

Senior News

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*Enjoy an
Evening of
Ballroom
Dancing!*

July 2011
Vol. 25, No. 7

Story on Page 6

Taking Care

Help older relatives enjoy summer safely

by LISA M. PETSCHÉ

Attention caregivers: summer sun, heat and smog can be harmful to your older relative's already fragile health.



Lisa Petsche

At this time of year, the elements bring increased risk for certain problems, some potentially

fatal. These include: decreased circulation and an altered sensation of thirst; chronic illness, such as heart or lung disease; improper or overuse of medications; and being significantly underweight or overweight.

The following tips will help you protect your relative's

health and keep him or her comfortable during the dog days of summer:

- Before planning your day, listen to the weather forecast for temperature, humidity level and air quality reading
- Stay indoors and keep windows closed when smog alerts are issued.
- Close blinds and curtains to block the sun's powerful summer rays.
- Have your relative avoid all unnecessary physical activity.
- Serve lighter, more frequent meals and offer more fruits and vegetables, which have high water content. Avoid hot, spicy, high-fat and protein-rich foods.
- Offer plenty of extra fluids, regardless of whether your relative expresses thirst, and be sure

to take some beverages along whenever you go out. Water is best, but if he or she isn't a water drinker, try vegetable juice or diluted fruit juice. Avoid caffeinated and alcoholic beverages. If your relative is on fluid restrictions or a special diet, consult with the doctor before making any changes.

- For cooking, use a microwave oven, toaster oven or barbecue rather than a conventional oven or stovetop. Consider buying pre-cooked foods that only require warming. An even cooler alternative is to order takeout food.

- If you don't have central air conditioning, use fans or window air conditioners to improve airflow and evaporate sweat. Stay on the lowest possible floor of your home, preferably on the shaded side. If necessary, cool your relatives with a refreshing bath, shower or sponge bath, or by placing a cool washcloth on wrists and foreheads. Open windows in the evening if there is a breeze.

- If you don't have an air conditioning unit, seriously consider getting one, especially if you and your relative can't easily get out. Otherwise, plan to spend the hottest part of the day in a climate-controlled environment: a friend's or relative's home or a public place such as a senior's center, library or shopping mall.

- If you need to go out with your relatives, do so in the morning before the heat reaches its peak, or in the evening. Avoid situations involving a crowd. If

your vehicle is not air conditioned, time your trips and plan your routes to avoid traffic congestion. Before getting in, open all the windows or doors to let heat escape. Never leave your relative in your vehicle while doing errands, as heat can quickly build up to a dangerous level during the summer months.

- Whenever you go out, see to it that your relative is wearing sturdy, comfortable shoes with good treads, and that he or she has any recommended mobility aids.

- One final piece of advice: Don't forget to protect yourself from the ill effects of excessive summer sun, heat and smog. You matter, too!

If your relative lives alone:

- Make daily checks during heat waves to ensure your relative is eating and especially drinking sufficiently (arrange for more groceries as necessary), isn't overdressed and is acting normally. Seek medical attention if you have any concerns about his or her physical or mental state.

- Ensure any air conditioners or fans are in good repair and being used.

- Help to obtain an air conditioning unit if your relative doesn't have one, or arrange during a heat wave for him or her to stay with someone (you, another relative or a friend) whose home is climate controlled.

- Provide or arrange for transportation to appointments, for errands, or to take your relative to a cool place. Walking any distance or waiting at bus stops in extreme weather is not advisable.

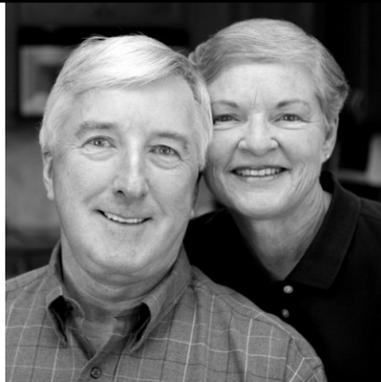
- If you live at a distance, arrange for a local friend or neighbor to make a daily visit. Supply your relative with a list of local businesses that offer delivery service, including grocery stores and pharmacies, so he or she doesn't feel the need to venture out in extreme conditions. If your relative doesn't have air conditioning, call the local public health office or Agency on Aging to find out if there is a program that subsidizes the cost of air conditioners, or a public cooling center in the area.

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

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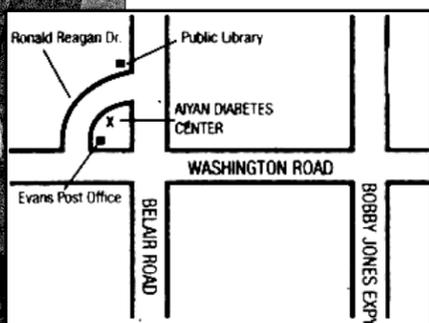
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The 3rd Annual Elder Rights Conference: “Bringing Law and Order to Elder Abuse”

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

Written by
KRISOFFER THOMPSON
AmeriCorps VISTA

Wednesday, June 15, 2011 was World Elder Abuse Day. It was also the date of the incredibly informative 3rd Annual Elder Rights Conference: “Bringing Law and Order to Elder Abuse.” As an AmeriCorps VISTA service member volunteering with The Senior Citizens Council, I had the unique opportunity to learn information that I (a 23 year old) would not normally encounter. However, the conference was more than just a collection of facts and well-credentialed speakers. It was more than learning that as part of “Culture Change,” even the words have great meaning – using the term “elder” instead of “senior” denotes respect for an honored person, it

was a personal experience that I won’t soon forget: stories of elder residents whose lives were deeply enriched by the garden at the Golden Living Center, whose need for companionship was met by caring individuals with busy lives and families of their own, and whose simple wishes for a clock, picture, or some other item to brighten up a wall were granted by volunteers with scarcely any funds themselves!

The conference opened with a presentation from Nathanael Wright, a Prosecuting Attorney who specializes in elder abuse cases. The speech itself (which detailed some of the more curious cases which elders may find themselves in) was quite interesting; but, when I asked him afterwards what the most difficult part of the job was, he gave me an even more interesting answer – “the victims.” Convincing a grandmother to testify against her daughter or granddaughter, who has stolen thousands from her over the course of a few short weeks or even days is difficult business! Often Mr. Wright had great difficulty convincing

these elders that they were in fact victims of abuse, neglect, or fraud. Some refused to testify, making prosecution still more complicated.

Many people who are acquainted with elders’ needs know that elder abuse is one of the most underreported crimes in American society today. I knew, or thought I knew, but as each speaker shared their experiences and the fruits of their labor, be it new tips on making residents feel at home and valued, or detailed analysis of the components of Culture Change, I began to connect a more human element with all of the information. Mrs. Kim McRae, Chairwoman of Culture Change Network of Georgia, spoke about her own experiences with an aging mother and father-in-law (both now passed), and her passion for helping elders feel like important members of society. She led much of the event, imparting personal touches to her vision of Culture Change for Georgia. The audience, composed of Personal Care Home Directors, Nurses, Volunteers, Family Caregivers, representatives of non-profit organizations and hospitals, and others, listened as a panel of industry leaders in Culture Change described how they were making changes to better suit and

adapt to the increasing numbers of elders entering the world of assisted living.

By the end of the event, I was far more knowledgeable about issues facing elders who may be considering (or who may not have a choice in) alternative living arrangements, assisted living, homes, or other options. But more importantly, I was acutely aware of the singular nature of human services. Hearing what it’s like to stay in a room with a roommate that frequently receives visits from family, when you yourself receive nothing, had made an impact on me.

These are real events happening to real people all over the nation, but there’s a lot we can do to help. I hope that those who did not attend the event do so next year, even if just to validate the stories we read and hear.

And as always, should you have concerns about alternative living arrangements, questions about what to expect in personal care homes or nursing homes, or would like to help us make a difference for a special needs person, please call us during normal business hours at 706-868-0120. We will be waiting to help guide you through the maze of alternative care.

Junior League of Augusta announces 7th Annual Golf Tournament

Special to *Senior News*

Tee off at the Junior League of Augusta’s seventh annual Golf Tournament and support its community projects across the Central Savannah River Area. Funds raised through the Annual Golf Tournament build a better CSRA by supporting the Junior League’s impacting community projects, such as:

- Fighting childhood obesity through the implementation of the national program Junior Leagues’ Kids in the Kitchen, which empowers youth to make healthy lifestyle choices;
- Supporting innovative area educators through the awarding of A.C.E. Grants (Award for Classroom Enrichment);
- Awarding area non-profits such as Golden Harvest Food Bank, Gertrude Herbert Institute of Art, and Augusta Urban Ministries with Community Enabling Grants;
- Providing trained volunteers to local agencies through Done in a Day, short-term projects and work days;
- Building self-esteem in young girls with the Girls on the Run of Augusta program

This year’s tournament will be held Friday, September 30, 2011 at Jones Creek Golf Club.

Registration begins at 11:30 a.m. and a shotgun start at 1 p.m. Lunch, provided by Checkers, will be served prior to the start of the tournament. The 19th Hole Party will conclude the event.

A live auction and buffet dinner will be held at the Jones Creek Club following the tournament from 7-9 p.m and will feature musical entertainment, dinner provided by Fatz Cafe and a silent auction. All golfers will receive a fun goody bag filled with treats from local and national retailers, and the top 3 teams will receive additional special gifts. There will also be a chance to win a car from Master Buick GMC for a hole in one. Cost to participate is \$500 per foursome.

For sponsorship and team information, please contact the Junior League Office at 706-736-0033. All funds raised through the annual Golf Tournament are used for the Junior League of Augusta’s community projects.

The Junior League of Augusta has endeavored to build a better community by providing more than \$1.5 million in donations and thousands of volunteer hours to the community. With over 80 years of service, the Junior League of Augusta continues to seek shared solutions to community issues by teaming with other charitable organizations and developing projects of its own.

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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

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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

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Senior News & Views of Georgia

Times Not Forgotten

Let's Teach The Children

by CHRISTINE COLEMAN

When I was growing up in the 1930s, we made our own games. There was no money to buy toys. We made do with whatever was available. In addition, our parents taught us how to make playthings and how to play games.

Today, children watch television, play video games and some sit constantly at the computer. All this is well and good. In fact, grown-ups do the same. What saddens me, however, is that today's grownups who once enjoyed simple and inexpensive games from simpler times are not handing them down to today's children and grandchildren. It now seems toys have to be plastic to be playable.

I'd like for today's children to be able to walk through fields and find a holly tree. We used to find these thorny bushes and eat the berries they held. Often we'd get pricked as we picked blackberries to eat. I wonder if our children would recognize a maypop vine. We used to like to take maypops and stomp them just to hear the noise. We used to kick ant hills just to see the busy

ants running to and fro trying to rebuild their mounds. Occasionally, we'd find a plum tree with pretty plums. When we tried to eat them, we found they were too bitter to eat. Thus, they were called "hog plums."

Once my brothers bet me I couldn't bite into a green persimmon and then whistle. I felt I could surely win that bet. Guess what? It can't be done. Do children know that? We used to make Tommy Walkers by nailing thick pieces of wood to the bottom of two poles. We'd stand on steps to get on the walkers and then walk all over the yard on our "stilts." We'd take two empty tin cans, run wires through their tops with enough slack for us to hold and walk around on them for hours. Then there were the iron wheels that we pushed ahead of us with a strong piece of wire which had a crook to fit the wheel. That would entertain us for a long while also.

We used a board and a block of wood to play Jump Board. And there was the Flying Jenny (a long board nailed atop a block of wood buried in the ground) that carried us around and around in a circle. We

enjoyed Jump Rope, Kick-the-Can and Hop Scotch. We played Tag, You're it, Hide and Go Seek and Cowboys and Indians as well.

We used to climb trees and swing ourselves to the ground from the lower limbs. We curled ourselves into discarded truck and car tires. Then we'd have someone roll us down a hill. We learned the art of making a slingshot. The perfect forked tree branch was a necessity. Then two rubber bands were cut from inner tubes. No shoe was ever discarded without first having the tongue cut out... to make the pocket for rocks or acorns to be shot. Every child had his or her own slingshot. These games didn't cost money; however, they provided many hours of entertainment.

I'd like to see all of us make a special effort to teach our children and grandchildren how we had hours and hours of fun with home-made toys and lots of imagination. If we continue to neglect this great task, they will miss something that cannot be replaced.

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

Spiritual Notes

"To Russia With Love"

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

My wife and I made a trip to Russia recently with friends. As we prepared for our journey, we discussed the feelings we have had toward this country over past decades. We remembered the issues surrounding World War II, the Berlin Wall, the Cuban Crisis and all the antics of the threatening Russian leadership. The possibility of a Russian attack with atom weapons was always in the back of our minds.

As we processed these thoughts, we were also reminded that in recent years the country has undergone numerous changes. Since the death of Stalin, the Soviet Union has been divided into a number of separate states, and the new leadership is now more open to progress and flexibility with its citizens. We have met a number of Russians who live in the Atlanta area and found them to be friendly and shared our excitement regarding the trip. They also provided

helpful hints as to what we should see and what to avoid.

After two weeks on Russian soil and traveling a lot of miles, I can report that we were impressed by many things. The people appeared glad to see us and we never had any fears of personal harm. The country is definitely in a period of change. We saw the old and the new. Housing is primarily apartments. The older structures were gray and many in need of repair. The new ones were modern and had the luxury of elevators. Before there were no elevators and the residents were required to carry every item up many flights of stairs. This is still an inconvenience for many occupants. In Moscow there are beautiful sky scrapers being constructed everywhere. Of course, the beautiful castles and residents of the Czars, the Kremlin, Red Square, and the Cathedrals were impressive.

We attended services in the Russian Orthodox Churches. Unlike in our country, worshippers stand throughout the services, sometimes lasting for two hours. It is obvious that the citizens are now

experiencing freedom of worship. One is struck by the presence of the cross on the Churches and on items in the gift shops. Stalin and other soviet leaders destroyed churches and during those years, religion was not tolerated. Many denominations are free to establish churches in the country. Guides are quick to share this fact because it indicates new freedom.

We loved Russia and the Russian people. There is a spirit among those we encountered that wish for a closer relationship with Americans. They speak of God in their hearts and the new freedoms they are feeling. Many issues still face these people but their attitudes are positive as they anticipate the future.

In my opinion, God is alive and well in Russia. Please join in praying for openness and courage for the citizens of Russia and for wisdom and forthrightness from the leaders.

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

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

OUR STARS AND STRIPES

In honor of all
who served our country
by Henry Newton Goldman
Veteran of WWII

*From yonder staff this banner flies,
Waving to all against blue skies.
With heartfelt pride we skyward
gaze,
And with bowed heads give grateful
praise
For all who fight and dare to die,
To keep these colors flying high.*

*Over fields of battle she has flown,
To all the vanquished we have
shown;
This nation under God did rise,
In it's infancy – seized liberty's
prize.
For none, this banner will we
lower,
To none surrender, evermore.*

*Liberty and justice – our sacred
trust,
These cherished rights, defend we
must.
If other's liberty we must defend,
We'll answer the call to other
lands;
Under these beloved stars and
stripes –
Protect these rights with all our
might.*

*Oh may forever our standard fly,
And "In God we trust" be our cry.

SILVER STRANDS

by Sheila Cayolle
Author of award-winning children's
book, *Morning Rain*

*My great-aunts brushed their hair
carefully.
Their long, white strands hung
daringly.
If braided, twisted, or even curled,
Their tresses danced and shone like
pearls.*

*My grandma's was so shiny and
clean.
Her short, snowy locks would glow
and gleam.
Her silver hair didn't give her
strife.
She never let it control her life.*

*Now streaks of silver surround my
face.
It's deep, dark color has been
erased.*

*My hair reflects my years on earth.
Some think this makes me lose my
worth.*

*"Your hair needs color," they'd
plainly say,
Hoping this will wash the years
away.
But no L'Oreal or Clairol for me,
I display my silver for all to see.*

*So I braid and twist and give it
curls,
And brush it gently, just like a girl.
As I slowly check my new hairstyle,
I see my aunts and grandma smile.

WAR

by Carlton C. Cook

*As fallen trees they lie in the
meadow gold,
Echoing jolts of thunder by men of
courage bold.*

*A haze obscures the scrimmage,
cries of battle evoke.
Cannons fire, projectiles whine,
amid the choking smoke.*

*Wagon paths are lined deep with
bodies felled.
Streams of blood form crimson
rivers swelled.*

*A short distance away, a town in
ruins sinks into dust.
No comfort to the dying, no thought
of children's just.*

*War is Satan's glory, seed of hate
now blossoms full.
The fiber of man is weakened as
empty considerations pull.*

*What shall we do but fight, no
worthy egress seen.
Even the valiant falter with no*

refuge there to glean.

*Gleaming swords dress their rifles,
a lasting stand is made.
Man-to-man as silent muskets drop
the weary and the frayed.©

RETURN TO ME

by Vera King

*It's never too late to make amends
It's never too late to regain friends*

*As long as there's life to live
You can find a way to give*

*It may be an e-mail or more
That can begin to restore*

*Missed chances to partake
Of joy just for joy's sake*

*Joy is a gift of the heart
Whether we're near or apart.

FAMILY REUNION

by A. E. Johnson

*Reach out and embrace the one you
love,
Your strength will come from
Heaven above,
The time spent with each other
should be cherished and
Nurtured with every ounce of love
you have to give,
Because we never know how much
time we have to live.*

*Our days on Earth are numbered in
the Great Book of Life,
Even though at times, we may
suffer frustrations, toils and
strife,
We must try and be ready when he
calls,
Be it Winter, Spring, Summer or*

*Fall,
We know not the hour,
place or time,
So we must try to be ready to
receive His Heavenly Sign.

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On the Cover

Enjoy an Evening of Ballroom Dancing!

by CAROLYN BRENNEMAN

Photography by Carolyn

COVER
Teena Marie, owner
Ballroom in Motion

Hey, everyone, Dancing with the Stars is still going on right here in Augusta! Ballroom dancing is great fun and easy to learn, not to mention great exercise as well as a risk free way to meet lots of people. Come on out and take a class from Ballroom in Motion, owned by Teena Marie. There are group classes and private lessons as well as a Second Saturday monthly dance event. Teena Marie and her staff will have you learning to dance quickly. With over 30 years of teaching experience, she has developed a system that provides the highest quality instruction with maximum fun at a very reasonable price. And guess what? You don't even need a partner and anyone of any age can join in the fun. You may meet Dr. Ken Jones, an eighty-plus year-old psychiatrist who loves dancing every Tuesday night. "It is a really great event," says Dr. Jones, "I highly

encourage seniors of all ages to dance. It challenges the mind and helps our brain stay alert, active and besides, it is just great fun!" Of course, there is a good chance you will meet Bobbie, a very youthful and proud to be eighty year-old, who has been dancing for several years. "My doctor told me recently to keep on dancing as it is the best exercise to keep me in great health," Bobbie says, "and I have such fun. Dancing here is just like being with my second family and I really enjoy the fellowship and dance parties." And Evan says, "Dancing is one of the best things I have ever done for myself. I learn new dance steps every week and look forward to seeing everyone."

Teena Marie, owner and operator of Ballroom in Dancing, has been dancing since she was 5 years old. Her parents owned an Arthur Murray franchise so she literally grew up in the business. She has several dance instructors including her son and professional dancer Matt Watson, and of course there is the talented Haley Rollins, who has been with Teena Marie for several years.

So, who comes to dance? Well, a majority of students are single men and women and range in age from 6

to 82 years. As a matter of fact, 70% are men and everyone dances! We can learn the Tango, Cha Cha, Mambo, Salsa, the Waltz, Foxtrot, Jitterbug, East and West Coast Swing dancing and a lot of other dances. Don't know how to dance? Teena

Marie will teach you and the other students will help you. No one will feel out of place here. So let us all have a great time this summer dancing with the stars. Check out Ballroom in Motion, 205 Elkdom Court, Augusta, 706.414.6381.



Carlos and Bobbie having great fun



Terry Martin, RN and friends enjoy the Saturday dance party



Haley and George ready to dance!



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Philip Juras: The Southern Frontier, Landscapes Inspired by Bartram's Travels now on display at the Morris Museum of Art

Special to Senior News

Philip Juras: The Southern Frontier Landscapes Inspired by Bartram's Travels remains on display through August 14. The exhibition includes more than sixty works, nearly half of them studio paintings; smaller plein-air pieces, produced on-site, round out the show.

"Remarkably, Philip Juras, a wonderfully skilled painter in the service of a higher ideal, has here made us aware of all that we've lost – the Edenic America that brave, curious, and somewhat foolhardy adventurers like William Bartram explored in hopes of capturing their own first visions of a continent they thought untouched by the hand of man. They were wrong, of course; the landscape had in fact been managed from time immemorial, but the simple awe felt by Bartram was both palpable and contagious," said Kevin Grogan, director of the Morris Museum of Art.

As Philip Juras has noted, "The paintings in this exhibition allow a viewer to experience something that I would argue is not easy to envision in the modern South: a glimpse of the pre-settlement Southern frontier. While there are written descriptions of that landscape, particularly by the eighteenth-century naturalist William Bartram, almost no visual images exist that document the Southern wilderness before European settlement." Juras himself – a trained landscape architect, as well as a highly proficient artist – can and has provided those images through his own paint-

ings, bringing, perhaps for the very first time, the long lost Southern frontier to twenty-first-century eyes. Juras has enabled contemporary viewers to experience the South in much the same way that nineteenth-century American landscape painters saw the Western frontier, which they introduced to the residents of a rapidly industrializing nation.

The majority of the images in the exhibition depict remnant natural landscapes that are still to be seen across the Southeast. These landscapes exhibit many of the qualities that Bartram encountered and documented in his travels 230 years ago.

Juras came to know these places and their unique attributes through the research he undertook for his master's degree thesis on the pre-settlement South in 1997. His involvement with the Nature Conservancy and his love of nature and travel have also supported this body of work as it has evolved over the years. This background has allowed him to portray environments described by Bartram that no longer exist, such as the prairies of Alabama and the Keowee Valley of South Carolina.

The exhibition is accompanied by a fully-illustrated catalogue that is published by the Telfair Museums and distributed by the University of Georgia Press. It is available for purchase in the Morris Museum Store. Philip Juras's commentary provides ecological and historical context for the paintings in the catalogue, which also features a special contribution from award-winning author Janisse Ray.



"longleaf"

Juras, a resident of Athens, Georgia, earned an undergraduate degree in drawing and painting from the University of Georgia, where he also earned a master's degree in landscape architecture. His paintings have been the subject of solo exhibitions at the North Carolina Botanical Garden, Chapel Hill; the University of Georgia and

the Aurum Studios, Athens; and the Carolina Galleries, Charleston.

The Morris is open to the public Tuesday through Saturday, 10:00 a.m. - 5:00 p.m., and on Sunday, noon - 5:00 p.m. For more information about the Morris Museum of Art, visit www.themorris.org or call 706-724-7501.

Bellevue Memorial Pet Walk

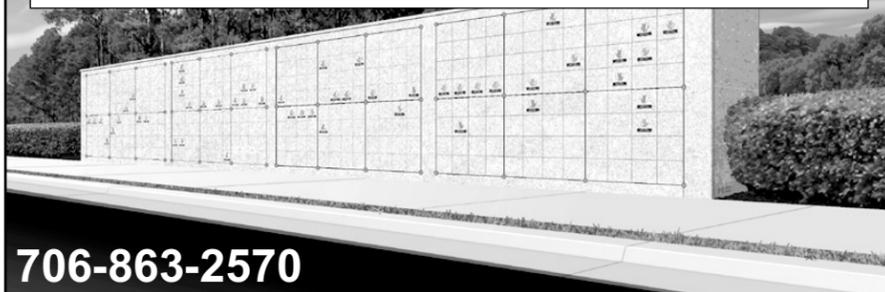
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 Website: www.georgiagoldenolympics.org

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.

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The Next Chapter

The Three Weissmans of Westport suggested by neighbor

Book Reviews by ANNE B. JONES, PhD

The Three Weissmans of Westport
Cathleen Schine
Blackstone Audio 2010

The *Three Weissmans of Westport* was suggested to me by my neighbor Bunny Steinka as a consideration for our local book club. She recommended the book because she had recently moved to the south from Connecticut where the novel is set. Since I was about to embark on a car trip, I decided to order it on CD.

The time has come for novelists to realistically address divorce and new beginnings for those of us who are older and *The Three Weissmans of Westport* does this especially well. It also depicts how people's actions directly and indirectly affect each other and result in unforeseen consequences, both good and bad.

The story begins as Betty Weissman's husband Joseph announces he is divorcing her.

Of course, there is another woman in the background. "Felecity" envies the lifestyle Betty and Joseph have worked so hard to build over the past fifty years and manipulatively inserts herself in its middle. Betty's children, who have grown to love Joseph as their own father, rally to Betty's aid, even as their own lives are falling apart.

The Three Weissmans of Westport is a great summer read for the beach or just curling up on the couch. There are several surprising twists that, while unpredictable, could easily happen in today's modern world. The book is well plotted with good character development and sense of place. I have become spoiled by the ease of passive CD listening, but it is easy to miss important parts if interrupted. It's a companionable book and because of its many nuances, slow enjoyable reading is probably the best way to go.

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

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Art Institute presents “The Storyteller Artist” Jeffery Callaham

Special to Senior News

The Gertrude Herbert Institute of Art presents the works of painter Jeffery Callaham, on view in the Main Gallery of Ware’s Folly through July 29. This collection of paintings stems from memories of his South Carolina childhood as he records the daily rituals of rural life in the Deep South onto brightly colored canvases.

Known as “The Storyteller Artist,” Callaham is a much-admired painter whose high-spirited canvases

feature figures portraying everyday moments in farm life, church, and front porch sitting. What is consistent throughout his colorful body of work are captured moments which reflect his youth and family traditions. Each painting conveys a story and it is through the art of storytelling that each painting originates. His interest in art developed at a young age from his grandmother’s unique storytelling ability. He received his Masters in Creative Arts from Leslie University and earned his Specialist in Education Degree from NOVA Southeastern University.

Callaham lives and works in Plum Branch, SC. His work has been exhibited at Studio B Art Gallery in Asheville, NC and the Morris Museum of Art in Augusta.

The galleries of Ware’s Folly are open Tuesday through Friday, 10:00 a.m. - 5:00 p.m. and Saturday by appointment. Free for members; \$5 for non-members.

In conjunction with Callaham opening.

An avid photographer since childhood, Rosanne Stutts rediscovered pinhole photography in 1990,

amazed by the extraordinary images she could achieve with a camera made from a oatmeal box or a paint can. For her, the most important part of the pinhole process is its slowness: “it is a Zen exercise, an exercise in breathing, holding still, feeling the movement of the earth. Not only is the image being made in a non-automatic manner, but also time itself is a part of my imagery.”

Founded in 1937, the Gertrude Herbert Institute of Art is housed in historic Ware’s Folly (c. 1818) and the Walker-Mackenzie Studio (c. 1907) located at 506 Telfair Street.

DHS alerts aging community of Medicare Scams

Special to Senior News

Elder abuse is one of the most unrecognized and under-reported crimes. The Georgia Department of Human Services, Division of Aging Services is alerting the aging community and Medicare recipients of potential elder abuse through Medicare scams. Criminals may offer bogus products and services, pretend to be federal officials or insurance company representatives, or even set up fake health screening booths to steal Medicare numbers. Consumers should always check their Medicare Summary Notices to make certain that they or their doctors have authorized the

charges shown.

Common scams include:

- Sales pitches for discounted prescription drugs that never arrive
- Telemarketers selling unnecessary Medicare-covered products or services, such as “Medicare Arthritis Kits” which do not exist
- Offers of help in applying for Medicare-issued checks to cover prescription costs, even though Medicare provides the checks automatically to eligible individuals who reach a gap in Medicare prescription drug coverage known as the “donut hole”
- Free health screening booths at malls or other public places are usually safe, but scams do exist. Consumers should make

sure that the screeners represent a legitimate organization such as a local hospital or public health center before they provide their Medicare numbers. Scam artists use Medicare and Social Security Numbers to submit fake bills or commit identity theft; and some may use banking information to charge consumers for products that are never delivered. A few criminals even empty their victims’ checking accounts.

If a consumer is unsure

about someone requesting information or offering services related to Medicare, he or she should contact GeorgiaCares SMP (Senior Medicare Patrol) at 1-800-669-8387. GeorgiaCares is a public-private partnership managed by the Georgia Department of Human Services, Division of Aging Services in collaboration with Georgia’s Area Agencies on Aging. For more information, consumers may call the toll-free number shown or visit <http://www.MyGeorgiaCares.org>.

Premier showing for *The General and His Lady* to be held at the Kroc Center Theater in Augusta

Special to Senior News

In the year 1850, William walks out from his job at the pawn shop and walks down an alley in poverty stricken Nottingham England. His heart is wrenched by the sights he sees as he makes his way through swaying drunken men, ragged match-sellers, flower girls clad in dirty garments with their bare feet covered in dirt; children with wolfish faces gobbling up decaying food left by the street market.

These are his people and they are dying before his eyes.

This beautiful and moving musical by ENOPION Theatre Company, chronicles the challenging and deeply touching lives of William and Catherine Booth, founders of the Salvation Army.

It tells of a time and place where sadness and darkness were common. There, a man saw a need and set no limits on himself or his God, at what they could accomplish.

Tickets prices are: \$15 for Adults; \$10 for Children, 12 and under; \$10 for Seniors, 62 and older; and, \$10 for Groups of 10 or more.

Show Dates are: Friday, July 15 - 8pm (SOLD OUT); Saturday, July 16 - 7pm (SOLD OUT); Thursday, July 21 - 7pm - (Pastor’s Peek) Pastor Family FREE; Friday, July 22 - 7pm; Saturday, July 23 - 7pm; Sunday, July 24 - 4pm; Thursday, July 28 - 7pm; Friday, July 29 - 7pm; and, Saturday, July 30 - 3 pm 7pm

For tickets and to confirm show dates available, call 706-771-7777 or visit www.enopion.com.



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Augusta/CSRA CALENDAR

Augusta State University Continuing Education

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

The Senior Citizens Council

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

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

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

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

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

For additional information or to make an appointment for a needed service, call 706-868-0120 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.,
Grovettown, 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.,
Grovettown, GA 30813; 706-210-8699

• Betty Hill Senior Citizens Center
Cathie Birdsong; 330 Waters Work Rd.,
Sparta, GA 31087; 706-444-7532

• Harlem Senior Center
Tina Sidener; 405 B West Church St.,
Harlem, GA 30814; 706-449-8400

• Jefferson County Senior Center
Marie Swint; 209 E. 7th St., Louisville,
GA 30434; 478-625-8820

• McDuffie Senior Center

Melinda Hill; 304 Greenway St.,
Thomson, GA 30824; 706-595-7502

• Jenkins County Senior Center
Shirley Chance; 998 College Ave.,
Millen, GA 30442; 478-982-4213

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

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

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

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

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

478-552-0013

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

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

H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta

Contact: Patricia A. Jenner

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

Aiken County Parks, Recreation & Tourism

902 Vaucluse 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 experi-
ences, 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

• Brown Bag History Series: Colonial Era

continued on page 11

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CALENDAR from page 10

through Living History: Wed., July 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 Elkdom 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 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@nsdisccovery.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 volunteerrcsas@uh.org for complete details.

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Aiken 803-442-9673
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OR CSRA: 706.790.5350

To find a location near you, visit
www.goodwillworks.org

Discovering DayLilies!

by CAROLYN BRENNEMAN

Photos by Carolyn

Recently hundreds of daylilies were in bloom in an exquisite exhibition presented by the Daylily Society of Greater Augusta. The show was open to the public at the H2U center of Doctor's Hospital, and it was a room filled with beautiful multi-colored daylilies. The members of the group displayed single flowers as well as beautiful arrangements and were eligible to win several of the society sponsored awards.

In addition, the public was able to purchase any number of the bundles of daylilies for their

own gardens. Did you know that daylilies are one of the best perennials that can be selected for our gardens here in the CSRA? They are so easy to grow, provide blooms over a fairly lengthy period, and contribute both line and gorgeous color in the landscape. The growers say daylilies need six hours of sunshine every day, and we all know how intense Augusta summers are. Also, due to hybridizers, we now have daylily cultivars exhibiting orange, red, gold, melon, yellow, lavender, pink and multi-colored flowers plus exquisite combinations of these colors.

At the exhibit, each display of flowers was categorized into a cultivar. For one, the flower

arrangement design for the classification of Tally Ho! consisted of an informational design conjuring motions of a ride through the English countryside with green forests and wildflower meadows. The category of "Running of the Bulls" consisted of bright, bold explosion of color for a Spanish Fiesta and the bouquet was to be displayed on a pedestal to be viewed from all sides; and, the category of "Winter Wonderland" showed white daylilies or a white

design reflecting the slopes of the Swiss Alps.

Awards and ribbons were passed out to various members who were on hand to answer any questions presented about the daylily society or about the

flowers in general. This is a great showing that occurs yearly here in Augusta and should not be missed! So be on the lookout for the next showing and plan to attend this fun and enlightening event.



Larry Kirkland arrangement received First Place – Cultivar "Running of the Bulls"



Jane Waldrop stands next to one of her arrangements



Award for special recognition by Jane Waldrop



Judy Kirkland arrangement for "Tallyho" special award



Jane Waldrop arrangement... special recognition for Cultivar "Evening in Paris"



Display of flowers at the entrance to the show