recent statements by Hyundai and Honda pushing Hyundai Genuine Parts and Honda Genuine Parts, "shameless efforts to strangle vital competition that we absolutely need to have more of in the automotive marketplace."

He noted that "after billions of dollars in taxpayer-funded bailouts and 'Cash-for-Clunkers' sales promotions that we paid for to push new car sales for them, it's even more insulting to have

car companies bash far less expensive, high-quality aftermarket parts which are certified to be safe and more often than not, made by the very same parts makers who make the original equipment parts." Phillips continued, "These same companies even attack perfectly good recycled parts - parts from vehicles they originally sold."

"Consumers pay a huge price for these car company repair parts monopolies, and Congress should act to protect the older Americans held hostage by these automotive shakedowns," he stated. "RetireSafe has long supported

legislation that would do just that in both the U.S. House and Senate," Phillips said. He urged Congress to immediately "pass H.R. 3059 and S. 1368, the Access to Repair Parts Act."

"It's time for Congress and the White House to stand up for seniors by putting a stop to car company monopolies that destroy competition, harm consumers, and eliminate free choice in the marketplace," Phillips concluded.

Source: RetireSafe, 1616 H Street, NW, Suite 902, Washington, DC 20006, www.retiresafe.org.

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 Eucree 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

• Grovetown Senior Center Betty Lavery; 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

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CALENDAR

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

Aiken County Parks, Recreation & Tourism
902 Vacluse Rd., Aiken, SC 29801;
803-642-7559;
www.aikencountysc.gov/tourism
Courtney Senior Center
49 Roy St., Wagener, SC; 564-5211
Harrison-Caver Park
4181 Augusta Rd., Clearwater, SC; 593-4698
Aiken County Recreation Center
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142
Roy Warner Park
4287 Festival Trail Rd., Wagener, SC; 564-6149
Boyd Pond Park
Aiken, SC

Academy for Lifelong Learning, USC-Aiken
Information: 803-641-3288

Hearing Loss Association of Augusta
Hearing Loss Association of Augusta. For meetings information contact: Debbie Rish, President, at 706-650-2496; 624 Kingston Rd., Grovetown, GA 30813; or, by email at hlaag.rish@yahoo.com. Meetings are held the 3rd Monday during Sept.-March.

Hephzibah Lions Club
Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community Center, Windsor Spring Rd., Hephzibah. For 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.

Four Women, Four Voices This Fall at the Morris
FREE monthly Sunday concert series
• Diana Thompson: Sun., Sept. 26
• Amy Christian: Sun., Oct. 17
• 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.
• 30th Annual Juried Fine Art Competition & Exhibition - *A Sense of Place 2010*: Sept. 17 - Oct. 15

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
• Stories & Legends: Remembering the Augusta National: Ongoing
• A Community That Heals: Ongoing

Mangelly Accordion Band to Perform on Grandparents' Day at the Augusta Museum of History: Sun., Sept. 12, 2 & 4 p.m.

Lucy Craft Laney Museum of Black History
www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

"Dance with Us"
The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our FIRST SATURDAY social dance at the Elks Lodge #205 on Elksdom Court. Members \$7; Non-members \$10 starting with a complimentary dance lesson at 7:15 p.m. by different local studios.

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

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

AARP Augusta Local 266
There is more to AARP than a newspaper and a magazine. The local chapter meets at Sands Hill Community Center, 2540 Wheeler Road, Augusta. For additional information or to join call Varnell Owens, Chapter President, at

706-790-4388.

Al-Anon and Alateen Groups
Al-Anon and Alateen Groups meet in various locations in the CSRA Mon.-Sat. For information or a listing of meeting in the area call 706-738-7984. To locate meeting throughout Georgia call 800-568-1615.

Augusta Newcomers Club
The Augusta 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.

Phinizy Swamp Events
706-828-2109

Find Your Voice
Aiken Toastmasters meet on the first and third Thursday of each month, 6:45

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General Business Directory For Seniors

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CALENDAR

from page 10

p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

Senior Volunteers Needed

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

DBSA (Depression Bi Polar Support Alliance)

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

Volunteers Needed

The Retired and Senior Volunteer Program (RSVP) is seeking volunteers in the Aiken area at the Council on Aging, Social Services Offices, Health Department, Habitat for Humanity Thrift Store, Public Schools, and other Aiken Volunteer locations. Some typical duties include delivering "Meals on Wheels," light office administration, answering

phones, stamping mail, making copies, visitor reception, coaching "Welfare to Work" clients, after school programs, and more. If interested in volunteering and giving back to your community, please contact Ed Jelinek or Dorothy Moyers at 803-648-6836, ext. 224 or 223.

Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in 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 Keeper: Maintain 5-medium sized birdfeeders located on campus for patients' viewing. Time: 2 to 3 hours one day a week. Seed provided.
• Court Yard Keeper: Maintain small hospital internal courtyard. Time: 1 to 2 hours two days a week.

Rape Crisis and Sexual Assault Services Seeking Volunteer Advocates

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

21st Georgia National Fair

October 7-17. For details visit www.georgiannationalfair.com.

AARP Tax-Aide Volunteers

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

General Business Directory For Seniors

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Get Set for Great Discounts Seniors!



The Boomers Love Discounts.

discount off all store items." Now this is truly the deal of the day.

Want to purchase clothes, purses or shoes? One of our favorite stores to purchase seasonal clothing, shoes and the like is Hamricks on Martintown Road in North Augusta. Not only are customers thrilled with the values and quality of merchandise they receive at Hamricks, but also

every Tuesday, seniors get a 10 percent discount on any merchandise in the entire store. Prefer shopping at Belk? On the first Tuesday of each month, Belk gives those 55 and better 15 percent off their purchases which includes most merchandise in the store.

After hours shopping, ready for some delicious coffee? McDonald's has some really good java. The discounts at each McDonald's restaurants vary, so check with the specific location. At McDonald's on 2902 Washington Road, seniors 55 and better get coffee or soft drinks for only 60 cents every day. The McDonald's at 1464 Walton Way offers coffee and soft drinks for those 65 and better for only 50 cents. And as an added bonus, of course, there are free refills!

Hungry again? At Golden Corral, on the Bobby Jones Expressway, seniors get 70 cents off the regular price of lunch and dinner meals and the restaurant has an Early Bird special, which includes a beverage, Monday through Friday, for the privileged boomers who are 60 and better.

Of course, there is our IHOP. The menu has a special "Senior" section offering great meals for a deal for customers 55 and better. Try some buttermilk pancakes, an omelette or a generous portion of pot

roast or grilled tilapia hollandaise. Even better, bring your grandkids to IHOP because they eat free everyday from 4:00 p.m. to 10:00 p.m.!

Another favorite is Dennys restaurants which have a senior menu offering a discounted price. All you need to bring is your AARP card to receive 20 percent off your meal.

Ready for some entertainment with a good movie? Discounts are available on movie tickets for seniors. At the Augusta Exchange 20, on Agerton Lane, customers 60 and better can buy tickets for \$7 any day for

any show time. At the theatre in Evans 14 Stadium Cinemas, on Towne Center Drive in Evans, patrons ages 55 and better can buy tickets for \$7 (excludes 3D films) any hour of any day. Live in Aiken? The Aiken Mall 8, at 300 East Gate Drive, Aiken allows patrons age 60 and up to purchase tickets for \$6.50 on any day for any show time.

There are many more privileges belonging to the genteel boomer generation. We hope you enjoy some of these discounts available for the 50 plus group!

by CAROLYN BRENNEMAN

Do you subscribe to the 50 plus population? Yes, if you are one of the lucky ones – please do – you will get lots of great discounts right here in the CSRA! Being a part of this beautiful generation has many rewards and benefits. Here in Augusta, there are several businesses that offer special discounts to those who are 55 or better! Here is a sampling of great discounts from supermarkets, restaurants, and entertainment centers.

One of our favorites is the 5 percent discount offered every Wednesday by some of the supermarkets – Publix, Bi-Lo and Kroger. Customers need to be 60 or better to receive the discount. In addition, every Wednesday, Publix has the Mystery Penny item which is only 1 penny with a \$10 purchase. The coupon is in the Chronicle. A great bargain.

Time for lunch? Stop by for lunch at Earth Fare for the \$5 lunch deal for seniors 55 and better. "Lots of seniors come in everyday for lunch to enjoy a half sandwich or half wrap or a slice of pizza with a bag of chips and a fresh cup of soup," says Aubrey Nazzaro of Earth Fare. "Plus they can get a 5 percent



The Lunch Guys Getting a Great Deal.



Don at Earth Fare.

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