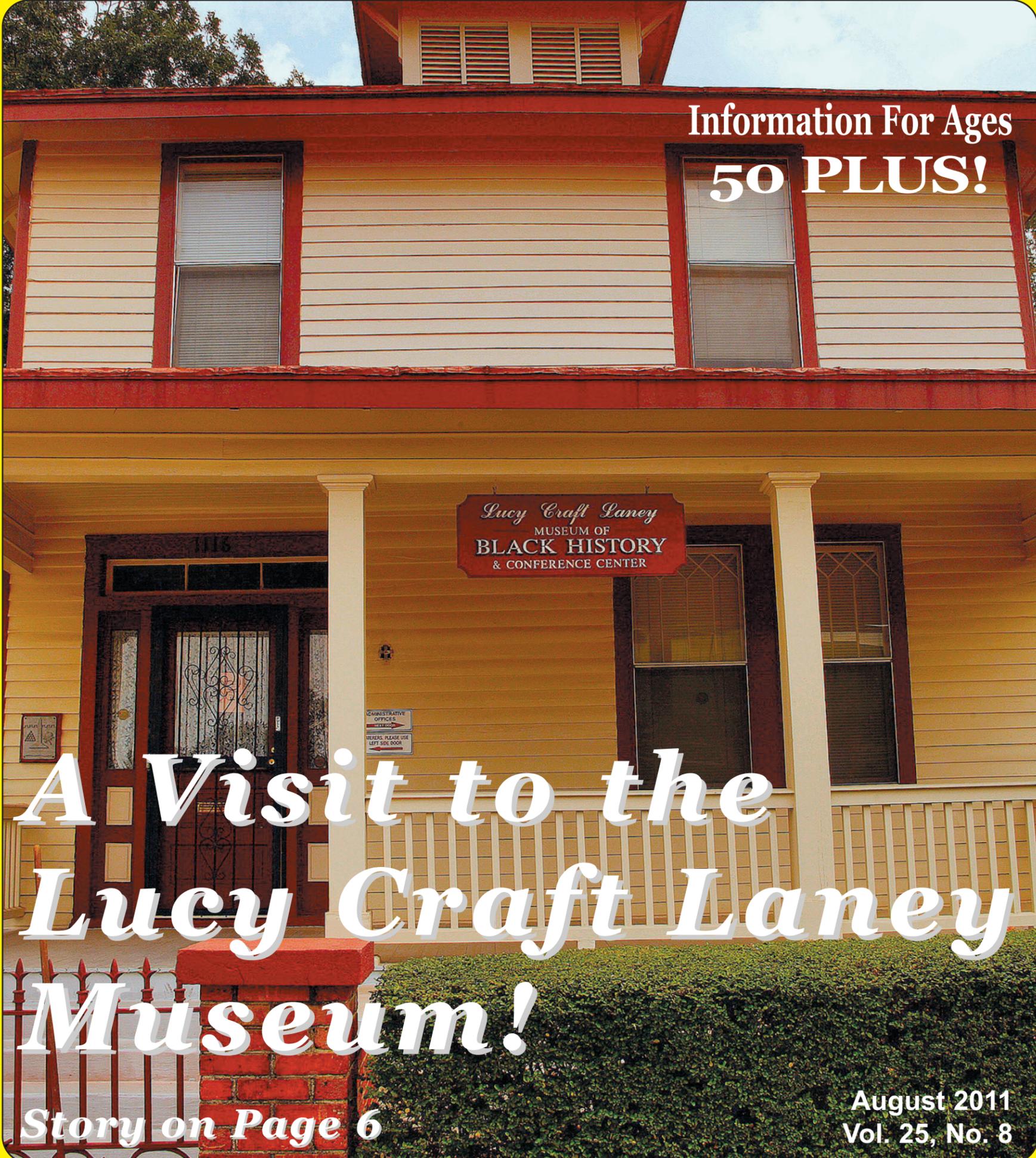


Senior News

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Information For Ages
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*A Visit to the
Lucy Craft Laney
Museum!*

Story on Page 6

August 2011
Vol. 25, No. 8

Taking Care

Keeping cool when things get hot... Consider these alternatives for beating the summer heat

by LISA M. PETSCHÉ

When temperatures push those summer highs, you need to do something to stay comfortable. Cranking up the air conditioning is one option, of course. But there are other, less expensive and more environmentally friendly ways to feel a bit better when things heat up.



Lisa Petsche

Choosing clothing

- Wear lightweight, loose-fitting clothes that allow air to circulate and perspiration to evaporate. Stick to natural fibers like cotton, or micro fiber materials with an open

weave.

- Wear a hat to shade your face from sun and remember sunscreen.

Activities

- Avoid strenuous activity, including exercising, gardening and mowing.
- If possible, stay indoors during the hottest part of the day.
- Try to schedule outdoor activities in the early morning or evening. Otherwise, rest often in the shade.

Around the house

- Close drapes on sunny days.
- Consider awnings, shutters or roll-up porch blinds to shade your house. Also consider growing vines.
- Run an electric fan to circulate air in the room you are using.

While it won't alter the room temperature, it will evaporate sweat, which will increase your comfort. Place a fan in front of an open window at night to draw in the cool evening air.

- Install ceiling fans to circulate air in the rooms you use the most. They can be reasonably priced, and use relatively little energy. (They increase heating efficiency in the winter, too.)
- Stay on the lowest floor of your home.
- Use a dehumidifier to remove excess moisture from the basement.
- Hang laundry outside to dry. If you use a dryer, do so during the coolest parts of the day. The same goes for the dishwasher, to minimize the impact of its heat. (Consider washing dishes by hand during heat waves.)

Cooling the Décor

- Accessorize your home with light, bright colors. Room accents can take the form of cushion covers, tablecloths, place mats or a mantel scarf, for instance. For color inspiration, think summer flowers and tropical fruits. Do not overlook white, which gives a crisp, fresh look. For patterns, try florals and gingham checks.
- Choose ocean blues and greens for a psychological cooling effect.
- Marine themes are always popular at this time of year. Bring out that collection of seashells and display them in a shallow bowl.
- Summer is a good time to be whimsical – have some fun with summer decorating.

Cooling yourself

- Try cool showers or sponge baths.
- If you do not have air conditioning (or it breaks down) and the heat becomes unbearable, visit a friend or relative who has air conditioning, or go to a cool public place such as a senior center, shopping mall or public library, during the hottest part of the day.
- Avoid extreme temperature changes. For example, do not have a cold shower right after coming in from outside on a sweltering day.
- Cook meals outdoors on a grill or use a microwave in place of a regular stovetop or oven.
- Drink plenty of extra fluids even if you do not feel thirsty. Sip water or stock up on fruit juice and iced tea. Avoid alcohol and caffeine.
- Eat foods high in water content like fresh fruits and vegetables.
- Eat light, more frequent meals to avoid taxing your digestive system. Go easy on protein, and steer clear of foods that are spicy or heavy.

Energy Efficiency

- An air conditioning unit is a must-have for older adults – especially those with chronic illnesses – to prevent adverse health effects when heat and humidity become oppressive. The following are some ways to maximize its efficiency.
- If you have a room air conditioner, try to shade it from the sun so it does not have to work as hard.
- If you have central air conditioning, keep your furnace and a/c system – which function together – properly maintained, to ensure maximum air-cooling and save energy. Follow the tips below:
 - Regularly check and replace air filters
 - Keep area around your furnace and air conditioning unit free of clutter, plant overgrowth and debris.
 - Keep vents free of obstructions.
 - Dust around equipment, and vacuum filters and vents regularly.
 - Have your system regularly inspected by professionals.
 - Adjust controls accordingly when your home will be empty for several hours or more.
 - Turn off air conditioning and open windows when the outdoor temperature decreases at night, especially if there is a cool breeze.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior issues. She has professional and personal experience with elder care.

NOTICE TO SENIORS AND THE DISABLED

If you're living on Social Security, disability, pensions or veteran's benefits, federal law states that your income cannot be taken away to repay debts.

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Jerome S. Lamet

Founder and Supervising Attorney / Former Bankruptcy Trustee

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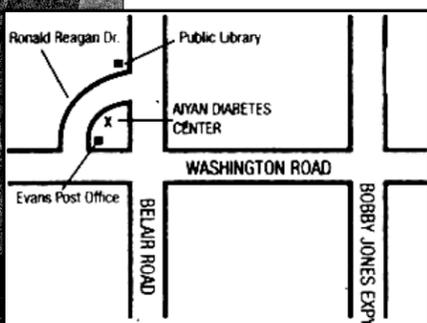


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Elder Abuse: From a Personal Care Perspective

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

Written by
PATRICIA HUNT
Manager, Garrett/Jones Manor
A Member of the CSRA Elder
Care Home Perspective

A common statement from individuals who are confronted with the need for long-term care planning is, "I'm in good health, I'm going to live a long time, and I won't need long-term care." Some individuals may consider



Kathleen Ernce

Personal Care Homes as an option. These providers represent a rapidly growing trend to allow people needing help with long-term care to remain in the community instead of going to a long-term care facility. Their services offered may include: companionship, bathing, grooming and dressing assistance, recreational activities, medication reminders and/or administration, meal preparation, reading email or letters, transportation services, changing linens, laundry and ironing, and general observation of the at-risk individual.

All of these companies must meet the same stringent rules under which traditional home health agencies operate and will include hiring bonded, trained employees, use care plans for service delivery, and have periodic inspections by the state health department and bonding. Would this be a place where one would or could suspect "Elder Abuse, Neglect or Exploitation? We all know where there are people, someone will try to "get by" or "around" regulations. And yes, we all know what we see on the news or read in the papers regarding abuse in personal care homes and nursing homes, and unfortunately, sometimes these events are true.

As a Personal Care Home, I would like to tell a story from another perspective – a perspective of being a lifeline for a victim of self neglect/abuse and financial exploitation. Like most of the personal care homes in our area, we receive referrals through agencies; such as, the Community Care Services Program (CCSP) and Service Options Utilizing Resources in Community Environments (SOURCE) Care Management for residents that just need somewhere to live because they can not live alone due to increasing health issues. Also, sometimes Adult Protective Services places residents

in personal care homes because of self neglect/abuse, or self injury. This form of elder abuse is the hardest to accept and understand, especially for families and friends. Most of the time, families are unaware of self neglect/abuse problems until they get that telephone call informing them that the older loved one is to be removed from their homes due to self abuse/neglect or self or other injury.

Signs of self abuse/neglect can include not eating properly, if at all, not taking medications or not taking them correctly, not bathing, wearing inappropriate and/or soiled clothing, failure to do other normal day-to-day activities, etc. The resident, in my story, was a victim of self and financial abuse from relatives, neighbors, and "others." Although her physician had ordered home health care to help her remain safely at home and independent, her care went from one agency to another to another. They all were unsuccessful in helping her to continue to live at home due to noncompliance with medications and threats of physical harm to herself or others. Numerous calls from and to law enforcement, Adult Protective Services, and other community agencies were made by physicians, neighbors, and family – who lives out of state. The story continues as the lady was admitted to our personal care home, care is now being provided for her, she is taking her medications and eating properly. In fact, she is getting better with proper nourishment and medications and is becoming the "sweet lady" of yesterday.

How can you help? If you suspect self neglect/abuse of a loved one, see signs they are malnourished, see them wearing soiled clothing daily, or if they appear to be disheveled or unkempt, please take action! Call and/or visit often. If you cannot visit personally then send someone that you know and trust to see about your loved one. Remember, so-called "well meaning" neighbors or friends can and will take advantage of a senior who appears to be on their own and needing help. Even now in the home we are still getting telephone calls from these well-meaning people who say, well we tried to care for her!

There are other senior citizens in the community who need help, so please don't turn a blind eye to them. If you are aware of anyone who needs help, please call their families, the police, or a member of the Elder Rights Team. Just don't give up, even if they tell you, "I'm in good health, I'm doing okay, and I don't need care." Keep calling until help is received for this person.

Should you have comments, need more information, or want to join the Elder Rights TEAM, please call us at 706-868-0120 for more details.



SITE-BASED WAITING LIST OPEN

THE LEGACY AT Walton Oaks

The Housing Authority of the City of Augusta, Georgia, in partnership with Walton Communities, is pleased to announce that the site-based waiting list for Project Based Rental Assistance (PBRA) and the site-based waiting list for Public Housing for admission to The Legacy at Walton Oaks will open on **August 1, 2011**. 75 newly-constructed apartment homes for seniors 55 and up are now in the final stages of completion and will be ready for occupancy in the beginning of Fall 2011. The community, located at 401 Fairhope Street, Augusta, Georgia 30901, will provide a quality living environment for adults 55 and up. You will be within steps of the Legacy Center for relaxing and entertaining. There will be an activity and craft room with a large screen television, fully equipped kitchen, coffee service, business center with computers, community library with reading room, numerous indoor and outdoor seating areas, sculptured gardens and gazebo, outdoor grilling area, clothes care facility and cardio fitness room.

Special rental assistance will be provided with respect to 38 of the 75 apartment homes through the project based vouchers provided by the Augusta Housing Authority. These are reserved for seniors aged 62 and older. Twelve (12) units will be designated for public housing residents ages 55 and up.

1. Potential residents may apply in person at the offices of the Augusta Housing Authority located at, *1435 Walton Way, Augusta, Georgia 30901* from **August 1st – August 31st** 9:00AM to 5:00PM daily.
2. Potential residents may obtain a preliminary application for the Project Based Voucher apartments and the site based Public Housing apartments at the offices of the Augusta Housing Authority located at, *1435 Walton Way, Augusta, Georgia 30901*.
3. Potential residents may dial (706) 312-3159 and provide your name and address. A preliminary application will be mailed to your current address.
4. Potential residents may complete an on-line application at www.augustapha.org.

A \$14 application fee will be required to process your application. Eligible applicants will be placed on the site-based waiting lists and will be ranked by date and time. Preliminary applications will be accepted through August 31st at which time the site based waiting lists will be closed.

The Augusta Housing Authority does not discriminate in admission or access to its federally assisted programs. Any potentially eligible individual who has a visual or hearing impairment will be provided with information necessary to understand and participate in the Augusta Housing Authority's programs. Richard Arfman has been designated as the responsible employee to coordinate the Augusta Housing Authority's efforts to comply with the nondiscrimination based on handicap regulations.

Please note: The \$14 application fee mentioned in this public notice is designated by Walton Communities and payable ONLY to Walton Communities. Any questions regarding the fee should be directed to Alicia Porter, Property Manager at Walton Oaks; (706) 504-0263.

Equal Housing Opportunity



The Housing Authority of the City of Augusta, Georgia

By: **Jacob Oglesby, Executive Director**

Mission Statement: To promote adequate and affordable housing, economic opportunity and a suitable living environment free from discrimination.

Senior NEWS

Serving Augusta & the CSRA

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Times Not Forgotten

Salt of the Earth... Salt On Figs

by CHRISTINE COLEMAN

How fortunate we are to have table salt or rock salt for our many wants and needs. This mineral makes many foods edible when they wouldn't be otherwise. Vegetables are plentiful at this time, and we're making good use of them by eating, canning and freezing. My favorite treat during the summer is a tomato sandwich. There's nothing better than two pieces of light bread with Mayo spread on them and a couple of big slices of tomato inside. Of course, the finishing touch is a generous sprinkling of salt on the tomato. Were it not for salt, the pleasure would not be as great.

We've had the use of salt so long, I'm afraid we don't really realize how important it is. When I was growing up in the early 1930s, my folks butchered hogs during winter months. My father would "salt down" the hams, shoulders and sides of pork in our smokehouse. The salt would "cure" the meat, which we would enjoy immensely, especially with biscuits and syrup.

We've heard the old saying "Salt of the earth." I take that to mean that a person is a devoted, honest one and who would do anything to help a neighbor if needed. We also know about the biblical story when Lot's wife disobeyed God. As a result, she was turned into a pillar of salt. Every now and then, we hear someone say, "You dog, you salty dog." Then again, we might hear someone say, "You're not worth a grain of salt."

Salt on figs

Figs are plentiful at this time of year. I have a favorite memory, which always comes to mind concerning figs. When I was a youngster (about 11 or 12 years of age) my nephew from a neighboring county came to visit. He was a year or so older than me. We went to the kitchen, poured ourselves a handful of sugar and went out to our fig tree. We would pick a fig, dip it in the sugar we held in the other hand and eat this wonderful treat. The grownups didn't know what we were doing. A neighbor boy came by to visit and saw that we were at the fig tree eating

them. He started picking some and eating them. We told him he should go into the kitchen, get himself a handful of salt and come back to join us. We told him figs were much better eaten with salt. Well, he decided to do that. When he came back to join us, he began to dip his figs in his handful of salt. He couldn't understand how we could enjoy this arrangement. He ate several figs before he gave up. If my folks had known that we had sneaked sugar out of the kitchen, they probably would have scolded us. Better still, if they had known how we tricked our neighbor, we would surely have gotten a tongue-lashing. But as the old saying goes, "Children will be children."

In later years when the three of us would get together, we'd laugh about that incident. My nephew and my neighbor friend are both gone now. I considered them "Salt of the earth." During this time of year, I still smile when I think about "Salt on figs."

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

Spiritual Notes

God Blesses America!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

We recently celebrated an important day in our country's history. July the 4th is a time when we celebrate our Independence as well as acknowledging the contributions our forefathers and present day hero's have made to keep our country safe and free. Each time I hear our National Anthem, observe service men and women on "front lines," and see our flag it causes me to offer a prayer of thanksgiving to God for His faithfulness and for those who have given of themselves so that I am free and live in peace.

My wife read, at our families' July 4th luncheon, the following historical episode that appeared in an article written by Dr. Ron Bradley. It is an example of where God stepped in and sustained our freedom. "In 1776 British Commander William Howe was moving 30,000 veteran British soldiers to take New York. General Washington only had 18,000 inex-

perienced troops. The British troops were gaining ground and Washington lost 1,000 men and two top generals. Outnumbered and outclassed, Washington's troops were discouraged. But, for some reason the British halted their troops. They could have pressed on and destroyed Washington and his troops at the banks of the Delaware, trapped on Long Island because the only route to escape was crossing the treacherous East River. The wind was blowing. Freezing rain was coming down. The river was full of ice that would crush their boats as the waves battered against them. There was no way out, but General William Howe, for some reason, decided to wait until morning to attack.

"With no escape possible, Washington called for a prayer meeting to ask for God's guidance and help. Afterwards, he decided to cross the river in the midst of the storm anyway. Suddenly the wind died and rain stopped. The river calmed smooth as glass. As they started crossing, a gentle breeze came up behind them pushing them along. Even with this miracle it

still was impossible to get all the troops across to Manhattan Island before daybreak. But then God stepped in again! Just before daybreak, a thick fog draped over them hiding them from the British troops. When the fog lifted, British commander Howe was shocked. Washington's troops had escaped. Washington and his men recognized and thanked God for His special blessing to them."

As we hear these facts we realize what God has done over the years for America. As in this story, there are hundreds of stories that have been told through the years where God has stepped in when called on in times of need. God is still blessing our great country. Freedom is not cheap! While we honor those who have died to keep us free and support those who continue to do so, let us always give thanks to the one who showers His blessings and mercies on us each and every day.

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

Poets' Corner

SOLITUDE

Jewel Strickland
Submitted by Virginia Bragg

Give me some time to think things out,
To stop and to meditate,
To know what I'm all about
With my thoughts, how I rate.

Take the push and rush from me,
For me to know and trust.
Others all around I see
Have these needs, they must!

Stay me in a slower life
Of work and pleasure.
Remove all the hate and strife
Leaving happiness to treasure.

THE GIFTS

by Brenda G. Partridge-Brown

Stir up the gifts which are inside of you

Let your faith fly high,
high as the heavens are in the sky.

This year, take the Lord God at his word,
and continue to move your goals and dreams forward,
not wavering, but believing.

Stir up the gifts which are inside of you
Let your faith fly high,
high as the heavens are in the sky
This year, take the Lord God at his word!

OUR FELLOW MAN

by Wayne Goad

A rich man and his well off friend
Dining together, while sipping their wine
Were boasting to each other about their success
Lacking nothing, and life being so fine.

While looking out the plate glass window
To the other side of the street, they gazed
At a group of hard working laborers
Toiling and sweating, as the hot sun blazed.

I say, old man, what a pitiful sight
Those poor devils should have been smart as we
'Tis very obvious, those are of a low I.Q.
It would be a gas to see their family tree.

As they were still amusing themselves
Taunting a somewhat lesser breed
Some of the men noticed them staring
And wondered, are they not wanting because of greed.

Why does some look down their noses at others?
Without understanding who they really are?

For everyone can do things, that others can't do
And, to someone special, they're just as big a star.

When will we all finally realize
We are all important and play a part?
To keep this world successfully progressing
It takes us all, the brilliant and the not so smart.

OLD FOLKS LISTEN UP

by Geraldine Noel

Some of us are in nursing homes, at the hands of some attendant
Looking for our children, wondering where the hell they went
Some of us are in hospitals, try to adjust
We spend our time with the folks on T.V., no one is coming to see us

Some of us are in our own homes
We say in death is the only way we will leave
You had a stroke, down the door they broke
Only to look upon your dead body and grieve

Your doors have about six locks
Your windows are all shut tight
A small fan is blowing and your not knowing
A disaster is waiting to happen tonight

You've fallen and you can't get up
Many a joke has been told
But when they break in, your family or a friend
It's your body that's laying there cold

I say this in all truth and honesty
Give someone you know and love a key
Call someone every day at the same time

Leave a message that you are doing fine

You are feeling good and can get about
But you never know when a stroke or fall can knock you out
You can lay there for days not being able to move a limb
And nobody will know the shape you are in

If you have children and they say mother/father please move in
Think about it seriously, the situation could be a win, win
Or if you're in your own home and you are alone
Maybe you could rent out a room so you won't unwittingly be entombed
In a house you lovingly called your home

THE HORSE CAN NOW FREELY ROAM

by Carl Coleman

The horse held its rider for 71 years.
Thru so many times of toil and so many tears.

So many hurdles to jump.
There were many heartaches,
some tears of joy.
Just so many heartbreaks.

Contracted polio, walked with crutches early in his life.
He raised a family but had no love from any wife.

Having polio, this rider did most things a normal person could not.
Getting a pilot's license some people would not.

Driving a car we take so much for granted.

His had to be modified for the way he ran it.

So the horse can be let out now to freely roam.
You see, my brother James "Sonny" Coleman has been called home.

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On the Cover

A Visit to the Lucy Craft Laney Museum

by CAROLYN BRENNEMAN

Photography by Carolyn

COVER
 Outside view of the
 Lucy C. Laney Museum

The Lucy Craft Laney Museum is a treasured house museum located in the Historic Laney-Walker District, near the original site of the Haines Normal and Industrial



Lucy Craft Laney teaching the children

Institute. It is full of artifacts and activities that represent what Ms. Laney worked and lived for in the Augusta area. The mission of the Lucy Craft Laney Museum of Black History is to promote the legacy of Ms. Laney through art, history, and preservation of her home – the museum. “We want to help the community gain an awareness of the importance and appreciation of this history,” says Christine Miller-Betts, the executive director of the Museum. I like to imagine what she would think if she were alive today. This is exactly what she envisioned.”

Ms. Laney, born in 1854, became one of the state's most influential educators. She started the first kindergarten for black children in Augusta and founded the Lamar School of Nursing for black women. The Lucy Laney High School, Laney Walker Boulevard and the Laney Walker North Historic District have all been named in her honor. She influenced education in our Augusta area and also all across the nation and beyond to the arts and history. Now through the restoration of her home on Phillips Street in Augusta, another important cultural institution has been dedicated in her memory. The museum is indeed a treasured

jewel alive with activities, exhibits and rich displays that represent what she lived and worked for in our community.

The Museum offers guided Tours for visitors. During our visit, I met a couple visiting from Germany, who heard praises about this museum and were delighted to take a guided tour.

One of the most precious rooms in the museum is the Children’s Center. Many children come to the museum for arts and crafts and the teaching of history. The Museum even received a grant from Jefferson Electric two years ago to create a traveling center to reach out to those children living in counties that do not have transportation to the Museum.

The Pilgrim Health and Life Insurance Company exhibition houses one of the many ancient ledgers they had showing all persons who purchased insurance with the company. Even to day, this is one of the



Display of Ms. Laney's Lamar School of Nursing

most valuable pieces of information the Museum has and several researchers have come here to gather information from this book. Through another area, a permanent art exhibit features clay sculpture by Dr. Charles Smith and unique paintings and unusual masks by Alice Davis.

And on every 2nd Wednesday of each month, area seniors and working professionals are invited to enjoy lunch and a lecture on a variety of topics. The museum is a treasured jewel in itself and is open Tuesday through Saturday. Located at 1116 Phillips Street, 706.724.3576. Visit today!



THE LEDGES APARTMENTS

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Unique masks on display in the Alice Davis room



Multi purpose room displays the current Ebony Legacy Exhibit



Rehabilitation of the historic Waynesborough High School, in addition to newly constructed apartments, will be Waynesboro's newest independent living community for individuals age 62 years or older. Built with your comfort in mind, the spacious, environmentally friendly one and two bedroom apartment homes will include a full kitchen with Energy Star rated modern appliances, energy efficient storm windows and ceiling fans. The historic building will offer a community gathering room, laundry facility, fitness center, arts and crafts room, and computer workstations. Find your new home by calling today!



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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

Atlanta, Georgia –

Ever looked 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. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for

changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now



able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"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 magni-

fiers under \$100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

– Paid Advertisement –

The Next Chapter

Chills and thrills via ghost books!

Book Reviews by ANNE B. JONES, PhD

Ghosts of the Georgia Coast
Don Farrant
Hardback or Paperback Version
through Pineapple Press, 2002

Haunted Inns of the Southeast
John F. Blair Publisher, 2001

I was recently signing *Tides of Fear* in Jekyll Books, an old house on Jekyll Island which has been converted into a bookstore, when a woman paused by my table. After I signed her book, she glanced at several rows of ghost books lining the shelves beside me. "We stayed in an old house in Savannah," she confided. "The first night, we heard a noise and discovered something had fallen from a closet shelf. The next night it happened again. We went to that closet and pushed everything farther back. That night, and every night we were there, something fell at the very same time."

My curiosity peeked. I turned to a shelf next to me and reached for *Ghosts Cats of the South* by Randy Russell. But, before I could grasp it in my hand, I felt compelled to reach for *Ghosts of the Georgia Coast* by Don Farrant. When I placed it in my lap, its pages fell open to a chapter about a ghost in a house now used as a bookstore. As I thumbed through the

pages I realized, it was about the house I was in.

One of Jekyll Books' most popular volumes, *Ghosts of the Georgia Coast* is rivaled only by *Haunted Inns of the Southeast* by Sheila Turnage, which contains a story about a ghost at the Jekyll Island Club Hotel.

Farrant's book is limited to Georgia coastal apparitions. Long known for his writings related to historical events, he presents an interesting and provocative collection of stories, many of which include sightings still in progress. I was so impressed with my experience, and the book, I bought one to keep for posterity.

Haunted Inns of the Southeast spans a wider, more diverse geographic region. Referred to as both chilling and amusing, the book includes existing inns, "bed and breakfasts" and hotels. The work presents brief historical information about each site, as well as contact information, in case you have a hankering for hauntings.

Ghosts of the Georgia Coast and *Haunted Inns of the Southeast* can be ordered directly from Jekyll Books by calling 912-635-3077 or from your local bookstore. Jekyll is a lovely, very special place. If you visit the island, drop in at Jekyll Books and say "Hello" to the ghost from me.

You may contact Anne at annebjones@msn.com; annebjones.com.

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Museum exhibit of Mr. James Brown changing and expanding

Special to *Senior News*

Five years after his death, Mr. James Brown still draws a crowd of admiring fans at the first major exhibition on the legendary icon at the Augusta Museum of History in Augusta, Georgia. The Museum recently refreshed and expanded exhibit now has on display new performing outfits, musical instruments such as a drum set and guitars, and an assortment of awards including his 1982 Grammy. More cases of memorabilia are planned later in the summer.

People from around the world

have come as far as Japan and Germany to visit the Museum since the exhibit opened in May 2008 to "get on the good foot" with James Brown! Nancy Glaser, Executive Director of the Museum said, "It was always our goal to provide a place where fans and people around the world can pay homage to Mr. Brown and learn about him as a man, see artifacts and enjoy the extraordinary music he created." Glaser continued, "To do so in his hometown is a great honor and we are proud to have been able to partner with the city of Augusta, the Brown family, and the James Brown Estate to present the first exhibit on Mr. James Brown."

The exhibit features hundreds of

rare memorable and personal artifacts, including photographs, posters, albums, costumes, and more, which vividly tell the story of Brown's rise to worldwide fame. Interactive kiosks highlight the often imitated, but never duplicated, sound of Brown's horn-driven funk music and enable exhibit visitors to experience his musical evolution as a singer, composer, and performer. His remarkable legacy is told through oral histories of musicians, politicians, and entertainers.

Nancy Glaser, Executive Director of the Augusta Museum of History said, "I can think of no more fitting tribute than this exhibition taking place in the town he loved.

He is a true national and international treasure and The Godfather of Soul, Mr. James Brown pays respect to the career of a great musical legend."

The museum is located at 560 Reynolds Street in downtown Augusta. Please call 706-722-8454 for more information or visit our website www.augustamuseum.org.

Hours: Thursday - Saturday, 10:00 am - 5:00 pm; Sunday 1:00 pm - 5:00 pm; Closed Monday-Wednesday, group tours are available on Tuesday and Wednesday if scheduled two weeks in advance.

Admission: Adult: \$4 • Senior: \$3 • Child (6-18): \$2 • Child (5 & under): Free

Summer months bring highest rates of burglaries... Is your home secure?

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

The summer months are the perfect time for a vacation getaway. Unfortunately, they are also the perfect time for a home robbery. According to the FBI, the summer months of July and August have the highest rates of burglaries. Better Business Bureau is advising homeowners, who are looking to secure their property this summer, to do their research when picking a home security system.

According to an Academic Study of Home and Business Security by Temple University, the Electronic Security Association, <http://www.alarm.org/>, (ESA) says that homes without security systems are about 3 times more likely to be broken into than homes with security systems. (Actual statistic ranges from 2.2 times to 3.1 times, depending on the value of the home.) Losses due to burglary average \$400 less in residences with security systems than homes without alarm systems.

Although no system makes your home completely burglar-proof, a home security system can reduce your chances of being burglarized and give you some peace of mind. In 2010, the BBB received nearly 25,000 inquiries from customers asking about burglar alarm systems.

It's important to investigate the purchase of a home security system with the same care you would any major purchase.

There are too many door-to-door salespeople selling home security systems out there that don't always have your best interest at heart.

The BBB advises consumers to do the following when looking to invest in a home security system:

- Choose a professional installer. The best home security system will accommodate your lifestyle and specific valuables you want protected. Carefully consider your security requirements and budget. You may also get recommendation from the insurance company that covers your home. Deal only with reputable firms and check out the company with the BBB first.

- Contact at least three companies before selecting an installer. Find out if they are properly licensed in your state and if they screen employees before hiring. Make sure to check with the ESA website, <http://www.alarm.org/>, for a list of member companies throughout the United States who have agreed to abide by the National Code of Ethics.

- Ask about all charges up front. Prices for home security systems will vary, based on the level of protection and type of technology used, so be sure to compare apples-to-apple bids on similar systems. Do not forget to factor in the initial installation charge, as well as monthly monitoring charges. Also, talk to your insurance agent; some systems may qualify you for a discount on homeowner's premiums.

- Know the ins and outs of your contract. If your alarm system will be monitored, either by your installing company or by a third-party monitoring center, find out the

length of the contract. Typically, monitoring contracts are between two to five years in length. What is your recourse if you are not satisfied with the services provided? Can you cancel the contract? What are your rights if your monitoring company is purchased or acquired by another alarm company? These are the types of questions you need to consider before you obligate yourself to a long-term contract.

- Insist that the installer "walk" you through your system until you fully understand how it works. This will prevent the most common problem: false alarms. False alarms are an indicator of the quality of the alarm installation and user education. Ask for a complete inspection of your property and an itemized written estimate. Review the sales contract closely to ensure you

understand exactly what equipment and protection you will be provided.

For more home tips you can trust, visit www.bbb.org/us/bbb-news.

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



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Thursday, September 1, 2011

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205 Davis Road, Martinez, Georgia

The next two-day session will be held in September.

CLASSES ARE FREE; BUT, REGISTRATION IS REQUIRED

Please Call 706-868-0120 by August 29, 2011 to Register

Augusta/CSRA CALENDAR

Augusta State University Continuing Education

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

The Senior Citizens Council

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

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

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

For additional information or to make an appointment for a needed service, call 706-868-0120 from 8:30 a.m. to 5:00 p.m.

CSRA Senior Centers

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

- Blythe Area Recreation Department Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668
- Carrie J. Mays Recreation Center Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
- East View Community Center Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302
- HH Brigham Senior Center Pat Jenner; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
- Sand Hills Community Center Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
- New Bethlehem Community Center, Inc. Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center Jeff Asman; 5913 Eucler Creek Dr., Grovetown, GA 30813; 706-556-0308
- Burke County Senior Center Jackie Brayboy; 717 W. 6th St., Waynesboro, GA 30830; 706-437-8007
- Glascock County Senior Center Anita May; 568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050
- Grovetown Senior Center Betty Laverty; 103 W. Robinson Ave., Grovetown, GA 30813; 706-210-8699
- Betty Hill Senior Citizens Center Cathie Birdsong; 330 Waters Work Rd., Sparta, GA 31087; 706-444-7532
- Harlem Senior Center Tina Sidener; 405 B West Church St., Harlem, GA 30814; 706-449-8400
- Jefferson County Senior Center Marie Swint; 209 E. 7th St., Louisville, GA 30434; 478-625-8820
- McDuffie Senior Center Melinda Hill; 304 Greenway St., Thomson, GA 30824; 706-595-7502
- Jenkins County Senior Center Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213

- Lincoln County Senior Center Pam Parton; 160 May Ave., Lincoln, 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 Vauclose Rd., Aiken, SC 29801; 803-642-7559; www.aikencountysc.gov/tourism
- Courtney Senior Center**
49 Roy St., Wagener, SC; 564-5211
- Senior Bingo: 3rd Fri., 2 p.m., Free
- Canasta Club: Wednesdays, 12 noon, Free
- 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

Hearing Loss Association of Augusta

Meetings are held on the 3rd Monday, September to May, at First Baptist Church of Augusta. For information on the organization please contact Gloria Ireland, President, at 706-733-3034.

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.

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.

- Into the Interior: A History of the Georgia Railroad and Banking Company: Ongoing
- Augusta's Story: Ongoing
- Celebrating a Grand Tradition, the Sport of Golf: Ongoing
- The Godfather of Soul, Mr. James Brown: Ongoing

Lucy Craft Laney Museum of Black History

www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

"Dance with Us"

The Augusta Chapter of USA Ballroom

continued on page 11

BUSINESS CARD SECTION ADVERTISING INFORMATION

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706-407-1564
800-787-1886

General Business Directory For Seniors

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CALENDAR from page 10

Dance invites beginners to pros to our FIRST SATURDAY social dance at the Elks Lodge #205 on Elksdom Court. Members \$8 and Non-members \$12 starting with a complimentary beginner's dance lesson at 6:30 p.m. and also one by different local studios at 8:00 p.m.

For more information contact Norma Holder at 806-868-0213, Marie Perotto 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 Area Newcomers Club

The Augusta Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out. We will have a luncheon on April 21st at The Partridge Inn. The speaker is Michelle Nicholson who will speak about

Safaris and Travel Adventures. For reservations please 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.

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@nscdiscover.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 is seeking volunteers in Aiken/Barnwell/Edgefield Counties at ACTS, Aiken Area Council on Aging, Barnwell Hospital and Health Department, Community Ministry of North Augusta,

Cumbee Center, Generations Unlimited, Golden Harvest, Habitat for Humanity, NHC Healthcare, Our Lady of the Valley, Public Schools, Salvation Army, Senior Net, SPCA, Trinity Mission Health & Rehab, VOICE, Women in Unity. Duties include delivering meals, office administration, crocheting, tutoring, etc. If you are 55 or older and interested in giving back to our community, please contact Dana Caines or Sherry Hajec 803-648-6836 ext. 223 or 224.

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.

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.

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 volunteerrcas@uh.org for complete details.

Cookbook For Sale - \$15.00

400 Delicious Recipes! Great Gift Idea! Purchase at Making Ends Meet Bargain Center, 3850 Washington Rd., Martinez, La Petite Plaza.

Augusta Genealogical Society to Present All-Day Seminar

The Augusta Genealogical Society will present an all-day seminar entitled "Our Civil War Ancestors: Show Us The Records" featuring speakers Robert Scott Davis, Dr. Lee Ann Caldwell, and Patricia E. Kruger on Sat., Aug. 6, at Augusta State University. Info and registration form available at augustagensociety.org.

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CALL: Mid GA: 478.957.9741
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To find a location near you, visit
www.goodwillworks.org

Visit the North Augusta Greenway Trail

by CAROLYN BRENNEMAN

Photos by Carolyn

Explore the beautiful North Augusta Greenway Trail, which provides paved paths for walking, jogging, biking or just viewing. This area, named after the former Mayor Thomas W. Greene, is a great outdoor setting which provides a safe and fun environment for people of all ages. We can go at our own pace as we meander through the beautiful, natural terrain and the Savannah riverfront. We will see many of North Augusta's neighborhoods, nat-

ural settings, wide open spaces, native wildlife, and breathtaking riverfront views of the Savannah River. This popular recreational area is a multi-purpose trail created out of an abandoned railroad right of way and is a perfect place to spend time with friends and share time with the family.

The peaceful and serene seven mile trail offers us a trip back in time and downloadable audio podcasts can teach us about the history of the area as we follow along the trail.

In 2000, the Greenway was designated as a Millennium Trail by the White House Millennium Council. In 2005 the Greenway was designated a National Recreation Trail in conjunction with the National Park Service. The Greenway has

served to improve the quality of life of its residents and has enhanced the area's ability to attract quality growth and development. So grab your walking shoes or your bikes and enjoy the serene surroundings in this marvelous natural terrain.

The Greenway is open to the public from dawn until dusk and there are four parking areas for those who do not have direct pedestrian access to the trail. Ample paved parking is available near the eastern end of

the trail at Riverside Boulevard and near the western end of the trail at Pisgah Road.



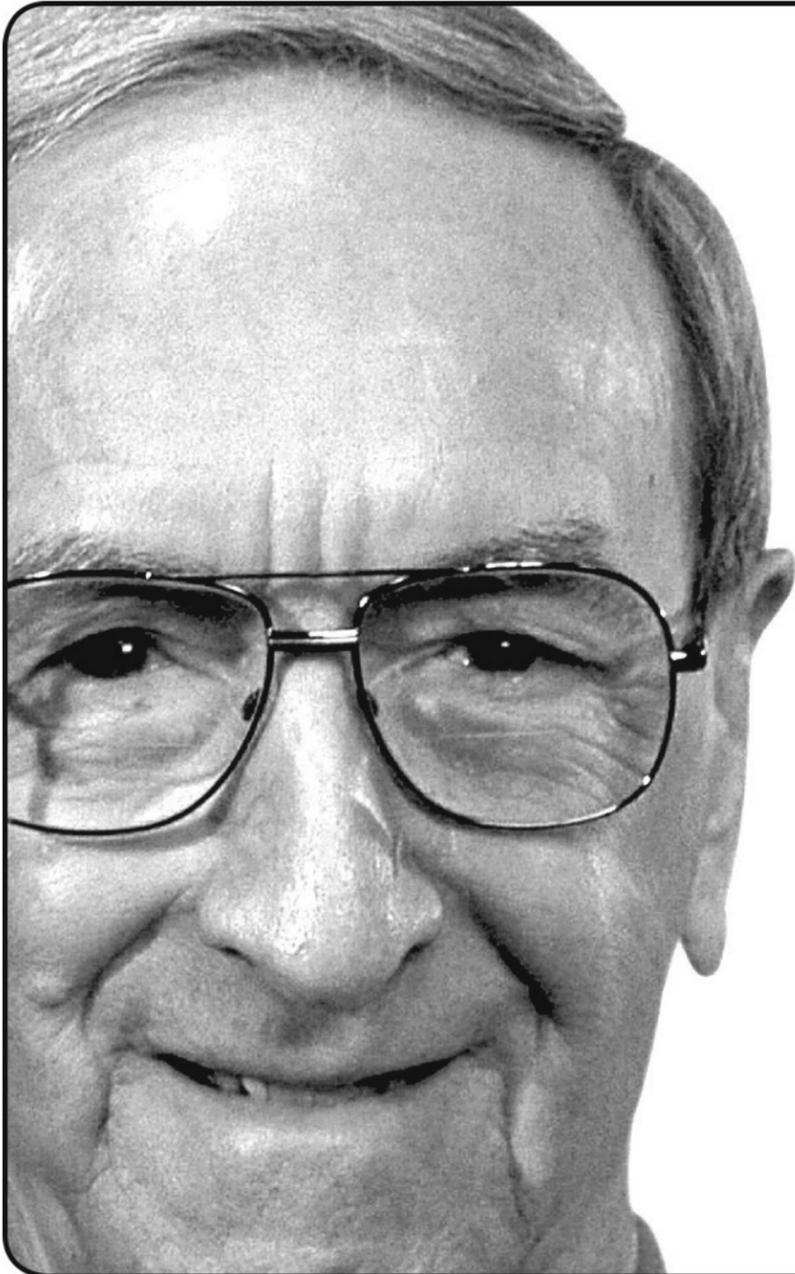
Beautiful natural terrain surround the paths



A beautiful view of the lush green wooded area



A display of Marigolds surround one of the neighborhoods



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

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