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*The definition of aging
has changed! Story on Page 6*



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June 2011
Vol. 25, No. 6

Taking Care

Caring for an aging parent... What to do if they can't meet their own needs

by LISA M. PETSCHÉ

If you have a parent who lives alone, you may be concerned that they are no longer able to look after all of their day-to-day needs. Typical indicators include changes in grooming, hygiene, nutrition, housekeeping, financial management, medication compliance, mobility, energy level and mental status.



Lisa Petsche

Getting help

Here are some ways to help depending on your parent's situation.

- Arrange for a medical checkup and accompany your parent. Lethargy, forgetfulness and confusion could be caused by infection,

dehydration or depression. Request a medication review by the family doctor or pharmacist, since side effects or drug interactions may be the source of difficulties.

- If nutrition is an issue, arrange a dental appointment to have your parent's teeth or dentures checked; set up a schedule to take them grocery shopping; stock the freezer with heat-and-serve foods; have them over for dinner; and arrange for nutritional supplements if necessary.

- If vision is a problem, ask the doctor for a referral to an ophthalmologist. If nothing can be done to improve your parent's vision, get them a magnifier for reading small print, and other adaptive items such as a large keypad telephone and a clock with oversized numbers.

- If falls are a concern, perform a safety assessment to identify potential home hazards and do what you can to rectify them.

- If financial management is an

issue, arrange for direct deposit of pension checks and automatic bill payment from your parent's bank account. Have a lawyer assist your parent in assigning power of attorney for property to one or more people they trust.

- Investigate available resources in your parent's community that may be of help. Information can be obtained from the local office on aging

When help is refused

What if your parent clearly needs help but won't accept it? The approach to take depends on your parent's personality and the nature of your relationship, but here are some general guidelines.

- Raise concerns gently. Use "I" statements – for example, "I noticed that..." Or, "I'm worried that..." Provide concrete examples.

- Emphasize your parent's abilities and how these can be supported. Stress that your aim is to help them remain at home and maximize their independence.

- Organize a family meeting if your parent denies problems.

- Gently probe to learn the reasoning behind your parent's refusal of help. Listen and respect their point of view. Be attuned to underlying feelings and demonstrate empathy.

- Share brochures or information from the Internet. Highlight services or equipment that are free or subsidized.

- Focus initially on the least intrusive options, such as setting up an emergency response system or obtaining medical equipment.

- Offer to pay, or contribute to, the cost of medical equipment, community programs or home services if your parent has limited income.

- If your parent is mentally capable, it is important to recognize that they have the right to put themselves

at risk. You may need to agree to disagree about what's best for them.

Managing stress

While it can have its rewards, caring for an aging parent involves physical, psychological, emotional and financial demands. The following are some strategies to help keep stress manageable.

- Look after your health: eat nutritious meals, get adequate rest, exercise and get regular medical check-ups.

- Find something relaxing you can do every day.

- Stay connected to the important people in your life.

- Educate yourself about any medical diagnoses your parent may have.

- Take things one day at a time so you don't get overwhelmed.

- Give yourself permission to feel all of the emotions that surface.

- Do not try to handle things alone. Ask other family members to help.

- Join a caregivers support group in your community or on the internet.

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

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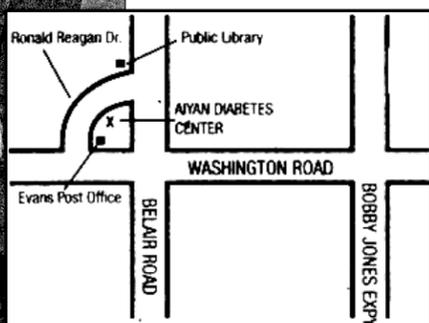


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Enopion Theatre Company to premiere *The General and His Lady*

Special to Senior News

ENOPION Theatre Company will premiere *The General and His Lady* in conjunction with the Dedication Weekend of The Salvation Army of Augusta Kroc Center. As part of the Dedication events at The Salvation Army of Augusta Kroc Center, ENOPION Theatre Company will present the Inaugural Production at the Kroc's 400 seat Performing Arts Center. The original musical production, entitled *The General and His Lady*, depicts the story of William Booth, the founder of The Salvation Army, and his wife Catherine.

Tickets will go on sale June 4th. To purchase tickets call 706-771-7777 or visit www.enopion.com. For information on ENOPION at the Kroc Center visit www.krocaugusta.org and select Programs then Upcoming Events.

Performance dates and times:
Friday, July 15th, 8 p.m.; Saturday, July 16th, 7 p.m.; Thursday, July 21st, 7 p.m.; Friday, July 22nd, 7 p.m.; Saturday, July 23rd, 7 p.m.; Sunday, July 24th, 4 p.m.; Thursday, July 28th, 7 p.m.; Friday, July 29th, 7 p.m.; and, Saturday, July 30th, 3 p.m. and 7 p.m.
Ticket prices: \$15.00, Adults; \$10.00, Students and Seniors over 65; \$10.00, Groups of 10 or more

For additional information contact Beth Noland, ENOPION Theatre Company Marketing Manager at 706-631-0639 or email: beth@enopion.com.

BBB advises internet surfers to use caution when using Wi-Fi Networks that aren't their own

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

Protecting your identity is important and with Wi-Fi networks popping up nearly everywhere, many consumers don't realize the dangers that come with using a Wi-Fi connection that is not their own.

According to a recent poll conducted by Wakefield Research and Wi-Fi Alliance, 32 percent of respondents said they have tried to get on a Wi-Fi network that was not their own, a startling 18 percent more than a December 2008 poll. The Better Business Bureau, along with the Federal Trade Commission urges consumers to think ahead before surfing the Web on a Wi-Fi hotspot.

Wi-Fi hotspots like coffee shops, libraries, airports, hotels and universities are all breeding grounds for hackers. According to the FTC, new hacking tools – available for free online – make hacking easy, even for users with limited technical know-how.

Consumers should be cautious

before using a non-secure wireless network and before sending personal information via unencrypted websites. When surfing on a non-secure Internet connection, an individual's personal information, private documents, contacts, photos and even login information can be up for grabs as other users on the network have the capability of seeing what is being sent.

Consumers are warned against two popular security scams that can be associated with using an unsecure Internet connection. Many consumers don't realize the repercussions that come from using a Wi-Fi hotspot. Phishing, a popular e-mailing scam, and smishing, a SMS texting scam, grow exponentially when hackers obtain access to personal information on the Web via an unsecure Wi-Fi network. BBB urges consumers to protect themselves from such scams by securing their Internet surfing.

In order to confirm that an Internet connection is secure, BBB advises consumers to follow the FTC's top Wi-Fi tips:

- Make sure the connection is pro-

tected by a unique password. If a Wi-Fi hotspot doesn't ask for a password, the Internet connection is not secure. If a hotspot asks for a password just to grant access, consumers should proceed as if the connection were unsecured. Only trust home and work internet connections that are protected by a customized user password. Wi-Fi hotspot connections with generic passwords are vulnerable to hackers.

- Transmitted information should be encrypted. When sending personal information like addresses, credit card numbers and Social Security numbers over the Internet, make sure the website is fully encrypted and the network is secure. Look for https (the "s" stands for secure) at the beginning of the URL address to confirm its security.

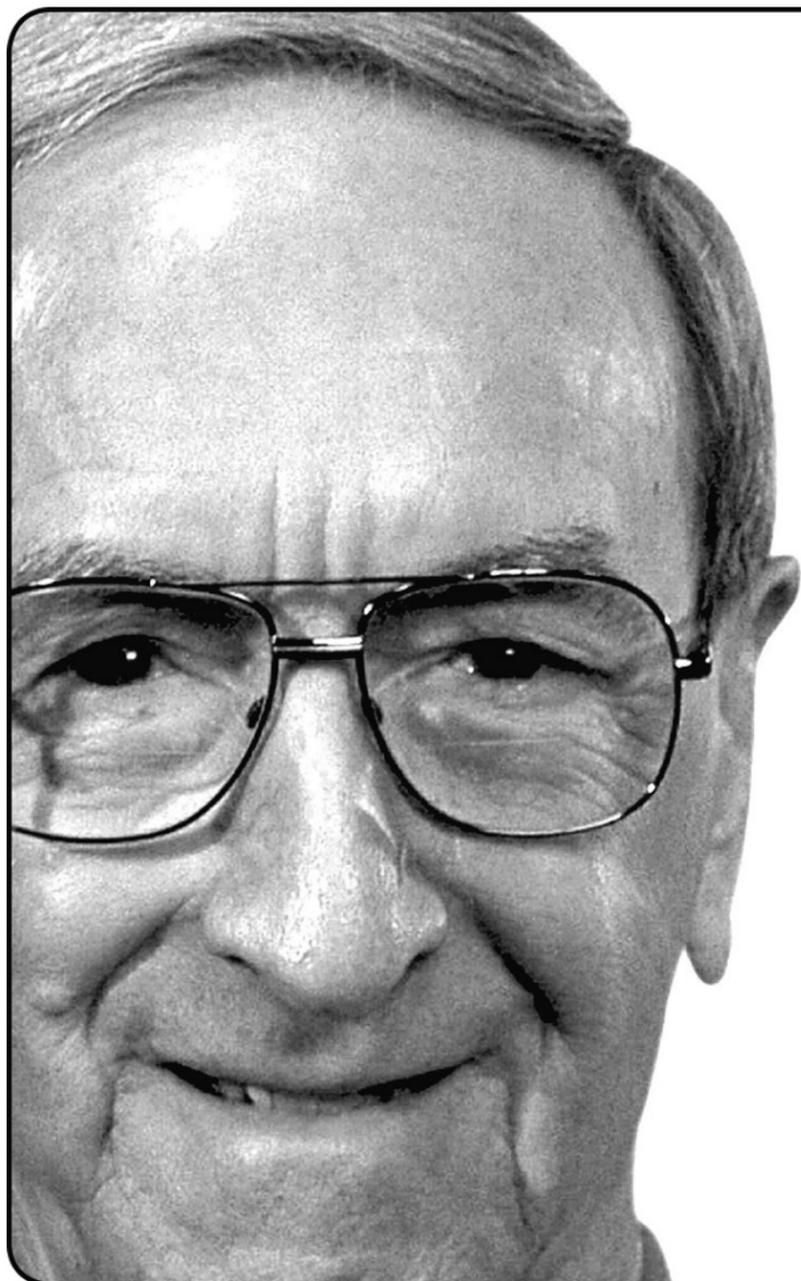
- Don't stay permanently logged-in to wireless hotspots. Never leave your Internet connection running while your computer is unattended and make sure to log-off after every use.

- Change your passwords frequently. When creating new accounts, make sure you use differ-

ent passwords. Do not use the same password for different sites. If one password is hacked, the chances of other accounts being hacked becomes greater with repeated passwords.

For more advice on security scams, visit www.bbb.org or to learn more about protecting your privacy online and what to do if your information is compromised, visit www.OnGuardOnline.gov and <http://www.ftc.gov/opa/2011/02/wireless.shtm>.

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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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.

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Times Not Forgotten

Those panel trucks and vans

by CHRISTINE COLEMAN

Sometimes I like to ride out in the country and look at old houses and barns. Every now and then, I see a particular thing which captures one of my fondest Memories. That thing happens to be small, narrow carpports or garages. They seem so tiny! How in the world could they have been adequate to house a car?

When I was growing up in the 1930s, cars were small compared to what we now have. Of course, at the time, they looked big enough to satisfy everyone. My first memory was of the Model-A and the Model-T. Then I remember the 1938, '39, and '40 Fords. A small garage would accommodate any of these. Even Station Wagons were narrow and not much longer than the average car. Today, however, much larger additions to houses must be built for our cars and Wagons.

Very popular today (with old and young alike) is the pick-up truck with Extended cab, S.U.Vs, Suburban and Conversion Vans (hope I got those terms correct.) One thing that amazes me is that many women prefer these vehicles more

than a car. That is quite understandable. Have you noticed these modes of transportation on our roads today? They come in many attractive colors and designs. I've thought of how nice it would be to have one for myself. I could transport several passengers and all sorts of luggage. Sometimes I have need of a way to carry large boxes of various material that a car cannot haul. Then reality sets in, and I realize I'm ready to just be content in having a mid-size car.

There's something I heard a woman say recently that caught my attention. She went on to say that when she goes to town or to the mall, she tries to park her car away from the mass of cars surrounding businesses. In that way, she wants to see clearly how to back out of her parking space when she returns from shopping. Continuing with her conversation, she said invariably when she returns to her car, most likely a van will have parked beside her car.

Lately, I've experienced the same thing happening to me. I probably wouldn't have been as quick to notice this had my friend not commented on it first. Many times I, too, park away from large groups of cars. Lo and Behold, when I return to my

car, possibly a van of some type has parked beside me. Much care has to be taken when backing out of a parking space with a long vehicle parked beside you. There's always the fear of backing into oncoming traffic when you can't see clearly. In addition, drivers of vans and panel trucks can hardly see a smaller car parked beside them. The danger for these drivers is almost as great as for drivers of cars. A very important fact to note is that while traveling on highways, small and mid-size cars have a large degree of difficulty following vans, which are taller and wider.

I like to think of how things were when everyone had a smaller car or station wagon. We were satisfied at the time, but progress makes us yearn to reach higher. So bring on the Sports Utility Vehicles, the Suburban and the Vans. The rest of us will admire their beauty and convenience they afford. We'll try not to be overly anxious or irritated when following them and having them park beside us.

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

Spiritual Notes

Humor, God's Gift

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

For years I have quoted the studies of Norman Cousins on laughter. He considers laughter a "form of internal jogging." He reported that he laughed his way back to good health by watching old films of humorous television shows and movies. "Ten minutes of genuine belly laughter, he claimed had an anesthetic effect and would give him at least two hours of pain-free sleep." He later concluded that "laughter is simply a metaphor for the entire range of emotions to include hope, faith, love, will to live, cheerfulness, humor, creativity, playfulness, confidence, and great expectations."

Obviously no one can laugh themselves into good health. However, there are many reports of individuals with terminal illnesses who have prolonged their lives because of their positive outlook and the ability to find humor in their lives.

Tal D. Bonham wrote a book some time ago entitled "Humor, God's Gift." He pointed to the fact that the Old and New Testaments

reveal many references to "happiness, blessedness, delight, and exultation." The following scripture passages were cited: Job 5:17: "Behold, how happy is the man whom God reproves. So do not despise the discipline of the Almighty." Deuteronomy 12:18e: "You shall rejoice before the Lord your God in all your understandings." Job 8:21: "He will yet fill your mouth with laughter, and your lips with shouting." Proverbs 17:22: "A joyful heart is good medicine, but a broken spirit dries up the bones." Philippians 4:4: "Rejoice in the Lord always; again I say, rejoice."

Throughout history many theologians have written of the humor of Jesus. Humphrey Osmond claimed that Jesus had an "excellent sense of humor and pungent wit. If he hadn't, he could not have made a favorable impression on publicans and sinners, and such an unfavorable impression on the religious establishment." Bonham contends that "from the beginning of His life to the end, Jesus was surrounded by and caused joy, happiness, merriment, gladness, rejoicing, delight, and laughter."

I am confident that humor is a gift of God; Scripture tells us that we are created in His image. Therefore, we have been given a gift to assist us

physically, emotionally and spiritually. Laugh more often as you experience the humor in your life.

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



CSRA Regional Commission Promotion

Jennifer Houston, an employee of the CSRA Regional Commission has been promoted to Case Manager (photo attached). Submitted by Jeanette Cummings, Director, Area Agency on Aging.

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.

MY PLACE IN SPACE by Vera King

As the earth is spinning in space
With the whole human race
As it was designed to do
My serenity lies
With the stars in the skies
When I reflect on what's true

On a night all sparkling and bright
It is a wondrous delight
To be part and parcel of all
The created bliss
That brings happiness
As I await my final call

Meanwhile, as I journey here
And share the company
Of all people universally
Let me be all I can be.

THE LAP ROBES by Henry N. Goldman

Colors are many, these hand woven
robes,
With prayer stitched into each, row
upon row,
Each intricate design artfully
planned,
To comfort some elderly woman or
man.

The warmth of each blanket - heart's
compliment,
The joy of giving - soul's reward,
often sent.
Surrounding each receptor, a prayer
is bestowed,
Each given with love - God's love to
console.

Somewhere there in Heaven, a place
not far off,
Rewards of the Father await in His
Loft;
For one who is caring enough
to convey,
Her love with each blanket -
And a message of "The Way."

LOST LOVE by Fred Holland, Sr.

I found someone who I could laugh,
talk and play with, with ease.
If I treated her right, she was not
hard to please.

We had similar ambitions and a
mutual attraction for each other.
Although her love for me was over
whelming, somehow it did not
smother.

Her humorous sarcasm kept me in

check.
But her love had a magnetic effect.

She could be both passionate and
challenging, her spirit ran free.
In all respects, she was the perfect
woman for me.

I loved her personality and her
attractive good looks.
She was intelligent and knew her
way around the books.

Somehow the devil managed to set
some devious traps for me.
I fell into them and went on a
disastrous sinful spree.

Pretty soon she got tired of my
disrespectful ways and asked me to
leave.

Although I never wanted to part from
her...
She had good reason... and I had to
concur.

To this day I still love her and wish I
could change the past.
If I could, I'd do it fast!

I wish we could give it another try,

But I realize that it would not be the
same.
I have only myself to blame.

God has changed my life for the
better,
But I mourn for the life we could
have had together.

CROSSING THE LINE by Doris A. "Dot" Jones

Now, we've done it - We've crossed
the line.
We've told God "This whole world is
mine."

Just like Adam and Eve, we choose
not to obey,
And evil and hate rule everyday.
Leaders in power are led by greed.
Their aim is self-centered to gain
wealth and fame.

Now, we've done it - We've crossed
the line.
Can't humans see what happens,
when God is left behind.

Now, we've done it - We've crossed
the line.
Although we may fall into
temptation's snare,
Remember, before we fall, God is in
control and ruler over all.
He allows us to cross the line, but
he's there to receive us when we
return.

All we need to do is humble
ourselves and say, "Thou Art
Mine."
We can re-tie the line and make it
tighter this time.

ODE TO THE COMMODE: A NEIGHBORLY MONUMENT by Sage Freeman

Why must you pile your sticks and
branches in my garden bed?
Why do you walk your dog in my
yard when it is well fed?
If not for well paid workers, who did
not follow through,
The ole commode, if carried off,
would not have bothered you.
Four days it rests outside my house,
so quick you persecute.
Overrun and in need, will you grant
me aid when I plead?
A hand you could lend, but your
heart will not bend.
Thirty long years, I cried many tears,
but all that now shall end.
I will set my commode to face your

house as a true testament:
A porcelain memorial of what your
friendship has meant.
If you are wise, take some advice
you bigmouth hypocrites:
The law you have close connections
to, may be called on you!

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On the Cover

The definition of aging has changed

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

Photos by Tammie Smith

COVER
The Right at Home's administrative staff (left to right): BJ Baker, Allison Belinger, Deborah Williams, Kathy Crist (Owner), Erica Gordon and Dana Carpenter

A recent article in a single's column read as follows: "Active grandmother with a winning smile and original teeth is seeking a dedicated flosser to share rare steaks, caramel candy and corn on the cob." Well, now you can see this is not your grandmother's story from 20 years ago.



Kathleen Ernce

This year the first of 78 million baby boomers will hit retirement age. The definition of aging, as we know



Kathy Christ and Allison Belinger demonstrate how to use the medication dispenser.

it, has changed and will continue to change as baby boomers continue to evolve. Senior citizens are living longer, fuller lives; however, some will face changes and challenges during their "golden years."

A couple of years ago, I learned of this service that is designed with YOU in mind and I wanted to share their story with you today. The Right at Home team is broadening its' serv-

ices to help accommodate many of the challenges that seniors face. Right at Home is striving to find new and innovative ways to help older adults maintain their independent lifestyles longer. Right at Home's mission is to improve the quality of life for those they serve.

Right at Home strives to bring their clients the latest technology and services available. Right at Home can help over-tasked caregivers of an aging loved one have a slice of security by use of its' Lifeline products. Lifeline is a state-of-the-art Personal Emergency Response System (PERS) that calls for emergency assistance and notifies family members in the event of an emergency. More than

6 million people have turned to Lifeline and thousands of health professionals recommend it to their patients.

Another innovative product offered by Right at Home is the Personal Medication Dispenser (PMD). The dispenser automatically dispenses the right amount of medication thus eliminating human error or forgetfulness. The PMD also notifies patients and family members if there has been a missed dose of medication.

Mrs. Newman has been a client with Right at Home since December 2005. One Right at Home caregiver has been with Mrs. Newman from the start of her services. Through the years, Mrs. Newman's needs have changed. For many years she required only a few hours of assistance each day. After surgeries, she would ask her Right at Home caregiver to visit her in the rehabilitation facility. When she returned to her independent living apartment, she initially requested around-the-clock care. In a note from Mrs. Newman to Kathy Crist (Right at Home's owner) she states, "you must be sending me the cream of the crop; all of your girls are so very nice and are a great help." By choosing Right at Home, Mrs. Newman is able to safely remain at home.

The technology and exceptional care that Right at Home has provided through the years, coupled with Mrs. Newman's positive attitude, results in successful independent living.

Right at Home began services in the CSRA in 2005. Today there are three locations in the CSRA and they are locally owned and operated by Kathy Crist. She is a "hands on" owner who actively participates in day-to-day operations and provides leadership for over 90 employees. Their team is made up of highly skilled and dedicated individuals who undergo a



Richard Garcia demonstrates the Phillips Lifeline Device.

through background check, competency testing and behavioral analysis before they are considered for employment.

No matter what their clients' needs – assistance is there through Right at Home. Care settings include private homes, independent living apartments, assisted living communities, skilled nursing and rehab facilities, and hospital rooms.

Once a call is made the Right at Home staff will meet with their client and loved ones to identify needs and address those needs with a custom care plan tailored to the individual client's needs. They will then match the needs with a caregiver to assure the right person is assigned. Then Care Supervision visits will take place by phone and onsite to make sure things are going well.

I have recommended Right at Home to several of my clients and know that if you know someone who is needing home care assistance, contact Kathy and her staff at 706-814-7393. You could also take the online assessment at www.csra.rightathome.net.

As always, should you have concerns or questions about the article or need some assistance in employing a home care agency, please call me at 706-868-0120. I will be happy to assist you.



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Kathy Crist (owner of RAH) and Mr. Hank Motley a client of RAH who uses both the Lifeline and the medication dispenser.

Annual Volunteer Recognition Winners Announced

by JEANETTE CUMMINGS
 Director, Area Agency on Aging
 A Division of the CSRA Regional
 Development Center

The CSRA Area Agency on Aging (AAA) held its annual Volunteer Recognition and Awards Luncheon on Wednesday, May 11th at Julian Smith Casino, Augusta. The event affords the AAA an opportunity to recognize individuals and organizations that strongly support the well-being of elderly and disabled individuals in the CSRA.



Jeanette Cummings

Rachel Moreland was awarded the Clara West Volunteer of the Year Award for her outstanding volunteer efforts at the Wilkes County Senior Center. Ms. Moreland volunteers on a daily basis as she assists homebound seniors in getting their meals, obtaining assistance with heating and cooling bills and learning various piano notes and songs. She also distributes meals at the church

she attends on a monthly basis. Though she is actively involved in various roles at the center, she accepts each day as a new opportunity to serve and has done so for the past 10 years.

The Volunteer Group of the Year Award was presented to the Franklin Covenant Baptist Church in Hephzibah. Senior members Sandra Bemby, Ruth Bennefield and Queen Coleman visit the Blythe Senior Center weekly and make a strong effort to encourage social, health, spiritual, and economic well-being of center participants. They look forward to facilitating quilting and exercise activities and spreading good cheer through conversation and small donations.

Autumn Care Adult Day Care in Augusta received accolades as



Volunteer Group of the Year Award is presented by Derek Dugan (l) to Franklin Covenant Church.



Clara West Volunteer of the Year Award is presented to Rachel Moreland (l) by Kathleen Ernce, Executive Director, The Senior Citizens Council Augusta.

the Provider of the Year. Employees at the day care embody a spirit of teamwork. Recognizing that the participants have lost much of their independence and autonomy, staff are cheerful and always take time to address the individual needs of the participants. Those who attend the facility view it as a "home away from home" as it offers a family-like atmosphere. Participants frequently enjoy singing, dancing,

playing bingo, listening to daily devotionals, getting manicures and many other social and therapeutic activities.

To inquire about aging services and volunteer opportunities, contact the Area Agency on Aging at 706-210-2000 or 888-922-4464. The Agency is a division of the CSRA Regional Commission.



Provider of the Year Award is presented by Rep. Wayne Howard (c) to Autumncare ADC – Julie Edwards (l) and Pat Madray (r).

Bellevue Memorial Pet Walk

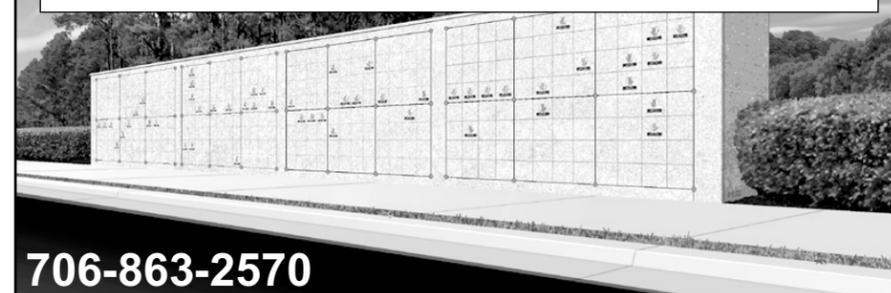
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Georgia eye doctor helps legally blind to see again

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

Mystery... a great companionable read

Book Reviews by ANNE B. JONES, PhD

Mystery
Jonathan Kellerman
Ballantine Books, 2011

Jonathan Kellerman's newly released *Mystery* is a great companionable read in the Alex Delaware series. A good police procedural, it lacks the violence and gore of many of Kellerman's books and only briefly dips into the titillating world of provocative sex. In other words, this work is fairly tame.

The plot centers on the identification of a faceless female corpse. Delaware and his wife Robin had recently seen the beautiful young woman in the bar of an old rundown hotel. They are two of the last people to see her alive and are convinced there is a connection with a rough looking man they'd noticed waiting outside. They help provide police with sketches and with their limited, but vital, involvement feel compelled to help solve the crime. To complicate matters, there is an anonymous "lead" and the complexity of sifting through

records of a dating service for rich guys and hotties. The story is filled with dysfunctional families and abnormal psychology, a trademark of Kellerman novels.

As usual, Detective Milo Sturgis relies on Delaware's psychological instincts and friendship to help guide the investigation through an assortment of tangled clues before the real killer is found.

And that is the heart of the Alex Delaware series. The Delaware and Sturgis characters have made Kellerman's books a necessary read for his fans. Everyone longs for friendships. Picking up a new book is like meeting with old friends and still being part of the gang.

Kellerman is a master of dialogue and writes in a comfortable conversational style. His faithful followers will enjoy the book. Those who don't have a Kellerman background may prefer to start with one of the earlier books for a better understanding of the Delaware-Sturgis relationship.

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

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- Mini Blinds
- Single Story, No Stairs
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Community Features

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

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N. Augusta, SC 29860
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by **BOBBIE SIMS**
Social Security Public Affairs
Specialist, Marietta, Georgia

You probably don't need a reminder that natural disasters lurk around the corner when we least expect it. Many natural disasters force people to leave their homes. The last thing a person who falls victim to this kind of devastation needs to worry about is how they're going to get their next Social Security or Supplemental Security Income (SSI) payment.

Here's a solution. Make sure that you're receiving your benefit payments electronically.

Electronic payments are the best way to receive your benefit payments. Here's why.

- Electronic payments are safe. Your money is deposited directly into your account each month. Because it's transferred electronically, there's never a risk of your check being lost or stolen.

- Electronic payments are quick. You'll get your payment faster when it's made electronically. Your money is immediately available to you once it's deposited; no waiting by the mailbox for the check to arrive.

- Electronic payments are convenient. No more need to stand in line at the bank to cash your check or to leave your house

when the weather is bad. It's also nice to know your payment is in your account instead of your mailbox when you're on vacation or away from home.

Perhaps we also should mention that electronic payments are now mandatory. People who apply for Social Security benefits on or after May 1, 2011, must receive payments electronically. Nearly everyone currently

receiving benefits who has not signed up for electronic payments must switch to electronic payments by March 1, 2013. Electronic payments may be made by direct deposit, the Direct Express card program, or an Electronic Transfer Account. You can learn more about all three at www.godirect.org.

If you're ever faced with a devastating event, there will be no question about where you'll

find your money when you receive electronic payments. The same cannot be said for paper checks being sent to mailboxes that may no longer exist.

Learn more by reading our online fact sheet, Get Your Payments Electronically at www.socialsecurity.gov/pubs/10073.html. Or go directly to the source, where you can learn more and sign up for electronic payments: www.godirect.org.

State steps up efforts to recruit more Foster Parents

Special to *Senior News*

The Georgia Department of Human Services' (DHS), Division of Family and Children Services (DFCS) is stepping up their efforts to urge more Georgians to become foster parents. DFCS county offices across the state are sponsoring foster parent appreciation and family activities, information fairs, seminars and training sessions to recruit future foster parents.

"Our goal for the children in our care is permanent placement in a safe and nurturing environment. For some children that means returning to their natural parents with supports in place, for others the goal becomes adoption," said DHS' Division of Family and Children Services State Director Rachelle

Carnesale.

In July 2003, there were approximately 14,481 children in foster care in Georgia. There are now an estimated 8,000 children in Georgia foster care. We have a growing need to place children with physical or other special needs in appropriate homes.

"Recruitment and training of our foster parents is a primary focus of our agency with an overwhelming majority of DFCS adoptions by foster parents," added Carnesale. "Foster parents are champions for Georgia's children and the heroes of the child welfare system."

Requirements to become a foster or adoptive parent are:

- Completion of an orientation session and a 20-hour, pre-service parent preparation program (IMPACT)
- Home Study (family assessment)
- Home Safety Inspection
- Medical Examination
- Drug Screen
- Criminal Records Check
- References

For more information about adoption or foster care, please call 877-210-KIDS, or visit www.dfcs.dhr.georgia.gov.



SRR designates The Senior Citizens Council as the recipient of their monthly \$500 non-profit donation. SRR designates a different non-profit recipient each month they meet their safety goals. Pictured are: Kathleen Ernce (left), Executive Director of The Senior Citizens Council of Greater Augusta and the CSRA, Georgia, Inc.; Robert Robinson (middle), Savannah River Remediation (SRR) Chairman for the Defense Wasted Processing Facility (DWPF) Local Safety Improvement Team (LSIT) at Savannah River Site (SRS); and, Jackie Kennedy (right), Volunteer Coordinator at The Senior Citizens Council of Greater Augusta and the CSRA, Georgia, Inc. The picture was taken by Timothy Cox of Savannah River Remediation.



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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 Eucree 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., 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 Vaulcluse 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

• Coffee Corner: Tues., May
10 & 24, 11 a.m., Free

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

continued on page 11

BUSINESS CARD SECTION ADVERTISING INFORMATION

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Carolyn Brenneman
706-407-1564
800-787-1886

General Business Directory For Seniors

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706-437-0113

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CALENDAR from page 10

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

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

Augusta Christian Singles Dance

Dances held each Saturday night, 7-11 p.m., at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission includes complimentary dance lessons 7-8 p.m., refreshments and soft drinks. Cost: Guests, \$10; members, \$8. For additional information call Barbara Nash at 803-640-2075.

AARP Augusta Local 266

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

Al-Anon and Alateen Groups

Al-Anon and Alateen Groups meet in

various locations in the CSRA Mon.-Sat. For information or a listing of meeting in the area call 706-738-7984. To locate meeting throughout Georgia call 800-568-1615.

Augusta 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.

Phinizz Swamp Events

706-828-2109

Find Your Voice

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

Senior Volunteers Needed

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

DBSA (Depression Bi Polar Support Alliance)

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

Volunteers Needed

The Retired and Senior Volunteer Program 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 volunteercrsas@uh.org for complete details.

62nd Annual Watermelon Days Festival

June 3-25, Cordele-Crisp County. Main day of festival is Sat., June 25. For details call 229-273-1668 or 886-426-3566 or visit www.cordelecrispga.com.

Columbia County Choral Society To Present Incarnatio Mysteria

Fri., June 3, 7:30 p.m., Wesley United Methodist Church on North Belair Rd. For complete details ticket information call 762-233-7793 or visit www.cchoral-society.org.

General Business Directory For Seniors

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Aiken 803-442-9673
Thomson / Lincolnton 706-541-3639
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CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350

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

It is Time for Fun at the Augusta Market

by CAROLYN BRENNEMAN

Photos by Carolyn

June is finally here and now it is time for some quality family recreation time with our kids and grand-kids! Head on out to the Augusta Market on 8th and Reynolds Street, which is now opened every Saturday from 8 a.m. to 2 p.m.

This is a fun family bonding activity that all ages enjoy and a great time to grab hold of fresh vegetables, fruits, plants, and unique crafted items. The fresh vegetables include butter beans, rhubarb, lettuce, corn, tomatoes, asparagus, and fruits including locally grown strawberries from Guroסים.

"It is getting better and better every year," says Alice Williams of Augusta. "There are a lot more people attending, more entertainment, and more produce." The Augusta Market at the River, formerly known as the Saturday Market on the River, now has longer hours and a longer season.

The Saturdays are festive with live musical entertainment. Last Saturday, Deb Hemingway, a fine vocalist of 14 years, performed for us, and, of course, there is Pickles, the clown who paints our faces. Vendors sell fresh produce, plants, flowers, handmade soaps, local honey, homemade desserts, and several hand crafted items. Take a look at the colorful handmade dolls from Noras Little Women. "These dolls make a unique gift for anyone at any age," says Nora.

Interested in purchasing all natural pasture raised beef, pork, lamb, or rabbit? Check out the stand for Savannah River Farms, a family working farm, owned and operated by Ben and Kellie Deen and family.

Shoppers can also grab some breakfast or lunch, choosing from traditional breakfast items to Middle Eastern delights, shrimp with grits, or cajun cuisine. For dessert, there are Red Velvet cupcakes or some homemade coconut pralines or bread pudding.

So pick up the family and come on by to the Saturday Augusta Market for some family time.



Beautiful handmade dolls from Noras Little Women



The family working at the Savannah River Farms



Enjoy Pickles, the friend clown



Brooks Gardens sells plants, herbs and flowers



Homemade pralines, cakes, and delicious sweets



Fresh locally grown strawberries