

# Senior News

Serving AUGUSTA & the CSRA  
Information For Ages **50 PLUS!**

*Thumbs Up for a New  
You in the New Year!*

*Story on Page 6*



January 2010  
Vol. 24, No. 1



## Taking Care

# Caring in cold times... take extra precautions during winter weather

by LISA M. PETSCHKE

**D**ue to cold temperatures, ice and the possibility of snow, as well as the prevalence of viruses, winter poses extra health and safety risks, especially for seniors. The following are numerous ways to minimize the risk of problems for a relative in your care.

### Health Tips:

- If you haven't already done so, arrange for your relative to get a flu shot. Those over 65, especially if they have chronic illnesses, are at high risk for complications from influenza, which is a leading cause of death among adults in that age group.
- Ensure your relative takes in plenty of fluids, as the dryness caused by heating systems can lead to dehydration.
- Serve foods rich in vitamin C, to help ward off viruses and infections. Serve warm foods and beverages to raise body temperature.
- Limit intake of alcohol, as it's dehydrating and also speeds up body

heat loss.

- Stock up on non-perishable foods and bottled water, and refill prescriptions at least a week before they run out.
- Ensure the indoor temperature remains above 65 F, ideally no lower than 68 F. Hypothermia is a risk to seniors even indoors, due to the decreased circulation that tends to accompany aging, as well as to inactivity, illness and some medications.
- Ask your relative's doctor or pharmacist to review his/her medications and advise if any of them affect the body's ability to regulate temperature.
- Ensure your relative dresses warmly, in loose-fitting layers. Don't forget warm footwear, too. Slippers should offer adequate support, fit well and have a skid-resistant sole.
- Provide your relative with several layers of warm bedding.
- Keep throws in the living room and bedroom, for easy access to extra warmth on drafty days and nights.
- Prepare for a power outage by creating a kit containing candles, proper candleholders, matches, flashlights or a battery-powered lamp, a battery-operated radio, fresh batteries, blankets, bottled water and non-

perishable food. Store it in an accessible place.

### Indoor Safety:

- Buy rechargeable flashlights that plug into the wall and automatically turn on when the power goes out.
- Ensure heat registers and vents are not obstructed.
- Exercise caution with space heaters, which can pose a significant fire hazard. Keep them several feet away from walls and combustible objects, as well as out of traffic areas.
- Place candles where they won't be knocked over, and away from lampshades, curtains and other flammable materials.
- Ensure any fires - from a fireplace or burning candles - are extinguished before you go out or retire to bed.
- Remain indoors during storms and extreme cold. Take into account not only the thermometer temperature but also the wind-chill factor.

### Outdoor Safety:

- When you venture out, ensure your relative has a warm coat, scarf, gloves or mittens and a hat. If he or she is weight bearing, a pair of boots

with good treads is a must. You, too, should have non-skid boots, in case you need to provide hands-on assistance.

- If your relative uses a cane, buy an ice pick that fits onto the end of it and folds up when not in use. These are available at home healthcare stores.
- Keep walkways clear of ice and snow. Enlist a neighbor's help if necessary.
- Keep your car well maintained and the fuel tank at least half full. Ensure the following emergency supplies are on board: a flashlight with extra batteries, emergency flares, blankets, hats and mittens, and non-perishable snacks. A cell phone also comes in handy, to summon help quickly if needed. An automobile club membership is another good idea.
- Check the local weather report before heading out on the road. Avoid going out if a storm warning has been issued.

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

## Vintage Gardens At Sweetwater



Senior Living at its best! Enjoy the quiet gazebo with flowers, horseshoe pit, individual gardening areas, and a community center with planned activities for everyone.

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## United Way Helps Families Cover Prescription Costs

Special to Senior News

**I**f you don't have health insurance, or need medicine not covered by your insurance plan, you need the FamilyWise prescription drug discount card being distributed by United Way of the CSRA. This card could lower the cost of your medicine by an average 20% or more. United Way is providing these cards free-of-charge to everyone in our community. There are no age restrictions, no income restrictions, no limit on how many times you can use it, and no waiting to get a card. In fact, you can cut this one out and use it today.

"Healthcare costs are one of the top concerns for people in our community," said LaVerne Gold, President/CEO of United Way of the CSRA. "Forty percent of adults don't buy the medicine they need, have difficulty affording it or reduce the required dosage because of the high cost. The FamilyWise prescription drug discount cards will help individuals and families who otherwise could not afford to buy the medicine they need. Too many people have insufficient coverage, no prescription coverage or need medications not covered by their insurance, Medicare, Medicaid or VA benefits."

People with Internet access can

go to [www.FamilyWise.org](http://www.FamilyWise.org) to print a card, look up drug prices, and get a list of participating pharmacies.

FamilyWise cards also can be obtained from all Kmart Pharmacies and many participating local pharmacies, or by calling United Way of the CSRA's 2-1-1 information and referral call center. Local businesses and employers can also get cards to give all their employees.

United Way of the CSRA has joined more than 800 United Ways in all 50 states to save people over \$50 million in the next year on the cost of their medicine. So far, more than 12 million cards have been distributed. Most pharmacies here and throughout the United States accept the FamilyWise prescription drug discount cards.

Additional information about this program is available through United Way of the CSRA (706-724-5544) and online at [www.FamilyWise.org](http://www.FamilyWise.org).





# 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.

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## The Light of Life By Bobby Cline

Deep within the heart and soul  
Lies a burning light that seeks to  
grow  
Seeded by man with no remorse  
It waits its time to blossom forth.

Both pain and joy will bring it nigh  
Bright as the sun that fills the sky.  
Warm air will rush to fill the lungs  
And we will know life has begun.

This light will dance across our day,  
As if to skip and jump and play.  
first bright then dim and back again  
Always shining out then in.

In time of youth it lights the way  
To guide the dreams with strong  
bright rays.  
Goals long sought will come to pass  
True pride will fill the heart at last.

When all that life requires is done  
The light will be as the setting sun.  
Slowly sinking into the ground  
It fades away without a sound.

And near the end as Death walks by  
With his long black cloak and  
glaring eyes  
He dims the light and out it goes.  
Forever more? I think not so.

\*\*\*\*\*

## Say Hi To High Tech By Vera King

Oh, for the bygone days  
Of peace and quiet  
When silence was golden  
All day and all nite

Now we have noises  
Subtle, at least  
That manage to slip  
Into our peace

An avalanche of ice  
Falls into an empty tray  
As beeps keep on beeping  
Throughout nite and day

But we may as well smile  
And accept this foray  
The digits have conquered  
They have all come to stay.

\*\*\*\*\*

## Of Treasured Things By Henry N. Goldman

There is a place she covets so,  
Where her small treasures finally go.  
A wisp of hair from our child's locks.  
Some photos of a varied lot.

Sometimes an item she forgot was  
there,  
A pair of tickets to a concert where  
We mostly held each other's hand -  
At moments failed to hear the band.

The ribbon that adorned her hair,  
The time I took her to the fair.  
My card, when I forgiveness pled,  
Some stupid thing that I had said.  
A book pressed blossom that she  
saved,  
From someone's flower covered  
grave.  
A tiny knitted woolen sock,  
That matched our child's first baby  
frock.

Love letter of mine, bound with a  
bow,  
I begged of her to please let go.  
Some favorite poems she wanted to  
save,  
That long ago her mother gave.  
At times I see her slip away,  
On some cold, dreary, cloudy day.  
I understand just why she's gone,  
To be among her treasures alone.

\*\*\*\*\*

## Today By Marjorie Walker

Today, Dear Lord, I'm 89.  
And I certainly don't feel, Dear Lord,  
I'm at the end of my line.  
A bridge master I'll never become  
But please give me one GRAND  
SLAM before I'm 91.

I'm hoping to perfect using the weak  
TWO,  
But no fancy conventions with them,  
I am THROUGH.  
I haven't eaten my fill of SARA  
LEE,  
So please don't take me before I'm  
93.  
I've still got some second-hand  
clothes I haven't wore,  
So I've just gotta visit the Last  
Chance Thrift Store once MORE,  
When I'm 94!  
I've just gotta eat one more hot dog  
at a Braves game and the Georgia  
Dome - before you call me HOME.  
The Jimmy Carter Library is on my  
SLATE  
I've got reservations there when I'm  
98.  
So, when my birthdays are all used  
up, I'll be ready, Dear Lord, to go  
To hell for YA...or PHILADEL-  
PHIA...cause when I first  
Heard your story, Dear God, I fell  
for YA.  
Out on the street stand the day  
laborers, those MEN.  
I help clothe and feed them and that  
ain't no SIN.  
And each day I make the rounds  
feeding my 20+ cats,  
plus dozens of pigeons,  
'Cause seems like most folks don't  
give a SMIDGEON.  
So I pray you won't route me to some  
SANATARIUM  
Because heaven to me is the Georgia  
AQUARIUM.

## Mail-In Rebates: Now Available

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

Once the excitement of the holidays wears off, it's time to start reaping the promised rewards of mail-in rebates. Retailers and manufacturers are changing the way they issue rebates and Better Business Bureau advises that it's more important than ever to read the fine print when filing for a rebate.

According to CreditCards.com, retailers and manufacturers are increasingly opting to provide rebates in the form of pre-loaded cards as opposed to paper checks. Unlike checks, which can be deposited in a bank and used to pay bills, to get the benefit, consumers must spend. These cards can often only be used where credit cards are accepted. In most cases, the cards can be used at any merchant - much like a debit card - but some retailers are also handing out rebate cards that can only be used at their stores. The cards may also have expiration dates and added fees that could whittle down their value.

Rebates are a great way to get a deal, but they can also be a great source of frustration for consumers. By acting quickly to redeem the rebate and reading the mail-in instructions carefully, consumers can significantly reduce the stress associated with

redeeming rebates.

In the previous 12 months, 70 percent of consumers have taken advantage of manufacturer rebates on products, according to a recent survey by Consumer Reports. The national telephone survey also found that, of those who applied for a rebate, 21 percent of people were unsuccessful. Typically, consumers simply didn't receive anything or were turned down because of a technicality.

BBB offers the following advice to holiday shoppers on how to make the process of redeeming rebates as painless as possible:

- Don't wait. Some rebates have a time window in which they can be redeemed or must be redeemed within a certain amount of time following purchase. Waiting also increases your chances of misplacing necessary receipts or packaging.
- Read the instructions carefully. The guidelines for redeeming a rebate can be extensive and missing steps may delay the process or result in loss of the rebate. Be sure to indicate how you want to receive the rebate - such as if a gift card is the default option - and include all the necessary paperwork and proof of purchase. Also make a point to thoroughly read the fine print details that are included when you receive your rebate card or check in the mail.
- Keep the packaging. Rebates often require UPC bar codes or other parts

of the packaging to be included with the paperwork for processing, so don't throw boxes away until you're sure you don't need them.

- Make copies of everything. Keep a copy of all the paperwork you mailed back to the retailer or manufacturer for the rebate. It's the only record you'll have of the transaction if anything goes missing.

- Contact the business if the rebate doesn't arrive. Some retailers and manufacturers use third-party fulfill-

ment companies for processing rebates so keep in mind that you might be dealing with a different business when it comes to tracking down your rebate.

- Help is available if you need it. If the rebate never arrives or is significantly late, file a complaint with BBB, the Federal Trade Commission or your state Attorney General.

For more advice on being a savvy consumer this holiday season, visit [www.bbb.org](http://www.bbb.org).

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# Senior NEWS

Serving Augusta & the CSRA

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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

**O**h my, the millions of calories I consumed over the holidays have taken their toll on my hips and tummy. I am now a certified Apple Person with no waistline, no ankles, a waddle under my neck and my upper arms look very similar to a flying squirrel. Yep, I did it up big time and never made a cake nor a batch of candy.

This was the first Christmas in my life that I didn't cook for weeks ahead of the big day but when one lives alone, it loses something to bake and then sit and eat it all myself. The calories I mentioned came from friends who have been overly zealous in bringing me the most fantastic array of goodies I have ever seen. They brought flowers, too. I must have done something good but for the life of me I can't remember what it was.

Did you notice this year how few homes decorated with large light displays? In our neighborhood only one house in 10 or 15 had anything more than a wreath on the door. I suppose we are all getting the message that this economy is about to chop the feet from under a bunch of folks and mostly seniors on fixed income. It is getting scary.

It was also very evident that "Happy Holidays" was used on TV instead of the age old "Merry Christmas." I didn't change my greeting and I won't until they turn my toes up. No Christmas carols in schools but we did have a beautiful Nativity scene in the middle of our town.

This was my third Christmas without my precious Handsome Husband

Doyle. Things are still not the same. A lot of healing has taken place and I make it a day at a time but he left a big hole in my life and I wonder if I shall ever be able to climb out.

We couples always knew that one day one of us would have to say goodbye. I didn't think it would be so hard. After all this time I am just now remembering advice he gave me. I wish I had listened more intently and I wish he had taught me more about "men things," like what to do when you turn on the dryer and blue sparks fly all over the room. I am not supposed to lift over five pounds but I moved a standing freezer, full to the brim, in about half a second the other day when my pig-tail blew out. I thanked God that night for every electrician that ever drew a breath on this earth.

And then there was the faucet in one of my bathrooms. It turns off, but if you push the handle a quarter of an inch on back, the water comes on again. I must tend to that this week when I get over the holidays.

The worst thing that happened to me during the holidays was that I lost my four upper back teeth bridge. I looked everywhere. My front teeth look very nice but the chewing has to be done on the back teeth. I know I must have looked like a rabbit eating for about five days until I found my teeth.

The first thing I did was pray for God to find them for me. I suppose he thought since he didn't take them out it was not his job to find them so I got no help. Finally I remembered that I had taken a course several years ago in using divining rods. Got pretty good with them, too. I could locate water and

gas pipes and locate lost objects around the house. But I had forgotten about them completely. Then I remembered. I held them in my hands and they turned toward my bedroom.

I don't take my teeth out except in the bathroom and I had looked there a dozen times. I followed the rods. They whirled and whirled. Finally I asked, "Are my teeth in this room." They turned to "yes." I said point the direction. They turned and I nearly fell over. There about one foot in front of me was my bridge with my four treasured teeth. They were under a stool that I use to get up on my bed. I must have taken them out during the night and fanned them off the bed spread onto the floor.

Now don't go getting your feathers up, ladies. I do not practice witchcraft, nor do I read cards and such, but my grandfather could locate water with a forked branch from a cherry tree. Folks still use them in industry - believe it or not. There are some things in this world that are too big for my brain but I never bite the hand that feeds me.

I appreciate all the knowledge God can spare 'cause I spend half my life looking for car keys, purses and the like. I forget to lock doors but am getting better about that. Things like that were always HH's job. Oh, how I miss him. He would have laughed at my latest dumb act.

This year we may all face situations that frighten us. Medical care as we have known it is a thing of the past. Maybe we seniors should band together and buy out Ted Turner's buffalo farm in Montana, move out there and form a compound for old folks and declare ourselves a nation. Of course we wouldn't last long before we got put in jail but sometimes I think of doing something just like that.

Perhaps the government has found a better way. Stop paying for adequate health care and we'll die off quicker. I don't like the sound of that either.

Whatever happens to us we have been a great and wonderful part of history. We built this land and made way for the technology we have today. We plowed the land before society built the sky scrapers. We saw cars with no tops and men walk on the moon. We have seen a nation slid into an abyss because we let our leaders become as complacent as we are.

But we still have jobs on this earth or we wouldn't be here. Theodore Roosevelt said "When you are asked if you can do a job, tell 'em, 'Certainly I can!'" Then get busy and find out how to do it." Sounds like a plan to me.

Let's all get busy in our homes, churches and neighborhoods and make this old world a better place. Love has to start somewhere. Why not begin with the best - us! It will be like walking on sunshine!

We thank you dear readers for your support this past year. You are special to us and we want you to be a part of Senior News. If you have stories or poems in your heart and head, share them with us. This paper is all about you!

Have a blessed year! ©12/22/09

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

## Spiritual Notes

# A New Chapter

by Dr. Bill Baggett

Minister to Seniors

Dunwoody Baptist Church

**D**uring the holidays my family and I attended a wedding of a nephew in Alabama. It was a joyous occasion with all the traditional activities normally occurring at an affair of this nature. The Bride and Groom's families and a great host of friends were present to congratulate and support these two young people. At the After Rehearsal Dinner someone concluded their toast to the couple by saying, "Life is lived best when lived in chapters." In addition, they were challenged to make this new chapter one of love, happiness, devotion, hope, and commitment to each other.

After hearing this toast I thought of my own life and the many chapters I have lived in the 50 years of my marriage. As is true with anyone, some chapters of my life were outstanding and some were not so good. With a New Year approaching, I did some introspection. I pondered, why can't Chapter 2010 be a sterling new Chapter for me? There are always some things in my senior years I could rearrange to make me be a better person. I didn't want to engage in the normal New Year's resolution's dilemma; losing weight, etc. The new chapter must be substantive and

sensible.

Recently in a Bible Study we discussed the first chapter of the Book of James, verses 19-21, which read: "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. Therefore get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you." As a senior, I don't listen as well as I once did, I often speak too quickly, and things that fall in the "so what" category sometimes make me angry.

Just because we are seniors doesn't mean that we can't write a new chapter in our lives. The young married couple has a longer road ahead of them than most of us. This is more the reason for reassessing our lives and taking measures to make the Chapters which we have left count for something. As seniors, I believe our job is to be role models for our juniors. The James reference is a good place to start.

Happy planning and Happy New Year!

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



## ADVOCACY ALERTS: Important Papers... when to stash or trash! Make YOUR 2010 Resolution!

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

Some of us are pack rats by default; we don't know how long to keep what we think are important documents, so we store them in boxes indefinitely. Clueless clutter make it difficult to find something when you actually need it. Once we learn how long to hold onto certain papers, we can all become ORGANIZED!!



### Documents to Keep For Life

While it is possible to get replacement documents, it is more of a hassle than storing these documents in a safe place, forever. Birth, Death, and Marriage Certificates, Adoption Papers, Divorce Decrees, Life Insurance Policies, Wills, and Social Security Cards.

### 7-Year Rule

You should keep most tax-related documents for a minimum of three years; however, it is recommended that you keep them for seven years. Separate the related paperwork by year so you do not have to sort through everything when it is time to purge older documents.

### Auto

Hang onto documents that have to do with your current vehicle, like Registrations, Repair Receipts, Warranties, and User Manuals. Trash it when you no longer own the car.

### Bank Statements

If you have gone paperless, then your bank will generally store your statements for seven years. Check to see what your bank's policy is on maintaining customers' records. Hang onto canceled checks for a year.

### Monthly Bills

As long as you don't need them to claim tax deductions, you can throw away monthly bills after you have checked their accuracy. If you are canceling a service, it is recommended that you hang onto the final statement that shows your account is paid in full for a few months in case it appears in collections out of the blue.

### Credit Accounts

Unless you need it for tax purposes or you have an outstanding loan, statements connected to credit accounts can be discarded after you have confirmed their accuracy. If you have records pertaining to a settled collections account, keep them indefinitely as proof if the issue resurfaces.

### Employment Records

Keep W-2 forms and performance evaluations for seven years.

### Pay Stubs

You can dispose of pay stubs after you've received your annual W-2 and validated that all details are accurate.

### Real Estate Records

You will want to hang onto all documents pertaining to your home for at least the time that you own it, including Sales Contracts, Deeds, Mortgage Paperwork, Appraisals, etc. For tax purposes, keep all transaction records and receipts for any costly home improvements (furnaces or air conditioners; roof, windows).

### Insurance

Get rid of any expired policies and claims forms; but, store any papers connected to insurance payouts for at least seven years and hold onto current coverage policies until they are irrelevant.

### Investments and Retirement Accounts

Maintain transaction records for taxable accounts and keep your annual 1099s for at least seven years. You don't need to keep track of any transactions in your retirement accounts because they don't involve tax implications, but you should hang on to any papers related to nondeductible contributions. You also need to keep papers for stock purchases and sale papers.

### Receipts

Consider keeping receipts for expensive items in case you need to make an insurance claim, and it's always good to hold on to receipts for items that came with a warranty so you have proof of purchase.

### Warranties

You can trash warranties when they expire. There's no need to hang

onto something that's no longer effective.

### Now, where to keep these documents

It is always good to store these and other important papers in a fire-safe file – one that will be intact if you have a house fire. Also, if you have a safe in your home, keep your papers in the safe provided it is bolted to the floor to deter a burglar.

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If you have any questions or comments about this article or need help with a concern or problem, please call us at 706-868-0120 during normal business hours.

The Senior Citizens Council is a private, not-for-profit organization devoted to today's seniors and their families. Our mission is "to provide a diversity of services to senior adults and to enable them to apply their experience as a resource for meeting critical community needs."

## January's Brown Bag History Series Lecture

Special to Senior News

As part of its continuing Brown Bag History Series, the Augusta Museum of History presents, *Displaced – The Unexpected Fallout from the Cold War*, a presentation given by Mr. Mark Albertin on Wednesday, January 6, at 12:30 p.m.

Telling a story, recording history, and contributing to the preservation of history are the passion behind the art for Mr. Albertin. "I have allowed those who remember to tell their story. After all, they lived the experience and who better to take us back to a world of long ago than them." He will explain the process of collecting data, archival photographs/film, and conducting interviews, using as his focus and basis for *Displaced*, Ellenton, South Carolina and surrounding communities affected by the building of the Savannah River Nuclear facilities.

Mr. Albertin has been making films for the past ten years beginning with his first venture in 1999 with a short film for his mother

using old family photos. Later he made a documentary, *Augusta Remembers* and in March of 2000, it aired on Georgia Public Broadcasting.

Since that time he has produced seven feature-length productions (*St. Augustine Remembers*, *Topeka Remembers*, *Savannah Remembers*, *Twice A Hero – The Jimmie Dyess Story*, *Jacksonville Remembers*, *Aiken Remembers* and *Displaced – The Unexpected Fallout from the Cold War*).

Mr. Albertin is a multimedia producer for Morris Communications Company, LLC and performs a multitude of visual and creative projects ranging from video to photography.

The Brown Bag History Series is an educational lecture series provided monthly by the Augusta Museum of History, and is an ideal lunch-time break for downtown professionals, retirees, and students. The lectures are free to Museum members and \$3 for non-members. Participants should bring a lunch and the Museum provides beverages and dessert. Refreshments are served beginning at 11:30 a.m.; the lecture runs from 12:30 - 1:00 p.m.

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## On the Cover

# With Tender Loving Care... Take on the Team Lean Challenge!

by CAROLYN BRENNEMAN

**U**se TLC and take on the Team Lean Challenge to promote your own wellness and happiness, and shed a few pounds through some thoroughly enjoyable activities and great camaraderie. Join the Team



Team Lean Logo

kick off on Monday, January 11, 2010, at the Augusta State University Christenberry Fieldhouse on Wrightsboro Road.

Over the last two years, The Family Y has seen over 2,000 people in the CSRA participate in Team Lean. Team Lean is a year-round living awareness program that targets anyone and everyone interested in a change of lifestyle. The program equips individuals with the tools necessary for maintaining a healthy lifestyle through weekly health seminars, 12 free visits to any Family Y

location, and a website with recipes, tips, and an activity log. Additionally, you will receive a Team Lean T-shirt and lots of tender loving care through group support during the commitment.

"TLC is based on the recognition that we all need to engage in some kind of physical activity. We need to connect with people of all ages and all sizes in becoming active to remain healthy and fit as a way to improve our lifestyle," says Janet Thornburg, Community Health Director for The Family Y. Janet, who has a Masters in Public Health writes, "A healthier person makes a happier person and a happier person is inspired to continue to improve his or her quality of life. It is time that we take control of our own health and it is never too late to start a healthy lifestyle and engage in exercise. The Lean Team Challenge is a venture you can give to yourself to improve your quality of life."

Any behavioral change including exercise and weight loss requires concerted effort, and it is much more likely to be successful with the direct



Ladies Aquatics Class

support of other people or with a team. "Exercising and starting a healthy lifestyle is a lifetime investment you can start doing at any age," Janet notes. "The focus of the challenge is on improving your quality of life as opposed to winning. We provide many fun and creative tools to help you succeed, including health talks and access to a website to track your progress and your daily activities. Everyone can be successful and define his or her own goal."

"There are several avenues anyone of any age can take," Janet suggests. "Because of my background in the fitness industry for 20 years, I have a passion to see people moving physically and living a full and enjoyable life."

The Team Lean Challenge is a 12 week program which, for a small fee, invites both members of The Family Y as well as non-members to participate. TLC offers several options one may take advantage of, including a faith-based edition, school edition, corporate challenge, groups of 4 to 5, and even an indi-

vidual challenge for those who enjoy the atmosphere and group success without being directly involved in a group. After all, it is the determined efforts of people together supporting and motivating one another that make it work. "Medical reports have shown that significant reductions in health risk can be attained with even modest exercise and weight loss," Janet notes. "Even better, working with other people to reach a goal can be far more easily accomplished than doing so on your own."

All right, everyone out there, reach out and touch someone. Grab your partner, your family members, your church or school group and head over to The Family Y. Don't miss out on 12 weeks of exciting activities, free community health presentations, free visits to any CSRA Family Y, a great looking T-shirt – all for a nominal fee. Most of all it is a challenge to you – the best investment you can give to yourself. "You will be the change you wish to see in the world." Ghandi. Take on the Team Lean Challenge.



Team Lean Challenge Final

## No excuses when it comes to helmet use!

by DR. ANDREW DENNISON  
Brain Injury Specialist, Walton  
Rehabilitation Health System

**T**his holiday season, bicycles, scooters, skateboards and skates most likely made the wish list of many children, teens, and adults. The gift idea that's often missing on those holiday gift lists? A helmet.

Many of us are guilty of avoiding helmet use. For example, since the repeal of universal helmet laws, motorcycle helmet use nationwide has dropped from 71 to 51 percent. In states where helmet use is not mandated for motorcyclists, only about 40 percent use a helmet, according to the National Highway Traffic Safety Administration (NHTSA), and the risk of injury also triples. Only about 20 to 25 percent of bicyclists wear helmets, even though it's estimated that universal helmet use would prevent up to 45,000 head injuries and up to 55,000 scalp and face

injuries annually.

There really are no excuses not to wear a helmet, even though some of us have programmed ourselves to leave the helmets at home, for a number of reasons. Helmets aren't comfortable, some say, although padding and a properly adjusted fit can easily correct that. They don't look cool, despite the many fashion-forward styles and colors now available. Some may even worry that they might mess up your hair, but riding on a motorcycle or taking a long bike ride might do that anyway.

### Here are a number of reasons to wear a helmet

- Helmets protect you from severe injury or death. The statistics are pretty irrefutable. The simple act of wearing a helmet decreases risk of brain injury by 88 percent and risk of severe brain injury by 75 percent. The majority of fatal bicycle and motorcycle accidents involve head injuries. If you think about it, your skull is the only part of your body where breaking

a bone will, without a doubt, result in long-term injury or death. Why not take the few seconds to strap on a helmet?

- Helmets can also protect your face from injury. While most of the focus is on head injuries, forward falls can also cause significant injury to your face, if you're not wearing a helmet. Helmet use reduces risk of facial injury by 65 percent. For motorcyclists in particular, that means it's important to wear full-size helmets, which help ensure your head and face are completely protected should an accident happen, versus half-helmets, which protect your head, but not your face.

- Helmets protect families from the pain and grief of injury or loss of a loved one. One of the most painful experiences a family can go through is losing a loved one through a preventable accident or seeing a loved one struggle through the long-term (sometimes lifelong) healing after surviving a preventable traumatic brain injury. When you wear a helmet, it benefits not only you but also your family.

- Numbers don't lie. And in the bigger

picture, as more focus falls on health care spending, more focus should also fall on prevention. According to the NHTSA, if all motorcyclists wore helmets, \$853 million would be saved in health care costs, and every dollar spent on a bicycle helmet saves society \$30 in indirect medical costs and other costs.

- Georgia mandates motorcycle helmet use for all riders, and bicycle helmets for those under 16, while South Carolina mandates motorcycle helmet use for those under 21. No matter what a law may dictate, this holiday, make safety a focus by including a helmet with your gift of a bike or other wheeled vehicle. Or if you already own a helmet, make a resolution to wear it. There really are no excuses.

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*Dr. Dennison is a physical medicine and rehabilitation physician and is fellowship trained in brain injury. He provides both inpatient and outpatient care for brain injury survivors at Walton Rehabilitation Health System.*



# This is the Heart of a Community

by CAROLYN BRENNEMAN

Come every Monday afternoon, Ed Sweat and Jeanne Payne drive downtown to D'Antignac Street to volunteer their time at Christ Community Health Services Augusta.

"It sure is a rewarding experience for me to assist at the clinic," says Mr. Sweat. "Although I lead a busy life, taking the time to volunteer here at the clinic is something I look forward to every Monday." Jeanne Payne, wife of Dr. Ed Payne says, "I volunteer because I want to give back."

Christ Community Health Services Augusta (CCHSA) is an independent Christian non-profit organization which provides affordable yet high-quality primary health-care to the CSRA's insured and uninsured. About 75% of CCHSA patients have no health insurance," says Ron Skenes, Director of Communications and Development. "They are often employed full-time, working one or more jobs, but lack health insurance. Those who are truly homeless and need medical assistance receive free health care and are never turned down. Still other patients carry private health insurance or are on Medicare but



Dr. Robert Campbell and Dr. Grant Scarborough

prefer to receive treatment by either Dr. Campbell or Dr. Scarborough at CCHSA," says Mr. Skenes.

Dr. Robert Campbell and co-founder Dr. Grant Scarborough are double-boarded in Internal Medicine and Pediatrics. The two doctors first met in 2003 and later opened the doors to Christ Community in November 2007. Since then more than 10,000 patients have been seen in the clinic which has been renovated to its present status through the help of countless volunteers. Volunteers – they are one of the lifelines to make a better world for us. "Helping people is very fulfilling and rewarding to me," says Mr. Sweat.

And the giving continues. Through fund raising, CCHSA has raised more than \$1.3 million for the rehabilitation of the Historic Widow's Home on Greene Street in Augusta that will be the future home of the clinic. A local real estate developer, Clay Boardman, donated this 120-year old building for the purpose of being used as a community oriented physicians' office. Many local volunteers and groups have donated thousands of hours of volunteer time and labor to assist with pre-construction demolition of the existing structure. "As soon as we reach \$1.8 million in our fund-raising,"

says Mr. Skenes, "we will begin construction on the first floor of our new clinic. With continued fund-raising, we plan to renovate the Historic Widow's Home to a state-of-the-art clinic with twelve exam rooms, an Electronic Medical Records System, a laboratory, pediatric physical therapy suite, a classroom, and counselor's office to provide future services for 6 providers to care for 25,000 to 30,000 patient visits per year."

And just who are these patients? "Everyone and anyone from ages 18 through 70," notes Ron Skenes. "The mission of Christ Community is to provide services to meet the physical and emotional needs of those who primarily lack health insurance to pay for services. Patients make appointments for health-related issues regarding anything from physical problems such as high blood pressure to emotional needs like anxiety and depression."

And why did Drs. Campbell and

Scarborough start Christ Community? "They have a heart for reaching out to the needy and underserved in the community," notes Mr. Skenes. "Working at the clinic is highly satisfying," says Dr. Campbell. "It is every doctor's dream to take care of people regardless of ability to pay."

Just what is the mission of Christ Community Health Services Augusta? "To proclaim Christ as Lord and to demonstrate his love by providing affordable high quality primary healthcare to the underserved of Augusta." Two men have a dream – to care for those in need regardless of ability to pay. Two volunteers fulfill a need – to donate services and time to a worthwhile cause. This is the heart of a community.



Ron Skenes, Director of Communications and Development



Ed Sweat and Jeanne Payne

## Music for the Miller... It is Show Time!

Special to Senior News

A group of four Greenbrier High School seniors supported by Symphony Orchestra Augusta are producing a concert and silent auction benefiting the restoration efforts regarding Augusta's historic Miller Theatre and Symphony Orchestra Augusta as part of their senior project, which is a Columbia County School System graduation requirement. It is our hope you will join us in our mission to emphasize the cultural significance and overall importance of the Miller Theatre.

The concert, Music for the Miller, will be held January 9 at 8:00 p.m. at West Acres Baptist Church. Talent acts will be performing throughout the day and the top acts, judged by a community panel, will be featured in a showcase that night. We will also have guest speakers and a group of young performers throughout that night's showcase to present information about the Miller. Local radio personality Helen Blocker-Adams will act as the evening's host. Tickets for the event will cost \$8, and will be available for purchase at the door or by calling 706-832-2360.



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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 —

**J**ust 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 com-

plimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

\*\*\*\*\*

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## *Indian Footprints*

# "A salty subject"

by W. MAXWELL DUKE

**R**ejoice all of you salt addicts! You are not alone. Thousands of years of human history justifies your fiendish call for that pretty white crystalline substance that flavors your soup, preserves your meat, and crowns your popcorn.



Today salt is a cheap, easily obtained product that is so common place that most people never stop to appreciate it — unless they give out or are told by their doctor to stop using it. However, salt has not always been so easy to come by and was a greatly valued commodity — even amongst the Indians.

Many Indians of the Southeast had no local sources of salt and were hard hit by a constant shortage. Trade networks were established to connect the Indians with salt from distant places. Some of the distant places included northern Tennessee, southern Alabama and the Atlantic coast of Georgia such as Tybee Island.

When salt could not be obtained by trade, a salt substitute was used. Moss was gathered from river boulders and tree trunks. It was then parched and burned. The ashes were placed in a bowl and food was dipped into the ashes.

It was not salt, but in times of desperation it served fairly well to ease the craving. The ashes from the fireplace were also used in a similar fashion and probably imparted a "woody" flavor.

The use of salt by the Creek

Indians was very similar to modern day usage (except they did not use it for food preservation). However, some restrictions were imposed. Pregnant women were advised by the medicine men to limit their intake during pregnancy. Ball Players were forbidden to eat it before the game. And, no member of the community could use it during the New Year's Day ceremonial observance.

## **TIDBIT OF TRIVIA**

Captain Bernard Romans was an early student of Southeastern Indians. From the pages of his historic encounters he stated, "When deprived of salt for a long time, an Indian will frequently eat a pound of salt without anything else."

(Romans failed to report the outcome of such a salty splurge.)  
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# C'mon, let's eat

by FAYE JONES

**B**et y'all don't want any more turkey and ham for a while do you? I have been just about as innovative as a cook can be with left-overs. I believe with all my heart I will be eating ham on the 4th of July!

Weren't the holidays wonderful? And aren't you glad to get back to everyday living like having a bowl of soup and cornbread for lunch or dinner. Salads are so good to me right now. I suppose we all need a round or two of greens and fresh veggies. Fruit is also good to get our systems back in shape after our steady diet of sugar and butter for the past month.

Try a few of these old recipes and see how you like them.

## CREAMED SPINACH

1 10-ounce package frozen chopped spinach  
2 Tbsp butter  
1 1/2 Tbsp all-purpose flour  
1/3 cup heavy cream  
1/4 tsp salt  
Dash pepper  
Dash nutmeg  
Dash cayenne pepper

Cook spinach following the directions on the package. Drain and squeeze all the liquid from the spinach when it's done. Melt butter in a saucepan over medium heat. Be careful not to burn it. Add flour to butter and stir until smooth. Add the cream and heat for 3 minutes or until

the spinach, salt, pepper, nutmeg, and cayenne. Cook for 2 - 4 minutes. Stirring often. Serve hot. Serves 4.

## DADDY'S WESTERN OMELETTE

(This is my version of my father's recipe. He made lovely omelettes. I just stir the ingredients together. It is the same thing only his looked better. This makes a heavy breakfast or a nice supper on a cold night.)

1 cup frozen cubed hashbrown potatoes, thawed  
3 Tbsp butter  
1 green bell pepper, diced  
1 small - medium white onion, diced  
1 cup mushrooms, fresh or canned  
1/3 cup diced left-over ham (may use sandwich or breakfast ham)  
1 medium fresh tomato, seeded and diced  
1/2 pound Velveeta cheese spread  
4 Tbsps evaporated milk (May use regular milk)  
6 large eggs, well beaten  
Salt and pepper to taste  
Pinch of cayenne pepper

Pan fry potatoes in butter in a large skillet until tender and lightly browned. Before the potatoes brown, add green bell pepper, onion, mushrooms, tomato. Cook, stirring occasionally until vegetables are tender. Beat eggs with the evaporated milk. Pour over potato mixture. Quickly stir in Velveeta cheese, salt and pepper

and pinch of cayenne. Stir only until eggs begin to get solid. Remove from heat and place in a serving bowl. Eggs will continue to cook in the bowl and you do not want them to be dry. Serve alone or with grits or biscuits. So filling and good.

## RIB EYE LOIN

1 10-12-pound boneless rib-eye loin  
Salt and cracked pepper  
Chopped garlic from a jar  
Paprika  
2 Tbsps parsley flakes  
1 cup sweet red wine  
1/2 cup water

This is a large roast and a hand full to deal with - but also very easy. Simple remove all silver membrane from the roast. You will remove a lot of fat from the sides and bottoms as you skin the roast (if the butcher hasn't done it for you).

Leave a thin layer of fat on top of the roast. You may cut it off, season the meat and then replace the slab of fat if you desire. Cut slash marks 3-inches across the meat about 1/2-inch deep. Sprinkle meat with salt and cracked pepper, a little roasted paprika, parsley flakes in the slits in the meat. Then cover liberally with chopped garlic - about 4 tablespoons.

Place meat on a rack if you have one; it is not necessary. Pour wine and water in bottom of pan. Place in a 400 degree oven for 30 minutes. Reduce oven heat to 300 and continue to bake until internal temperature reaches about 160. If you like rare

meat, check often.

When done, remove meat from oven, tent lightly with foil. Do not wrap tightly. Let meat rest at least 18-20 minutes so juices will return to center of roast. Slice as you desire cross-wise and pig out! Simple and oh, so good.

## GRAVY FOR RIB-EYE

3 shallots, finely minced  
2 large portabella mushrooms, gills and stems removed and caps diced in 1/2-inch pieces  
1/2 cup sweet red wine  
Salt and pepper to taste  
1/2 pint whipping cream  
1 quart half-and-half  
2 Tbsps flour  
4 Tbsps fat strained from cooking pan where roast was cooked.

Place fat into a large skillet or Dutch oven. Add shallots and portabella mushrooms. Pour red wine over mixture and cook until mushrooms are dry. Add salt and pepper to taste. Heat whipping cream and 2 cups half-and-half. Add flour to mushroom mix, stirring well, then add hot cream to make the gravy. Adjust seasoning. It is so rich that a little goes a long way. Leftovers keep well. Enjoy!

©12/22/09

**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](mailto:byronfaye1@aol.com).

# General Business Directory For Seniors

sauce thickens. Stir constantly. Add

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• Online Courses: Go to classes in your pajamas, at anytime day or night. Go to [www.ced.aug.edu](http://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.seniorecitizenscouncil.org](http://www.seniorecitizenscouncil.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, gov-

ernment, and faith-based organizations. Call for complete details.

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

## H. H. Brigham Senior Center

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

## Aiken County Parks, Recreation & Tourism

902 Vauluse Rd., Aiken, SC 29801;  
803-642-7559;  
[www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)  
Courtney Senior Center  
49 Roy St., Wagener, SC; 564-5211  
Harrison-Caver Park  
4181 Augusta Rd., Clearwater, SC;  
593-4698  
Aiken County Recreation Center  
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142  
Roy Warner Park  
4287 Festival Trail Rd., Wagener, SC;  
564-6149

## Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

## Shiloh Comprehensive Community Center

1635 15th Street, Augusta  
Activities for senior citizens offered 9 a.m. to 4 p.m. weekdays. For additional information please call 706-738-0089.

## Hearing Loss Association of Augusta

Hearing Loss Association of Augusta. For meetings information contact: Debbie Rish, President, at 706-650-2496; 624 Kingston Rd., Grovetown, GA 30813; or, by email at

[hlaag.rish@yahoo.com](mailto: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](http://www.the-morris.org).  
• Art of Beverly Buchanan: Through Jan. 31

## Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta. Call 706-722-5465 for information.  
• Kristin Casaletto: Select Works and Laura Umphrey: Before It's Gone: Jan. 8-March 5

## Caregiver Support Group

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

## Augusta Museum of History

560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.  
• From Ty to Cal: A Century of

Baseball in Augusta: Ongoing

- Into the Interior: A History of the Georgia Railroad and Banking Company: Ongoing
- Augusta's Story: Ongoing
- The Godfather of Soul, Mr. James Brown: Through May 31
- Stories & Legends: Remembering the Augusta National: Ongoing
- A Community That Heals: Ongoing
- Voices of the Past Museum Theater Series - The Other Tubmans: Sat., Jan. 9, 11:30 a.m., 12:30 p.m., 1:30 p.m.
- Voices of the Past Museum Theatre - A Petersburg Boat Pilot: Sat., Jan. 16, 11:30 a.m., 12:30 p.m., 1:30 p.m.

## Lucy Craft Laney

Museum of Black History  
[www.lucycraftlaneymuseum.com](http://www.lucycraftlaneymuseum.com)  
Call 706-724-3576 for events information.

## "Dance with Us"

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

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

## Augusta Christian Singles Dance

Dances held each Saturday night, 7-11 p.m., at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission includes complimentary dance lessons 7-8 p.m., refreshments and drinks. Cost: Guests, \$10; members, \$8. For additional information call 706-863-

continued on page 11

# General Business Directory For Seniors

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## CALENDAR

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9262 or visit [www.christiandances.org](http://www.christiandances.org).

\*\*\*\*\*

### AARP Augusta Local 266

There is more to AARP than a newspaper and a magazine. The local chapter meets at Sands Hill Community 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](mailto:hospitality@AugustaNewcomers.com); [www.AugustaNewcomers.com](http://www.AugustaNewcomers.com).

\*\*\*\*\*

### Service Corps of Retired Executives

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

\*\*\*\*\*

### Philly Swamp Events

706-828-2109

\*\*\*\*\*

### Find Your Voice

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

\*\*\*\*\*

### Senior Volunteers Needed

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

[thibaultk@nsdiscovery.org](mailto: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 con-

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

\*\*\*\*\*

### Alzheimer's Caregiver Support Group

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

\*\*\*\*\*

### CSRA Parkinson Support Group

Meets monthly. For details call 706-364-1662.

\*\*\*\*\*

### Volunteer Victim Advocate Training Offered

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

\*\*\*\*\*

# General Business Directory For Seniors

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## PARTICIPANTS SOUGHT FOR RESEARCH STUDY

If you are an African American or a Caucasian family member who gives care for a person with dementia, you may be eligible to take a part in a research study. You must be 18 years or older, male or female, English speaking, and not being paid for giving care. The purpose of my study is to compare the relationship between African American and Caucasian caregiving stressors and physical health effects among family caregivers. My study will address caregiving stressors, duration of care, and spirituality. I will ask you to complete four short surveys at one single time. It will take about 1 hour of your time. Please know that taking a part in my study is voluntary. I look forward to talking with you about my study.

Please contact Lorraine W. Jackson at 706-836-7914, or at [romjcksn@bellsouth.net](mailto:romjcksn@bellsouth.net) for more information.

I look forward to hearing from you and talking with you.

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