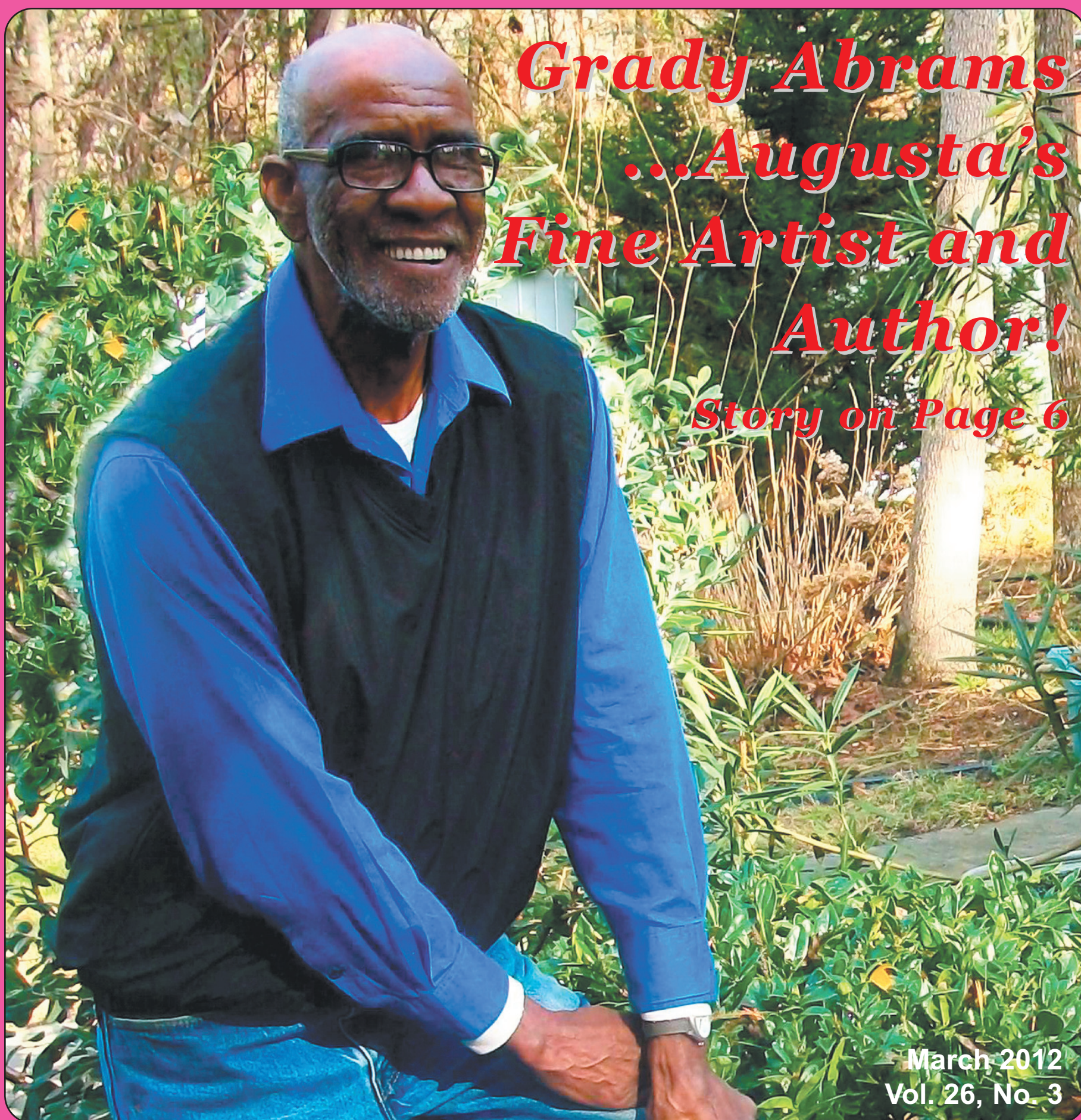


# Senior News

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Information For Ages 50 PLUS!



*Grady Abrams  
...Augusta's  
Fine Artist and  
Author!*

*Story on Page 6*

March 2012  
Vol. 26, No. 3



Taking Care

Home to stay: What to look for in a new residence

by LISA M. PETSCHKE

As we age, chances are good that eventually our home will no longer suit our lifestyle or our needs.



Lisa Petschke

Common reasons for relocating include simplifying home ownership responsibilities, reducing living expenses, maximizing accessibility and safety, and increasing personal security, community access or opportunities for activities and socializing.

There are many options for boomer and senior home ownership, including moving to a comparable-sized home with a different design, downsizing to a smaller house or an apartment-style condominium, and moving to an adult lifestyle community containing detached homes or townhouses.

If you or a loved one are planning to relocate it is important to take into account not only current needs and preferences but also potential future needs. This can maximize your chance of being able to “age in place.”

The following are some questions to consider when checking our proper-

ties.

Building features:

- Does it appear to be in good condition?
- Is the exterior maintenance free?
- Is there an entrance at ground level? Is it sheltered?
- Does the front door have a peephole? Are locks easy to operate?
- Is there a one-floor plan? An open concept layout?
- Are hallways and doorways wide enough to accommodate a mobility device?
- Is there non-slip flooring? Does the carpet have a low pile?
- Are there sturdy handrails on both sides of stairs? Are stairwells wide enough to accommodate a stair lift? Are they well lit? Is there a light switch within easy reach at the top and bottom?
- Is there an attached garage?
- Is there central air conditioning? A programmable thermostat?
- Is there plenty of natural light? Are windows energy efficient and easy to operate?
- Are door handles easy to operate?
- Are there ample electrical outlets and phone jacks? What about high-speed Internet access?
- Are there smoke detectors and carbon monoxide detectors?
- Do kitchen countertops have rounded corners? Is there counter

- space next to appliances and cup boards?
- In the bathroom, are there grab bars in the tub? A walk-in shower? Built-in shower seat? Single-lever faucets?
  - Is there a spare bedroom and, ideally, a second bathroom, should live-in help be needed?
  - If walls are shared with neighbors, what kind of soundproofing exists?

Apartment considerations:

- Is the building fully air conditioned?
- Are common areas spacious, clean and bright? Are furnishings and décor attractive and modern?
- Can elevators easily accommodate a wheelchair or scooter? Are the buttons easy to access?
- Does every unit have a balcony or terrace?
- Are there in-suite laundry facilities? If not, is the laundry room easy to access?

Grounds:

- Is the lot level?
- If there is an entrance ramp, does it have a gentle incline?
- Is there sheltered parking? Ample space for visitors’ vehicles?
- Does the neighborhood have sidewalks?
- At a house: Are the grounds low maintenance? Are paved areas in good

- repair? Are there sturdy railings and handrails on porches and decks? Are there motion sensor lights?
- At a condo: Are hardscaped areas and green spaces well maintained? Do they include benches? Are there shaded areas? Is there plenty of lighting?

Location:

- Is it central to local relatives and friends?
- Is there easy access to major roads and highways?
- Is it central to frequently accessed amenities, such as a grocery store, drug store, bank, medical clinic and place of worship? What about proximity to a shopping mall, library, park, walking/biking paths, recreation center, restaurants and cultural attractions?

Amenities (where applicable):

- What kind of security measures are in place?
- Is there a party room for special events and a community room for group meetings?
- Are there fitness facilities? Recreation and leisure opportunities?
- What amenities are included in the monthly condo or homeowners’ association fee, and would you use them enough to justify the cost?

\*\*\*\*\*

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

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# Poets' Corner

## MY PRAYER

by Margaret Hewitt

I prayed for you this morning  
As the day broke fresh and new;  
I asked the Lord to guide you,  
In all you say and do.

You come to mind so often  
As I travel down life's road.  
I ask the Lord to bless you,  
Help you with your heavy load.

Then as dark descends and closes  
The hours in the day,  
I kneel again and thank Him  
For His loving care today.

You're very special to me,  
Even more to God above;  
May He ever watch and keep you  
In His gracious hand of love.

\*\*\*\*\*

## THANK YOU

by Frankie Lee

You admire the many paintings that  
hang in the museum halls  
You admire the many photos that  
were taken and put up at the malls  
You express your thanks to the artist  
of them all  
And even buy some to put up on  
your wall

You thank the doctor that made your  
family well  
And thank the person who helped  
you when you fell  
You thank the friend for a kind card  
in the mail  
And even your car when it didn't fail

Think of all the thanks you give each  
day  
To people everywhere  
For all the things you have and do in  
this life today

And then you find you missed some  
one that has  
Always been close to you  
And a thank you that you failed to  
say

The one that gave you eyes to see the  
wonders of this world  
The one that gave you talents to  
express the given view  
The one that brought the many  
people when needed  
Straight to you

It's not the people that made all of  
this for it's always been here  
We just never took the time to really  
see  
We just never really walked outside  
in the sun or rain  
Alone to thank God because it was  
He

The flowers, trees and birds that fly  
Up high in the glorious sunny sky  
The clouds that rumble quickly by  
And even hearing our loved ones  
sigh

It is all from God above us all  
Not man, but God, who caught our  
fall  
Not man who painted the painting  
great  
But God and our given faith

Let's give Him thanks for it was He  
Who created all of this in us  
Thank you God, for all that we buy  
Can never compare to thee.  
The gifts that started out from you  
were always given free

## LOVE IN ACTION

by Frances Wheatley

Love knows no bounds

It can be shown without a sound  
Love never tires of being shown  
It blossoms with use until full blown  
Love knows no limit on age or time  
It remains considerate, gentle and  
kind  
Love reaches out to where you are  
It is the same both near and far

Love is multiplied when divided  
It flourishes most when not one sided  
Love is not to be put on a shelf  
It is to be shared, not kept to ones  
self  
Love can not be bought  
It is the one thing in life that all have  
sought.



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## AGENCY ALERT: Make wishes known with Advanced Directives

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

One-third of Americans say they have had to make a decision about whether to keep a loved one alive using extraordinary means, according to the nonprofit group



**Kathleen Ernce**

Public Agenda. These decisions are heart-rending difficult choices during a highly stressful time and is often complicated by disagreement among family members. "What would Mom (or Dad) want?" and "What if?" are common, but difficult questions. How can these disagreements be avoided – with the legal document called an Advanced Directives. A well thought out and written document is most effective way to make your wishes known ahead of time.

The Advocacy Programs Department staff often educates people on the use of Advanced Directives and discusses how these documents can prevent elders from being abused while giving family members and medical care personnel YOUR personal directions – when you can no longer speak for yourself!

"Every adult should have an

Advance Directive, since most of us do not know when we will need one. Even if your Advanced Directive is never needed, the thought, planning, and conversations that go into making it are still valuable," says the Program Director.

The main components of Georgia's current Advanced Directive form allow you to appoint an agent and, if you wish, an alternate agent. This person is called your Healthcare Power of Attorney. You also can specify what powers that agent has; such as, consenting to, refusing, or withdrawing any healthcare procedures. Your Healthcare Power of Attorney agent can:

- Hire and fire healthcare providers.
- Ask questions and get answers from healthcare providers.
- Consent to admission or transfer to a healthcare provider or healthcare facility, including a mental health facility.
- Get copies of medical records.
- Ask for consultations or second opinions.
- Give authorization for your body to be used for medical research or organ donation.

Your appointed agent can not be overruled and has to be able to be contacted, so you should provide all telephone numbers including home, work, school, and cell phone numbers.

The document also allows you to

specify your wishes, regarding end-of-life decisions, whether you want to prolong life or want to refuse all life-prolonging care.

Then you are able to specify any exclusions or specifics; such as what think you may want or need to be pain free and comfortable, such as soft music, or a neck pillow. This section also allows your healthcare agent to discuss your decisions with all healthcare providers.

The final step in making your Advanced Directive legal, is to sign it in front of 2 witnesses (who can not be related to you, can not be your healthcare provider, and can not be named in your will.) Witnesses are generally a neighbor, a friend, a volunteer, or member of the clergy.

Now comes the most important part: you need to let people know you have an Advanced Directive. If it just sits in your safe deposit box, the hospital or physician is not going to know it exists. We suggest giving copies to your family, agent(s), and all doctors. In fact, you may ask your doctor to upload it to your medical record or you can take it into the hospital's medical records.

If you have questions about Advanced Directives or would like to discuss completing these document, please call the Advocacy Programs Department at 706-868-0120 for an appointment to begin this important conversation and learn more about taking control of your en-of-life decisions.

## Spiritual Notes

# Life's Last Best Turn!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

Recently two good friends fell as they were going upstairs in their homes. One had a stroke and the other lost his balance and was unable to grab hold of the handrail. Both passed away within two weeks of each other

as a result of the falls. On hearing of their deaths, family and friends were stunned. The reality of death was brought home in a moment's notice. These two retired men were veterans, had long careers in business, and were active citizens in the community. In addition, they were very involved in the life of their respective churches.

Their two Memorial Services were filled with expressions of love by fam-

ily and friends. A reoccurring theme was their faithfulness to family and the Church, as wells as the encouragement they gave to young people and support to senior adults. Even though, in retirement, their lives were different, there was a common thread that emerged as they were eulogized.

Henry Van Dyke wrote: "I shall grow old, but never lose life's zest, because the road's last turn will be the best." This was the philosophy of life of these dear friends. They lived life to the fullest and had prepared for "life's last turn."

The "Last Turn" was expressed by the Apostle Paul in 2 Timothy 4:7-8: "I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous judge, will award me on that day – and not only me but also to all who have longed for his appearing."

Hopefully, we will live life to its fullest with the anticipation of "life's last best turn."

\*\*\*\*\*

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

## Missed your copy of Senior News?

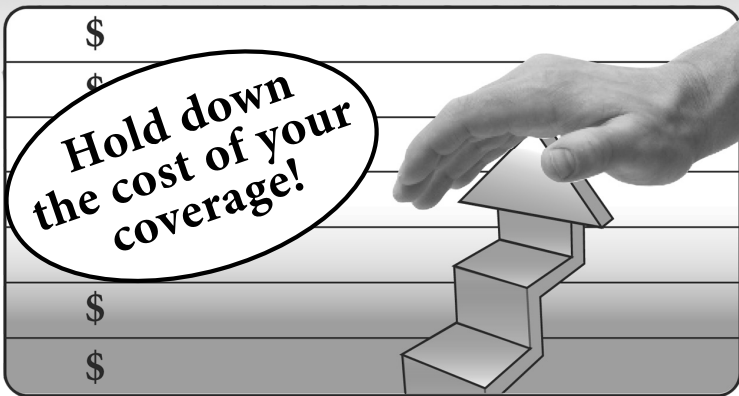
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## On the Cover

# Grady Abrams... Augusta's Fine Artist and Author

by CAROLYN BRENNEMAN

Photos by Carolyn

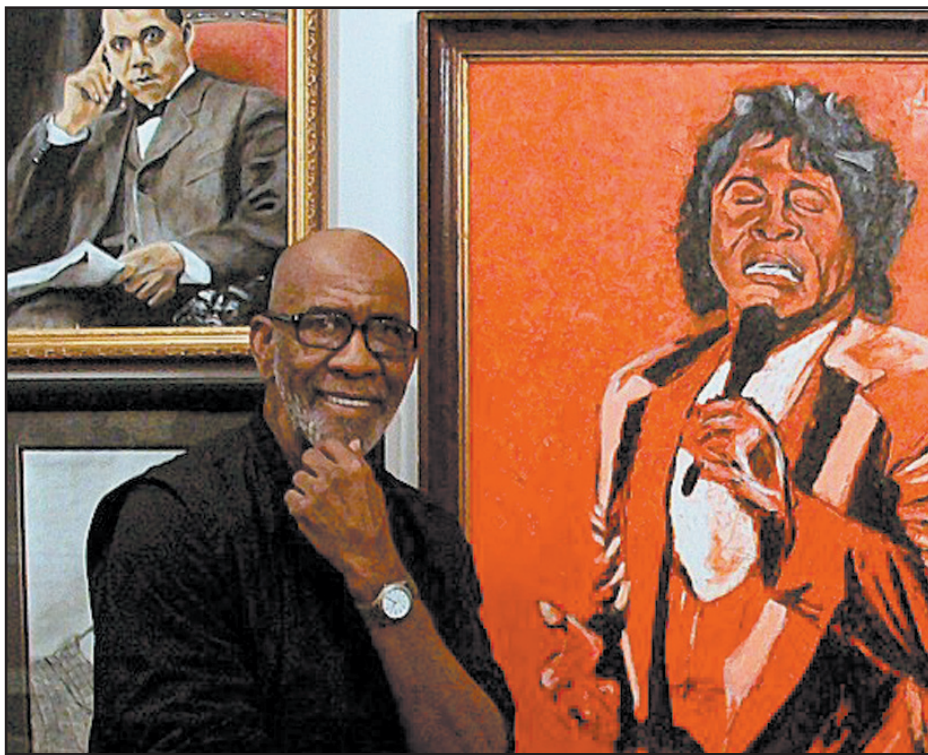
### COVER

Grady Abrams outside his studio in Evans

A native of Augusta, Grady Abrams, is a gifted artist, talented author, distinguished manager, and devoted father and husband. His life story pierces our heart as we hear of the struggles he faced growing up in the South during the 40s through the 60s. He was the product of the Great Depression and World War II which cast long shadows over the American

life during this period as well as the product of deep segregation so prevalent in our society. Because of his passion for life and determination to share his life experiences with us to enrich our own lives, he succeeded in bettering his life by rising out of dire poverty and blatant discrimination in his working career, up through the ranks to become a labor relations manager at Bechtel, in serving as a city councilman in Augusta, and in his continual expression and teachings as a noteworthy writer and a remarkable painter. In our CSRA, there now needs to be an understanding and appreciation of his vast accomplishments and the significance of his works as a writer and painter. Now is the time for us to take notice to enrich our own lives, as we will value the experiences and shared lessons he can teach all of us.

In his first book, *I'm Still Standing Thank God!*, Grady describes himself as a shy, scared, and overwhelmed student who attended Walker Grammar and Laney High School. His mother cared for the family, as his father, a wood man, made his living chopping wood for others. Grady survived the turmoil of adolescence in the rural south, and eventually graduated from Paine College with a degree in mathematics. Afterward, he taught at Laney High for 4 years until 1965, exactly one year after President Johnson received the most comprehensive civil rights act to date prohibiting discrimination in voting, education, and use of public facilities. Working through his own struggles, Grady landed a position at Metropolitan Life Insurance in Augusta, had the distinction of being the first black to be hired in this area, became a member of the Millionaire's Club, and was promoted to manager. While working at Metropolitan, at the age of 29, he



Grady standing next to his painting of James Brown and Booker T. Washington.

was elected to Augusta's city council, a time when the political climate in Augusta was strained. Later on Grady worked for Xerox in Virginia, and eventually returned to Augusta and took a job as an apprentice ironworker. Needing to provide for his family, Grady worked his way up to journeyman and eventually labor relations manager for Bechtel at Savannah River Site. He ended his working career after 27 years, and now devotes his time to writing, painting, and drawing.

Grady has been painting and drawing ever since he was a child; however, he received no formal training and began devoting time to his art in 2002. "I have accumulated over 150 pieces of artwork ranging from realism to abstract," says Grady. "I work in several mediums,

including oil, pastel, watercolor, pencil, charcoal, acrylics, and ink." His art reveals joyful explosions of color through realistic works, abstract landscapes, vivid portraits, depictions of historical figures, old photographs, and expressionist works. Grady's collection of pieces is varied in subject and style. It is amazing to see such a vast display from just one man. "I try to get to the essence of what I am painting" says Grady. "It is the heart behind the visual that I seek."

"My art is meant to be shared with the community," said Grady, who allows anyone to visit his gallery for free, which is located in Evans. So why not come out to meet him and view his art gallery? Call 706.855.5968 or email [abrams-grady@msn.com](mailto:abrams-grady@msn.com). Take notice – it serves to enhance our own life and touch our heart.



Art work of Lady with Umbrella



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Depiction of Sen. Strom Thurmond and his daughter Essie.



# What Do I Do?

Submitted by **KELLIE PUGH**  
Executive Director  
Morningside of Evans  
Member of the Elder Rights  
TEAM of the CSRA

The scene is set: you get a call that jolts you out of a deep, sound sleep at 3am; your elderly loved one has fallen in the bathroom and is unable to get up. Thank goodness they aren't hurt, this time! However, as a precaution you decide you will spend a couple of nights with your loved one. During this time you discover that your loved one is not eating properly, forgetting to take medications, and not managing the check-book appropriately. Now you are in panic mode. "What do I do? Who do I call? Where do I go? What are my options?"

For many, the idea of moving a loved one into a setting other than their home is very daunting and traumatic. Thoughts of guilt, anger, sorrow, panic, and confusion are a constant in your mind and although you are wrought with all of these emotions, something must be done; decisions have to be made quickly. How do you know what the best option is for your loved one?

Twenty years ago, choices for alternative living for the elderly were extremely limited; the biggest choice people had was a nursing home. We have come a long way in the healthcare industry and now there is a plethora of options available to families who are in need of additional services. We now have boarding homes, personal care homes, retirement communities, assisted living communities, and skilled nursing facilities. However, the question that is still upmost in your mind is which option is best for you or your loved one. Hopefully, this article will provide the answers to help guide your decisions.

Boarding Homes are facilities that provide housing and basic services to individual residents including housekeeping, laundry, meals, snacks, and activities; coordinating and arranging for health care services; providing emergency assistance; responding appropriately when there are observable or reported changes in the resident's physical, mental, or emotional functioning; and provid-

ing medical assistance as permissible by law. Personal Care Homes are residences offering protective care and oversight of a person who needs a watchful environment but does not have an illness, injury, or disability requiring chronic or convalescent care, such as medical or nursing services. Assisted Living Communities are a combining of housing, personalized supportive services and health care designed to meet the individual needs of persons who need help with the activities of daily living, but do not need the skilled medical care provided in a nursing home. Daily living activities include but are not limited to eating, bathing, dressing, toileting, transferring, and mobility. Skilled Nursing Facilities are institutions which are primarily engaged in providing skilled nursing care and related services for residents who require medical or nursing care, rehabilitative services for the rehabilitation of injured, sick, or disabled persons. Nursing facilities offer the highest intensity level of long term care and are characterized primarily by the need for 24-hour nursing care. Few persons enter a nursing facility as a matter of choice, due to the necessary restricted regulations. Please note that residents who live in any of these facilities are assessed to ensure they receive quality care and that they are protected from becoming victims of abuse, neglect, or

exploitation.

If you need more information or have questions regarding what setting is best for you or your loved one, please contact the Area Agency on Aging at 1.888.922.4464, The Senior

Citizens Council at 706.868.0120, or Morningside Assisted Living at 706.228.4709

Definitions provided by: USLegal.com, LongTermEducation.com, Assisted Living Federation of America.



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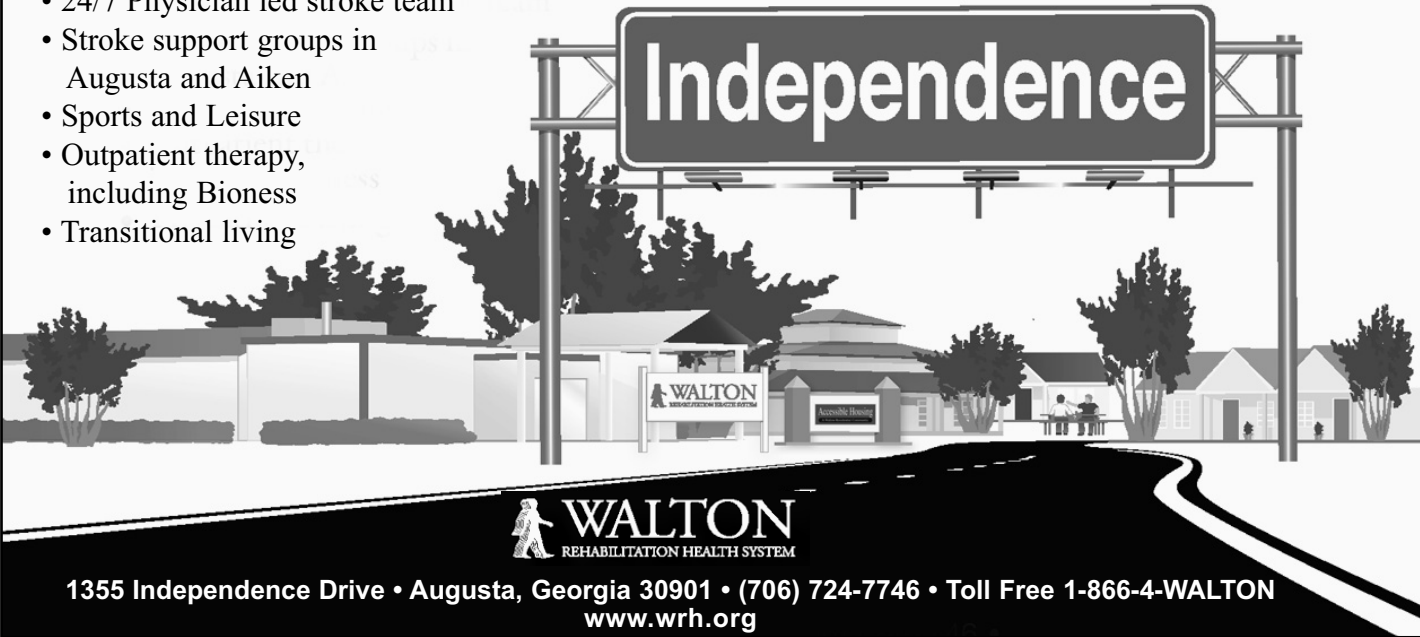
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# 4th Annual Elder Rights Conference to be held in conjunction with World Elder Abuse Day

Submitted by  
**LAUREN SPIVEY**  
Elder Rights Program Manager  
CSRA Area Agency on Aging

The CSRA Elder Rights Team along with the CSRA Regional Commission Area Agency on Aging will host the 4th annual Elder Rights Conference from 8:30 a.m. until 3:30 p.m. at Trinity On The Hill United Methodist Church located at 1330 Monte Sano Avenue in Augusta on Friday, June 15, 2012. The conference has become an annual event to help build awareness about the growing societal issue of the abuse, neglect and exploitation of older and disabled adults.

The theme of this year's conference is "There is No Excuse for Elder Abuse." Legal experts, public policy advocates, social service/medical professionals as well as forensic investigators will present a full

day of up-to-date information. This year's keynote speaker is Robert Blancato, President of Matz, Blancato & Associates. He is the National Coordinator of the Elder Justice Coalition, a non-partisan, 680 member organization. From 2000-2006, Bob served as President of the National Committee for the Prevention of Elder Abuse. He currently serves as the Executive Director of NANASP, the National Association of Nutrition and Aging Services Programs. Bob is a former House of Representatives staff member and spent 17 years on the House Select Committee on Aging. He also served as Executive Director of the 1995 White House Conference on Aging (WHCOA) and served on the Policy Committee for the 2005 WHCOA. In addition Judge William Self, II, Probate Judge of Bibb County, will facilitate a question and answer

session following the viewing of the Mickey Rooney testimony before the United States Senate Special Committee on Aging. Finally, Pat King and David Blake, Forensic Specialists with the Georgia Department of Human Services, Division of Aging Services, will speak about Georgia's public health approach to elder abuse which includes increasing professional awareness of and response to abuse, neglect and exploitation.

The conference will be held in conjunction with World Elder Abuse Awareness Day (WEAAD). WEAAD was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse

and neglect of older and disabled persons by raising awareness of the cultural, social, economic and demographic processes affecting abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations and communities to raise awareness about the abuse, neglect and exploitation of older and disabled adults.

The CSRA Elder Rights Team is administered by the CSRA Regional Commission Area Agency on Aging. This multi-disciplinary team promotes awareness, education and advocacy concerning the abuse, neglect and exploitation of older and disabled adults and helps them receive the respect and dignity they deserve.



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# BBB advice for avoiding Automobile Repair Scams

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

**W**hen your vehicle needs repairs, you don't need a crash course in auto mechanics, but you should know how to find a reliable shop and mechanic. The Better Business Bureau recommends following a few key pointers to ensure that your automobile gets fixed without a glitch.

While many auto repair shops are legitimate, there are always those unscrupulous few that end up sucking thousands of unnecessary repair dollars from consumers. In 2011, BBBs received more than 14,500 complaints against auto repair services and fielded more than 1.5 million inquiries from consumers looking to find a reliable business in the industry. Many of the complaints received by the BBB fell under billing, service, and refund and exchange issues.

Whenever you take your car to the shop, never try to diagnose the problem yourself. Describe the symptoms and ensure that the work cannot begin until you have a written estimate and given your authorization.

BBB recommends considering the following advice when taking your car in for auto repair services:

- Check your warranty. If you have a problem with your vehicle while it is still under warranty, follow the manu-

facturer's instructions, which may require that repairs be made at an authorized dealership.

- Ask around. If you are looking for a qualified, independent shop, ask friends for recommendations, or request a list of BBB Accredited Businesses that do the type of auto repair you need. Be sure to check with the BBB about the shop's reliability at [www.bbb.org](http://www.bbb.org). Look for shops that display certification. For major work, such as brakes, transmission or engine repair, you will need to find a shop employing a specialist. I recommend finding a reliable repair shop long before you have a problem, that way you are not rushed to make a decision.

- Ask all the questions that you need. Don't be embarrassed to request explanations. Don't rush the technician into making an on-the-spot diagnosis of the problem. Ask to be called and apprised of the problem, course of action, and cost of work before any work begins.

- Before authorizing repairs, get a written estimate for parts and labor. Tell the shop to get your permission before making additional repairs. Ensure you receive notification by having the service manager write a request on the bottom of the repair order. Give phone numbers where you can be reached and, before you leave, be sure to understand all shop policies regarding labor rates, guarantees, and acceptable methods of payment.

- Get everything in writing. When you pick up your vehicle, get an expla-

nation of all work completed and get all guarantees in writing. Ask that any major new parts that have been installed be pointed out to you. Your repair bill should be itemized so, if a problem occurs later, you can prove the item is covered by the guarantee.

For more consumer tips you can trust, visit [www.bbb.org/news](http://www.bbb.org/news). To sign up to receive our Scam Alerts, visit BBB Scam Source at [www.bbb.org/scam](http://www.bbb.org/scam).

\*\*\*\*\*

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

## Senior Day at the Atlanta International Auto Show, Thursday, March 15th

Special to Senior News

**T**he Atlanta International Auto Show celebrates its 30th Anniversary this spring with the biggest show ever! There will be over 500,000 square feet of displays at the Georgia World Congress Center. This includes the building's large lobby area, where you will see an impressive lineup of vintage vehicles from the past 30 years. The following automotive lines will be exhibiting their vehicles on the main floor: Acura, Aston Martin, Audi, Buick, Cadillac, Chevrolet, Chrysler, Dodge, Fiat, Ford, GMC, Honda, Hyundai, Infiniti Jaguar, Jeep, KIA, Lamborghini, Land Rover, Lexus, Lincoln, Lotus,

Mazda, MINI, Nissan, Porsche, Ram, Scion, Subaru, Toyota, Volkswagen and Volvo.

Tickets will be sold at the show. Seniors 55 and older can show their identification with proof of age at the show box office on Thursday, March 15 only, and receive a 50% discount off the \$10.00 Adult Admission. These same seniors can also save 50% on parking by showing their identification with proof of age at the entrance of the Yellow or Gold Parking Lots of the Georgia World Congress Center on Northside Drive. This special one day discount is only available to individuals born before March 15, 1957. This offer cannot be combined with any other discount offer for this day. For more info: 770-916-1741 or <http://www.goautoshow.com>.



**Systolic Blood Pressure Intervention Trial**

**We are looking for people who are concerned about their blood pressure and how low it should be.**

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- Be at least **50** years old
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- Have no history of diabetes or stroke




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- Lab tests
- Memory tests
- EKG's (electrocardiograms)

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# General Business Directory For Seniors

To find a location near you, visit  
**[www.goodwillworks.org](http://www.goodwillworks.org)**

Suite 807

**404-668-2420**



CALENDAR  
from page 10

and a great food table. For a group of 6 or more first time guests we can make arrangements for you to come free.

For more information call John White at 706-595-7328 or email jwhite355@att.net.

\*\*\*\*\*

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 Theresa Thigpen at 706-294-7195.

\*\*\*\*\*

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.

\*\*\*\*\*

Friday Night Dance

Every Friday, 8-11 p.m., American Legion Post 63, 90 Milledge Rd., Augusta. With band or DJ. \$10 cost. Free coffee and cake. Everyone welcome. Call 706-733-5184.

\*\*\*\*\*

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. For information please contact hospitality@augustanewcomers.net or call Beth Karimi at 706-868-3668 or Esther Hatzigeorgiou at 706-495-9064.

\*\*\*\*\*

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.

\*\*\*\*\*

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 volunteerrcsas@uh.org for complete details.

\*\*\*\*\*

Cookbook For Sale – \$15.00

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

\*\*\*\*\*

West Augusta Alliance

Meets Mon., March 12, 7 p.m., Warren Road Gym. Candidates running in the Republican primary for the 12th Congressional District seat will be given six minutes to present their platforms. Alliance is comprised of neighborhoods in the 30904, 30907 and 30909 zip codes. Event is free and open to the public. For details contact association president, Lori Davis, at davislori@hotmail.com.

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## Photos by Carolyn

One of great features of Congaree National Park is that it offers free ranger guided canoe trips throughout the year. No canoeing experience is necessary and all ages are welcome. The rangers provide instruction in paddling and give us an interpretation of the park and river as we paddle away with park provided paddles and safety flotation devices. Canoeing is a great way to encounter the diverse wildlife of the area as, depending on the season, we may see turtles, snakes, raccoons, owls. On this particular day, our rangers guided us on a two mile trip



## Canoeing up the Cedar Creek.



Gentle walking, strenuous hiking, camping, and backpacking are all possible at Congaree National Park. An easy hike for all ages,

Wildlife and plant life photography opportunities are near endless. On this bright day, they were near perfect. The large trees with their massive canopies block out a considerable amount of sunlight, yet allow enough filtered light through to make for some interesting photos. Come to visit this great forest and enjoy the pleasures that nature provides. For more information, visit [www.nps.gov/cong/index.htm](http://www.nps.gov/cong/index.htm).

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