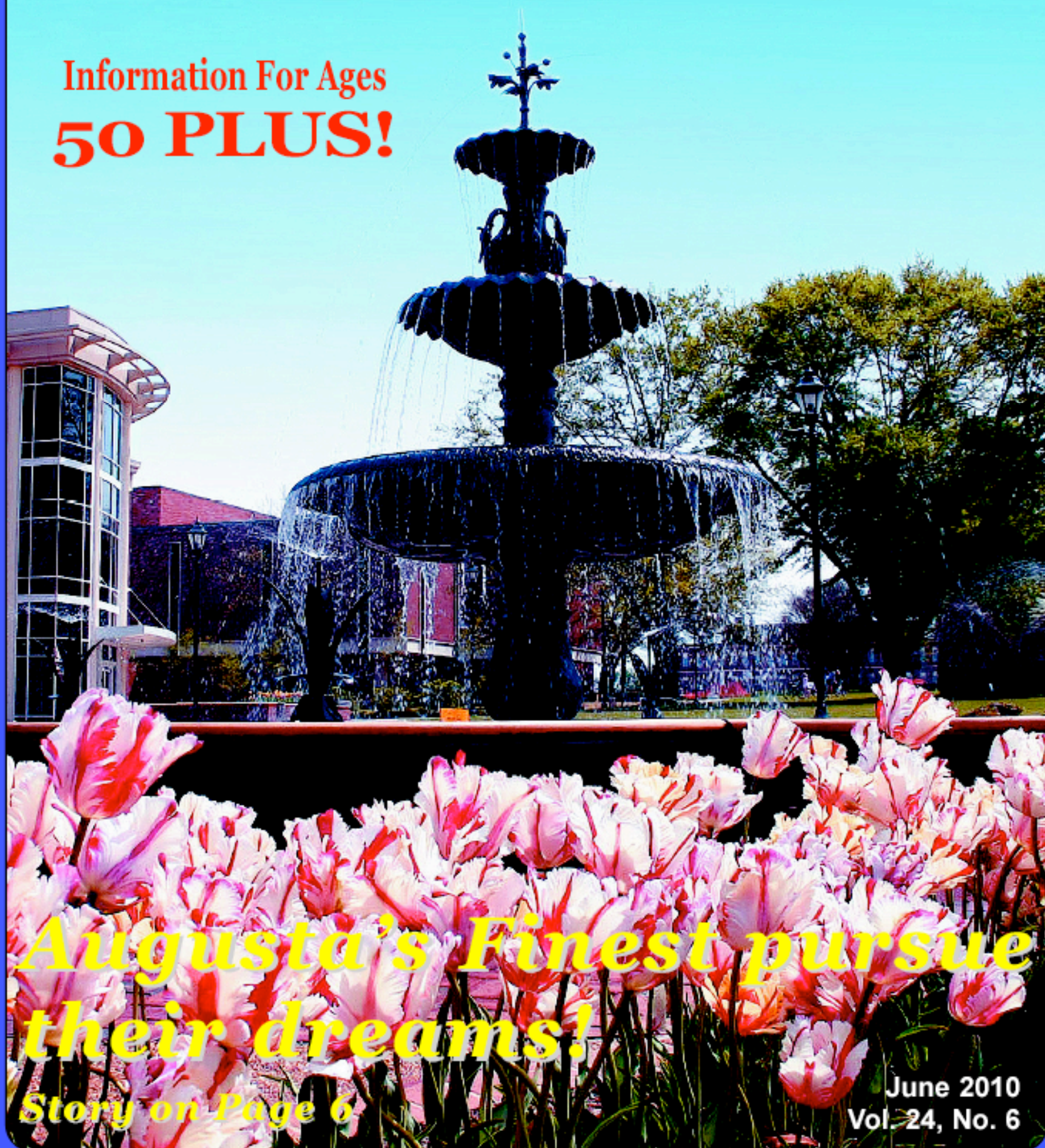


# Senior News

Serving AUGUSTA & the CSRA

Information For Ages  
**50 PLUS!**



*Augusta's Finest pursue  
their dreams!*

*Story on Page 6*

June 2010  
Vol. 24, No. 6



# BBB warns that Insurance Scams are flourishing in current economy

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

**I**n the midst of a tight economy and in the wake of the new national healthcare reform bill, State and Federal regulators are warning about a surge in healthcare-related scams. Better Business Bureau advises consumers to do their research before signing up for insurance coverage because their personal and financial health is on the line.

According to an October 2009 survey conducted by the Coalition Against Insurance Fraud, 57 percent of state fraud bureaus reported a higher incidence of health insurance fraud in 2009 compared to the previous year. The increase was largely attributed to "unauthorized entities selling fake coverage" and "the rise of medical discount plans."

Navigating the healthcare system can be a tricky maze and coordinating your physicians, prescriptions and insurance coverage isn't always easy. One of the first steps to finding healthcare services that are a good personal fit, is to start with a provider you can trust.

Companies such as HealthcareOne/Elite Healthcare, Consolidated Workers Association,

and Smart Data Solutions/American Trade Association, have all recently come under fire from state regulators for peddling worthless coverage or discount medical plans—instead of actual insurance—to thousands of consumers.

Additionally, the new healthcare reform bill quickly sparked new scams; shortly after it was signed into law, the US Department of Health and Human Services issued a warning to consumers to beware of health insurance offers claiming to be part of new federal regulations. For example in Missouri, the state Insurance Director warned that a door-to-door salesman was claiming to be a federal agent selling insurance under the new law.

BBB recommends taking the following steps when shopping for health insurance coverage to avoid getting ripped off:

Research the company with BBB. Always check out the insurer's BBB Reliability Report online at [bbb.org](http://bbb.org). Reliability reports are available for free and will tell you how many complaints the business has received, whether there has been any government actions brought against the business, as well as BBB's overall rating.

Confirm the company is licensed with the state insurance commissioner. Each state has a department

devoted to regulating insurance companies. Make sure the insurer is licensed to operate in your state.

Read the fine print carefully. Make sure all verbal commitments are in the fine print. Don't just take the company's word for it. Also confirm with your pharmacist and doctor that they accept the plan you're considering.

Recognize the difference between insurance and discount medical cards. Some consumers purchased what they thought was health insurance but was actually a discount medical card which could only be used to get reduced rates at limited doctor's offices and pharmacies. Make sure you're purchasing insurance coverage and not just a discount medical card.

Beware of copy cats. Some phony insurers will go by a name that is similar to a trusted company.

Confirm that you're really dealing with the right company that has a good reputation.

For more advice on finding healthcare companies and services you can trust, visit <http://www.bbb.org/us/consumer-tips-health/>.

\*\*\*\*\*

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc., serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).

## Screening is best weapon against Colon Cancer

by DR. SHERMAN CHAMBERLAIN  
MCGHealth Gastroenterologist  
Augusta, Georgia

**I**t's the third deadliest form of cancer in the United States, but it doesn't have to be.

Colorectal cancer is a disease in which cells in the colon or rectum become abnormal and divide without control, forming a mass called a tumor. Any cancer can be deadly, but according to the American Cancer Society, colorectal cancer is preventable, treatable and beatable. Regular colorectal cancer screening or testing is the most powerful weapon against colorectal cancer.

From the time the first abnormal cells start to grow into polyps, it usually takes about 10 to 15 years for them to develop into colorectal cancer. Regular screening may, in many cases, prevent colorectal cancer altogether since many polyps, or growths, can be found and removed before they have the chance to turn into cancer. If early screening reveals cancer already exists, the chances are greater for a cure.

Several tests are used by a gastroenterologist to screen for colorectal cancer. Ask your doctor which tests you should take.

People who have no identified risk factors should begin regular screening at age 50. Those who have a family history or other risk factors should begin screening earlier. Consult your physician to determine when is right for you.

Other risk factors for colorectal cancer include:

Race: African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the United States. The reasons for this are not yet understood.

Diet: Some evidence suggests that the development of colorectal cancer may be associated with the

frequent consumption of red and processed meats and a low consumption of whole grains, fruits and vegetables.

Lack of exercise: A sedentary lifestyle may be associated with an increased risk of developing colorectal cancer. In contrast, people who exercise regularly may have a decreased risk.

Smoking: Increasing evidence suggests that cigarette smoking, particularly long-term smoking, increases the risk of colorectal cancer and other cancers.

The American Cancer Society estimates that colorectal cancer will kill 50,000 Americans this year. The good news, however, is that death rate is falling, largely due to timely screening and treatment. Be sure you are one of the survivors. Get screened.

MCG Health, Inc. (d/b/a MCGHealth) is a not-for-profit corporation operating the MCGHealth Medical Center, MCGHealth Children's Medical Center, the Georgia Radiation Therapy Center, and related outpatient facilities and services throughout the state. For more information, please visit [mcghealth.org](http://mcghealth.org).

## Publisher's Notice

**D**ue to complications associated with a knee replacement operation, Ms. Faye's columns, *Walking on Sunshine* and *C'mon, let's eat*, are not included within this month's edition of *Senior News*. Needless to say, we miss Ms. Faye's columns. But, more importantly, WE MISS MS. FAYE. Prayerfully she'll fully recover in the near future; and, hopefully her entertaining and informative columns will be back in the paper for our July edition.

**Trinity: nationally ranked in joint replacement.**

Bouncing the grandkids...  
Walking the dog...  
Traveling with friends...  
Golfing with the guys...  
Shopping with the girls...

**Top 5% in the nation\***  
2007, 2008, 2009, 2010

**Best In Region\***  
2007, 2008, 2009, 2010

**HealthGrades "Excellence" Award**  
2007, 2008, 2009, 2010

**Trinity**  
HOSPITAL of AUGUSTA  
[www.trinityofaugusta.com](http://www.trinityofaugusta.com)

**Joint Replacement Program 706.481.7676**

**HEALTHGRADES\*** \*As defined by HealthGrades - Augusta, Richmond County, GA-SC CBSA Map Area.



# New program teaches patients how to control stress, reduce pain

Special to Senior News

**W**hen you're anxious or stressed out, you start to breathe a little faster. Your heart rate rises, your muscles begin to tighten, and before you know it, on top of your mental stress, your head aches, your back hurts and your shoulders feel tight enough to snap.

But what if you could learn to recognize and control your body's responses to stress, and actually prevent stress-related pain and even lower anxiety levels?

"Biofeedback sounds very technical, but it's really very simple," said Dr. William Schiff, a psychologist with the Department of Behavioral Medicine at Walton Rehabilitation Health System. "At its most basic, it's collecting information about your body and using that information to help improve your health. When you step on a scale and modify your eating habits, that's biofeedback. It also can be an effective tool to manage stress and prevent or reduce pain."

At Walton's Department of Behavioral Medicine, psychologists use simple devices to measure a person's number of breaths per minute, heart rate, Galvanic skin response (a measure of the skin's electrodermal activity, which increases when a person is tense or anxious), temperature, muscle tension, or all of the above. While this data is being collected, patients can view in real time how their rates are elevated when they are feeling stress or pain, and can also see how these rates can lower as therapists teach them specific tactics to reduce stress and pain levels.

Since a person's rate of breathing is the easiest to control, therapists typically start there. "Ideally, your breath rate is around six breaths a minute," said Dr. Schiff. "But when you're anxious, it can be as fast as 20 breaths a minute. Rapid, shallow breathing causes your heart rate to rise and muscles to tense, and if you already have issues with pain or headache, this increased pressure within the body can cause pain to slowly begin or increase. Increased pain leads to increased stress and so on."

By learning to breathe in a slow, controlled manner, patients can slow down their body's responses. This physical relaxation can help reduce pain and can then lead to mental relaxation too. Over the 12- to 15-week program, and through continued

practice, individuals can actually learn to relax on recall.

While it may sound easy, even intuitive, according to Dr. Schiff, many times patients don't realize how much stress their body is under until they actually see the numbers. "We've had a couple of our patients explain that they've tried breathing exercises before and that they didn't work. Once we were able to measure their breathing rates and have them repeat the exercises, we found that they weren't breathing as slowly and deeply as they thought. So the biofeedback really was able to give them valuable information that enabled this therapy to work for them."

Biofeedback has been found to be helpful in patients with chronic pain, arthritis, headache, insomnia or hypertension, and to help reduce stress after heart attack and during cancer treatment.

"Your body has an ideal state, when everything is running on all cylinders," said Dr. Schiff.

"Biofeedback helps you become more aware of your body's reaction to stress, and find the method that works best for you to help reduce pain and tension, and get back to that ideal, relaxed state."

\*\*\*\*\*

Walton Rehabilitation Health System restores ability, hope and independence to people who need medical rehabilitation and/or community support following temporary illness, injury or a life-changing disability. WRHS is comprised of Walton Rehabilitation Hospital, a specialty not-for-profit hospital located

in downtown Augusta; Walton outpatient therapy centers; Walton Medical Associates; Walton Community Services, which provide independent living settings throughout the CSRA for families with disabilities and for seniors; Walton Wound Care and

Infusion Center; Walton Options for Independent Living, which provide employment assistance and other services for those with disabilities; and Walton Foundation for Independence. For more information, visit [www.wrhl.org](http://www.wrhl.org).

## 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.

Residents must be 55 and over.

### Apartment Features

- Washer/Dryer Connections
- Heated/Cooled Sunrooms
- Fully Equipped Kitchens
- Oversized Bathrooms
- Large Walk-in Closets
- Water and Sanitation Included
- Garbage Disposal
- Mini Blinds
- Single Story, No Stairs
- Handicap Accessible

### Community Features

- Community Center w/planned activities
- Individual Gardening Areas
- Gazebo with Flower Gardens
- Horse Shoe Pit

## COME ON HOME!

Section 8 vouchers accepted and transferable from Georgia to South Carolina!

Equal Housing Opportunity

## Vintage Gardens

At Sweetwater

3 Murrah Road Extension  
N. Augusta, SC 29860

(803) 819-3139

Monday-Friday, 9 am-3 pm  
Saturday, by appointment

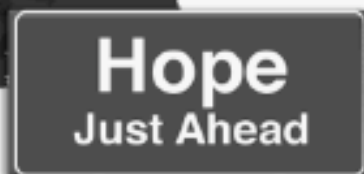
## Wounds Stop Here.

With more than 60 years' combined experience in treating *chronic wounds* and *infections*, Walton Wound Care and Infusion Center's physicians stop wounds and infections in their tracks.

Our advanced techniques help patients with:

- Diabetic wounds
- Arterial ulcers
- Post-surgical wounds
- Pressure ulcers
- Cellulitis
- Osteomyelitis
- Venous ulcers
- Trauma
- Infections

Now accepting new patients. Call today for an appointment or screening.



**WALTON**  
REHABILITATION HEALTH SYSTEM

630 13th St., Suite 100 • Augusta, Georgia 30901  
(706) 434-0052 • Toll Free 1-866-4-WALTON • [www.wrhl.org](http://www.wrhl.org)



# Senior NEWS

Serving Augusta & the CSRA

## Website

www.seniornewsga.com  
www.seniornewsgeorgia.com

## Editor/Columnist

Faye Jones

Email: byronfaye1@aol.com

## Advertising Account Executives

Carolyn Brenneman

Phone/Fax: 706-869-1877  
seniornewsga@att.net

## Columnists

Carolyn Brenneman

Dr. Andrea Cauthen Bussey

Dr. Bill Baggett

Christine Coleman

Kathleen Ernce

W. Maxwell Duke

Lisa Petsche

\*\*\*\*\*

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 13,500; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logos, types, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

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

\*\*\*\*\*

## CORPORATE OFFICE

Billy R. Tucker, President/Publisher  
Phone: 478-929-3636; 800-752-5037  
FAX: 478-929-4258

www.seniornewsga.com

E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

# Poets' Corner

## Those Who Came To Die

by Bobby Cline

(Dedicated to those who charged the beach at Iwo Jima)

*He knew not what the future held,  
this lad of seventeen.*

*But go he must to seek his fate in  
places never seen.*

*It was a time of war and grief, and  
jobs that needed done.*

*His mother cried and hugged him  
dear, then gave her loving son.*

*Ready for the fight to come, he went  
to distant lands.*

*The glory he had sought for days  
was finally near at hand.*

*Guns roared like thunder from  
above, thick smoke, it filled the  
sky.*

*Young men would charge this shore  
of death. Those who came to die.*

*Crouched low within the landing  
craft, his weapon in his hand,  
His mind could think of nothing but,  
that beach of hot black sand.*

*Put there by God in heaven, but  
cursed by him below.*

*The black sand of the island called  
forth his mortal soul.*

*When at last the ramp was down, the  
deadly charge began.*

*The gates of hell had opened and he  
saw that deadly sand.*

*He waded through the water, then  
crawled upon the shore.*

*He tried to raise himself to run, his  
body said no more.*

*He searched his heart for courage,  
but only fear was found.*

*He listened for his heart to beat, it  
never made a sound.*

*Was this the coward in him, was this  
his day to die?*

*Would he lay there on that cursing  
sand, and never even try?*

*He lay there in the dark sand, his  
eyes were opened wide.*

*He saw the spread of color red  
before his very eyes.*

*The blood was not of those before,  
but Him who died for all.*

*Was then he knew what he must do,  
to heed the deadly call.*

*With new found faith within his  
heart, his courage was renewed.*

*He stood and walked among those  
left; there only was a few.*

*A motion with his arm he gave, and  
forward they did run.*

*Into the face of death they moved,  
toward the sound of guns.*

*This evil land and those they fought  
could not defeat these men.*

*They battled forth for many days,  
until the bitter end.*

*The battle nil, the victory won, they  
sat and wondered why.*

*And gave an every lasting thought to  
who came to die.*

\*\*\*\*\*

## Four Seasons of Life

by Beni Handley

*In the Spring of Life, when we are  
young,*

*All is exciting, everything's fun.*

*We eagerly look forward to each new  
day.*

*Life is budding, there's much time to  
play.*

*Then comes the Summer, we play  
when we can,*

*For school, and education are  
always first hand.*

*We're buying a house, the bills are  
due,*

*No rest for the weary, it's all up to  
you.*

*When Fall catches up, we see longer  
days,*

*More work and less play, we've a  
family to raise.*

*We're buying a house, the bills are  
due,*

*No rest for the weary, it's all up to  
you.*

*But Winter will come, with the  
blessing of age,*

*The last chapter to write, but not the  
last page.*

*For this is the best time, life has to  
give,*

*You do as you please, and you've  
just learned to live.*

\*\*\*\*\*

## Leigh's Song

by Ernest D. Wilkes

*Events can sometimes happen that  
are so hard to explain,*

*And to probe for answers can leave  
one feeling drained.*

*I've spent my lifetime searching,  
hunting for a clue;*

*Now, I feel as though my quest has  
ended whenever I'm with you.*

*I'm just another dreamer – took a  
while to face the truth –*

*But I've dreaded of someone like  
you since somewhere within my  
youth.*

*Please, take my hand and we'll  
explore the tomorrow of our  
dreams,*

*And together we can share our future  
memories.*

*I know you're sometimes burdened  
by the pains within your past.*

*I know your hopes and dreams  
involve a commitment that will  
last.*

*Longer than these bodies our souls  
are wrapped within,*

*'Cause a love between two soul-  
mates is a love that has no end.*

*The years have rolled on by, and  
we've lived out many dreams.*

*And I struggle to express in word,  
just what you've meant to me.*

*Now, your ship has slipped away to  
moor at Heaven's berth,*

*And the only thing that keeps me  
from you, is my time left here on  
Earth.*

*\*\*\*\*\**

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

©1996,2010 Ernie Wilkes

## Spiritual Notes

# Lasting influence

by Dr. Bill Baggett

Minister to Seniors

Dunwoody Baptist Church

**M**other's Day has just passed. Our family celebrated at a family dinner with our grown children, their spouses and the five grandchildren. My wife received an early morning call from our son telling her how much he loved her and that she was also a wonderful grandmother. Her response was, "being a mother was special but being a grandmother was even more special." Mothers, through the ages, have been the source of encouragement and stability in families. (So have Dads, whose day we will celebrate soon.) My wife received the adoration she deserved from the kids and grandkids on her special day, and if I'm lucky, perhaps I'll get the same treatment.

Family occasions remind us how important words of encouragement are to family members. This is especially true to young people who are faced daily with hard decisions. As we reflect on the gifts we received from our parents, it wasn't the "tangible things" that meant so much but the "intangibles." So often we heard from our parents, "Pretty is as pretty does," "Right is right and it never hurts anyone." Of course there are many more. We learned a lot by trial and error but these voices of wisdom still resonate in our minds.

Forbes magazine printed an article

some time ago on methods of dealing with others effectively. So much of what the author gained from his research is apropos to the approach that works in dealing with others in today's world, whether it is with family or those we encounter daily. The author summarized his findings in 5 sentences as follows: "The most important 5 words are: *I am proud of you.* The most important 4 words are: *What is your opinion?* The most important 3 words are: *If you please.* The most important 2 words are: *Thank you!* The least important word is: *I.* The survey found that these words had a great and positive influence on those interviewed.

The world is full of negativism. In Proverbs 15:1 we read: "A soft answer turns away wrath, but a harsh word stirs up anger." These words from the Scripture are so true. You have seen this in your families. The soft spoken word can reduce tension and, in many cases, can start a much needed healing process. We can use this biblical admonition in our families, with friends, and even strangers.

Mothers, Fathers, Grandparents... continue to speak softly but clearly to your children and grandchildren, and remember the 5 important sentences. It will positively increase your legacy on these special recognition days.

\*\*\*\*\*



# ADVOCACY ALERTS: 10 Ways to Reduce Your Summer Utility Bills

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

**I**f you live in the south, like here in Augusta, Georgia, you know that our season usually goes from winter to summer overnight which causes our utility bills to increase. Here are 10 tips to help shave dollars off the monthly bills without sacrificing comfort as long as you plan ahead and get creative.



## In the basement

Cleaning air conditioning filters every month and getting your system checked by a professional once a year will ensure that it's functioning as efficiently and inexpensively as possible, according to Geoff Godwin, division vice president of Emerson, the country's largest provider of heating and cooling systems. A lot of people don't do that – they ignore the AC system until something goes wrong, then they end up buying an entirely new unit instead of making minor fixes. If you need a new air conditioner, look to a certified energy star dealer for an energy efficient one that might be eligible for a tax credit (check the web-site at [www.energystar.gov](http://www.energystar.gov)). When you're shopping around, look for a unit with a seasonal energy efficiency ratio of 16 to 21, the highest level of efficiency.

## Throughout the house

"Make sure your house is leak-free," says Alliance to Save Energy spokeswoman Ronnie Kweiler, or else "nice, cold, expensive air is going out the cracks." You might want to consider assigning this task to a professional who will use diagnostic equipment to test your home for areas where air conditioning might escape. However, you can perform a casual energy audit yourself by feeling around baseboards, windows, doors, light switches, and

electrical sockets for air leaks. Air can escape or enter anywhere that two different building materials meet. Kweiler also recommends walking around your house with incense to see if the smoke blows in when you pass windows as older, wooden windows are especially prone to this kind of leakage. If you find problem areas, seal it with foam or caulking, which you can find at the hardware store. Insulation that meets certain efficiency criteria is also eligible for the federal tax credits. By properly sealing your house, you can save up to 20 percent on your utility bill.

Also, using a programmable thermostat can yield annual savings of about 30 percent, with much of the savings in the summer, since air conditioning runs with electricity and replacing older light bulbs with compact fluorescent bulbs not only reduces your electricity bill, it can help save energy on air conditioning since fluorescent generate less heat and can save about \$50 over the course of its lifetime.

## In the living room

There's nothing wrong with hosting movie nights this summer, but make sure you shut your entertainment center down when the evening's over. Simply turning off a television set does not put a stop to so-called "vampire power" – that's the power that devices consume even when they're not in use. That's why you should either unplug your electronics or use a Smart Strip, which cuts power when it's not needed. If you're in the market for a new television, check energy efficiency ratings. The Energy Department bestows its Energy Star rating to sets that use about one-third less energy than regular televisions. In general, LCD televisions use less energy than plasma screens, but both use more than older sets.

Also, turn the power off or unplug your digital photo frames when you're not gazing at those illuminated photos. Over the course of the year, leaving one on costs about \$9 – not a lot, but when thousands of people are doing the same thing, it

adds up.

## In the kitchen

Baking a cake or casserole in the summer will force your air conditioner to go into overdrive. Plus, eating hot food will also make you want to turn the thermostat down. But you don't have to survive on cold pasta salads and soups this summer, instead of using your oven, consider an outdoor grill or toaster oven for small amounts of food.

## In the bathroom

If you don't want to spend money on a low-flow toilet, you can still make yours more efficient by dropping a soda bottle filled with sand or water into the back. It will use less water each time it flushes. Ivan Chan of Carbonfund.org – the nation's leading nonprofit provider of climate solutions – adds that small steps such as turning the water off while brushing your teeth or shaving can save a substantial amount of water and money on your water bill each year. He also recommends installing a water conserving shower head.

## In the bedroom

Stay cool while you sleep with an overhead fan instead of pumping air conditioning throughout the entire house. Shutting the doors and vents of unused rooms can also light-

en the load of your air conditioning unit.

## Outside

A way to reduce cooling costs in the longer run is to plant trees or shrubs so that your house is more shaded, especially on the sunnier side or just draw the blinds or shades when you're not home, for a quicker fix!

Should you have comments about our Advocacy Alerts please call us at 706-868-0120. Our staff and volunteers are happy to assist in you in anyway possible.

source: AARP

\*\*\*\*\*

Also, thank you to the Augusta community for your support of our annual fund raiser – the second annual "Dinner in Sicily and theme basket Silent Auction," that was held on May 11, 2010!! Everyone enjoyed the food and the fun of "outbidding" your neighbor or friends while helping The Senior Citizens Council raise funds to continue to provide advocacy and volunteer services to the CSRA. If you were not able to attend the dinner it is not too late to donate to the agency, please call us at 706-868-0120 and we will send you the necessary forms. We appreciate your support!



## THE LEDGES APARTMENTS

- Quality, Independent Living For Seniors
- Must Be At Least 62 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Utilities Included In Rent
- Two Floor Plans – Efficiencies (Perfect For One) One Bedroom If You Need More Room
- Emergency Call Systems In Each Apartment
- Added Safety Features In Bathroom
- Elevators For Your Convenience
- Coin Operated Laundry Rooms On Each Floor

INDEPENDENT RETIREMENT LIVING IN THE HEART OF  
NORTH AUGUSTA WITHOUT LEAVING FAMILY, FRIENDS,  
COMMUNITY AND CHURCH AFFILIATIONS

Applications Taken at 550 Sikes Hill, North Augusta, SC



**803-279-1776**



Live longer,  
Live happier.  
... Stay connected!

CENTER FOR PRIMARY CARE  
FAMILY MEDICINE



## On the Cover

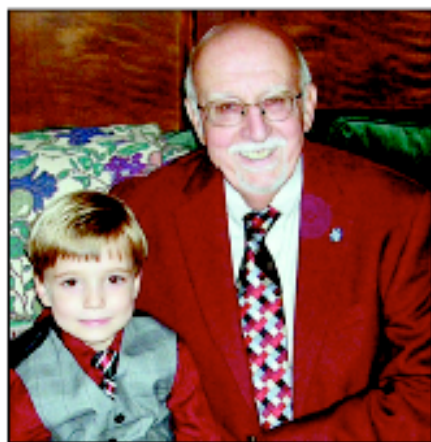
# Augusta's Finest pursue their dreams

by CAROLYN BRENNEMAN

### COVER

Main entrance of ASU on Walton Way. Cover Photo Courtesy of ASU – Office of Public Relations and Publications

**M**et William G. Caput, M.D. Meet Jimmy Menger. Meet Carol Giardina. These are some of the finest members of our community, part of the baby boomer generation who attend ASU free of charge. Yes, Georgia residents, 62 years of age or older, are eligible to enroll in the University System free of charge on a space available



Dr. Caput with his grandson

basis. Once accepted, tuition and fees are waived for these students. Today approximately 60 senior citizen students participate in courses every semester to complete a degree or to take a course for credit or audit – any course at all.

As a matter of fact, the most popular areas for seniors include fine arts, history, and foreign language, although several other fields of study are open too, such as business, communications, computer science, education, mathematics, any of the physical sciences and any social sciences.

Meet one of Augusta's finest – Dr. William G. Caput, M.D. who just graduated from ASU on May 8 with a B.A. in Foreign Languages (Spanish). He is a remarkable man with many degrees.

Dr. Caput attended the University Of Michigan Medical School and graduated in 1961 with a MD degree. He interned in the U.S. Army and became board certified in Preventive Medicine and Family Medicine. "One of the smartest things I ever did," Dr. Caput says. He remained in the Army for 23 years retiring in 1983. Then he joined the Department of Family Medicine at the Medical College of Georgia in 1983 and served as Vice Chairman of the Department until his retirement from MCG in 1998. Following retirement from MCG in 1998, Dr. Caput joined



Carol Giardina, ASU

several other physicians in the formation of a new medical venture called AWAC.MD which today has over 150 employees.

So why did he attend ASU? "When I ended my post at MCG, I started going on medical mission trips with other doctors to Yucatan, Mexico," Dr. Caput says. Determined to become proficient in Spanish, Dr. Caput began his journey by taking one class each semester. "I became more motivated to speak the language fluently each year I went to Mexico," Dr. Caput says. "Having a routine and formally studying with other students and a teacher gives me the structure to become a skilled communicator in Spanish. I am glad that I completed several composition and literature classes in Spanish as part of the requirement," Dr. Caput says.

Now fluent in two languages, he has more opportunities to engage the peoples in Mexico during his mission trips and vacations to Mexico. "I have lots of opportunities to use the language," says Dr. Caput. "This June my wife and I are planning a trip to the Dominican Republic." Yes, we are sure his Spanish will come in handy.

Meet Jimmy Menger. Jimmy received his first degree from the University of Georgia in 1957. "I earned a graduate certificate from the ABA Stonier Graduate School of Banking at Rutgers University in 1981 and a Bachelors of Fine Arts from ASU in 2009," Jimmy says. I also studied abroad in Greece for 9 weeks with my classmates,

and pursued an "artistic journaling class" in 2008 in Rome through the school's program. "Today I specialize in ceramics, printmaking and sculpting at ASU," Jimmy tells us. And what a creative man he is!

Meet another one of Augusta's finest – Carol Giardina. She received her Bachelor of Arts in International Studies & Business, at Wichita State University in 1991. She also earned a Masters of Education in Counseling in 1993 and is currently pursuing her Bachelor of Arts in Spanish.

"What I love about attending ASU is being able to reinvent myself by furthering my education and skills," says Carol. "While earning my degree in Spanish, I am also learning about the history and culture of twenty countries in the world where Spanish is the first language," says Carol. Oh, by the way, did we mention that Carol is also the international admissions officer at ASU? "The knowledge I am gaining in the Spanish language and culture helps me to better assist students in my current position," says Carol. "I love interacting with my professors like the great scholar, Dr. Pedro Salcedos-Hoyos, who can make a dry subject like Spanish linguistics interesting and funny." We are indeed impressed by Carol.

If you want to meet some wonderful people including the professors and other students, then enroll in courses at ASU! For more information, contact the Office of Admissions at ASU 706.737.1632.



Dr. William Caput helping a child on his mission trip

**Our latest medical advancement. Your newest neighbor.**



Dr. Michelle Parker and the staff of Augusta Internal Medicine welcome Dr. M. Kevin Howard. Dr. Howard specializes in Internal Medicine and Sleep Medicine—advancing the spectrum of services offered at Augusta Internal Medicine.

**Call 706.736.2273 today to schedule your next appointment.**

**AiM AUGUSTA INTERNAL MEDICINE**

706.736.2273 • 2258 Wrightsboro Road • Suite 200 • Augusta, GA 30904

A member of the Trinity Hospital of Augusta Medical Staff.



Students on a Mission Trip



## Travel

# Close Encounters of the Amish Kind

Story by ANDREA GROSS  
Photos by IRV GREEN  
www.andreagross.com

**M**y husband thinks it's the worst idea I've ever had. "No electricity. No lights, no telephone, no television, no air-conditioning... Why do you want to spend a night in an Amish home?" he asks.

I persist, and two months later we drive up to a farmhouse owned by Willis and Kathy Miller. There's a black carriage in the driveway. A young girl in traditional Amish dress – a plain, lavender frock that reaches to her ankles and a white cap – runs out to greet us. She's barefoot.

I surreptitiously reach into my pocket for a tissue and wipe off my lipstick. I know the Amish, an ultra-conservative religious group that emigrated from Switzerland in the 1730s, eschew make-up and revel in simplicity. They wear clearly-identifiable clothing as a way of separating themselves from the larger society.

The hours fly by as we help Willis milk cows, eat a wonderful meal that Kathy prepared on a generator-powered stove, take a ride in a horse and carriage, and watch as

their daughter runs out to the backyard to answer the phone, since telephones aren't allowed inside the house.

The next morning we're awakened by the rhythmic sound of horses' hooves. I look out the window and see a line of buggies filled with men in black suits and top hats, women in dark dresses, aprons and caps. It's Sunday and the Amish are off to church.

Throughout our homestay, Willis and Kathy patiently answer our questions, and gradually we come to better understand their way of life.

But you don't need a sleepover to learn about Amish customs. Willis and Kathy live in Holmes County, Ohio, the center of the largest concentration of Amish in the United States. As such, a host of attractions are available to help visitors understand their religion and lifestyle.

A good place to begin is at The Amish & Mennonite Heritage Center in Berlin. A 10-foot tall, 265-foot long cyclorama shows the history of the Amish, from their religious beginnings in 1525 up to modern times.

At Yoder's Amish Home guides lead visitors through two old homes,



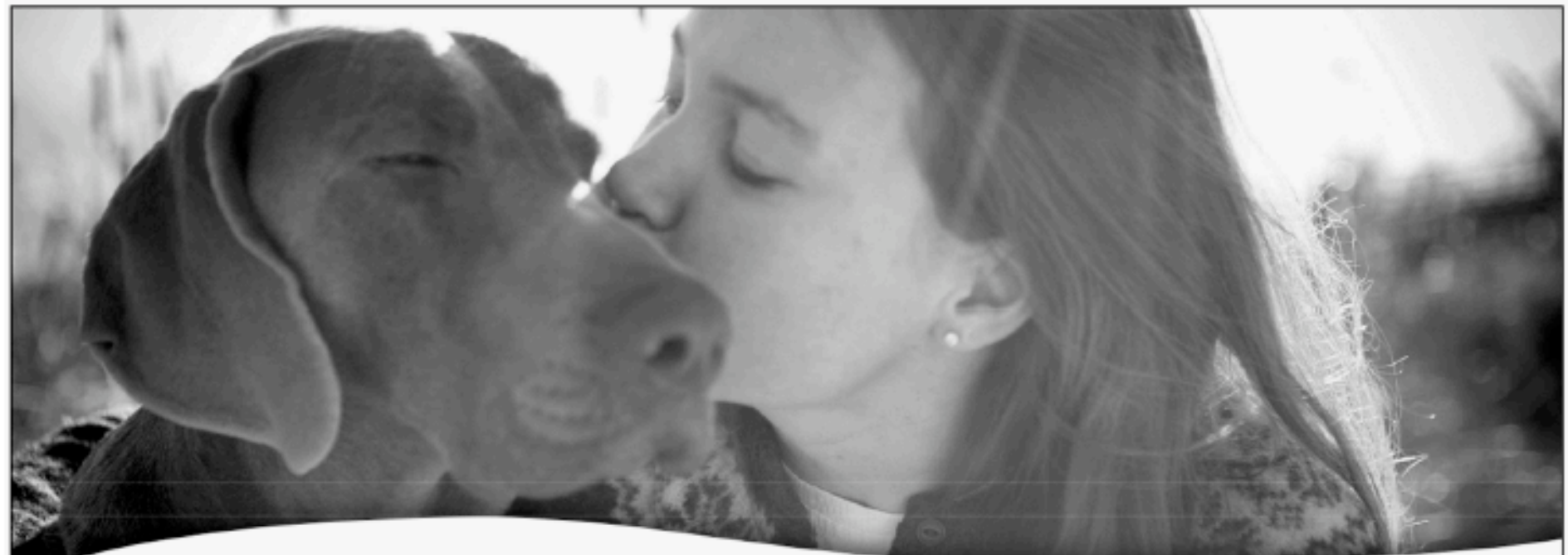
a barn and a schoolhouse. Or LaVonne DuBois of Amish Tours of Ohio can arrange for you to have a meal with an Amish family.

You can also see how the Amish live just by wandering. You'll see them riding in their horse-drawn buggies, sharing the thoroughfares with motorcycles and automobiles, or walking the streets of Millersburg and Berlin, where shops carry goods made by the Amish as well as for the Amish. If you're lucky, you'll happen upon an auction, or even a wed-

ding procession.

Regardless of the specifics, you're sure to come away from a visit to Amish country with a new appreciation for a unique lifestyle. I'm not ready to trade my car for a buggy or the cell phone in my pocket for a phone booth in the yard, but after visiting Holmes County, I know that the "simple life" has charms all its own.

Note: Most attractions and stores, except for a few in Millersburg, are closed on Sunday.



## Loyalty

By your side, no matter what. Always ready with just the right support and care, through all of life's ups and downs. That's our commitment to you and your health.

Here when you need us

**MCG**  
Medical Associates

To find a physician or to schedule an appointment, call us at 706-724-2911  
MCGHealth.org/MedicalAssoc



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

\*\*\*\*\*

## TOZAL Eye Health Formula

Vitamins clinically proven to help maintain macular function.

[www.tozalfformula.com/26702](http://www.tozalfformula.com/26702) or call 1-877-948-7784.

\*\*\*\*\*

— Paid Advertisement —

## Times Not Forgotten

# Picnicking and Tybee Island

by CHRISTINE COLEMAN

**T**he outing that stands out most in my memory is the summer day when all of us went to Tybee for a picnic and to swim at the beach. Some of the children had married and had families of their own. Mama and Papa had never been to the beach. Plans had been made that on this particular day, we would all get together and drive to Savannah and on to the beach. We loaded up in cars and headed out.

Between Savannah and the beach, we stopped at a spacious area to have a picnic. There was a convenience store there and also several cages of animals. It had a sort of carnival air. We watched mostly the monkeys while we ate. After lunch, we loaded up the leftovers and headed to the beach.

As soon as we reached our destination, all of us who wanted to swim changed into our swimsuits at the beach bathhouse. Then we raced to

the water to jump waves and swim. Papa didn't have a swimsuit. We encouraged him to rent a suit and join us in the water. He decided to do just that. There was no need to ask Mama to join us. No way was she going to put on a bathing suit and go swimming in front of God and everybody. She and some of the others stayed on the beach and enjoyed watching the rest of us swim and have fun.

The summer we were there, only remnants of the "Tybera Pavilion" were visible. The pavilion, built out over the water, had long since washed away into the ocean. Papa swam out to the last standing pole. He intended to rest a bit and then swim back to the ocean's edge. He ran into much difficulty. Every time he attempted to push away from the pole, the undercurrent would pull him back. Barnacles were embedded on the pole, and as he was slammed back against the pole, those shells would scratch him severely.

We swam out to see about him,

but he waved us off and told us not to come any closer. He told us the reason he couldn't turn loose. My oldest brother told him to hang on while he went for help. My brother brought two lifeguards back with him. With the help and expertise of both the lifeguards, they were able to get Papa away from the pole into water where he could swim back to shore. On shore, they had a first aid kit and attended to Papa's wounds. It was a scary situation, but Papa stayed calm the whole time. Later, some of the people on the beach said Mama was watching every move. We would not have been surprised had she swam out to where Papa was (in her dress, of course), as she too was an excellent swimmer.

That was the only time my parents went to the ocean. We still had picnics occasionally, but they were held away from Tybee Island.

\*\*\*\*\*

Christine Coleman lives in Swainsboro. Feel free to Email her at [cfc@reicomputers.com](mailto:cfc@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 Signalling.

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.

### REDOX SIGNALING MEDICAL BREAKTHROUGH

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.

For information please contact: ANN TUNALI, 404-668-2420  
Your Health & Wellness Advocate — [anntunali@msn.com](mailto:anntunali@msn.com)  
[www.teamasea.com/staywell](http://www.teamasea.com/staywell)

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



## Taking Care

# Moving in with a child: Should you do it?

by LISA M. PETSCHKE

**W**hen older people are living alone, there may be concerns about their physical well being, emotional well being, or both. Particularly in situations where they are having health problems or do not live close by, a son or daughter may invite them to move in.



Lisa Petschke

If you find yourself on the receiving end of such an offer, ask yourself the following questions and take time to honestly and thoroughly answer each one before making a decision.

### Interpersonal issues

- What kind of relationship do you and your son or daughter have? How well do you get along with others in the household? Any personality clashes are sure to be magnified when you are living under the same roof.
- If you need assistance, are you comfortable with the idea of role reversal?

### Your needs and expectations

- Would the move uproot you from important relationships and community connections such as supportive longtime neighbors, a church congregation or seniors' clubs?
- If you have a pet, can it be accommodated? If your child has pets, are you comfortable around them?
- If you have a chronic illness, how

are your needs likely to change? Would you expect your family to provide whatever help you may require? If so, are they willing and able?

### Your family's needs and expectations

- Would you be expected to contribute to the household in practical ways, such as cooking meals or providing childcare?
- If you require assistance: Would your child or other household members be able to cope with the ongoing physical, mental and emotional demands of care giving? Would they have enough time to devote to the rest of their family – spouse, children, grandchildren, other older relatives? Would they still have time for themselves – for exercise, hobbies, volunteer work or whatever else is important to them?

### Lifestyle issues

- Do you and your son or daughter have similar lifestyles and values? If not, are differences likely to be an ongoing source of tension?
- If you require care, how might your needs affect your child's work life, social life, vacation plans and other pursuits? Is he or she prepared to make adjustments?

### Available supports

- Would you be within walking distance of a convenience store, pharmacy or bank? What about proximity to a place of worship? Would you be close to public transit routes? Easy access to at least some amenities would maximize your independence – a win-win

situation.

- Would friends and former neighbors be able to visit frequently? Consider the distance they would have to travel to get to your new location and what type of transportation is available to them.
- If your child lives in a different area, how easily could you link with needed medical supports such as a new primary care physician?
- What kinds of community support services are available to assist in meeting your needs, either now or in the future? Find out about accessible transportation services, seniors' recreation centers, day programs and home healthcare services.

### Finances

- How much would you be expected to contribute toward fixed and variable household expenses?
- Do you have savings or insurance that would cover the cost of any needed medical equipment or healthcare services? If not, would your family be prepared to pay for them?

### Home setup

- Is there sufficient space in the home to meet everyone's needs for privacy? Would you have separate quarters or would it be a communal living arrangement?
- How accessible is the home? For example, are there steps to get inside, does it have multiple levels, can doorways accommodate walker or wheel-

chair passage? If adaptations would need to be made, what is the estimated cost and who would pay it?

### Other options

- Before making any decisions, explore alternatives: arranging home health care services and other home supports such as meals on wheels; obtaining live-in help; doing home renovations; and moving to a condominium, seniors' apartment complex or assisted living facility. Find out if any of these options are appropriate and affordable.

### The decision

- If you decide to move into your son or daughter's home, consider a six-month trial period with a clear understanding that other options will be pursued if you, your child or other household members feel it's not working out and issues can't be resolved.
- Keep in mind that such a plan involves changes in family dynamics and household routines that will affect daily living. Therefore you need to allow plenty of time for everyone involved to adjust.
- There are bound to be some difficulties, but these can usually be worked through if you are committed to making the new arrangement work.

\*\*\*\*\*

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

## Veterans Organization launches new assistance program to help retrain wounded vets

Submitted by Senior Exchange

**T**he 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 members 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 some of the costs resulting from this are covered by DOD programs, 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.



## Senior News Newspapers NOW AVAILABLE ONLINE!!!

Check us out at our new website...

[www.seniornewsga.com](http://www.seniornewsga.com)

and

[www.seniornewsgeorgia.com](http://www.seniornewsgeorgia.com)

To view recent editions of *Senior News*

click on **ARCHIVES**

For advertising information

click on **CONTACT US**

or call us at 770-698-0031!



# 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](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.seniorcitizenscouncil.org](http://www.seniorcitizenscouncil.org)

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

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

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

\*\*\*\*\*

H. H. Brigham Senior Center

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

\*\*\*\*\*

## 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).

\*\*\*\*\*

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

\*\*\*\*\*

## Augusta Museum of History

560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.

- From Ty to Cal: A Century of Baseball in Augusta: Ongoing
- Into the Interior: A History of the Georgia Railroad and Banking Company: Ongoing
- Augusta's Story: Ongoing
- Stories & Legends: Remembering the Augusta National: Ongoing
- A Community That Heals: Ongoing

\*\*\*\*\*

## 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 706-863-9262 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.

\*\*\*\*\*

continued on page 11

# 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](http://www.pineviewgardens@comcast.net)

**\$1.00 OFF** ADMISSION WITH THIS AD!  
1 coupon per person. Expires 6-12-10  
**2nd Weekend of Every Month**

Atlanta, Georgia  
Fri. & Sat. 9-6 Sun. 10-4  
3 miles east of Atlanta  
Airport, I-285 at Exit 55  
(Jonesboro Rd.)  
Scott Antique Market  
740-569-2800  
[www.scottantiquemarket.com](http://www.scottantiquemarket.com)



**Atlanta Expo Center**

June 11, 12 & 13 July 9, 10 & 11 August 13, 14 & 15

## NEW MEDICARE SUPPLEMENTS

New in Georgia & South Carolina

## FINAL EXPENSE LIFE PLANS

NO EXAMS - SIMPLIFIED ISSUE

CALL TODAY

**706-955-4653**

Phil Smalley, Local Agent

## Change Your Water... ...Change Your Life!

Learn the **SECRET** to a healthier, more vibrant body at any age! Learn what Dr. Hiromi Shinya, Oncologist and Developer of the Colonoscopy, shares with his patients! Ask Dr. Dave Carpenter, one of the foremost authorities on the **Right Kind of Water to Drink**, questions that can help you learn the secret to a healthier body! Get your copy of the **DVD** that could change your life! Go to [www.iLove-GoodWater.com](http://www.iLove-GoodWater.com). Or let me hear from you by sending your name and address to: I LOVE GOOD WATER, 5579 Chamblee Dunwoody Rd., Suite 403, Atlanta, GA 30338.



# CALENDAR

from page 10

## Phinzy 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@nscdiscovery.org.

## DBSA (Depression Bi Polar Support Alliance)

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

## Volunteers Needed

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

## Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments,

and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

## Alzheimer's Caregiver Support Group

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

## CSRA Parkinson Support Group

Meets monthly. Tues., May 25, 6 p.m., 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](http://www.trinityofaugusta.com)

• Joint Efforts: Thursdays, 11-11:45 a.m., Augusta Orthopaedic Clinic, Behind Trinity's ER, 1521 Anthony Rd., Augusta  
• Family Dynamics: The Past Comes to the Present: Thurs., June 3, 11:30 a.m.-12:30 p.m., Trinity Hospital of Augusta, 2260 Wrightsboro Rd.,

Augusta. Class for senior adults.

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

## Walton Rehabilitation Health System Offerings

• Aiken Stroke & Outpatient Support Group: Mon., June 7, 6-7:30 p.m., Aiken Physical Medicine & Rehabilitation Center, 191 Centre South Blvd., Aiken, 803-644-6140.  
• 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.

# General Business Directory For Seniors

## Losing weight doesn't have to be complicated

Losing weight doesn't have to be complicated. Goodbye zones, carb calculating, celebrities, and freezer-burned microwave meals. Weight loss can be simple, carefree and lasting with Reliv's Simplicity® Weight Loss System. Simply enjoy a delicious, satisfying Simplicity shake for lunch and take Simplicity Accelerator capsules before each meal. Combined with healthier eating choices and a more active lifestyle, Simplicity will help you safely lose weight and keep it off. The simpler way.

the weight is over.  
**simplicity®**

**Arlene Candy**  
Independent Reliv Distributor  
706-364-2373 [www.reliv.com](http://www.reliv.com)

## BIBLE BY PHONE

FREE DAILY BIBLE READINGS -- NKJV

**706-855-WORD**



Augusta 706-855-9673

Aiken 803-442-9673

Thomson / Lincolnton 706-541-3639

Daily Word • P. O. Box 1234 • Evans, GA 30809

## ♥♥ AGAPES LOVE ♥♥

*In need of care?*

*We'll always be there! Give us a call.*

Providing: Respite Relief; Cleaning & Housekeeping; Therapeutic Care, General Care, Sitting; Errands & Transportation Services; Non-Medical Assistance; 24-Hour Care Specialization with the Elderly, Totally Disabled & Mentally Disabled, Alzheimer's & Dementia, Adults & Children.

**706-941-0210**

Enjoy the Convenience  
of Maples Ferry!

**Maple's Ferry**



**Maple's Ferry All Brick Patio  
Community Located in the ♥ of Evans**

3 Bedrooms, 2 Baths, 2 Car Garage.  
Builder will customize your home to  
meet your needs and desires.



Ph: 706.364.7653  
Fax: 706.243.4963

Call Patsy Rector at  
**706.840.5704**

or Jackie Baker at  
**706.831.6633**

[www.maplesferry.com](http://www.maplesferry.com)

**ams vans INC** source code 9410  
FREE GA DELIVERY!

Finally! Affordable Wheelchair Accessible Transportation!

- Newly Converted vans starting in the LOW 20's
- Over 100 vans in stock and on site
- Over 25 years industry experience
- 7 year/70,000 mile warranty on all conversions

Just 15 minutes  
North of Atlanta  
off I-85  
Come see us  
Today

Local rental service  
available



800.775.8267

[amsvans.com](http://amsvans.com)

## BUSINESS CARD SECTION ADVERTISING INFORMATION

Call

**Carolyn Brenneman**

**706-869-1877**



**Point of Need, Inc.**

**Medical Equipment & Supplies**

1186 Atlanta Hwy., Warrenton, GA 30828

**706-465-1183**

Monday-Friday • 9:30 a.m.-4:30 p.m.

Wheelchairs • Scooters • Lift Chairs • Walkers/Rollators/Canes  
Diabetic Shoes/Supplies • Bath Aids • Bathroom Equipment • Medical Supplies

Sales • Rentals • Repairs

Free Delivery & Set-Up within 60 miles • Private Pay & Most Insurance Accepted  
[pointofneedinc@yahoo.com](mailto:pointofneedinc@yahoo.com)

## Goodwill NEEDS YOU!



### YOUR DONATIONS

When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

### YOUR TIME

Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.



CALL: Mid GA: 478.957.9741

OR CSRA: 706.790.5350

To find a location near you, visit

**[www.goodwillworks.org](http://www.goodwillworks.org)**



# It is June and Time for Some Pampering!

by CAROLYN BRENNEMAN

Photos by Carolyn

**I**t is June and it is the beginning of summer and time for some pampering, right? Ah, it is a great month for wearing sandals, walking around in bare feet and getting a pedicure. It is the best time to allow our feet and toes to breathe. After all, it is the season to give our feet a dose of fresh air and to be away

from the constant dark environment of our socks and shoes. It is the time for a pedicure.

Did you know that the word pedicure comes from the Latin word 'pedis' which means 'of the ankle' and 'cura' which means 'care'? So basically, it is the care of our feet and toenails and that means it is a great help in preventing nail disorders and possible fungal diseases as well as getting rid of skin cells at the bottom of our feet. Pedicures are not only for ladies – gentlemen often get



Carlene Nelson and Kim Muns

pedicures just because it feels great, and after all, they need foot care too, don't they? So where is the best place to get our pedicure?

Try Retreat Spa & Salon right here in Evans. Owners Kim Muns and Carlene Nelson opened Retreat Spa in 2006 because they wanted to have a spa where folks of any age and gender could come to be pampered while receiving the very best in professional services for pedicures, manicures, hair cuts and styling, massage treatments, facials and body treatments. "We wanted to

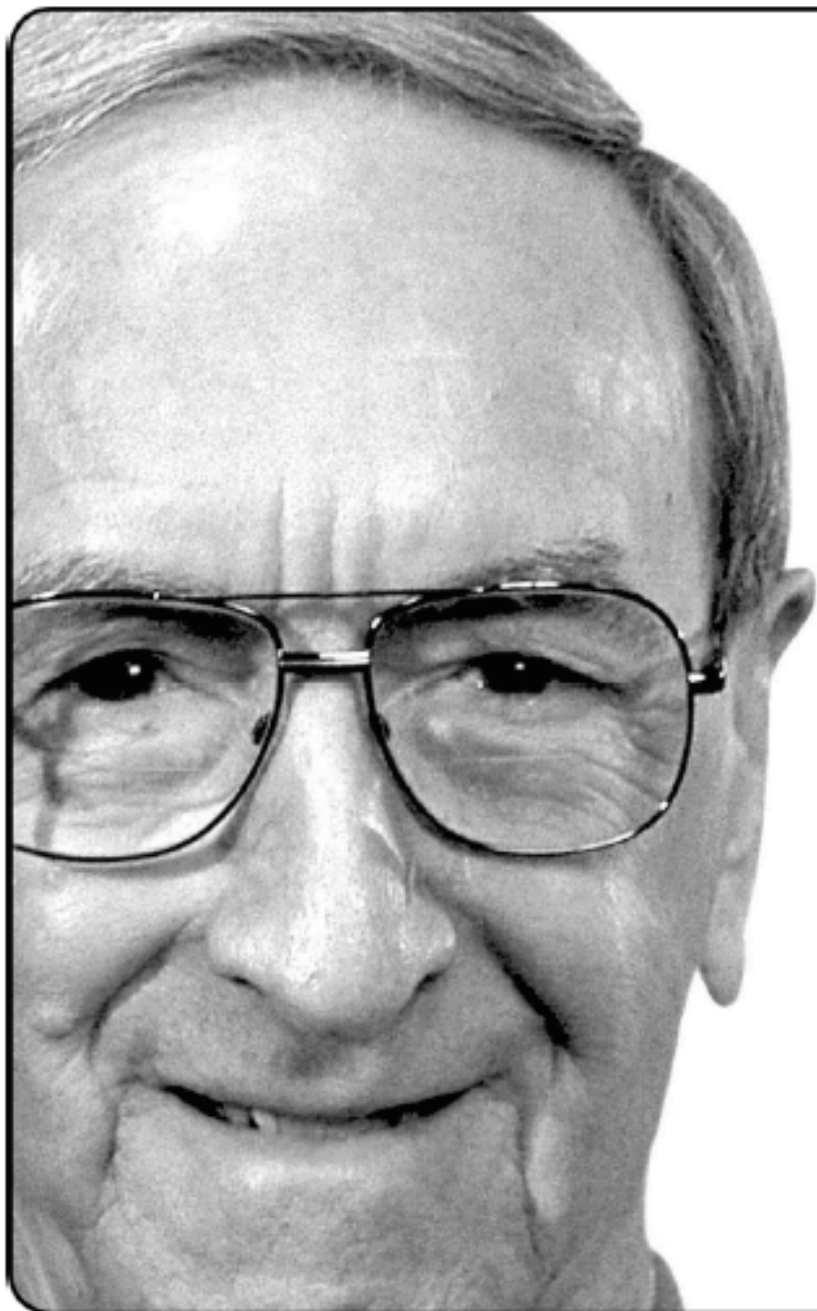
create a place where our clients could relax and enjoy a tranquil atmosphere," says Carlene. And it worked. The décor, atmosphere, flowing waterfall, sounds of nature and friendly assistants create an environment that you certainly will want to come to again and again to have a soothing massage and a great pedicure. So, before you get out your sandals ladies and gents, head on over to Spa Retreat in Evans for a little pampering. Retreat Spa & Salon is located at 4246 Washington Rd, Evans, 706.364.8292.



Kristin Wallace, Assistant



Gail Gullett, Pedicurist



## I have cataracts. Don't I have to wait a while before surgery?

Not at all. In the past patients waited because they thought risky surgery was their last option. Today cataract surgery is safer, more effective and the probability of restoring normal vision through cataract surgery is 95 percent or better. The timing of cataract surgery depends almost entirely on our patient's visual needs.

So if cataracts are causing you or someone you know to alter their lifestyle due to limited vision, it is time you made **VISION FITNESS**™ a priority.

### **VISION FITNESS**™

A healthy priority.

**EYE GUYS**

Eye Physicians & Surgeons of Augusta, PC

1330 Interstate Parkway | Augusta, Georgia 30909

706-651-2020 or 1-800-521-6049

**EYE GUYS**

BRADLEY BERTMAN, MD

BRUCE BROWN, MD

HOBERT FUCHTER, MD

WILLIAM WHITE, MD

[www.eyeguys.com](http://www.eyeguys.com)