

Senior News

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Story on Page 6

October 2012 • Vol. 26, No. 10

AGENCY ALERT: "Help, Mom Needs Help and So Do I!!!"

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council
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At some point in our lives, we all need a little help. This topic is even more profound when it comes to caring for aging loved ones, especially parents, grandparents, or maybe even a spouse.

In today's world, most of us work outside the home, are raising our children and now we must face the fact that our parents are having health-related issues. Do you know who to ask for help? Do you know what resources are available? Do you know how to get the help you need now or maybe later down the road?

With the birth of the "Baby Boomer" generation came the rise in demand for consumer products, homes, cars, and services to make our lives better and easier than our parents. And now that we Boomers are approaching or have achieved "senior citizens" status we must also face the fact that a need will arise for some form of personal health care.

We all need "preventive maintenance;" however, there are the chronic diseases such as Diabetes, Heart Disease, Stroke and the complications that may stem from these and other illnesses may require medical care. Weakness, pain, and degenerative joints can lead to falls and fractures. Immobility, incontinence, and a poor diet can lead to open wounds. Multiple medications from multiple physicians can cause confusion and complications if not monitored properly. Dehydration and urinary tract infections may be causing confusion that portrays itself as dementia. Or is it dementia? How and where can you get help with these issues? Does Mom (Dad) need help with daily living activities or more intense care? What do you need for peace of mind?

There is a wealth of healthcare resources in our area to help with the growing concern of caring for the aging parent, grandparent, or spouse. The CSRA Senior Resource Advisors is a new team that was developed to help not only the aging parent, but also the caregiver in charge of providing care. The CSRA Senior Resource Advisors has teamed up with The Senior Citizens Council to present some of the resources available, identify what the resources do, and how to contact the resources. This vital and much asked for information will be discussed in an upcoming workshop, entitled...

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"Mom needs Help and So Do I."

The goal of The CSRA Senior Resource Advisors is to help improve life quality for seniors and their caregivers during this trying and tiring time. The old adage of "It takes a village" is certainly true here. It will take all health care providers from the hospital setting to wherever one calls home to ensure life quality for all.

Come join us for the discussion of available resources at Aldersgate United Methodist Church, 3185

Wheeler Road, Augusta, Georgia on Thursday, October 18th from 8:30 a.m. to 2:30 p.m. for this workshop.

We invite participants, caregivers, interested general public to join us; for this free workshop; however, you must call The Senior Citizens Council at 706-868-0120 to register. Representatives of aging service organizations are encouraged to contact us for exhibit space information. We hope you will join us as together we address ways to make caregiving positive.



Kathleen Ernce

Medicare Counseling available at KROC Center Augusta

Submitted by **Lee Walker**
Education and Resource Specialist
CSRA Area Agency on Aging

The CSRA Regional Commission Area Agency on Aging (AAA) now provides Medicare counseling at KROC Center Augusta every second Thursday of the month from 11:00 a.m. to 1:00 p.m. in the Senior Lounge. The agency's highly-trained GeorgiaCares team will be available to help consumers better understand their choices of prescription drug plans and supplement insurance, provide knowledge of

their healthcare rights and protections and alert them of fraudulent activities and scams.

Medicare Open Enrollment period starts October 15th and ends December 7th. During this time, a counselor will be available every Thursday. Due to the high need of assistance, it is recommended that consumers make an appointment by contacting the AAA at 866.552.4464, option 4.

For more information regarding services provided by the GeorgiaCares program, contact the AAA or log onto www.mygeorgiacares.org.



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Taking Care

Coping with uncertainty when caring for a loved one... Planning and self-care can minimize stress

by LISA M. PETSCHÉ

Looking after a senior relative, however rewarding, is not without its share of stress. If the relative has been diagnosed with a chronic illness, one source of stress may be uncertainty about the future. For instance, how are your relative's needs likely to change and over what time period?



Lisa Petsche

How will your own health hold up? Will your relative eventually require residential care?

While no one knows what the future holds, there are strategies that can be used to cope with challenges and changes. If you are a caregiver, read on for some of them.

Accept

- Accept the reality of your relative's illness so you can move forward and channel your energy in constructive ways.

- Allow yourself to experience all emotions that surface.

- Accept that how your relative feels and what they can do may fluctuate, and be flexible about plans and expectations.

Learn

- Educate yourself about your relative's diagnosis.
- Be open to learning practical skills, such as proper transferring and bathing techniques. This will make caregiving as safe and pleasant as possible and boost your self-confidence.
- Contact the local Agency on Aging to learn about community services that can assist you and your relative.

Communicate

- Allow yourself and your relative plenty of time to adjust to the illness and the changes it necessitates. Be patient and keep communication lines open.

- Keep the rest of the family informed of changes in your relative's status.

- Involve your relative and other family members in decision making as much as possible.

- Share information with healthcare professionals about your relative's needs, abilities and preferences. Ask questions, express concerns and offer opinions as you feel the need.

Prepare

- Find out what to expect during the course of the illness in terms of probable symptom progression as well as caregiving skills, medical equipment and community supports likely to be needed.

Determine your relative's wishes regarding living arrangements, outside

help, surrogate decision-making, medical intervention and end-of-life care and funeral arrangement. Be careful, though, not to make promises you may not be able to keep.

- Help your relative get their affairs in order, including completing legal paperwork such as advance directions, powers of attorney and a will.

Simplify

- Eliminate sources of stress in your life whenever possible. Set priorities, streamline tasks and learn to settle for less than perfection.

- Take things one day at a time so you do not become overwhelmed.

- Learn to live in the moment and enjoy life's simpler pleasures.

Practice self-care

- Cultivate a healthy sense of humor.
- Set aside quiet time each day to nurture your spirituality and help to keep you grounded.

- Do something that provides you with meaning and purpose outside of the caregiving role, such as scrapbooking or researching your family tree.

- Look after your health. Eat nutritious meals, get adequate rest, exercise and see your physician regularly.

- Find something relaxing you can do to give yourself a daily mini-break – perhaps reading or listening to music.

- Schedule regular breaks from caregiving duties to recharge your batter-

ies. Take a couple of hours, a day or an overnight.

Connect

- Stay connected to your friends.
- Find someone you can comfortably talk to about your thoughts and feelings.

- Take with other caregivers. They understand better than anyone else what you are going through. Join a support group in your community or on the Internet.

Get help

- Accept offers of help. Ask other family members to share the load and be specific about what you need. Do not try to go it alone.

- Research and take advantage of respite services in your community.

- Join a caregivers' organization – for example, the National Family Caregivers Association (www.nfcares.org) – that offers information and support and advocates for caregivers' needs.

- Seek help from your primary physician or a counselor if you continually feel sad, angry, hopeless or incompetent. You may have a clinical depression, which is treatable.

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



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Local nurse receives National Certification from Lead University

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

The CSRA Regional Commission Area Agency on



Jeanette Cummings

Aging (AAA) is proud to announce that a member of its staff has obtained a national certification from prestigious Stanford University, one of the world's

most highly-recognized teaching and research institutions.

L. Monique Hillman, Registered Nurse and Health and Wellness Coordinator for the AAA, obtained the T-Trainer Certification for the Chronic Disease Self-Management Program (CDSMP) in Palo Alto, California from Stanford University in August. Professionals

receiving this certification have demonstrated competencies that include knowledge and skills needed to be recognized as "T-Trainers" and to successfully train others to be known as "Master Trainers" for the program. Mrs. Hillman has conducted the program for the last six years and successfully surpassed the requirements of the American Recovery and Reinvestment Act Communities Putting Prevention to Work: Chronic Disease Self-Management Program Grant. She is a doctoral candidate in Public Health from Walden University.

The CDSMP is a free program which helps individuals with chronic conditions learn how to manage and improve their own health, while reducing health care costs. The program focuses on problems that are common to individuals suffering from any chronic condition, such as pain management, nutrition, exercise, medication use, emotions, and communicating with doctors (NCOA, 2012). Non-health professionals dealing with chronic diseases facilitate small-group workshops. The



L. Monique Hillman

groups meet once a week for two-and-a-half hour periods for six weeks. Participants who complete the program better understand how health problems affect their lives and gain self-confidence in their ability to control their symptoms and enjoy life.

To learn for about the CDSMP, log onto www.ncoa.org/improve-health/center-for-healthy-aging/chronic-disease or contact the AAA at 866.552.4464.

Spiritual Notes

Overcoming suffering

by **Dr. Bill Baggett**
Minister to Seniors
Dunwoody Baptist Church

Today's world seems to be in flux. Perhaps it is no worse than in years past but, with the advent of advanced technology, we see and hear about events as they are happening. On any given day we are made aware of hunger, famine, murder, revolution, uprisings, and natural devastation, just to name a few. The overwhelming flood of bad news leave us with a feeling of

hopelessness.

Not only is this true in the world but in our every day lives. As senior adults we are faced with our own tsunamis. Often we are flooded with issues that cause crisis which sometimes seem insurmountable. Not only does this affect us physically but also psychologically, and spiritually.

Actually the world may not be in a worse condition than in years gone by but we often feel that way because we are more aware of events daily through media coverage. The physical body changes because of the passage of time. Our minds and

bodies simply don't work as accurately as they once did.

Helen Keller said, "Although the world is full of suffering, it is also full of overcoming of it." We all know the story of this outstanding woman. Her life is a sterling example of overcoming tremendous physical and psychological odds. There are numerous stories of other individuals in history that have proven the accuracy of her statement.

The Bible provides a blueprint for success in dealing with suffering. The Apostle Paul, in Philippians 4:6-7 states: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." The Apostle also said in verse 11 that, "I have learned to be content whatever the circumstances," and in verse 13, "I can do everything through Him who gives me strength."

Suffering is a fact of life. How we deal with it depends on our attitude, willingness, and perseverance. Ask for God's help because of the promise made to all those who believe. Call on Him!

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

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Don't Try to Teach a Pig to Sing...

...It's a waste of your time and irritates the pig. That old Jesuit saying is still true but if someone wants to sing I am convinced they can, to the extent of their gift. Some voices are small while others are large. Some just don't have the knowledge to unlock their gift. It's like owning a Lamborghini but with no key to start it. If singing is your passion, joy is not far behind. Feed it and it will feed you. And this from a farm girl who grew-up with lots of animals including pigs!

Of equal importance to your voice is your eyesight. When my optometrist couldn't correct my vision to 20/20, she recommended the Eye Guys practice. After cataract surgery and the addition of a multi-focal lens I feel like I have the vision of a 16 year old. Taking care of yourself is critical to enjoying life.

Linda Banister

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On the Cover

Come visit the Sasserfrass Hill Bee Farms!

by CAROLYN BRENNEMAN

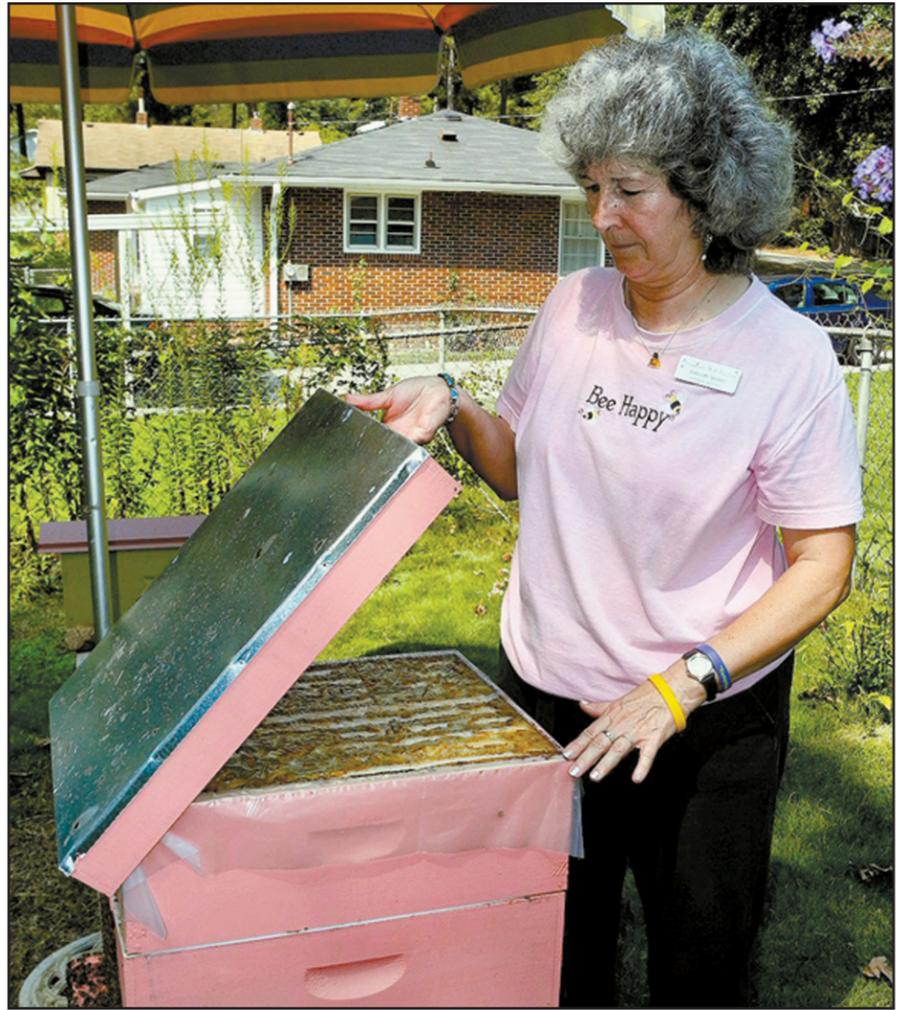
Photos by Deborah Sasser and Carolyn

Cover Deborah Sasser and her beehives. Photograph by Ms. Sasser.

Would you like to learn about honeybees and how they produce all that delicious honey? Then come to visit Sasserfrass Hill Bee Farm, locally owned by Deborah Sasser, right here in Augusta. Deborah has been beekeeping for four years and has ten colorful beehives right in her own backyard. It all started in 2007. After meeting beekeeper Charles Lynn and learning about honeybees, she was hooked. She took a certification class through the Aiken Beekeepers Association and started her hives. Her hives are in a multitude of colors including

pink, green, peach, yellow, aqua, blue, and lavender. Deborah also has matching umbrellas over the hives in the summer to provide some shade against a hot sunny day.

Deborah finds beekeeping a peaceful, productive and educational endeavor. On a recent visit to her bee farm, Deborah explained to us the different types of bees in a hive as well as how honey is produced. Did you know that each hive has about 50,000 bees consisting of one queen, thousands of workers and a few hundred drones? And all the worker bees in the hive are female whose job is to gather pollen, nectar, water, make honey, maintain and protect the hive. The drones are males, whose sole purpose is to mate with the queen. Honeybees are overachievers, always making lots of honey to get them through the winter. In the winter they create a cluster, eat the stored honey and keep the queen bee warm and secure.



Deborah checking the production of honey in her hive



Three of the colorful hives

Deborah explained to us that honeybees provide an important food for us as honey contains vitamins, minerals, and antioxidants. Just to make one teaspoon of honey, a bee must travel around 778 miles and visit more than 40,000 flowers! It is truly fascinating to watch these honeybees and learn how they all work together to keep this super-organism making honey.

Deborah is a gifted and enthusi-

astic beekeeper and truly enjoys working her hives. She sells her all natural raw honey, lotion bars and lip balms. Give her a call at 706.855.5240 to learn more about bees or see her on the internet at www.sasserfrasshill.com. You will surely enjoy this bee farm!



A beautiful honeybee. Photograph by Ms. Sasser



A honeybee lands on Deborah's finger. Photograph by Ms. Sasser

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A New Home for Sgt. First Class Sean Gittens



Sgt. Gittens with his daughter

wife, Sharon, said, "I love it. It is going to make life so much easier for us." Monique Bramwell, one of the daughters added, "I feel blessed to have this home for him, it's really a blessing."

With the ceremony and the presentation of the keys, the family officially moved in on August 18th, as they walked through the doors of their home.

Hundreds from the community came to the ceremony to show their support for a man who helped fight for our

country. Sheray Bramwell, another daughter, said, "It was hard to see him get injured, and to see him in a hospital was really hard for us." Much has happened since then. Now, the family of six has a new home in a delightful community. Homes for our Troops says this is the 114th home they have help build for severely wounded veterans. We wish to thank L.D. Waters and Homes for Our Troops for all that they do to support our men and women who risk their lives for our freedom.



The ceremony begins with showing Gittens' new home



Hundreds from the community came to the ceremony

by CAROLYN BRENNEMAN

Photos by Carolyn

Home For Our Troops is a national non-profit organization founded in 2004, committed to assisting those veterans who have selflessly given to our country and have returned to America with a serious disability. And thus Home for Our Troops provided assistance to Sgt. First Class Sean Gittens and his family by gathering volunteers, building materials, and professional labor to build Sgt. Gittens a new home in Evans.

Army Sgt. Gittens was left paralyzed and unable to speak or communicate as a result of a battle-related traumatic brain injury. Back in his year-long deployment in 2007, he suffered multiple concussive traumas. Upon returning home, he suffered a brain aneurism and a subsequent stroke which left him paralyzed and non-communicative.

Home for Our Troops stepped in and through many donations and countless volunteers, built the specially adapted home for the Gittens' family. Many thanks also are given to L.D. Waters, a Marine veteran of World War II and Korea, who offered the family the land. "I never thought I could offer someone something that deserves it as much as Gittens does," Waters said.

And on August 18th, the heart-warming key ceremony took place, presented by the President of HFOT, Kenneth Preston. "It's very gratifying to see the process we've gone through." Indeed, it is. It is a beautiful new home for Gittens and his family. Sgt. Gittens'

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In an emergency, when seconds count, know where to turn!

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

Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when the seconds start to count. The Better Business Bureau urges families to devise and discuss their disaster plans with their loved ones.

Safety is paramount in an emergency, but basic protective actions – for instance, whether to evacuate or shelter-in-place – can differ depending upon the disaster. There are important differences among potential emergencies that should influence the decisions you make and the actions you take.

Families should familiarize themselves with the website of FEMA, the Federal Emergency Management Agency. It outlines the emergencies that could potentially occur where you live and offers the appropriate ways to respond to each.

Two things every family needs no matter what the disaster, whether a natural disaster or terrorism, are an emergency plan and an emergency kit.

Recommended items for an emer-

gency kit include:

- a gallon of water per person per day for three days,
- a three-day supply of nonperishable food for each family member,
- a flashlight with extra batteries,
- first-aid kit,
- a whistle to signal for help,
- dust masks,
- a wrench or pliers to turn off utilities,
- a power inverter or solar charger for your cell phone.

You may consider including prescriptions (at the very least a list of prescriptions), infant formula and diapers, pet food and cash. Place copies of important family documents (insurance policies, identification and financial records) in a waterproof, portable container near your escape route. Pencil and paper, paper cups and plates, and plastic utensils are useful. And if you have kids, pack some games, books or puzzles. Maintaining your kit is also important. You will want to replace stored water and food about every six months. Mark the date on containers or cans.

For an emergency plan, make sure all family members know where to meet and who to contact in the case you get separat-

ed. A relative or friend in another area is an ideal emergency contact person. Make sure everyone in the family knows how to send and receive text messages. Consider downloading smart phone apps that provide emergency information.

For more information you can trust, visit www.bbb.org.

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.

“Rights” can’t be Wrong!

by **ANGELA S. CHAVOUS**
Long Term Care Ombudsman

October is National Long Term Care Resident’s Rights Month; it is a time to acknowledge residents living in Nursing Homes, Intermediate Care Facilities, Assisted Living Facilities, Personal Care Homes and Community Living Arrangements. This is an annual event designated by the Consumer Voice Organization celebrating and reflecting on the Nursing Home Reform Law of 1987 that promises quality of life, care and rights for each resident. We take this opportunity to celebrate and focus on the awareness of dignity, respect and the value of long term care residents. The theme of Resident’s Rights Month 2012 is “My Voice, My Right, My Vote.”

Another election year and what excitement is in the air regarding the political process. We can’t help but think about our rights as American citizens including the very important right to vote. We often take our rights as citizens of this wonderful country for granted; however, we must never forget the sacrifices made by our forefathers in establishing our rights and freedoms and to ponder the contributions residents of our long term care facilities have made to secure our future. You know, our rights don’t change because of our address, the same rights that apply to you and I apply to those that reside in a Long Term Care Facility.

Rights affect our daily lives in every way; we choose when to get up and when to go to bed, when to shower, what to eat and when, what to wear, whether we want to socialize or be alone, and so many other daily choices as well. Can you imagine what it would feel like for all of this to change tomorrow? To be told when to go to bed, when to get up, when to shower, when and what to eat... I think you get the idea. This can be the life of a Resident. There are many routines that are necessary for communal living; schedules of sorts must be in place. Living in a facility can completely and abruptly disrupt the lifelong routines and limit options

for choice. This is why the Long Term Care Ombudsman Program works diligently every day to remind residents, families, facility staff and the community as a whole that Residents have the right to choose the way they live their lives.

The Long Term Care Ombudsman Program was created as a result of the Older American’s Act to protect and advocate for residents in long term care facilities. We assist with complaint resolution as our primary goal and provide confidential services following the directions of our residents. Long Term Care Ombudsman staff visits facilities routinely to empower residents and to promote residents rights.

Take a moment not only in October, but in any opportunity that you may find, to celebrate the importance of choices, rights and freedom for all people; especially those that spend their days in a Long Term Care Facility.



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Poets' Corner

SHALL NOT WANT by Henry N. Goldman

Psalm 23:1
An acrostic poem

*Thousands of blessings, a lifetime
bestowed,
Held in His arms, His love ever
flows.
Each moment so precious, being His
own,*

*Letting His death for my sins now
atone.
Over my being, love's circling band,
Reaching to life me, His merciful
hand.
Drawn upward from world's constant
turmoil,*

*Into His haven from danger and toil.
Searching for peace, He quieted my
fears,*

*Melting away my sadness and tears.
Year after year, He supplies all my
needs,*

*Scriptures do promise, if we will but
heed.
Healings bestowed on this
oft-weakened soul,
Ever restoring, that I remain whole.*

*Promises uplifting, gives hope and
great joy,
He always bestows, our Lord will
employ.
Ever here for me, He is there every
day,
Returning to bless me in so many
ways.
Death shall forsake me – my
Shepherd will save.*

ANGELS by Frankie Lee

*We all need an angel in our life
Someone to give us strength and
point us in the right direction
Keep us out of harm's way
And when times are hardest wrap
their wings around us so we feel
safe*

*An angel that will hold our hand
when we feel we are falling
And when we fall hold us up to keep
going
Someone to wipe away our tears
And make sense of our fears
Someone to talk to when we have
something difficult to say*

Life isn't always easy and sometimes

*gets so rough
It stuns us to a point that we feel
numb
Our heart beats to hard with worry
for all the ones we love
And as much as we hate to admit we
briefly lost touch with the one
above*

*We are human after all and that is
why we sometimes take the fall
The strength we should have
crumbles and we feel lost
We question and we ask but we have
no answers
We wonder if we are heard and if we
should be
We think we are good and deserving
but we wonder
What went wrong... and we reach up*

*To touch the hand of God, if only we
knew
Our angel keeps us safe and upright
and focused
If we believe we know... we are only
human, its ok to ask
It's ok to question and even doubt at
times, as long as our heart always
knows
Without God there never will be an
answer
I thank God for always being there,
when it is time for the answer*

*We will know.
Angels keep us upright and give us
strength
But God gives us life and hope and
faith.
Sometimes we feel lost and filled
with doubt
It's ok. he understands we are human
after all
God gives us an angel to catch our
fall
Thank you*

COME FOLLOW ME by Vera King

*My balance is getting off line
I'm afraid it might be a sign
The time is approaching
I'll no longer be poaching
My eggs in the morning
I think it's a warning
I've had a good run for my money
Most days have been pleasant and
sunny
The good news is knowing the fact
Others my age are also attacked
My generations' declining
But there's a silver lining
"My peace I leave you"
To the bold, the brave, the few.*

2012 Augusta Photography Festival to be held October 26 - November 4

Special to Senior News

The Augusta Photography Festival returns for its third edition this fall. The biennial community-wide celebration of photography unfolds over ten days from October 26 through November 4.

More than forty activities, from exhibits and gallery shows to workshops, field trips, photo safaris and special events will be presented at locations around the CSRA.

Organizers have several new events planned for the Festival's third edition. New this year is the festival kick-off event "Light Up Augusta." Downtown's office building will leave their lights on for the evening of October 26 to allow photographers to capture illuminated nighttime views. Downtown merchants will host a photo and art stroll that evening.

The Festival committee has planned an impressive array of 29 workshops, expert review panels and field trips for photographers from beginners to advanced. Topics range from Introduction to Digital Cameras to High Dynamic Range Photography.

Field workshops include photo safaris inside iconic downtown structures including the Miller Theater and the Woolworths Building, sunrise at Phinizy Swamp and a twilight cruise on

Augusta Canal's Petersburg Boat as the full moon rises. A special Halloween workshop will teach photographers to "paint with light" at the Summerville Cemetery.

Photography fans will enjoy exhibitions around the community at both expected and unexpected locations including the Morris Museum of Art, the Gertrude Herbert Institute of Art, Artists' Row and the downtown branch of

Augusta Regional Library

The Festival wraps up Sunday, November 4 at the North Augusta Arts and Heritage Center with a reception honoring the winners of the Photo Festival's official competition. Seven hundred and fifty images were submitted for judging this year, a record number.

On September 27, as a prelude to the Festival itself, organizers presented the opening of the John

Mulhouse exhibition at the main branch of the Augusta Regional Library. Mulhouse, whose gritty and evocative portraits of abandoned buildings are chronicled in his photoblog, cityofdust.com, will present his images of Augusta's urban and rural architecture.

For more information or to register for events www.augustaphotofestival.org or call 706-834-9742.



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Burke County – 706-554-4189

South Carolina – 803-641-6953

Augusta/CSRA CALENDAR

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
Heather Kooms; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center
Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
- Sand Hills Community Center
Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
- New Bethlehem Community Center, Inc.
Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center
Jeff Asman; 5913 Eucler Creek Dr., Grovetown, GA 30813; 706-556-0308
- Burke County Senior Center
Jackie Brayboy; 717 W. 6th St., Waynesboro, GA 30830; 706-437-8007
- Glascock County Senior Center
Anita May; 568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050
- Grovetown Senior Center

- Betty Laverty; 103 W. Robinson Ave., Grovetown, GA 30813; 706-210-8699
- Betty Hill Senior Citizens Center
Cathie Birdsong; 330 Waters Work Rd., Sparta, GA 31087; 706-444-7532
- Harlem Senior Center
Tina Sidener; 405 B West Church St., Harlem, GA 30814; 706-449-8400
- Jefferson County Senior Center
Marie Swint; 209 E. 7th St., Louisville, GA 30434; 478-625-8820
- McDuffie Senior Center
Melinda Hill; 304 Greenway St., Thomson, GA 30824; 706-595-7502
- Jenkins County Senior Center
Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213
- Lincoln County Senior Center
Pam Parton; 160 May Ave., Lincoln, GA 30817; 706-359-3760
- Sylvania Senior Center
Cathy Forehand; 209 E. Ogeechee St., Sylvania, GA 30467; 912-564-7727
- Taliaferro County Senior Center
Allene Oliver; 119 Commerce St., Crawfordville, GA 30631; 706-456-2611
- Warren County Senior Center
Gwanda Murray; 48 Warren St., Warrenton, GA 30828; 706-465-3539
- Washington County Council on Aging
Jane Colson; 466 Maurice Friedman Rd., Sandersville, GA 31082; 478-552-0898 (Mon., Tues, and Thurs.)
478-552-0013
- Wilkes County
Diana Hall; 108 Marshall St., Washington, GA 30673; 706-678-2518
- Shiloh Comprehensive Community Center
Elizabeth Jones; 1635 15th St., Augusta, GA 30901; 706-738-0089

H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta
Contact: Patricia A. Jenner
706-772-5456; 1 a.m.-3 p.m.

Aiken County Parks, Recreation & Tourism

902 Vacluse 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 April, at University Hospital, 1350 Walton Way, Dining Rooms 1-6.. For information on the organization please contact Gayle Tison, President, at <http://emptyg3@knology.net/>.

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.

continued on page 11

General Business Directory For Seniors

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CALENDAR

from page 10

Augusta Museum of History

560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.

• Brown Bag History Series Lecture: *Seventy-Five Years of Change in Augusta*, Wed., Oct. 3, 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 of each month social dance at the Elks Lodge 205 Elldom Court Martinez Ga. Members, \$7; guests, \$10. No partner need! Free dance lesson 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.

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.

DBSA (Depression Bi-Polar Support Alliance)

Meets the 3rd Tues. of every month at 6:30 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details or the Friendship Center (see Augusta phone book for number).

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., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 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

Seeking volunteers for Richmond, Burke, Jefferson, and McDuffie Counties. Advocates answer crisis calls and respond to hospitals in their area within 30 minutes. Please contact 706-774-2746 or email volunteerrcsas@uh.org for more information.

General Business Directory For Seniors

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sbeasley@beaso.biz
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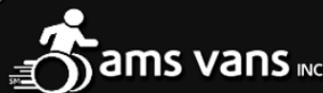
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Georgia Golden Olympics 30th year celebrated in Warner Robins

Special to Senior News

The Georgia Golden Olympics celebrated its 30th anniversary this past month. What began in 1983 with six events and about 70 participants has since evolved into 18 sports and 55 events... Hammer Throw, Wii Bowling and a 50M Run were events added this year... with approximately 640 participants. Additionally, it has gone from a one day to a four day event. The participants... male and female over 50 years of age and with different physical abilities... were broken down by gender, age and ability levels, enabling all who wished to participate. Medals were awarded to the top three contestants in each event and age category; and, all participants received a t-shirt as well as a certificate showing their participation.

Additionally, the local games, which are considered to be a National event, served as the qualifying games for the National Senior Games scheduled for late summer 2013 in

Cleveland, Ohio. Athletes who finished in first and second place qualified to compete in the Nationals.

Mr. James Dobson and his staff of the Warner Robins Recreation Department host the games each year, and again this year they did an excellent job. When one considers that the 55 events went from A (Archery) to W (Wheelchair Race) and most alphabetical letters in between, one quickly realizes how logistically challenging scheduling the times and locations for all events is.

The events were held at 15 different locations in and around



Bud Frankenthaler, 79 year old from Jesup, Georgia. He competed in 16 events, taking home the most medals this year (10); and, qualified for 12 events for the nationals. He also did 5 triathlons this year alone!!! This year: 2 bike events, 4 track events, 5 swimming events and the 5k road race.

Warner Robins to include both city/county and privately owned places. Golf was held at the Landings Golf Course; Basketball in the gym of First Baptist Church on Garmon as well as the Recreation Department Gymnasium on Watson; Bowling at Gold Cup Lanes; Swimming, Softball, Tennis, Clock Golf, Frisbee, Softball, Horseshoe Throw plus the Wheel chair race were held at one of four County and City Parks: Fountain, Perkins,

Memorial or Tanner.

McConnell-Talbert football stadium on Davis Drive was the

site of the track and field events, and Robins Air Force Base, the original site of the Golden Olympics, hosted the Racquetball competition. Also various indoor sites, to include the Warner Robins Recreation Department, Wellston Senior Center and the B & W Recreation Center, hosted other smaller indoor competitions: Wii Bowling, Checkers, Table Tennis, Badminton, Billiards and Shuffleboard.

Vicki Pilgrim, the director of the Golden Olympics, indicates that this is Georgia's only state competition for seniors, but that the event is also open to senior athletes from other states. So, these Olympics bring folks from near and far to spend a day or a few nights, dine in our restaurants and shop in our stores. The Georgia Golden Olympics is not just beneficial for senior athletes, it's beneficial for the entire area!

Senior News would like to say thanks to all who made this event possible and encourage all of our senior athletes to keep up the keen competition! And Good Luck to the many who did qualify for the Nationals 2013!!

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