

Senior News

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Information For Ages
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*The Beauty of Art...
A visit to the Morris!*

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August 2010 • Vol. 24, No. 8

Taking Care

Staying connected is good for your health... some tips to nurture relationships and foster new ones

by LISA M. PETSCHKE

Research has shown that healthy relationships help maintain physical, mental and emotional well being, not only enhancing quality of life but also contributing to longevity. As people age, however, their social network typically diminishes, due to retirement, relocation and friends moving away or passing on.

Preoccupation with health issues or caring for an aging relative may also cause relationships to slide. All too easily social isolation may result. This separation from others can foster loneliness and precipitate depression.

It's important in spite of life's changes to nurture relationships – a vital source of pleasure, validation and practical support – and forge new ones if needed. Here are some ideas for how to go about this.

Get busy

- Get out around people every day. To combat isolation, join a dinner club, fitness center or bowling

league. Or head to an indoor mall that has a morning walking program.

- Sign up for an adult education course or lessons that interest you. Be sure to check out available programs at the local senior center or recreation center as well as those offered by educational institutions. Learning something new will energize you and boost your self-confidence, and you might make new friends in the process.

- Get involved in your community. Volunteer for a charitable or environmental cause, animal shelter, political campaign or, if applicable, church ministry.

- Attend school, workplace and other types of reunions whenever an opportunity arises. Better yet, offer to help organize such an event. You might rekindle some old friendships.

Reach out

- Take the initiative and invite friends over. Don't wait for them to call or drop in. Some ideas for activities: try out a new recipe, watch a movie, work on a challenging jigsaw puzzle, or play card games or board games.

- Organize among your friends a weekly coffee time (at a centrally located coffee shop or rotating in participants' homes) or a monthly

lunch date (for example, the first Friday of every month).

- Keep in touch with out-of-area loved ones through phone calls (find a good long-distance savings plan), letters, email or instant online messaging.

- If it is hard to get out or you are shy, meet new people with similar interests through Internet social networking sites aimed at seniors.

- Get to know neighbors. An evening stroll is one way to do this. Another is to volunteer for a neighborhood association or condo board.

- Do nice things for others, especially those who are going through a difficult time. This takes your mind off your own situation, boosts your self-esteem and strengthens relationships.

- If you are recently widowed, join a support group to connect with others who understand what you are going through. Information on relevant groups can be obtained from the local community information service or office on aging. If it is hard to get out or you prefer anonymity, Internet message boards, chat rooms and dis-

cussion forums are some alternatives.

Further tips

- Get a pet. Cats and dogs provide companionship and affection and give you a sense of purpose. A dog also ensures you'll get out of the house. And while walking it you might meet new friends.

- If you do not have grandchildren or they live far away, find out from your local office on aging if there's an Adopt-a-grandparent program.

- Cultivate some solitary pastimes. Hobbies not only enable you to enjoy your own company but also give you something to talk about in social situations.

- If you live alone and don't like it consider taking in a boarder, sharing accommodations with a relative or friend, or moving to a senior living community.

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

Annual Faith & Aging Conference

by JEANETTE CUMMINGS
Director, Area Agency on Aging

The CSRA Regional Commission Area Agency on Aging in collaboration with



Jeanette Cummings

CSRA CARE-NET, an affiliate of the Rosalynn Carter Institute for Caregiving, will host the 7th Annual Faith & Aging Conference on Friday, August

13th, at First Baptist Church of Augusta. The theme is titled "Going from Hospital to Home, Empowering Families and Caregivers."

The Faith & Aging Conference is the event that brings faith communities, caregivers and community resources together. It offers caregivers and professionals the opportunity to network and learn from their peers, visit exhibitors with the latest products and services and take advantage of the strengths of other organizations.

Participants will hear from national and local speakers as they discuss the faith commun-

ty's role in caring for the aging. Inspiring messages will be delivered by Nancy Skinner, RN-BC, CCM, Principal Consultant for Riverside Health Care Consulting and Adjunct Faculty Member of the University of Southern Indiana; Cheryl Harris, M.Ed., State Lead for Georgia's Aging and Disability Resource Connection; and, Lena Richardson, LCSW and Charlie Norwood VA Medical Center retiree with a strong history of social work, geriatrics and long term care experience.

Participants will also be delighted with good food, entertainment and door prizes. Registration fee for professionals is \$20.00 and \$10.00 for retired persons, caregivers, students and grandparents raising grandchildren. Limited scholarships are available upon request.

Make checks payable and mail to: CSRA Regional Commission. Mail to: Attention: Accounts Receivable, 3023 River Watch Parkway, Ste A, Augusta, GA 30907.

For more information or to register, contact Janice Adams, Caregiver Program Manager, at 706-210-2000, ext. 131 or toll free 888-922-4464. Email all inquiries to jadams@csrarc.ga.gov.

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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.

God Cares by Sandra W. Gillespie

*My Friend, I prayed for you today,
For God to wash your troubles all
away,
To dry your tears, to dash your fears,
To make the clouds all disappear.*

*My Friend, I prayed for you today,
For Happiness to soar,
For Life to be what God ordained,
For Sin and Hurt, and awful Pain
To disappear, and Hope remain
To clear the clouds away.*

*Our God hears every prayer we
pray,
So let it be this very day,
See the rainbows in His sky
Let the colors melt our cry,
Allow the sunshine to break through,
May all our dreams this day come
true.
Because He cares for me and you.*

*My Friend, I prayed for you today,
To give you back your life once
more,
And mend the ugly part that tore.
That Kindness, Hope, and deepest
Love
Will come to you from God above...
Today and every day.*

Family by Helen Gleason

*A family is a wondrous thing,
Bringing joy to hearts.
In trials it can comfort bring,
As love it does impart.*

*A family means belonging
And standing by always.
We know we never are alone
And together we can pray.*

*Our earthly family is a gift
To be treasured with your love.
'Tis a vision of the family
We'll share in Heaven above.*

Slowing Down by Doris A. "Dot" Jones

*She doesn't move so quickly any
more.
Steps are slow and pain is there.
But, she makes the most of everyday,
Happy and content in what life
holds.
She's not keeping score!*

*She has the threads of life to hold,
Entwined with memories dear.
She untangles the years and*

*remembers when
She was a child, a youth and young
adult,
With each new day awakening her
soul.
She accepted Christ and lived in His
love,
He was always there for her as she
wove the years.*

*He's still affording her grace to
Accept and wait for the other side,
She knows the years are shorter now.
But, God holds her hand as she
walks,
He supports her in each task she
has.
She is strong in Faith and His love,
Happy and content in what life
holds.
She doesn't have to keep score!*

Blessed In Abundance by Ms. Eddie Brooks

*As I watch and listen to various
local/national news reports
concerning the turmoil that lingers
within the worlds,
I can truly say that I am "blessed in
abundance."
Yes! I am blessed in abundance for I
have a caring, loving, and devoted
Christian mother who taught me to
pray whenever the storms of life
came my way.
I have a mother who taught me how
to live a righteous life, and how to
stand strong; even if it meant
standing alone.
As I look over my life I realize that
I am blessed, truly blessed in
abundance to be living in a
country that allows freedom of
speech, religion, and an equal
opportunity to be whoever/
whatever God desires for me to be.
I am blessed in abundance.*

Your Destiny by Vera King

*There's always room at the top
The pinnacle of your pursuit
Just be prepared to struggle
For whatever you want to shoot
Failure is not an option*

*If you set your sights on high
As you have always heard
The limit is the sky
So think of the highest achievement
That could ever come your way
And you'll be in the company of
angels
Some bright and shiny day.*

Veterans organization launches new assistance program to help retrain wounded vets

Special to Senior News

The Retired Enlisted Association (TREA) through their Armed Forces Aid Campaign (AFAC) is proud to announce a new program, Vocational Educational Training (VET). The new program will provide disabled Afghanistan and Iraq veterans separating from the military an opportunity to receive educational training in an area that he/she would be suitable for with their experience and background. The program will cover some costs not provided by the Veterans Administration (VA) or other Department of Defense (DOD) government educational assistance programs.

VET assistance will be awarded on a case-by-case basis with allowances made for the severity of the disability, the type of vocational training being sought, and the personal financial situation of the applicant.

TREA has a long and successful history of awarding scholarships and assisting service mem-

bers and their families. Thousands of dollars in educational awards have been made over the last decade.

The new program is in response to a growing need among enlisted men and women who are being medically discharged from the military and find that service related disabilities prevent them from pursuing the careers for which they were trained. For example, a mechanical specialist who has suffered partial paralysis or lost a limb will likely need to change careers and move into an occupational area with different physical requirements. While DOD programs cover some of the costs resulting from this, TREA has found that in many cases there is a need for additional financial assistance.

To see if you qualify and obtain an application, please contact: Bill De Boer, Chairman, TREA Memorial Foundation, 1111 South Abilene Ct., Aurora, CO 80012; Phone: 800-338-9337; Email: TREAMEMFND@com-cast.net.

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Where did spring and summer go? At times I feel I'm in a time warp. Wasn't it only yesterday that fall winds had begun to blow and leaves danced in their red and gold splendor? Time is passing so quickly I can hardly catch my breath. Eighty years slipped through my fingers and I spend countless hours thinking of opportunities missed. I think of all the letters I didn't write to old friends and the many calls I should have made but thought I was too busy. Oh, what peace could come from second chances were we given the opportunity to go back into the past.

And now, here I am, still recovering from surgery that went awry. After more than

two months in the hospital I was finally on the road to recovery. A knee operation that became infected with a rare bacteria has had me off my feet since March. Things were looking better and I was planning to leave my daughter's home and return to mine within a three week period. Didn't happen. We went to my doctor of infectious diseases for a check-up. She recommended compression stockings for swelling in my feet and legs. A lovely lady entered the room and within minutes two nurses were putting wraps on my legs which would remain for four days. By day two I was flat on my back, writhing in pain and could not walk at all.

Long story short, the wraps were so tight they caused nerve damage which was diagnosed by my surgeon. He was not a

happy camper and neither was I. I was back to square one with my therapy and my ability to walk – plus excruciating pain twenty four hours a day. My return home has been put on hold for a long time and I am beginning to like being with my children. It isn't bad at all to have all my meals served chair-side and being pampered like a baby. Getting spoiled is sooooo much fun!

Another part of my recovery is physical therapy. We have a home health care company that visits me and does everything I need from baths to shampoos. But the best of all is my physical therapist, Jeff. Jeff is young, gregarious, full of energy and could probably pick up the corner of a house with one hand. We argue from the time he walks in the door until the minute he leaves. He makes me do exercises that are impossible.

I repeatedly tell him that I am unable to raise my legs with three-pound weights on them. He assures me that when I finish my pity-party I will do just fine – and he's always right. He makes me pull on large rubber bands to build up strength in my upper body. When I finish the exercises, my tongue is hanging out, I am wet with sweat and my sunny disposition has bit the dust. By the next day I am sore as a risen and can't raise my arms to comb my hair. Jeff thinks it's wonderful and tells me the therapy is working and I shall be strong again in no time.

My fussing and wrangling with Jeff is all in fun and he takes me with a grain of salt. But aside from the fun, this young man is teaching me to walk again. I don't know if I will ever be able to walk without a walker or a cane but I am giving it all I've got and am believing that one day soon I will be sky-diving or mountain climbing or hiking down the deep valleys to dip my toes in the Colorado river. Don't you know that would be like walking on sunshine? ©7/24/10

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

Spiritual Notes

God Bless America

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Patriotism is defined as "the love and devotion to one's country." Even though the 2010 Fourth of July celebrations are now history, many Americans have been reminded again of the freedoms the Declaration of Independence has provided this nation. My wife and I attended an outstanding Patriotic performance by the Atlanta Symphony Orchestra. During a "sing along" we were also impressed with the references to God in the songs. Verses from the various songs were: "Mine eyes have seen the glory of the coming of the Lord; Glory! Glory! Hallelujah! His truth is marching on;" "When Johnny comes marching home; the old church bell will peel with joy;" and, "America! America! God shed His grace on thee."

Regrettably, in our country, decisions have been made in some situations to drop references to God for fear that it will be offensive to some. Dr. Ron Bradley, an Atlanta pastor, has stated in an article that: "Americans believe that our freedom and fundamental human rights come from God and are therefore inalienable. A steadfast

commitment to religious freedom is the very cornerstone of American liberty." We should stand committed to this truth.

Dr. Bradley's article referenced the action of the delegates of the Philadelphia Constitutional Convention in May of 1787. The assemblage could not agree on one sentence as they attempted to write the Constitution. Ben Franklin rose to speak: "The longer I live the more convincing proofs I see of this truth: That God governs in the affairs of men. I therefore move that prayers imploring the assistance of Heaven and its blessing upon our deliberations be held in this assembly every morning until our task is completed." The delegates unanimously adopted his resolution and in just 100 days they produced our Constitution.

Most Americans are aware of the many blessings that have come to our beloved country through the grace of God. We must not let the secular world diminish our love and dependence on God. We must stand for all people to worship God in freedom.

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

ADVOCACY ALERTS: Social Work... A Closer Look

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

Written by
PATRICIA WHISENHUNT
The Senior Citizens Council

When I hear the term "social worker," my next thought is usually of children. In our schools, the social worker is the liaison between student's families and the schools. They work with parents, guardians, teachers, and other educational officials to help children reach their academic goals. This work is just a glimpse of the whole picture.

On the domestic front, the social worker takes on a much broader responsibility. The services needed (and available) include arranging day care, adoptions, and foster care for children that are abused, neglected, or abandoned. They deal with disabilities, pregnancy, behavior problems, truancy, family violence, drug abuse, and alcohol abuse.

Social workers specializing in medical and public health aid the population in dealing with psychosocial issues such as illness that may be chronic, acute, or terminal. Cancer, AIDS, and Alzheimer's disease are devastating and family caregivers may find they need support, counsel, and assistance in forming a plan of care for the needs of their loved one. This situation is where the social worker steps in to arrange for services such as in-home care or Meals-on-Wheels. Medical and public health social workers are employed by nursing homes and personal care facilities, hospitals, individual and family services agencies, or local government. Those that specialize in assisting senior cit-

izens may organize support groups for families of aging parents, monitor services such as transportation, long-term care, and housing.

People who suffer from mental illness or substance abuse are involved with social workers when they receive such services as individual or group therapy, crisis intervention, and social rehabilitation. Social workers provide assistance in both inpatient programs where the client resides at the facility, and outpatient programs. When the quality of an employee's work is affected by job-related pressures or personal problems, social workers are able to help them cope. Some social workers have a private practice wherein they provide psychotherapy and are employed by the client directly. They may be known as occupational or substance abuse social workers, or clinical social workers.

A Licensed Clinical Social Worker, or LCSW, is required to have a minimum of a bachelor's degree in social work (BSW), but some positions require an advanced degree. Supervisory, administrative, and training positions usually require a master's degree in social work (MSW). If a college or university teaching position is desired, that requires a doctorate in social work (DSW or Ph.D.). All states require some licensure but these requirements may vary from state to state.

In addition to formal education, a social worker must possess other qualifications as well. One needs to be objective, sensitive to people and their situation, as well as emotionally mature. They must be able to work independently, handle responsibility, and maintain a positive working relationship with clients and colleagues.

One such social worker is Mrs. Magnolia Wilson-Donahue. Mrs. Donahue presently sits on the Board of The Senior Citizens Council. She began her career in social work at the Richmond County Department of Family and Child Services (DFACS). Mrs. Donahue's longstanding desire to help people has earned her the Alvin W. Vogtle

Award for Volunteerism in 1985 and the Life Time Achievement Award in Social Work from the Georgia Chapter of the National Association of Social Workers. When asked about her long and distinguished career in social work, Mrs. Donahue said, "As a social worker, you can never judge individuals because of a situation. Whether your morals agree with their lifestyle or not, it is not your position to judge them. Your job is to help them get back on their feet so they can continue their life successfully."

According to the United States Department of Labor's Bureau of Labor Statistics, social workers held 642,000 jobs in 2008. Of those, 54% were in healthcare and social assistance, 31% were employed by government agencies. Most social work is accomplished not only in our cities and suburbs but in rural areas as well. Employment in social work is expected to grow by 16% through the year 2018. This is faster than the average for all occupations. The reason is the growing elderly population will create a greater demand for gerontological health/social services. More social workers will also be needed in the area of medical and public health; which is expected to increase by approximately 22% as our nation ages.

Alcoholism and drug abuse is a

rapidly growing problem in our country today. Those that find themselves trapped in a cycle of substance abuse are more often being placed into treatment programs instead of being sentenced to prison. Once again, social work in this area is expected to increase by 20% over the next decade.

Many individuals who feel they would benefit from some form of therapy, also believe it is out of reach due to affordability. Private therapy sessions can be expensive even when there is a measure of insurance coverage in place; however, there are agencies that provide counseling and assistance as well as many other services to the general public. A phone call to your local United Way, Department of Families and Children's Services, or The Senior Citizens Council at 706-868-0120 can direct you to many low-cost or sliding scale services. For the United Way, simply dialing 211 will put you in touch with the United Way's general information phone line that can connect you to a wide variety of services that are available.

Social workers are effective, necessary, and more often than not, under-appreciated. The next time I hear the term social worker, my following thought will be that they are truly the safety net of our society!



Kathleen Ernce



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On the Cover

The Beauty of Art... A visit to the Morris

by CAROLYN BRENNEMAN

Photos courtesy of the Morris Museum of Art.

COVER
Morris Museum of Art

"This painting is a story within a story," says Ms. Shlaer, our docent for the tour of the Morris Museum. "It relays a tale about the mayhem of the slave trade. What we see here is the prosperous owner, wearing a smoking jacket and slippers, selling his shoeless milato son into slavery. The well-dressed trader, wearing a hat, is standing behind the table reading a contract. Notice the stacks of gold on the table. This gold is the price of the son's blood," she

tells us. Looking at the painting, "Price of Blood" by Thomas Satterwhite Noble, we are mesmerized as we stare at it. Without our docent leading us, we may not have really understood this piece at all. Would we have seen the details or the complexity of the piece with the intricate foreground and background details and understood what the art conveys? Probably not. Aren't we pleased to have our fine docent escort us on our tour of the Morris? Yes, we certainly are.

Summer is one of the best seasons for us to spend a lovely afternoon at the Morris Museum of Art on a guided tour. At this moment, we are entering the gallery "19th Century Portraits" with our genteel museum docent, Marsha Shlaer. We invite you to join us now as we tour the "Art of the South" as well as see a few pieces of Impressionist Art at the museum.

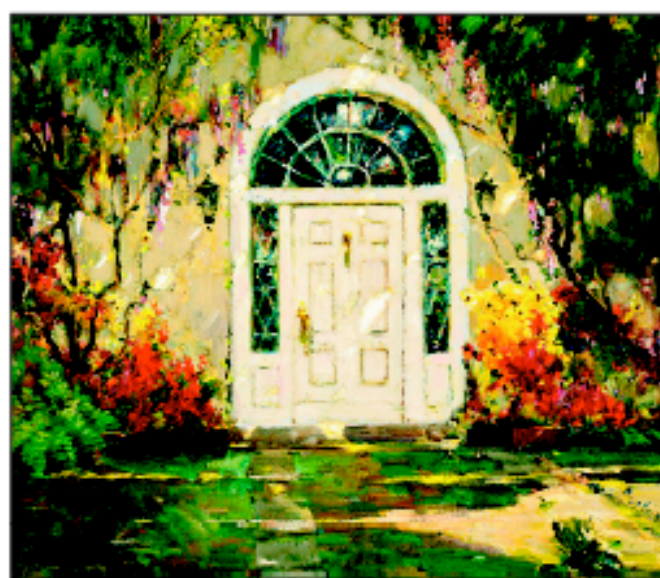
"This tour showcases the art of Southerners or itinerant artists who resided or visited the South," our docent tells us. "In this gallery," she says, "we see a wide range of portrait styles that the artists used in the 1800s before the rise of photography."

"Exceptionally good art," my friend notes. Now walking together down the hall, we enter the gallery "Images of the Civil War" where we view the paintings depicting the War between the States in 1861. "Notice the painting

appears to depict men bathing in a river, but looking further we can see the chaos of the beginning of battle," Ms. Shlaer says as she invites us to ponder the large curved painting "Surprise Attack Near Harper's Ferry" by John A. Mooney.

After a minute of silent reflection, we walk through another gallery, "Impressionism in the South." "During the Impressionism, painters were now interested in painting with vivid color, obvious clean brushstrokes and displaying the many effects of light and vibrant contrast," our docent tells us. Let us gaze on Anthony Thieme's painting, "Charleston Doorway." This painting depicts a doorway with lunette fanlight and shows vibrant colors in the flowers and strong tropical light. Mr. Thieme used dabs of paint colors to create an array of flowers and sunlight throughout. "This painting is simple, elegant and a symbolic evocation of Southern hospitality," our docent tells us, smiling.

As we turn to the left, our docent walks us toward "Southerners at Play" gallery. "The paintings illustrate some of the methods in which Southerners have spent their recreational and leisure time. Artists painted in a more



Anthony Thieme, *Charleston Doorway*, 1946-1947. Morris Museum of Art, Augusta, Georgia.



John Baeder, *Col. Poole's Pig Hill of Fame*, 1995. Morris Museum of Art, Augusta, Georgia.



Gladys Nelson Smith, *Afternoon at the Beach, Chesapeake Bay*, 1930s. Morris Museum of Art, Augusta, Georgia.

realistic style with many landscapes," she says as she points to the painting by Gladys N. Smith, "Afternoon at the Beach, Chesapeake Bay" from the 1930s. Ah, on this very warm summer day, this painting seems most enjoyable, right?

We now move to the end of our glorious tour as our docent shows us the painting in the Contemporary gallery, "Col. Poole's Pig Hill of Fame" by John Baeder. How do we feel about this brilliantly colorful artwork? It is a portrait of a real diner in East Ellijay, Georgia, displaying thousands of pig signs – all named. "Isn't it a fun painting?" our earnest docent says. "If we visit this diner, we can actually get our name put on a pig sign. All we need are honest intentions, a good face and \$5.00." Indeed the vivid and colorful painting portrays a very Southern style. Isn't it nice our docent tells us about this little piece of history behind the painting?

Dear folks, bring your children and grandchildren, friends and loved ones and take a free tour on Sundays of the magnificent works of art. The Morris Museum of Art, at 1 Tenth Street on the Riverwalk, is open to the public Tuesdays through Saturdays, 10 a.m. to 5 p.m., and Sundays from 1 until 5 p.m. with free admission on Sundays. We are pleased to have a docent escort us through the museum. I hope to see you soon at my next tour through this exquisite museum. Isn't it a great way to spend a Sunday afternoon? Call 706.724.7501 for details.

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The Art of Beauty... A Visit to the Barbershop

by CAROLYN BRENNEMAN

Photography by Carolyn

What is behind the word barbering? According to Wikipedia, "Barbering was introduced to Rome by the Greek colonies in Sicily in 296 B.C., and barber shops quickly became very popular centers for daily news and gossip. A morning visit became a part of the daily routine, as important as the visit to the public baths, and a young man's first shave was an essential part of his growing up."

By the late 19th century, barber-shops were a popular place for men to socialize and hangout. Visiting the barbershop was a weekly, and some-

times daily habit. Men would stop in not only for a haircut and a shave, but also to fraternize with friends and chew the fat. After a period of decline, barbershops today are on the rise and increasing in popularity.

What's the attraction to a barbershop? Well, prices are very reasonable, haircuts for men are great, no appointment is necessary and barbers usually

love to chat with you. But it really has more to do with an important component of the barbershop experience. "It's the ambiance and the appreciation of nostalgia. A barber

will take the time to get to know me and chat about the things that are important to me," says Jason Craig, a long-time barbershop patron. "The barbershop always has and still does serve the function of cutting hair, mostly for men, or getting a good shave. But it is like a local hangout, a place to be and to get the latest news around town," says Andy Hoyt. "I go to the barber because it's the manly thing to do," says Walter, who has been around for nine decades.

So where is a good barbershop here in Augusta? Although there are several to choose from, two of our favorites are Massey's Barber Shop and Russell's Corner, both family-owned businesses.

A very fine barbershop is Massey's, located at 124 Davis Road. Massey's is owned and operated by Kathy Thompson, a native Augustan. "Sixty-years ago my daddy Chalker and Mr. Massey opened up this shop which was then located on Walton Way. After Mr. Massey retired in 1989, I joined my daddy and started cutting hair," Kathy says. "My dad also taught me the fine art of using the straight razor to cut hair off the neck," Kathy tells us, "and most all of my customers like the straight razor effect."

Kathy eventually moved her shop over to a quaint off-white house on Davis Road in 1998. "I love cutting hair," Kathy says, and my regulars range from teens to seniors in their eighties." The shop has a homey atmosphere and her customers keep arriving all day long – except Wednesdays, of course, since she is closed that day. "Some of my regulars and their families have been comin' for years," says Kathy, "and I have seen the their kids grow up over the years."

And who else has seen family history evolve over the years? Russell Maio, the Sicilian owner of



Kathy Thompson
of Massey's Barber Shop



Sue with
Russell's Corner Barber Shop

Russell's Corner Barber Shop, located on the corner of Davis Road and Washington near McDonalds. Russell has owned and operated his barbershop since 1952 and now his son and other barbers will cut hair and socialize with the patrons. Enter into his shop and you will listen to the whirring electric clippers and conversation from several customers all waiting for a good haircut from one of the barbers.

Customers come to barbershops

for the ambiance and good conversation that can range from personal stories to local events to world politics. It is a worthwhile, personable experience for a guy – and maybe the manly thing to do, like Walter says. Explore two great barbershops, enjoy the atmosphere and get a great haircut. Massey's Barber Shop is located at 124 Davis Road. 706.863.0630 and Russell's Corner Barber Shop is located at 3802 Washington Rd, #A, 706.860-8339.



The Traditional
Barber Pole

Fine Arts Photography reflects Rural South in FREE Exhibition this September

Special to Senior News

SlowExposures is the nationally recognized juried photo exhibition held annually in Pike County that faithfully captures the rural South's distinct history and character through fine art photography.

The eighth showcase of photography opens on Friday, September 17th, 2010, in the 1887 R. F. Strickland Building (listed on the National Register of Historic Places), a late nineteenth century mercantile store, in historic Concord, Pike County Georgia, located one hour south of the Hartsfield-Jackson Atlanta International Airport.

The photo celebration, which lasts for two event-filled weekends, includes salons and portfolio reviews; a local children's photography contest; satellite shows and a celebratory ball on

Saturday, September 25th. SlowExposures 2010 concludes on Sunday, September 26th.

In addition to the primary collection of over ninety photos, a self-driving road tour features a map of the satellite shows and historic sites throughout picturesque Pike County.

SlowExposures is the annual fundraiser of Pike Historic Preservation and is dedicated to supporting the historical and cultural heritage of the rural South through contemporary photography.

All proceeds from the show and the accompanying events go toward the preservation of Pike County's historic buildings and landscapes.

SlowExposures attracts hundreds of visitors each fall to central Georgia's bucolic surroundings.

For more information, please visit www.slowexposures.org or contact Slow Exposures, PO Box 489, Zebulon, GA, 30295, 770-567-3600.

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A member of the Trinity Hospital of Augusta Medical Staff.

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.

Times Not Forgotten

Those grand ole four-holer Buicks

by CHRISTINE COLEMAN

Today, Buicks are not considered as much "top-of-the-line" as they were when I was growing up in the 1930s. We now have more expensive cars with all sorts of accessories. These ultra modern cars come equipped with TVs, global positioning systems, night vision cameras in rear and any other convenience one can imagine. That was not the case when I was a youngster. Buicks were King, especially the ones with 4 holes in the fenders, which we termed "4-holers." To own a Buick back then meant a person had achieved much. It served as a status symbol.

During the depression years, my brothers and I used to sit on the front porch of our house and make a game of naming cars. We lived on a farm beside the highway and saw cars going to Florida in winter and going North in summer. There were few cars on the road then, in fact, my folks allowed me to learn how to roller-skate on the highway –

(Federal Highway #1, no less).

My family had a Model A Ford. That car served our needs and we were thankful for it. Some of our neighbors didn't have a car. We didn't allow ourselves to dream of having a newer or better one. We were farmers. Times were hard back then. That fact didn't keep us from having fun learning to recognize the different makes and models of cars. We knew them all. We could identify trucks as well, most of which we called Big Macs.

While we were on the porch watching cars (of course this was when there were no chores to be done) we always enjoyed seeing a Buick go by with 2 or maybe 3 holes in the fender. But to our delight, every now and then a good-looking Buick would pass by with 4 holes in the fender. That was cause for cheering and hand clapping (and of course wishful thinking). Most of the time, these Buicks were two-toned, and they had lots of chrome trim. Some even sported fender skirts over their rear wheels.

Years passed. Times became

more prosperous. More people were able to purchase Buicks and join ranks with those who already owned them. These people enjoyed their new cars as having reached a particular goal in life. For a long while, Buicks remained the number one desire of buyers. Then as progress continued, different cars became sought after. There are still lots of Buicks on the roads, but they don't make those beautiful styles now. Today, they are smaller, have less chrome and the holes in their fenders don't show as well.

Different makes have become more popular today. They cost more, have more modern accessories, and look sleeker. Today, as I look back, I still remember the pleasure we had watching and naming all those cars (whether fancy or plain) on our highway. No doubt about it, there will always be a special place in my memory for those grand old Buicks, especially the 4-holers.

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



MOLECULES IN A BOTTLE

CLOSEST DISCOVERY TO THE "FOUNTAIN OF YOUTH"

Proper reactive molecule balance equals optimal immune system function.

The body's ability to heal itself

The pathway to health and well-being lies in the body's amazing natural ability to heal itself. In fact, our bodies sustain optimal health and well being by maintaining the correct natural chemical balance of reactive molecules within the cells in our body.

Inside the cells, the body produces two different types of reactive molecules that support virtually all of the functions of the immune system and tissue regeneration response.

The body is constantly working to balance cellular health by using these reactive molecules to rid the body of harmful components and to clean up the oxidative stress and free radical damage that occurs at the cellular level. When these reactive molecules are in the proper balance the immune system functions at its optimal level!

ASEA is the only product in the world that contains these stabilized reactive molecules, based on the cutting edge science of Redox Signaling.

ASEA is based on more than 16 years of research, making it a safe and natural way to help your body function as it should.

ASEA is the only product that delivers the balanced foundation that every person must have to allow their body and immune system to function at its optimal best.

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These reactive molecules are:

- Naturally created in the body
- Key in cellular damage control communication
- Critical in the activation of antioxidants
- Vital to cellular protection & defense against toxins and free radicals
- Integral in the healing response

Activating antioxidant

Antioxidants alone will not work. A light bulb by itself is useless, but activate it with electricity and it becomes one of the greatest inventions of modern life – the same is true with antioxidant. By themselves antioxidant are unable to fight free radicals and aging, but activate them with these reactive molecules and they become life savers.

Since ASEA contains these antioxidant activating molecules it should come as no surprise that in a recent in vitro scientific study – supplementation with ASEA showed an increase in antioxidant effectiveness of over 500%. This has never been seen before.

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Your Health & Wellness Advocate – anntunali@msn.com
www.teamasea.com/staywell

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

C'mon, let's eat

by FAYE JONES

Since we have little time to cook, let's make life a little easier by having some one-dish meals that are not only filling but delicious. Read on.

CHICKEN AND EGGPLANT PARMIGIANA

1 medium-sized eggplant, peeled and sliced 1/4 inch thick
3 tablespoons olive oil
1 large yellow onion, finely chopped
1 clove garlic, minced
1 pound ground chicken
1 can (14 ounces) Italian-style plum tomatoes with their juice, halved
3 tablespoons tomato paste
3/4 teaspoon dried basil, crumbled
1/2 teaspoon dried oregano, crumbled
1/2 teaspoon salt
1/2 teaspoon black pepper
3 tablespoons pastina
1/2 cup grated parmesan cheese (2 ounces)

1 cup shredded part skim Mozzarella cheese (4 ounces)
1. Preheat the oven to 350°F. Grease a large baking sheet. Lightly brush both sides of the eggplant slices with the oil, using half the total amount. Place them on the baking sheet, overlapping slightly if necessary, and bake, uncovered, for 5 minutes. Transfer to a plate.
2. Meanwhile, heat the remaining 1 1/2 tablespoons oil in a 10-inch skillet over moderate heat for 1 minute. Add the onion and garlic and sauté, stirring occasionally, for 3 minutes or until slightly softened.
3. Add the chicken and sauté, stirring, for 10 minutes or until no longer pink. Stir in the tomatoes, tomato paste, basil, oregano, salt, and pepper. Bring to a boil and cook, uncovered, for 5 minutes.
4. Spoon a thin layer of the chicken mixture into an un-greased 11"x 7"x 2" baking dish. Sprinkle with 1 tablespoon pastime, top with 1/3 of the eggplant, and sprinkle with 1/3 each of the parmesan and mozzarella cheeses. Repeat the layering twice, ending with the mozzarella. Bake, uncovered, for 45 min-

utes or until bubbling. Serves 4

BARBECUED CORNISH HENS WITH CHILI RICE

3/4 Cup Long-Grain White Rice
2 Rock Cornish Hens (1 to 1 1/2 pounds each), split
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 can (12 ounces) corn kernels, drained
1 jar (6 ounces) pimientos, drained and diced
1 can (4 ounces) green chilies, drained and chopped
1 cup shredded Monterey Jack or Cheddar cheese (4 ounces)
1/2 cup sour cream
2/3 cup bottled barbecue sauce
1. Preheat the broiler. Cook the rice according to the package directions. Meanwhile, brush the hens with the oil, then, sprinkle with the salt and pepper. Arrange them, skin side down, into a lightly greased medium sized baking pan and broil six inches from the heat for 10 minutes; turn and broil 10 minutes more or until nicely browned. Reduce the oven temperature to 400°F.
2. Mix the rice, corn, pimientos, cheese, chilies, and sour cream in a large bowl. Spoon the barbecue sauce over the hens, then wreath the rice mixture around them.
3. Bake, uncovered, for 20 to 30 minutes or until the legs move easily in the hip sockets. Serves 4.

HAM AND PASTA SALAD

8 ounces rotelle or penne pasta
1 cup buttermilk
1/4 cup mayonnaise
1 teaspoon dried tarragon
12 ounces boiled or baked ham, cut into 1/2 inch cubes
1 cup cherry tomatoes, halved
1/2 cup shelled blanched pistachios or blanched almonds, coarsely chopped
1/8 teaspoon black pepper
1 teaspoon minced fresh tarragon (optional garnish)
8 ounces spinach, trimmed, rinsed, and drained well
1. Cook the rotelle according to package directions. Meanwhile, whisk the buttermilk with the mayonnaise and dried tarragon in a large bowl until smooth and set aside.
2. Drain the pasta well, then add to the buttermilk mixture in the bowl and toss until well coated.
3. Add the ham, tomatoes, pistachios, and pepper, toss well again, and sprinkle with the fresh tarragon, in desired. Serve over a bed of spinach leaves. Serves 4.
Enjoy!
©6/22/10

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.

The Next Chapter Into Thin Air

Book Reviews by
ANNE B. JONES, PhD

Into Thin Air
(Jon Krakauer, Anchor Books,
1997, Mass Market Paperback
2009)

PaperBackSwap.com is the place for spectacular savings. Two neighbors recommended I try it, explaining the company is based in Atlanta, the site is simple to maneuver and it provides a wide range of books, new and old, for exchange. Once you join the site (at no charge), you simply list the ISBN numbers of ten books you no longer want and can send to other members. In repayment for your effort, you are given two points. One point equals a book (hardback or paperback). Two points equal an audiobook (CD or tape). You simply select and receive. Later as members request your books, you pay the postage for shipping. When you select from their listings, they pay the postage to you. One of the most outstanding books I have received from the site is *Into Thin Air* by Jon Krakauer. There were two reasons I selected this work. It was

well reviewed in major publications and, since it was based on a topic I knew little about, I didn't want to risk paying big bucks for it.

What a surprise! *Into Thin Air* was a well written non-fiction portrayal of Jon Krakauer's climbing of Mt. Everest that included the pacing, conflict, character building and setting one might expect from award-winning fiction. The book was an honest portrayal through competent prose of what has become the reckless pursuit of mounting the highest peak in the world. This book is important. It speaks not only to those who would embark on such a venture but to all who circumvent paying their dues to reach the top, in whatever field they engage. The work is educational, filled with vivid descriptions of the grueling rigors of mountain climbing, depictions of the mercurial moods of weather on Everest, and compelling portrayals of those who would conquer its heights. It is also a heartbreaking exploration into the whys people take risks and the dangers of commercialization of individual achievement. Feedback and comments welcome- annebjones@msn.com



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Augusta/CSRA CALENDAR

Augusta State University Continuing Education

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

The Senior Citizens Council

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

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

• Advocacy Programs including: Caseworker Services; Caregiver Support and Information; Bill Paying and Money Management; Benefits Counseling including information about the new Medicare Part D Prescription Drug Plans; and, Elder Abuse, Neglect, and Exploitation Prevention.

• Foster Grandparent Program and Senior Companion Program: Limited income persons age 60 and older needed to work from 15 to 40 hours a week with special-needs children or adults. Call for complete details.

• Retired and Senior Volunteer Program: Are you looking for a fun and exciting way to make a difference in the community? RSVP offers persons age 55 or older an opportunity to apply their skills and experience to meet critical community needs. RSVP pairs talented volunteers with their choice of a variety of non-profit, health care, government, and faith-based organizations. Call for complete details.

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

CSRA Senior Centers

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

• Blythe Area Recreation Department
Patricia Strakosch; 3129 Highway 88,
Blythe, GA 30805; 706-592-6668
• Carrie J. Mays Recreation Center
Sheryl Jones; 1015 11th Ave., Augusta, GA
30901; 706-821-2831
• East View Community Center
Roberta Sullivan; 644 Aiken St., Augusta,
GA 30901; 706-722-2302
• HH Brigham Senior Center

Pat Jenner; 2463 Golden Camp Rd.,
Augusta, GA 30906; 706-772-5456
• McBean Community Center
William Shaheed; 1155 Hephzibah-
McBean Rd., Hephzibah, GA 30815; 706-
560-1814 or 706-560-2628
• Sand Hills Community Center
Lillie Rosier; 2540 Wheeler Rd., Augusta,
GA 30904; 706-842-1912 or 706-842-1916
• New Bethlehem Community Center, Inc.
Millicent E. West; 1336 Conklin Ave.,
Augusta, GA 30901; 706-722-0086
• Bessie Thomas Community Center
Jeff Asman; 5913 Eucree Creek Dr.,
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 Laverty; 103 W. Robinson Ave.,
Grovetown, GA 30813; 706-210-8699
• Betty Hill Senior Citizens Center
Cathie Birdsong; 330 Waters Work Rd.,
Sparta, GA 31087; 706-444-7532
• Harlem Senior Center
Tina Sidener; 405 B West Church St.,
Harlem, GA 30814; 706-449-8400
• Jefferson County Senior Center
Marie Swint; 209 E. 7th St., Louisville, GA
30434; 478-625-8820
• McDuffie Senior Center
Melinda Hill; 304 Greenway St., Thomson,
GA 30824; 706-595-7502
• Jenkins County Senior Center
Shirley Chance; 998 College Ave., Millen,
GA 30442; 478-982-4213
• Lincoln County Senior Center
Pam Parton; 160 May Ave., Lincolnton, GA
30817; 706-359-3760
• Sylvania Senior Center
Cathy Forehand; 209 E. Ogeechee St.,
Sylvania, GA 30467; 912-564-7727
• Taliaferro County Senior Center
Allene Oliver; 119 Commerce St.,
Crawfordville, GA 30631; 706-456-2611
• Warren County Senior Center
Gwanda Murray; 48 Warren St., Warrenton,
GA 30828; 706-465-3539
• Washington County Council on Aging
Jane Colson; 466 Maurice Friedman Rd.,
Sandersville, GA 31082; 478-552-0898
(Mon., Tues. and Thurs.)
478-552-0013
• Wilkes County
Diana Hall; 108 Marshall St., Washington,
GA 30673; 706-678-2518
• Shiloh Comprehensive Community Center
Elizabeth Jones; 1635 15th St., Augusta,
GA 30901; 706-738-0089

H. H. Brigham Senior Center
2463 Golden Camp Rd., Augusta
Contact: Patricia A. Jenner

706-772-5456; 1 a.m.-3 p.m.

Aiken County Parks, Recreation & Tourism

902 Vacluse Rd., Aiken, SC 29801; 803-
642-7559; www.aikencountysc.gov/tourism
Courtney Senior Center
49 Roy St., Wagener, SC; 564-5211
Harrison-Caver Park
4181 Augusta Rd., Clearwater, SC; 593-
4698

Aiken County Recreation Center
917 Jefferson Davis Hwy., Graniteville, SC;
663-6142
Roy Warner Park
4287 Festival Trail Rd., Wagener, SC; 564-
6149
Boyd Pond Park
Aiken, SC

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

Hearing Loss Association of Augusta

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

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7
p.m., Jesse Carroll Community Center,
Windor Spring Rd., Hephzibah. For addi-
tional information contact Lion David Usry,
President, at 706-592-2752.

Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta
Riverfront Center. Call 706-724-7501 for
more information or visit the Museum's
website at www.the.morris.org.

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 expe-
riences, 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

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 Elldom Court. Members
\$7; Non-members \$10 starting with a com-
plimentary dance lesson at 7:15 p.m. by dif-
ferent 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 com-
plimentary dance lessons 7-8 p.m., refresh-
ments and drinks. Cost: Guests, \$10; mem-
bers, \$8. For additional information call
Barbara Nash at 803-640-2075.

AARP Augusta Local 266

There is more to AARP than a newspa-
per 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

continued on page 11

BUSINESS CARD SECTION ADVERTISING INFORMATION

Call
Carolyn Brenneman
706-869-1877

General Business Directory For Seniors

PINEVIEW GARDENS

PERSONAL CARE HOMES
*Specializing in Dementia
and Alzheimer's Care!*
Pineview Gardens
4255 Hwy. 25 N, Hephzibah, GA 30815
706-437-0113
Pineview Gardens of Evans
4393 Owens Road, Evans, GA 30809
706-651-0377
www.pineviewgardens@comcast.net

THRIFT STORE
Making Ends Meet Bargain Center
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Julie's House, Inc.
Crisis Center for Women and their Children
Clothes - Fashion Jewelry and Accessories
Household Items - Furniture - Toys - Small Appliances
Books - Electronics - Collectibles - Sporting Goods
La Petite Plaza - 3850 Washington Rd. - Suite 1C
Between CSRA Camperland and Bojangle's
W-Th-F-10 a.m.-5 p.m. & Sat.-10 a.m.-2 p.m.
Julie's House, Inc., is a nonprofit organization.
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

the area call 706-738-7584. 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.

Phinixy Swamp Events

706-828-2109

Find Your Voice

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

Senior Volunteers Needed

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

DBSA (Depression Bi Polar Support Alliance)

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

Volunteers Needed

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

please contact Ed Jelinek or Dorothy Moyers at 803-648-6836, ext. 224 or 223.

Augusta Chapter Of The Embroiderers' Guild Of America

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

Alzheimer's Caregiver Support Group

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

CSRA Parkinson Support Group

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

Trinity Hospital Offerings

For details call 706-481-7604 or visit www.trinityofaugusta.com
• Joint Efforts: Thursdays, 11-11:45 a.m., Augusta Orthopaedic Clinic, Behind Trinity's ER, 1521 Anthony Rd., Augusta
• Widow & Widower Social: 2nd Tues., 4:30-6:00 p.m.

Walton Rehabilitation Health System Offerings

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

Georgia National Fair Concert Tickets Now On Sale

Josh Turner with special guest Steel Magnolia, Oct. 9, 7:30 p.m.; CMT on Tour, Miranda Lambert, Revolution 2010 with special guest Eric Church Introducing Josh Kelley, Oct. 16, 7:30 p.m. For details visit www.georgiannationalfair.com.

Augusta's Greatest for Augusta's Youth Benefit Concert

Aug. 8 at the Sacred Heart Cultural Center. To benefit Jessye Norman School of the Arts. Regional and national arts to perform. For information and tickets call 706-877-0411 or visit www.jessyenormanschool.com.

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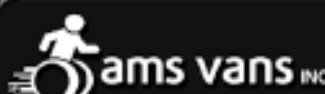
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Value of estate planning is lost to half the population

by **JOHN STEWART**
Director of Estate and Asset Services
American Cancer Society

An estate plan aims to preserve the maximum wealth possible for the intended beneficiaries, while providing financial flexibility for the plan's owners throughout their lives.

Most Americans can benefit from estate plans, but more than half don't have one in place.

Why have an estate plan?

There are many compelling reasons to have an estate plan, including:

- Offers the most effective way to ensure your family is provided for and assets are distributed according to your wishes.
- Provides the best way to reduce the exposure of your assets to estate taxes.
- Gives you peace of mind that your financial affairs are in order and that your survivors will not face a costly administrative nightmare, creditors or lawsuits. Even small estates can have problems.

You have an estate if you own any property, including cash assets.

Regardless of how large your estate is, proper planning can prevent your family from becoming embroiled in controversy over how to divide your assets after you pass away.

Elements of an estate plan

Estate plans have several elements:

- A Will is usually the plan's core document for distribution of assets at death.
- A Power of Attorney provides management of assets during life-time in the event of incapacity.
- An Advance Directive for Health Care authorizes someone else to make health care decisions if you are not able to, and allows you to communicate your wishes on the use of life sustaining procedures.

When to begin

A good time to begin your estate plan is when you get married, or when you are expecting your first child. Many people will do more extensive planning later, perhaps when they are in their 50s, or in the pre-retirement stage.

An appropriate time to take action and evaluate your assets is when your focus begins to shift from earning a living and taking care of yourself to making sure your loved ones and favorite charities are

cared for after your death.

How to begin

The process of creating an estate plan begins by gathering all important documents and taking an inventory of assets. Most estates are larger than their owners realize. Assets include the home, savings, insurance policies, investments, retirement plans and business interests.

Seek professional advice

When you are ready to design your estate plan, you should enlist the help of professionals such as an attorney who specializes in trust and estates, your financial advisor, and your accountant. Be open with them about your goals and concerns for yourself and your survivors.

Include charities

One of the most effective elements in estate planning is also one of the most popular forms of planned gifts to charities: a bequest in the Will. Bequests work particularly well if you are unable to make an immediate gift but would like to support a favorite charity in the future.

Advantages of charitable bequests are:

- Charitable gifts made through

Wills are typically 100 percent deductible for federal estate tax purposes.

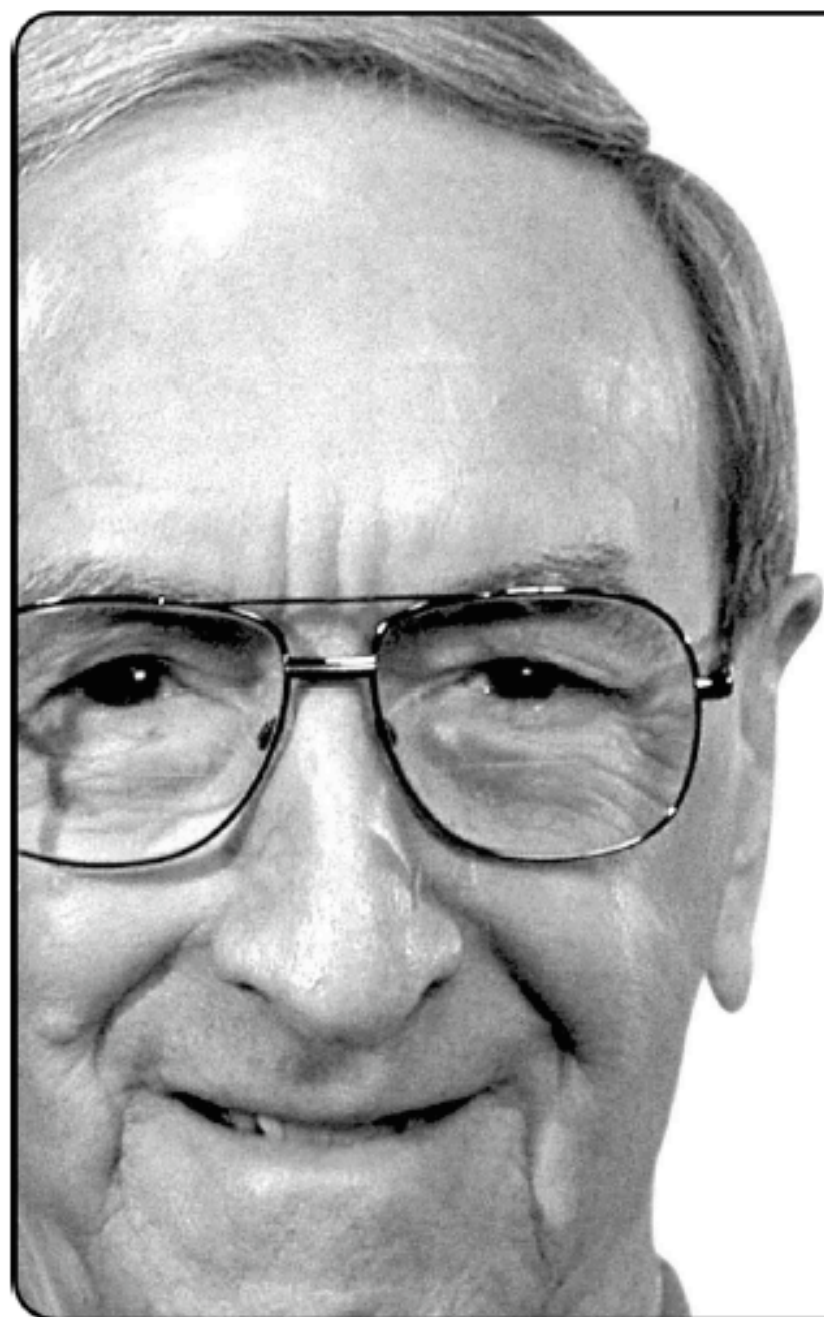
- Charitable bequests may place an estate into a lower tax bracket.
- Donors may specify the way the funds are to be used.
- Donors may continue to use assets during their lifetimes.
- Donations are flexible and revocable.
- The process is as simple as designating the chosen charity in the Will.

Create a legacy

Including a charitable bequest in a Will does not cost anything now, but it enables you to address your wishes and create your legacy. If you change your mind about a charity included in your Will, you can revoke the bequest the next time you update your Will.

Charitable bequests provide many tax advantages and offer a way to contribute to multiple charities, rather than having to pick just one.

John Stewart is Director of Estate and Asset Services, American Cancer Society. For additional information call 1-877-227-1598. (Member of the national ElderCare Matters Alliance, Georgia chapter.)



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