

# Senior News

Serving AUGUSTA & the CSRA

Information For Ages 50 PLUS!



*Come shop with us at  
the Antique Market!*

*Story on Page 6*

October 2010 • Vol. 24, No. 10

## Taking Care

# Say what? Overcoming communication barriers.

by LISA M. PETSCHKE

**S**pending time with someone who has an acquired communication disorder—such as speech impairment from a stroke or mental

impairment due to Alzheimer's disease—can be challenging. It's natural to feel awkward when you can't relate to someone in the usual ways.

However, there are many ways to overcome obstacles in order to have a positive interaction.

The following are tips for successfully handling some of the most common challenges when communicating with older adults.

### Setting the Stage – Some General Advice

- Choose a quiet area to minimize distractions.
- Ensure you have the person's full attention before initiating conversation. Sit close by, facing them.
- Show interest by maintaining eye contact and leaning forward.

Be conscious of your facial expression and other body language.

- Be prepared for multiple forms of communication, such as gesturing, pointing to an alphabet, word or picture board, drawing and writing.

### Hearing Impairment

- Pick a location with good acoustics—rooms with carpeting and curtains are better than those with lots of hard surfaces.
- Sit with your face to the light and be careful not to cover it with your hands.
- Ask if one ear is better than the other, and speak to that side.
- Lean in when it's your turn to speak.
- Use a loud voice, but avoid shouting. Speak slowly and clearly, but don't exaggerate.
- Keep your voice low-pitched.
- Be succinct about expressing yourself, and use short sentences.
- Read the person's non-verbal expressions, since some hearing-impaired people are hesitant to ask others to repeat themselves. If it looks as if they didn't pick up what you said, rephrase it.

### Speech Impairment

Defective speech due to impairment of the tongue or other key muscles is known as dysarthria. It involves difficulty pronouncing words; however, language abilities may otherwise be intact. Follow these tips to help with communication:

- Encourage the person to slow down, if necessary, in order to pronounce each syllable.
- Be patient and remain calm, allowing extra time for the person to get their words out. Don't interrupt or try to finish sentences unless they become really frustrated.
- Be attuned to non-verbal language that can give clues to the factual or emotional content of the message.
- Summarize the message to check if you heard it right.
- Ask the person to repeat the message if you could not make it out. Don't pretend that you understood.
- Ask questions that require a Yes or No answer so they can simply nod or shake their head.
- Don't correct every error.
- If the person is able to write, have a notepad and pen handy as a backup.

- Keep your voice low-pitched to convey calmness and reassurance.

- Use simple words and short sentences, speaking slowly and distinctly.

- Keep questions to a minimum and avoid open-ended ones, especially those that begin with Why, or How.

- Allow plenty of time for response to a question before repeating it or changing the subject
- Nod your head and smile if appropriate, to indicate understanding.

- Avoid debating facts. Focus instead on feelings or use distraction if the person becomes argumentative.

- Respond to the person's mood when their words don't make sense—for example, "It sounds like you're feeling sad."

- Stick to topics with which the person is familiar. Avoid complex or abstract subjects.

- Be direct. Avoid clichés and limit the use of pronouns such as it, she and they.

- Try using different words when your message is not getting across.

- Don't feel you have to fill every minute together with conversation. Remember that your very presence is therapeutic.

### Mental Impairment (Dementia)

When someone is cognitively impaired, traditional types of conversation may not be possible. However, contact is still important, providing them with much-needed validation in addition to spiritual support. Here's how to go about it:

- Approach slowly, establish eye contact, then address the person by name.
- Always identify yourself by name. Don't be deterred if the person does not remember you from one contact to the next—it doesn't diminish the value of your involvement.

### Final Thoughts

- Watch for signs of frustration or fatigue that signal you should bring the visit to a close.

- Don't forget that humor is a valuable tool that can help reduce awkwardness and frustration.

- Above all, persist with your efforts. Remind yourself that with each contact, your comfort level will increase.

\*\*\*\*\*

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

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

## Vintage Gardens At Sweetwater

3 Murrah Road Extension  
N. Augusta, SC 29860  
(803) 819-3139

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

**COME ON HOME!**

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

Equal Housing Opportunity

THE BEST  
DEFENSE IS A GOOD  
OFFENSE

Stay in optimal health with regular visits to your doctor, even when you aren't sick. Your family physician can help you stay ahead of the game when it comes to immunizations, cancer screenings, and age-related health concerns that could save your life!



CENTER FOR PRIMARY CARE  
FAMILY MEDICINE

# Poets' Corner

## Retirement by Geri Noel

Here I lay alone in my bed  
So many thoughts going on in my  
head  
Thinking 'bout what this day will  
bring  
Pop in the CD... let Whitney sing

Today is the first day  
Of the rest of my life  
Separation of job and retirement  
Cuts like a knife

Grey hair... can you believe it?  
I've lived life long enough to  
achieve it  
Time has shaped body and mind  
Sometimes I feel like Methuselah  
One step at a time

Retirement... no more nine to five  
In contentious weather... no long  
drives  
Coffee, hot chocolate on the run  
Buttered croissant... cinnamon buns

I think the trick to keeping your  
insanity  
Is to explore your talents... your  
vanity  
Join a place of worship... take the  
leap

That's all she wrote folks  
I'm going to sleep  
Retirement... M-M-M-M-M-M-M  
©2009

\*\*\*\*\*

## Butterfly by Bobby Cline

It was a bright and sunny day,  
A butterfly came out to play.  
Before my eyes it flew around,  
But never did it make a sound.

Gold and black its color bright,  
This thing of beauty while in flight.  
Around the meadow it flew at ease,  
And caught the early morning  
breeze.

It danced around, and hovered near,  
As if to search for something dear.  
Then gently settled to the ground,  
To drink the nectar it had found.

I looked and listened as it set,  
But not a sound could I detect.  
It drank its fill of morning dew,  
Then slowly out of sight it flew.

Both peace and joy did fill my soul,  
To think about what I behold.  
Of all the things my eyes have seen,  
Only a butterfly is so serene.

\*\*\*\*\*

## Boyhood Lost by Charles W. Cook

Dragon flies and polliwogs,  
Slithering snakes and croaking frogs;  
Somewhere lost in ebbs of time  
As I once played in algae slime.

Slippery stones and hanging vine  
Were simple joys a boy could find;  
Reflected sunlight from my head,

Complete with nose and cheeks of  
red.

Stinging bees and prickly briars,  
A rusty bike with patched up tires;  
Recalling memories of my soul,  
But lost forever thoughts untold.

Jungle trails through swampy mud,  
Summer rains that quickly flood;  
Apple trees with fruit to bear  
Cobwebs tangled in my hair.

Woodland vales, my paradise,  
Wondrous hours it would entice;  
I wish to roam as I did then,  
But boyhood never comes again.  
©2010

\*\*\*\*\*

## The Haven by Henry N. Goldman

A secrete place, we called our own,  
Of earthen floor and gable dome.  
Corrugated roof, red with rust,  
Window obscure by aging dust.

Poultry wire stretched over the door,  
Permitted air across the floor.  
A dry haven on a rainy day,  
When children found no place to  
play.

One of us rolled a cigarette  
Of old newspaper, which we'd  
regret,  
And with each puff, we'd grow more  
game,  
As smoke would rise, the paper  
flame.

Through the window within her  
sight,  
Mom saw the chicken house alight.  
She screamed that we were all hell  
bound,  
Just before our haven burned down.

Cigarette smoke tumbling in air,  
Now reminds me of feathers on fire,  
And I can see Mom's face once  
more,

Every time I hear a rooster crow.  
\*\*\*\*\*

## Summertime Treasures by Vera King

Summer is for fun in the sun  
When grandchildren come to play  
From distances to stay a while  
Not just for a night or a day

To catch up on what's changed since  
last time  
Measure heights and weights just  
right  
Get a glimpse of who they have for

friends  
All the things since they've been out  
of sight

Find out all about their ball games  
Brag on them for honors at their  
school  
Pray together even when we picnic  
Remind them to observe The Golden  
Rule

Of course all this is time consuming  
Grandmother's job is never done  
But who would change a single thing  
With grandchildren having summer  
fun.

## 13th Annual Hallelujah for Health Benefit Concert to be presented October 28th

by JEANETTE CUMMINGS  
Event Publicity Chair

Jeanette is Director, Area Agency  
on Aging, A Division of the CSRA  
Regional Development Center

The CSRA Partnership for  
Community Health and the Richmond  
County Medical Society Project  
Access invite you to share with us in  
our mission to improve the health sta-  
tus of persons in our community by  
attending our 13th Annual Hallelujah  
for Health Benefit Concert.

The Hallelujah for Health

Concert will fea-  
ture area choirs  
who will enter-  
tain through song  
and praise.  
Hallelujah for  
Health will be  
held at Paine  
College in the  
Gilbert-Lambuth  
Chapel on Druid  
Park Avenue on  
October 28,



Jeanette  
Cummings

2010, at 7 pm. Our goal is to raise  
funds for projects and operations of  
the CSRA Partnership for Community  
Health.

The CSRA Partnership for  
Community Health celebrates its 17th  
anniversary this year. Founded in  
1993 to explore new ways to improve  
indigent healthcare, the Partnership  
consists of hospitals, health depart-  
ments and representatives from social  
service agencies; educational, busi-  
ness and community organizations;  
and the governmental and religious  
communities.

The Partnership has been instru-  
mental in the development and/or  
operations of three health centers that  
are available to the entire community.  
These clinics provide access to pri-  
mary health care for the uninsured  
and the underinsured. In addition, we  
sponsor programs for at-risk youth  
and adults, especially as it relates to  
chronic disease.

For additional information please  
contact Gwendolyn J. Durnell, CSRA  
Partnership for Community Health,  
Inc., 706-312-3179 or email: gdur-  
nell@augustapha.org



## Do you have a leg wound that just won't seem to heal?

If so, you may be eligible to participate in a research study that  
investigates a new product that may aid in the healing process.

Diabetic Wounds • Pressure Ulcers • Venous Ulcers  
Arterial Ulcers • Cellulitis • Osteomyelitis • Infections

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



**Aiyan  
Diabetes Center**  
Center for Podiatry Care

629 Ronald Reagan Drive, Suite C  
Evans, GA 30809

706.868.0315 • 706.868.0320

Mon. - Fri.: 8:00 a.m. - 6:00 p.m.

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

# 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

706-407-1564

800-787-1886

seniornewsga@att.net

## Columnists

Carolyn Brenneman

Dr. Bill Baggett

Christine Coleman

Kathleen Ernce

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

# Walking on Sunshine

by FAYE JONES

Oh my, the time I love most is here – fall. I can't help dreaming of times gone by when days were filled with picking apples off the tree, scuppernongs and grapes from vines and the last of winter squashes. My children were not as thrilled as I about all the picking and washing of fruit. Of course, when the beautiful jars of jams, jellies and preserves were lined along the cabinets, it was a whole "nother" story and if memory serves me right, a bit of bragging passed those childish lips though licking spoons was what they did best.

A few days ago daughter Susan and I passed a local fruit and veggie farm. Signs were out for scuppernongs, grapes, okra, tomatoes, etc. I nearly went wild until I remembered that there is no one left at my house to eat all those great things I used to prepare for winter. With one daughter and one granddaughter, neither of which eats jams or jellies, a jar of jelly will last at least a year around

my house and that doesn't sound too much like fun.

As children, fall was a happy part of our school year. The Fall Festival was much more fun than the Christmas Bazaar. Fresh pulled and boiled peanuts were among our fall favorites. Oranges from Florida were coming on the market and there was usually a pick-up truck full ready for selling at the Fall Festival. Isn't it strange how our taste buds are so closely tied to our long term memory? Can you walk in a kitchen where cinnamon cookies are being baked and not remember scenes from your own family kitchen when you were a child? It's impossible.

I think I mentioned in one of my columns that my family has decided not to give gifts this year. This has been coming on for a long time. It seemed that after the opening of gifts, I had a feeling like the old song, "Is this all there is?" We were spending a fortune on things no one would really use. Older members of the family were weary of receiving glassware and decorative arti-

cles. We have a house full now. Therefore, we thought it would please us and the Lord more if we did something for others instead of ourselves. How wonderful it will be to give to dear people who are in need.

Giving to the poor is dear to my heart because there was a time when my family was on the receiving end of Thanksgiving and Christmas gifts. A mother with four children and a husband hospitalized for almost a year was the scene at our tiny farm house in the early 1940s. But for the love of friends and strangers we would have gone hungry and cold. But my mother seemed to attract miracles at the 11th hour and with her indomitable faith we were always taken care of. What beautiful memories I have carried for more than 70 years. God willing, we shall make more this Christmas. It will be like walking on sunshine! ©9/27/10

\*\*\*\*\*

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

## Spiritual Notes

# God Honors Work

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

The economic news in the U.S. has been disturbing in recent months. They entire country has been affected by the down turn in industry and the job market. Men and women have lost their livelihood and many are now on welfare. Hopefully this will improve soon. America has been a resilient nation in past years when this type of crisis has arisen.

Our country just recently celebrated Labor Day. We have come a long way in regards to the protection of and respect for laborers. President Grover Cleveland established the first Monday of September in 1894 to be a national holiday to be known as Labor Day. In those early years workers had a work day of

12 to 14 hours. Now anything over eight hours in a day and one expects more pay.

The Bible is replete with references to labor and work. In Exodus 20:9 we read the Commandment, "Six days shalt thou labor, and do all thy work." It further states that the seventh day is to be one of rest – "a Sabbath to the Lord your God." Ecclesiastes 2:24 says: "A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, for without Him, who can eat or find enjoyment." The Apostle Paul writes in the book of Colossians, chapter 3:23-24: "Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

God's people are to engage in

meaningful work for six days. He desires that people be industrious and excel in their work, and rest and give him "the Sabbath" on the seventh day.

Jackie Riley wrote in an article that "Work is an anchor related to other aspects of my life; the 'flow' and 'rhythm' are significant to my sense of self-worth and mental well-being." She further states we should view our work as a gift from God.

The lesson is that we should be hard working people who know how to rest and be grateful to our creator. In addition, pray for our country as we face a time where so many of our countrymen are out of work.

\*\*\*\*\*

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

## Douglas P. Hastings presents program to Centerville Rotary Club

by JACK STEED  
Public Relations Director

Douglas P. Hastings, Director of "Vets to Washington" recently presented a program to the Rotary Club of Centerville concerning the "Vets to Washington Project." He said that it will not be long before "The Greatest Generation" will only exist in our memories and in annual ceremonies held around the country. He went on to explain that it was not until 2004, almost 60 years after the end of World War II, that a fitting memorial was dedicated in the nation's capitol. This memorial was so long in coming that many of the surviving WWII veterans have little time left to see it; and, the health of many veterans prohibits them from making the trip to Washington. Because of this the "Vets to

Washington" project has been initiated.

The project covers hotel, transportation to and from the capitol and four to twelve hundred photos taken during the trip and visit for each veteran and spouse or traveling companion. For most, this is a highly emotional event and of which all are most grateful for the opportunity. A coordinator is available for each trip to assist the vets and often companions are needed to assist individual veterans. Of course, the success of a project of this magnitude depends upon community support and involvement. It takes continued sponsorship by individuals, civic organizations and businesses to enable each veteran to enjoy this tribute for their service. In this regard, the Centerville Rotary Club has proudly sponsored four vets thus far in making the trip to Washington a reality.

In reflecting on the true contribu-

tions made by WWII veterans, one will realize that they have had a greater impact on the entire world than any other group in history. Throughout the history of the United States, our service men and women have fought in many wars. Without the contribution of the United States a world ruled by dictatorial tyrants and the annihilation of at least one race of people would have resulted.

The sacrifices of "The Greatest Generation" made possible the lifestyle and freedom we enjoy today. Your support of the "Vets to Washington" project will enable these veterans to experience the gratitude of a grateful nation and a chance to pay homage to their deceased comrades.

If you like to suggest a veteran for this trip or sponsor a vet for this trip, please contact Doug Hastings at 706-832-6483.

# ADVOCACY ALERTS: FREE Medicare Workshops scheduled in October

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

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

**D**id you know that for every year you do not enroll in Medicare after age 65, your premium will increase by 10%? Did you know that there may be circumstances under which you could be required to pay a



**Kathleen Ernce**

premium for your Part A coverage of Medicare? Do you understand that Part B coverage, the part that covers doctor services; for example, requires a premium to be paid and a deductible? You may have answered "yes" to all three of these questions; however, it is surprising how many seniors know little or nothing about Medicare coverage.

The Senior Citizens Council is offering, FREE, a two-day Medicare workshop for anyone who is interested in finding out more about what Medicare offers. The workshops will be presented at the Augusta Metro Federal Credit Union, 205 Davis Road, in Martinez, on October 19, 2010, from 9:00 a.m. to 1:00 p.m. and

on October 26, 2010, at the same location and during the same time frame. Medicare Parts A and B will be discussed on the 19th. Parts C and D will be covered on the 26th. Questions and answers will be taken throughout the workshop. Anyone interested in attending must call The Senior Citizens Council at 706-868-0120, to reserve a seat. Remember, there is absolutely no charge for this service; however, you must reserve a seat by Thursday, October 14, 2010.

**Medicare Facts:** You are eligible for Medicare when you turn 65 whether or not you are eligible for Social Security. Medicare has Parts A, B, C, and D.

**Medicare Part A** covers inpatient care in hospitals, inpatient rehabilitation facilities, long-term care hospitals, and critical access hospitals. Part A also includes hospice care, blood administration, inpatient care in a religious non-medical health care institute and limited inpatient care in a skilled nursing facility if you meet diagnosis requirements.

If you paid Medicare taxes for at least 10 years during your working career, there is usually no premium payment for Part A (premium-free Part A). If you are not eligible for premium-free Part A, you may be able to purchase it, if you are 65 or older, are entitled to enroll in Part B, and meet citizenship and/or residency requirements. Most often, if you choose to buy Part A and you have Part B coverage you will pay for both. If you are low or limited income; you may be eligible for a program to assist with the cost of the

premiums.

**Medicare Part B** coverage addresses doctor services, outpatient hospital care, and other medical services that do not fall under Part A, such as physical or occupational therapy and home health care. There are two types of Part B coverage: medically necessary services and preventive services. For details on these two types of services, visit the Medicare website at: [www.medicare.gov](http://www.medicare.gov) and read/download the "Medicare & You Handbook." The cost for Part B will vary depending on whether you have the original Medicare, if you are enrolled in a Medicare health plan. The Part B premium is also regulated by the amount of your income. Some services provided under Part B are no-cost; while others have a deductible that must be met.

**Medicare Part C** is also referred to as Medicare Advantage Plans. These are health plans offered by private companies which are approved by Medicare. If you choose to join one of these plans, it will cover all services of Parts A and B. Private plans may also offer additional coverage for vision, hearing, dental, prescription drug coverage, and emergency or urgent care. Medicare Advantage Plans must follow all Medicare rules as to how services are rendered. The different types of Medicare Advantage Plans are the Health Maintenance Organization

(HMO) Plans; Preferred Provider Organization (PPO) Plans; Private Fee-for-Service (PFFS) Plans; Medical Savings Account (MSA) Plans and Special Needs Plans (SNP). Other less common types are Point of Service (POS) Plans; and Provider Sponsored Organizations (PSO). Your out-of-pocket costs involved with these plans will depend on several variables and it is important that you do your homework to decide which may be the best fit for you. Also, you must have Parts A and B to be eligible for Part C.

**Medicare Part D** is the prescription drug coverage. This portion of Medicare coverage is available to everyone with Medicare. There are two drug coverage plans available. The Medicare Prescription Drug Plans that adds drug coverage to Original Medicare, or the prescription drug coverage that is included with the Medicare Advantage Plans. To be eligible for Part D you must be enrolled in either Part A or Part B.

I have outlined only a snapshot of Medicare coverage here. There is so much more to learn. The best thing you can do for yourself is to attend the workshops and to find out what else is involved with Medicare. This is your health care and you owe it to yourself to make the most of what is available to you. Remember: you must call us at 706-868-0120 to reserve your seat! See you there!

## *The Next Chapter* **Women, Food and God**

Book Reviews by  
**ANNE B. JONES, PhD**

*Women, Food and God*  
by Geneen Roth  
Scribner, New York, NY - 2010

**B**eginning *Women, Food and God* on CD, while driving on I-75, was not a good idea. My first inclination was to pull onto the shoulder, slam on the brakes, place the whole set of discs under the front tire and ride back and forth until it was crushed. My deciding to resist that urge was a good idea.

To say I rebelled against the book's message is an understatement. I did not want to hear a stranger's psycho-analysis of my food woes. However, the raids on the pantry had to be stopped and if listening to Geneen Roth was what it would take, somehow, I would persevere. In the end, as hard as it is to admit, the book had a profound effect. I lost a pound and a half the first week I followed her guidelines, without dieting.

*Women, Food and God* begins with the basic concept that the way we eat is inseparable from our core beliefs about ourselves and being alive. As her CD jacket proclaims, "Your relationship with food is an exact mirror of your feelings about love, fear, anger, meaning, transformation and yes, even God." In presenting this argument, Roth

encourages her readers and listeners to trace the roots of the way they eat by listening to the "voices" or tapes from their childhood that replay themselves in their minds. Food issues are more often not about food at all. They are issues related to self-esteem and self-fulfilling prophecy (Being told as a child who we are and whom we will become tends to make us become that way.)

Roth tells us no one knows better than we do what we need and diets distract us from dealing with our real issues. We should break away from old mental tapes and be willing to trust ourselves. So far, she's been right. Being "off" diet has not turned me into a raging single-visioned monster who rises from the depths of sleep to plunder the kitchen at night. In addition, her insights into why people binge and eat unhealthy foods make sense. She presents a set of simple guidelines and, in encouraging readers to be willing to endure discomfort in the short-term, assures them the long-term results will be worth it. We will be free, not only from the guilt-ridden "voice," but the constraints of outside controls. The keys are being aware, connecting to ourselves, and acknowledging our true feelings.

*Women, Food and God* is not for everyone, but for those who are ready for change, the book is a powerful tool.

\*\*\*\*\*  
Feedback and comments welcome:  
[annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](http://annebjones.com).

**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.*

## On the Cover

# Come shop with us at the Antique Market

by CAROLYN BRENNEMAN

Photography by Carolyn

### COVER

Declan Konesky (left)  
and Steven Fiegenbaum

**T**he first time I set foot in The Antique Market, I felt thrilled to explore the elegant treasures found throughout the

store. I found trendy baby items and innovative gifts at Neapolitan booth – perfect for my sister's grandbaby. Large sling backpacks, fabric and leather belts and colorful purses were stocked at 3 Chicks – all great gifts for my nieces. And for me, I found a most elegant Victorian red velvet loveseat, a set of delicate fine china, and a mahogany bookcase. Ah, I felt as though I were floating on clouds and still, every time I visit, I know this is the shop to fulfill desires and needs.

The Antique Market Interiors and Gifts has many treasures for every age. The 10,500 square foot store contains everything from baby clothes to quality vintage and antique furniture, dining room sets and sofas to striking long stemmed latex florals. We can find beautiful additions to enhance our own personal collections and home décor as well as perfectly functional furniture for all the rooms in our home. So, just what is this great shop in Le Pavilion Shopping Center?



Quality Furnishings and Art Work

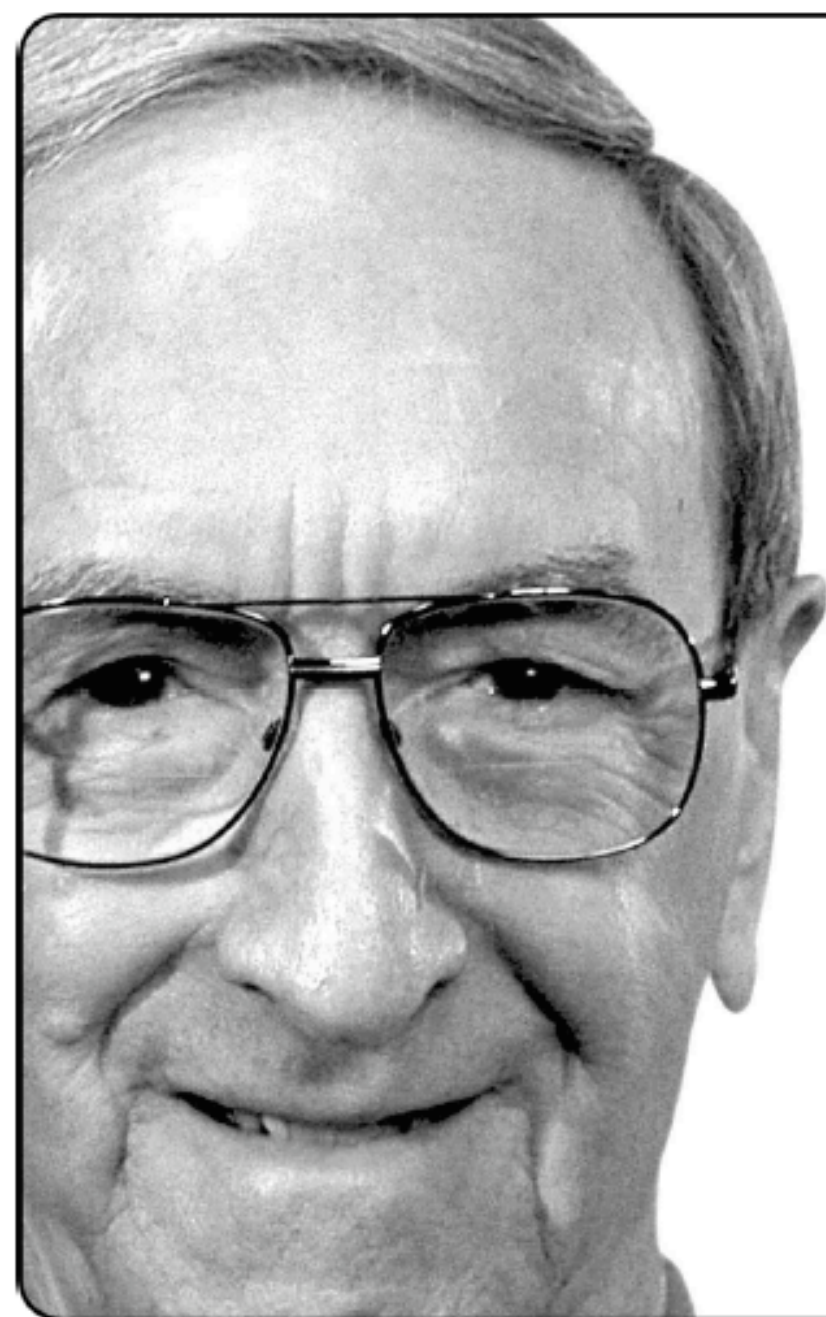
The Antique Market Interiors and Gifts is owned by Steven Fiegenbaum who purchased the store in 2009. Steve, who is no stranger to antiques and furniture, has been in retail for many years. Prior to purchasing, relocating and reinventing the store in 2009, he was the former owner's assis-

tant. So what does Steve love about this business? "I love working with the vendors and assisting customers in finding the items they need," says Steve. "I help customers select the items they need to get the exact room

continued on page 7



Latex Florals Masterpieces...  
...Great Gifts



## 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 BERTRAM, MD

BRUCE BROWN, MD

HERBERT FUCHTER, MD

WILLIAM WHITE, MD

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

# Older workers to help community service agencies

Submitted by the Georgia Department of Human Services

The Department of Human Services invites community service agencies to apply now to host a wage-subsidized older worker through the Senior Community Service Employment Program (SCSEP).

Authorized by the Older Americans Act, SCSEP provides low-income adults, age 55 and older, with paid community-serv-

ice job training plus assistance with finding permanent work in for-profit, government, and non-profit fields. The Department of Human Services (DHS) Division of Aging Services administers the program in Georgia.

"Older Adults are dependable and experienced, and they add diversity to the workforce," said Dr. James Bulot, director of the DHS Division of Aging Services.

Participants fill a variety of job roles: performing administrative and clerical duties, caring for older adults and people with dis-

abilities, working in food service and childcare, making simple repairs, and providing other services to the community. The program operates in collaboration with Department of Labor One Stop Career Centers.

Participating agencies typically host each SCSEP participant for six months while the older worker receives training, SCSEP-funded wages and fringe benefits, supportive services, annual physicals, and help in obtaining unsubsidized employment. In exchange for a short-term federally funded

SCSEP worker, a participating agency provides on-the-job training and access to future employment opportunities if available.

To learn more about opportunities to host a participant, contact Sarah Collins, SCSEP Director, DHS Division of Aging Services, at (404) 657-5332 or [slcollins@dhr.state.ga.us](mailto:slcollins@dhr.state.ga.us). General information about services available to older Georgians and their families is available by phone at (866) 55-AGING (552-4464) or online at <http://www.aging.dhr.georgia.gov>.

## MARKET from page 6

style they want by painting a picture for them. We have lots of repeat customers – anyone from young adults to seniors 60 and better. Lots of seniors come here to purchase smaller furniture pieces and many younger families come for the innovative, trendy items in the store as well as learning about quality vintage items and collectibles," says Steve. Well, this certainly is the best of both worlds for anyone of any age!

Speaking of age, Steve's right hand man and first assistant, is the very fine 20-year-old artist Declan Konesky, who has been working with Steve for 5 years. Come on by and watch while Declan paints on his canvas or see

one of his impressive paintings on display.

I certainly feel that Steve and Declan take good care of their customers and vendors. And who are these vendors? Over half of their vendors have been working with them for several years and include local attorneys, prominent business persons in the area, bankers, interior designers and our most esteemed retired citizens. And just who are the customers? You, me, and everyone! There is definitely something here for anyone. Oh, need an appraiser? Yes, Martha Lyons is here also. Come to the Antique Market located in Le Pavilion Shopping Center, at 106 Pleasant Home Road, Augusta, 30907, 706.364.1304. Steve and Declan provide impeccable

and friendly customer service to assist us with selecting

antiques, collectibles, interiors and contemporary items.



The Artist Declan

## The area's only Stroke Rehabilitation Accredited facility

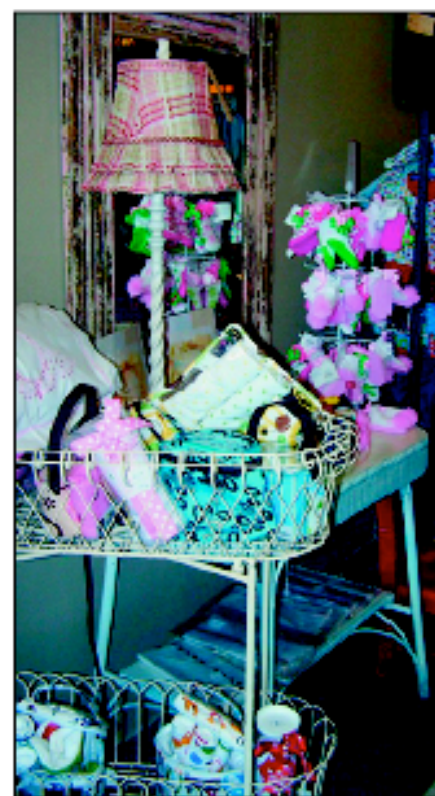
- Unique rehab-ready stroke unit
- 24/7 Physician led stroke team
- Stroke support groups in Augusta and Aiken
- Sports and Leisure
- Outpatient therapy, including Bioness
- Transitional living

*Let our experts help you regain your independence after a stroke!*



**WALTON**  
REHABILITATION HEALTH SYSTEM

1355 Independence Drive • Augusta, Georgia 30901 • (706) 724-7746 • Toll Free 1-866-4-WALTON  
[www.wr.org](http://www.wr.org)



Baby and Children's Gifts

# 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.

\*\*\*\*\*

— Paid Advertisement —

## TOZAL Eye Health Formula

Vitamins clinically proven to help maintain macular function.  
[www.tozalfarmula.com/26702](http://www.tozalfarmula.com/26702)  
or call 1-877-948-7784.

\*\*\*\*\*

## Times Not Forgotten

# Seining, Setting Nets and Tobacco

by CHRISTINE COLEMAN

**P**apa and my brothers enjoyed fishing and seining whenever they could take time off from farming chores. They'd go in the wagon and stay all day. This would leave Mama and me at home alone. She was always tired. I was young and full of energy. She was 53; I was 12! This being left at home was not fun for me. She sensed it all too well. I longed to be with Papa and the boys even though my brothers were much older than I was. I began to work on Papa with my pleadings. I begged him to let me go with him "next time."

The boys would all tell him, "Papa, don't let her go." The main reason was that it meant they would have to carry extra clothes to wear home from swimming. Every time they went fishing, Papa would let the boys swim when he "wound up his line." They couldn't wave the water until he had finished fishing. Then they'd all go skinny-dipping. If I were to be allowed to go, they'd have to swim with heavy clothes on and also carry dry clothes to wear home. Eventually, I wore Papa down. The next time they went, Papa said, "Boys, get your clothes. She's going!" (Those were some of the sweetest words I will ever hear.)

Sometimes Papa, my four brothers and I would go fishing without carrying our cane poles. On those days we would use the seine. We'd also hand fish and set nets. Someone had to be the designated "Keep the tobacco dry person." This position was always delegated to me. That's the way it should have been as I was too little to carry a seine staff and to "drag out" on the water's edge. Papa never carried cigarettes when he went fishing. He carried chewing tobacco. In this way, he didn't have to worry about smokes getting wet. The boys carried tins of tobacco, cigarette folds and matches. When we'd get to the creek, everyone would empty his pockets of all smoking and chewing material into a bag for to me to "Guard with my life" to keep them dry.

I never did accomplish the art of hand fishing. I've never wanted to stick my hand under roots where I couldn't see what was under there. Setting nets was a wonderful experi-

ence. My brothers would cut stakes and tie nets to them. Afterwards we'd wade around and "herd" the fish toward the nets. When a net would shake, we knew it had snared a fish. I learned to take the fish out of nets and deposit them in our fish sack.

Carrying the fish sack was another of my jobs. When it got too heavy, one of the boys would take over.

One day, all of us took a break from fishing. The nicotine craving had taken over the menfolk. They all decided they didn't want to wait for their hands to dry in order to roll cigarettes. They decided to cut a chew of Papa's plug instead of smoking. When all of them had cut a chew and Papa

had walked off, they cut a chew for me. They started to fish again. My clothes were dry as all I was doing this day was carrying the fish sack and the tobacco sack. My first time experience with a "chew" quickly took over. It made me ill, and I slipped down the muddy bank into the water below. All the time I was alert enough to hold the two bags up over my head. The fish did not get loose, and most importantly, the tobacco stayed dry. Whew! At least, I earned the right to go fishing with them again "next time."

\*\*\*\*\*

Christine Coleman lives in Swainsboro. Feel free to E-mail her at [cfc@reicomputers.com](mailto:cfc@reicomputers.com).



## 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**



# C'mon, let's eat

by FAYE JONES

Welcome to fall dear readers. I believe it has finally come upon us. Trees are turning and gaggles of geese are landing in the lake. Many will stay the winter and raise their babies here next spring. They are delightful to observe. Along with our excitement about fall come thoughts creeping from the back of our minds. The holidays are upon us and I have recipes for your holiday table. Hope you enjoy them as much as I have.

## HERB CRUSTED RIB ROAST

1 (6 to 7 pound) beef roast, chine bone removed and rib bones frenched (3 or 4 bones. If you have a large crowd, buy two

roasts)  
4 1/2 tsp. whole black pepper  
1 Tbsp mustard seed  
1 Tbsp juniper berries  
1 spoon coriander seed  
2 Tbsp snipped fresh thyme  
3 Tbsp snipped fresh parsley  
1/2 cup Dijon-style mustard

Preheat oven to 350. Trim separable fat from roast. Place roast, bone side down in a large shallow roasting pan. Set aside.

Using a mortar and pestle, crush pepper, mustard seed, juniper berries and coriander seed (or use a spice grinder.) In a small bowl stir together the crushed spices, thyme, salt, and parsley. Spread mustard over roast; sprinkle with herb mixture. Insert a meat thermometer into roast without touching bone.

Roast 2 1/4 - 2 1/2 hours or until

thermometer registers 135 degrees. Cover with foil and let stand while Yorkshire pudding bakes. (The meat's temperature will rise 10 percent during standing). To serve, carve the roast between ribs. Serves 12.

Move on to making a wonderful Yorkshire Pudding.

## YORKSHIRE PUDDING

3 Eggs, beaten  
3/4 cup milk  
3/4 cup water  
1 1/2 cups all-purpose flour  
3/4 tsp salt  
Pan drippings from herb-crusted Rib Roast

In a medium bowl beat eggs, milk and water with a rotary beater or whisk.

Beat in flour and salt until smooth. Cover and let stand up for 30 minutes.

When roast is done, reserve about 2 tablespoons pan drippings adding cooking oil if necessary. Cover roast and let stand. Meanwhile, increase oven temperature to 400 degrees. Place 1/4 tsp drippings in each of eighteen 2 1/2-inch muffin cups; brush on sides of cups. Heat in oven for 1 minute.

Fill each hot muffin cup half full with batter. Bake for 30 to 40 minutes or until golden brown and very firm. Remove from muffin cups and serve very hot with roast. Fantastic!

## CINNAMON FRENCH TOAST

1 large egg  
2 egg whites  
1/4 cup skim milk  
1/2 tsp vanilla extract  
1/8 tsp ground nutmeg  
1-inch thick diagonally cut slices French or Italian bread  
Cinnamon sugar and reduced calorie maple syrup (optional)

In a shallow bowl, using a wire whisk, beat the eggs and egg whites until foamy. Add milk, vanilla, cinnamon, and nutmeg. Beat well. Set aside. Preheat oven to 200 degrees. Lightly spray a large nonstick skillet with vegetable spray; heat over medium heat. Dip 4 of the bread slices into the egg mixture, turning to coat and draining excess back into the dish. Place bread slices in prepared skillet and cook until golden brown, turning once, about 1 to 2 minutes per side. Transfer cooked slices to a plate and keep warm in oven. Repeat process. Divide French toast among serving plates. Sprinkle lightly with cinnamon sugar and top with maple syrup. Serve immediately!

Enjoy! ©9/27/10

**EDITORS NOTE:** If you have a favorite recipe, please share with us!  
\*\*\*\*\*

Faye Jones is a syndicated writer and columnist and can be reached at [byronfaye1@aol.com](mailto:byronfaye1@aol.com).

# Augusta/CSRA CALENDAR

## Augusta State University Continuing Education

• Online Courses: Go to classes in your pajamas, at anytime day or night. Go to [www.ced.aug.edu](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.  
\*\*\*\*\*

## CSRA Senior Centers

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

• Blythe Area Recreation Department  
Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668  
• Carrie J. Mays Recreation Center  
Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831  
• East View Community Center  
Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302  
• HH Brigham Senior Center  
Pat Jenner; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456  
• McBean Community Center  
William Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628  
• Sand Hills Community Center  
Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916  
• New Bethlehem Community Center, Inc.  
Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086  
• Bessie Thomas Community Center  
Jeff Asman; 5913 Euclid Creek Dr., Grovetown, GA 30813; 706-556-0308  
• Burke County Senior Center  
Jackie Brayboy; 717 W. 6th St., Waynesboro, GA 30830; 706-437-8007  
• Glascock County Senior Center  
Anita May; 568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050  
• Grovetown Senior Center  
Betty Laverty; 103 W. Robinson Ave., Grovetown, GA 30813; 706-210-8699  
• Betty Hill Senior Citizens Center  
Cathie Birdsong; 330 Waters Work Rd., Sparta, GA 31087; 706-444-7532  
• Harlem Senior Center  
Tina Sidener; 405 B West Church St., Harlem, GA 30814; 706-449-8400  
• Jefferson County Senior Center  
Marie Swint; 209 E. 7th St., Louisville, GA 30434; 478-625-8820  
• McDuffie Senior Center  
Melinda Hill; 304 Greenway St., Thomson, GA 30824; 706-595-7502  
• Jenkins County Senior Center

continued on page 10



## 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!

# CALENDAR

from page 9

Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213

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

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

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

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

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

478-552-0013  
• Wilkes County  
Diana Hall; 108 Marshall St., Washington, GA 30673; 706-678-2518

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

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

\*\*\*\*\*

**Aiken County Parks, Recreation & Tourism**  
902 Vauluse Rd., Aiken, SC 29801; 803-642-7559;  
www.aikencountysc.gov/tourism

**Courtney Senior Center**  
49 Roy St., Wagener, SC; 564-5211  
**Harrison-Caver Park**  
4181 Augusta Rd., Clearwater, SC; 593-4698

**Aiken County Recreation Center**  
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142

**Roy Warner Park**  
4287 Festival Trail Rd., Wagener, SC; 564-6149

**Boyd Pond Park**  
Aiken, SC

\*\*\*\*\*

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

\*\*\*\*\*

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

Meetings are held the 3rd Monday during Sept.-March.

\*\*\*\*\*

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

\*\*\*\*\*

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

• Wolf Kahn Pastels: Through Nov. 7

\*\*\*\*\*

**FREE Monthly Sunday Concert Series**  
• Amy Christian: Sun., Oct. 17  
• Caroline Herring: Sun., Nov. 14  
• Tara Scheyer: Sun., Dec. 5

\*\*\*\*\*

**Gertrude Herbert Institute of Art**  
Located at 506 Telfair Street, Augusta. Call 706-722-5465 for information.

• 30th Annual Juried Fine Art Competition & Exhibition - *A Sense of Place 2010*: Through Oct. 15

\*\*\*\*\*

**Caregiver Support Group**  
Are you caring for a spouse or parent? Join other caregivers to share experiences, gather

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

\*\*\*\*\*

**Augusta Museum of History**  
560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.

• From Ty to Cal: A Century of Baseball in Augusta: Ongoing

• Into the Interior: A History of the Georgia Railroad and Banking Company: Ongoing

• Augusta's Story: Ongoing

• Stories & Legends: Remembering the Augusta National: Ongoing

• A Community That Heals: Ongoing

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

• Brown Bag History Series Lecture: "Place in Time:" Wed., Oct. 6, 12:30 p.m.

\*\*\*\*\*

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

\*\*\*\*\*

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

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

\*\*\*\*\*

**Augusta Christian Singles Dance**  
Dances held each Saturday night, 7-11 p.m., at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission includes complimentary dance lessons 7-8

p.m., refreshments and soft drinks. Cost: Guests, \$10; members, \$8. For additional information call Barbara Nash at 803-640-2075.

\*\*\*\*\*

**AARP Augusta Local 266**  
There is more to AARP than a newspaper and a magazine. The local chapter meets at Sands Hill Community Center, 2540 Wheeler Road, Augusta. For additional information or to join call Varnell Owens, Chapter President, at 706-790-4388.

\*\*\*\*\*

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

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

\*\*\*\*\*

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

\*\*\*\*\*

**Phinizy Swamp Events**  
706-828-2109

\*\*\*\*\*

**continued on page 11**

# General Business Directory For Seniors

## 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

\*\*\*\*\*

## BUSINESS CARD SECTION ADVERTISING INFORMATION

Call

**Carolyn Brenneman**

**706-407-1564**

**800-787-1886**

\*\*\*\*\*

## ♥♥ 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**

\*\*\*\*\*

## PINEVIEW GARDENS

**PERSONAL CARE HOMES**

*Specializing in Dementia and Alzheimer's Care!*

**Pineview Gardens**  
4255 Hwy. 25 N, Hephzibah, GA 30815

**706-437-0113**

**Pineview Gardens of Evans**  
4393 Owens Road, Evans, GA 30809

**706-651-0377**

**www.pineviewgardens@comcast.net**

\*\*\*\*\*

## THRIFT STORE Making Ends Meet Bargain Center

Proceeds Support  
**Julie's House, Inc.**

*Crisis Center for Women and their Children*

Clothes - Fashion Jewelry and Accessories  
Household Items - Furniture - Toys - Small Appliances  
Books - Electronics - Collectibles - Sporting Goods

La Petite Plaza - 3850 Washington Rd. - Suite 1C  
Between CSRA Camperland and Bojangle's

**W-Th-F-10 a.m.-5 p.m. & Sat.-10 a.m.-2 p.m.**

*Julie's House, Inc., is a nonprofit organization.*  
Call 706-836-2781 for additional information.

\*\*\*\*\*

## 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.iLoveGoodWater.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

## 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@nsdsc-discovery.org.

## DBSA (Depression Bi Polar Support Alliance)

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

## Volunteers Needed

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

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

## Augusta Chapter Of The Embroiderers' Guild Of America

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

## Alzheimer's Caregiver Support Group

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

## CSRA Parkinson Support Group

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

## Trinity Hospital Offerings

For details call 706-481-7604 or visit

www.trinityofaugusta.com

• Joint Efforts: Thursdays, 11-11:45 a.m., Augusta Orthopaedic Clinic, Behind Trinity's ER, 1521 Anthony Rd., Augusta  
• Widow & Widower Social: 2nd Tues., 4:30-6:00 p.m.  
• AARP Driver Safety Program: Oct. 21 & 22  
• Intermediate Sign Language: Oct. 13-Dec. 1

## Walton Rehabilitation Health System Offerings

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

## Volunteer Position Openings

Call Volente Henderson, Human Resources, at 706-823-8507 for complete details.  
• Bird Feeder Keeper: Maintain 5-medium sized birdfeeders located on campus for

patients' viewing. Time: 2 to 3 hours one day a week. Seed provided.

## Rape Crisis and Sexual Assault Services Seeking Volunteer Advocates

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

## 21st Georgia National Fair

October 7-17. For details visit [www.georgiannationalfair.com](http://www.georgiannationalfair.com).

## AARP Tax-Aide Volunteers

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

## Fall Fun Festival

Sat., Oct. 16, 6-10 p.m., Richmond Chapter, Order of the Eastern Star, Masonic Lodge Route 88, Hephzibah. For complete information contact Donna Plummer at [Donnaplummer@comcast.net](mailto:Donnaplummer@comcast.net); or, call Hertha Piercy at 706-294-2128 or Kathleen Emce at 706-825-7624.

# General Business Directory For Seniors



## Tired? Worn Out?

Give your body a healthy boost with Reliv. Reliv's safe and effective nutritional supplements are guaranteed to have you feeling great in 30 days – or your money back.

Call to learn more.

**Arlene Candy**  
Independent Reliv Distributor

**706-364-2373**  
[www.reliv.com](http://www.reliv.com)

**\$1.00 OFF** **ADMISSION WITH THIS AD!**  
1 coupon per person. Expires 10-11-10  
**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 Markets**  
740-569-2800  
[www.scottantiquemarket.com](http://www.scottantiquemarket.com) *America's favorite treasure hunt!*

**Atlanta Expo Centers**  
October 8, 9 & 10 November 12, 13 & 14 December 10, 11 & 12

**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)

Enjoy the Convenience of Maples Ferry!

**Maple's Ferry**

Community Located in the heart of Evans

Now starting at \$149,900. 3 Bedrooms, 2 and 2.5 baths, Brick Homes. Granite counter tops accent the beautiful old world style cabinets in large open kitchens. Rocking Chair porches front and back. Many plans available with three new ones to choose from. Select one completed or pick a plan and customize to meet your needs.

**Call for more information.**  
**Jackie Baker 706.831.6633**  
**Patsy Rector 706.840.5704**  
[prector917@aol.com](mailto:prector917@aol.com)

Ph: 706.364.7653  
Fax: 706.243.4963

**ams vans INC** source call 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**

Is your **Medicare Advantage** plan kicking you to the curb?

Call me and I can Help you!

**(706) 294-5910**  
**(803) 652-8335**  
**Tony Chiera**

**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)**

# Arts in the Heart Festival... Many unique talents and exhibits

by CAROLYN BRENNEMAN

Photography by Carolyn

The Arts in the Heart of Augusta festival, which took place at the Augusta Commons on September 17 to 19th, displayed many unique exhibits and focused on the artistic abilities of children, teens and adults. Over the last 30 years, this annual festival has evolved from a small gathering of local arts and cultural organizations to a multi-day festival showcasing crafts, fine arts, ethnic cuisine, and the many artistic abilities of several communities in the region. The festival included entertainment on the family, community and global stages, more than 100 artists in the fine arts and crafts market, a active children's area, and a multinational food village featuring authentic ethnic foods. Here are just a few highlights we enjoyed at the festival.

On the family stage, the Suzuki Strings, a very fine group of young musicians, played violins and cellos. The music was

highly arranged, professionally played and beautiful. Suzuki Strings is a group of several violin and cello players from ages two to adult who come from all over the CSRA. They are a fine group of musicians who displayed an impressive ability to play highly arranged, absolutely beautiful pieces of classical, bluegrass, and Celtic music. Some pieces included the standard Boil Em Cabbage, Swallowtail, Long, Long Ago, and several pieces of Baroque and Classical music.

If you wanted to show your own artistic talents, for a good cause, Jerri and Gregg invited everyone and anyone to place his or her mark with pink paint on the gigantic Social Canvas. The large canvas is part of the Lydia Project. "This painting will be auctioned off sometime in October," said Gregg, "and the proceeds will go to the Lydia Project for breast cancer awareness."

Many talented artists were present at the festival. One, that stood out, was media artist, Fred Fisher, of Aquatic Impressions, who practices the ancient Japanese art of "gyotaku." Gyo means fish and taku means rubbings or impression. This particular art uses ink and rice paper and began over a century ago by Japanese fisherman as they were recording the size of their fish. Fishing has been a long time passion for Fred and in order to capture the mirror image of a fish, Fred, in his art, used colorful acrylic paint and pressed either a handmade paper or cloth onto the surface of the paper. Very unique, indeed.

In the Global Village, there

were rows of stands featuring culinary delights from 35 countries including Brazil, Ireland, India, Guam, Panama, Korea, Caribbean Islands, China, Germany, Greece and others as well as the Greater Augusta Arts Council Hot Dog Stand. Every

year, the Arts in the Heart Festival includes something everyone will enjoy. If you like to explore artist designs and want to experience authentic foods of distant lands, be sure to mark your calendar for the event next year. You will not want to miss it.



Get your grandkids involved with Suzuki Strings



Gregg and Jerri with the Social Canvas



Unique artwork by Fred Fisher



Johnny enjoying the festival on Saturday

## Are you ready to take charge of your health?

Join one of the nation's leading exercise programs designed exclusively for older adults, the **SilverSneakers® Fitness Program**, available to members of participating Medicare health plans.

For more information on SilverSneakers or to find a participating location near you, call toll-free at 877-326-6054 or visit [www.silversneakers.com](http://www.silversneakers.com).

