

Senior News

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For Details!

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Gardens in Aiken!*

Story on Page 5

June 2013
Vol. 27, No. 6

Chronic Disease Self-Management Program (CDSMP) Living Well Workshops in Augusta

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

The Area Agency on Aging (AAA), a division of the CSRA Regional Commission (RC), is partnering with the Division of Aging Services (DAS) to improve the health of older adults.



Jeanette Cummings

The agency is seeking individuals who are motivated to live healthier lives for participation in

the Chronic Disease Self-Management Program (CDSMP) Living Well Workshops.

The CDSMP, developed by prestigious Stanford University, is an evidenced-based program offered for two and a half hours, once a week, for six weeks. People with various health problems attend in community settings such as senior and community centers, churches, libraries, senior housing complexes, retirement communities and physician offices. The program provides an opportunity for

participants to discuss topics such as pain management and fatigue, dealing with emotions, problem solving and navigation of the healthcare system. According to Dr. James Bulot, Director of Department of Human Services, DAS, one-fourth of Americans have multiple chronic conditions. Additionally, he believes the CDSMP allows participants an opportunity to identify common challenges and manage their health needs in a holistic manner.

The agency is also in need of Lay Leaders to guide discussions and activities. Lay Leaders receive training, resources, scripts and other assistance to help them prepare for and manage a successful workshop. The workshops are conducted when at least 10-16 older adults and/or caregivers have registered.

The following outlines the current CDSMP schedule:

- Walton Ridge Community: 3550 Windsor Spring Road, Hephzibah (Community Club House). Six consecutive Wednesdays, May 8 - June 12, 1 - 3:30 p.m.
- Grovetown Senior Center 103 W. Robinson Avenue, Grovetown. Six Consecutive Thursdays, May 16 - June 20, 1 - 3:30 p.m.
- Augusta Richmond Public Library: 823 Telfair Street, Augusta, Room B. Six Consecutive Mondays, June 3 - July 8, 9:30 - Noon.
- Augusta Gardens: 3725 Wheeler Road, Augusta. Five Thursdays, June

13, 20, 27, and July 11, 18. One Wednesday, July 3, 1:30-4:00 p.m.

The CDSMP will be available in a self-paced online format titled "Better Choices Better Health." The online program and workshop videos

are available at www.restartliving.org. To register for a class near you, be trained to become a Lay Leader or to host a workshop site, contact Becky Jester at 706-650-5696. For additional information, visit www.livewellagewell.info.

CSRA Regional Commission Area Agency on Aging honors efforts

Special to Senior News
Submitted by Comfort Keepers

The CSRA Regional Commission Area Agency on Aging recognized the Provider of the Year, Volunteer Group of the Year and Volunteer of the Year at its annual Awards and Recognition Program. Last year's winners presented the 2013 awards.

This year's Provider of the Year was awarded to Rod Barrie of Comfort Keepers for the organization's efforts to provide adequate nutrition for senior citizens through food drives and enlisting the help of other agencies in the collection of food.

Greater Augusta Diabetes Educators was awarded the 2013 Volunteer Group of the Year Award for its work serving seniors who have diabetes. Anne Whittington received the award on behalf of the group.

The 2013 Clara West Volunteer of

the Year Award was given to Gail Perkins for her service with Meals on Wheels. She was commended for tirelessly volunteering service before and after her full-time job at International Paper to serve hot meals to seniors, and for ensuring that seniors she encountered who couldn't afford to buy a fan received one.



Rod Barrie



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AGENCY ALERT: “Supplemental Nutrition Assistance Program – SNAP”

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council
Augusta, Georgia
kernce@seniorcitizenscouncil.org

1. Older adults’ participation in SNAP is staggeringly low! Nationally, about 2.85 million older adults (aged 60+) are enrolled in SNAP. Yet this figure only represents one third of the eligible population; approximately 2 out of 3 seniors who qualify to receive SNAP are missing out on benefits – an estimated 5.7 million people in all.

2. The average SNAP benefit for older adults is not \$16/month. While there is a pervasive myth that older adults who qualify for SNAP only receive \$16 per month in benefits, this is largely untrue. The \$16 figure is the minimum monthly benefit a senior can receive – 80% of elderly SNAP participants receive more than the minimum. The average monthly benefit for a senior living alone in FY11 (the most recent year that data was available) was \$122 per month. Many older adults may be able to take advantage of deductions for other expenses that can increase their monthly SNAP allotment.

3. Many older adults who qualify

for the excess medical expense deduction don’t use it.

Seniors who spend more than \$35 a month on out-of-pocket medical costs may be able to deduct that from their gross income when applying for SNAP, thus increasing their monthly benefit amount. Currently only 14% of older adults utilize the medical expense deduction, but it is estimated that 55% of SNAP-eligible seniors would qualify to use it.

4. Isolation is a key factor in the lives of many older adult SNAP participants. Roughly 80% of older adults who receive SNAP benefits live alone. More than half of these isolated seniors have little to no income – depending entirely on general assistance, Supplemental Security Income (SSI), or other benefits for their subsistence. For these individuals, the \$1,464 in average annual SNAP benefits can mean the difference between having food and going without.

5. SNAP is good for the local economy. SNAP benefits are spent at community grocery stores and markets; thereby, infusing money into the local economy. An analysis from Moody’s of the fiscal stimulus measures found that additional SNAP benefits created the best return on investment, with every \$1 in additional SNAP benefits generating \$1.73 in local economic activity. On a larger scale, it is estimated that an additional \$1 billion in SNAP benefits would generate 8,900 full-time equivalent jobs.

Older adults enrolled in other benefits may still be missing SNAP. An analysis of data from the National Council on Aging (NCOA’s) BenefitsCheckUp® benefits screening tool revealed that of those who may qualify, but are not enrolled in, SNAP:

- 41% are enrolled in the Medicare Part D Low-Income Subsidy.
- 46% receive Supplemental Security Income benefits.
- 53% participate in the Medicare Savings Programs.
- 43% get Low Income Home Energy Assistance Program benefits.

You can get all the information needed to help older adults apply for SNAP in one place. NCOA’s SNAP map makes it easy to find your state’s SNAP program website, application forms (in multiple languages, where available), and eligibility criteria. Participants take a simple, quick screening at: <https://www.benefitscheckup.org/cf/snap.cfm> to see if they potentially qualify.

Addressing hunger is an important issue for the aging network. Adequate food and nutrition is essential for older adults to adhere to their medication regimen, manage chronic conditions, and avoid injury and the SNAP enrollment/application form is the first step toward better food and nutrition. To learn more about the screening or the deduction, please call us at 706-868-0120 for a confidential appointment to discuss YOUR individual needs. We are able to enter your information to

assess your eligibility for SANP, the Medicare Part D Low-Income Subsidy, Supplemental Security Income benefits, the Medicare Savings Programs, and Low Income Home Energy Assistance Program benefits.

And as always, should you have questions or comments, please contact us at The Senior Citizens Council at 706-868-0120 or by email to info@seniorcitizenscouncil.org.

The Senior Citizens Council is located at 218 Oak Street North, Suite L, Augusta, Georgia 30907.

Sources:

Cunningham, Karen. State Trends in Supplemental Nutrition Assistance Program Eligibility and Participation Among Elderly Individuals. Sept 2010. http://www.mathematica-mpr.com/publications/PDFs/nutrition/SNAP_elderly.pdf.

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Zandi, Mark. Assessing the Macro Economic Impact of Fiscal Stimulus 2008. Moody’s. Jan 2008. <http://www.economy.com/mark-zandi/documents/Stimulus-Impact-2008.pdf>.

USDA Economic Research Service. The Food Assistance National Input-Output Multiplier (FANIOM) Model and the Stimulus Effects of SNAP. Oct 2010. http://www.ers.usda.gov/Publications/ERR103/ERR103_ReportSummary.pdf.

Analysis of BenefitsCheckUp® comprehensive screening data, Jan–Dec 2011



Kathleen Ernce

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Poets' Corner

SINGLE

by Frederic Holland, Sr.

*I think marriage is wonderful;
Too bad I didn't have God in my life
to make it successful.*

*Now I don't have a girl friend, "boo"
or mistress;
I'm what you would call non-
committed, I confess.*

*I don't want to get serious, I just like
having fun;
So for a serious relationship... I'm
not the one!*

*I use to have girl friends by the ton;
Now I don't even have one.*

*The women come and the women
go;
Having a girl fiend... money you
will blow;
Take it from me, I really know!*

*I love the way women look and how
they make you feel;
And man there's nothing like a
woman who can cook a real good
meal!*

But to have those luxuries you have

*to deal with a lot of consequences;
Once you commit to someone you
must deal with responsibilities and
fences.*

*It's not like I'm a dog... no, I'm not
buck wild;
But being fenced in is not my style.*

*We can be friends with benefits on a
no contract term;
Cause in reality, I'm a bachelor
confirmed.*

SPRING TIME GARDEN

by Eleanor R. Hampton

*There is a Garden growing in my
year this spring,
People are coming from far and
near.*

*We are going to praise God in my
Garden.
There will be beautiful flowers and
food to share.*

*Senior citizens are the most
welcomed,*

*To share their wisdom, to enjoy
peace and quietness.*

*We seniors do not have to judge
each other,*

*As to what we wear or how gray
our hair is.*

We have overcome many obstacles,

*And with God on our side,
We can go forward in the beautiful
Garden that each of us can plant.
And show love to others.*

ALOHA

by Vera King

*I am going away
At the end of May
So I must say
Farewell*

*It came as a surprise
Like falling from the skies
It's time for goodbyes*

*It's been a long stay
Here in the CSRA
I've loved every day
Let us pray.*

Note from Vera: This is my last verse I will be submitting for your consideration. Thank you and all your readers for making poetry important to me.

Publisher's Note: Thank you Ms. Vera for your contributions to *Poets' Corner*. We'll greatly miss you. We know you'll be a great blessing to your new friends.

Spiritual Notes

Don't embarrass the family

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

When I was growing up, my parents would often say to me as

I was leaving home to attend an event or participate in any activity, "Don't embarrass the family." Perhaps this was in jest; however, it was a good reminder that I have never forgotten. As our children grew up, I would parrot my folks by

admonishing them with the same directive. We now hear our children saying these same words to our grandchildren.

Perhaps the phrase has become meaningless in some ways but, when you give it some thought, there is a great deal of value to be gained if the message sinks in. There is a great human temptation, depending on the occasion, to role play. In other words, we appear to be a different person outwardly without the corresponding inward reality. It is often difficult to be honest before others if we believe they would think poorly of us. The need to be accepted is very

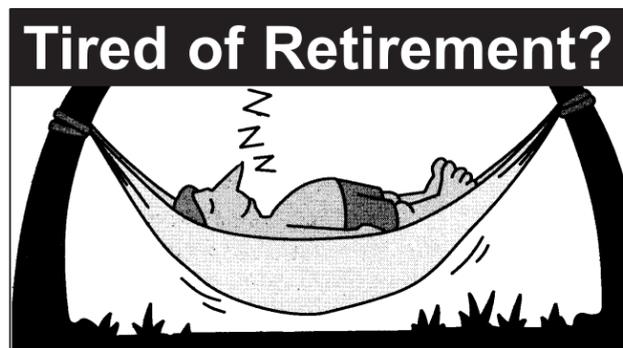
strong at all stages of life.

The great preacher, D. L. Moody, addressed this temptation when he said, "Whitewashing the pump won't make the water pure!" Mohandas Gandhi mirrored this thought when he said, "There is nothing worse than being something on the outside that you are not on the inside."

The Apostle Paul, speaking to the Church at Colossae in the book of Colossians, warned that there were things we could do to look godly but have little value if we were not living a godly life. Paul also wrote about religious rules that were man-made. Though having the appearance of godliness, obedience to these rules did not help in the journey of faith.

The lessons to be learned, as was taught to me when growing up, don't embarrass the family, and more importantly, don't embarrass God. The ability to do the things we should do is totally dependent on our staying connected to our resurrected Lord. It is through this relationship that we are able to draw strength and wisdom for this life's journey.

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



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On the Cover

Visit Hopelands Gardens in Aiken!

by CAROLYN BRENNEMAN

Photos by Carolyn

Cover:
Hopelands Gardens in Aiken

Come on out to Hopelands Gardens this June and you will immediately get the feeling that you are in a different world. Right off Whiskey Road in Aiken you will see, on the outside, a serpentine brick wall that separates the road from the splendors of this park. But enter through Dupree Road and explore the beautiful brick pathways that meander through camellias, magnolias, azaleas and various other southern plants. Rows of magnificent ancient oaks, deodar cedars and magnolias tower over the main entrance path, where you see flower beds, magnolia trees, some grassy fields, and an old horse stable. From the entrance, many miles of paths lead around the park through a wide variety of environments. Along the way there are fish ponds, complete with lily pads, fountains, ducks, turtles, a stage, a labyrinth, gazebos, wetlands, the Thoroughbred Racing Hall of Fame, the Dollhouse, and the Carriage Museum. There is even a touch-and-feel walkway with Braille signs.

Bequeathed to the City of Aiken by Mrs. C. Oliver Iselin, this estate was opened in 1969 as a public garden. It has some very interesting history. The 14 acre estate was purchased as a farm in 1897 by Mr.

and Mrs. Iselin. The family spent many winters on the land during this period with their daughter. Around the turn of the century, Oliver and Hope Iselin built their winter home here and soon afterwards, Mrs. Iselin began developing the gardens. She desired to create a peaceful haven of beauty, and an atmosphere of tranquility. It is said that Mrs. Iselin planted the deodar cedars and magnificent live oaks that grace the area today. Finally, in 1970, after her death at the age of 102, Hopelands was bequeathed to the City of Aiken.

“I love this beautiful landscape and I love walking around the area experiencing the uniqueness of the land and learning about the rich history here,” says Janet, a visitor. “It is one of the best public gardens in the area.” So come on out this June! For more information about Hopelands Gardens, call (803) 642-7630. It is located at 135 Dupree Place in Aiken, SC 29801.



Oak trees grace the



A sea of turtles enjoying the sun



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Augusta/CSRA CALENDAR

The Senior Citizens Council
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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

- Jennifer Thomas; 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 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

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://empty3@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 Frank Spinney, President, at 706-592-5618 or Jon Winters at 706-592-9622 or 706-833-0458.

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 706-722-5495 for information.

continued on page 7

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General Business Directory For Seniors

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CALENDAR

from page 6

- Chad Tolley: June 7-July 26
- Dick Dunlap: Augusta Woods and Waterways: June 7-July 26

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. • June's Brown Bag History Series Lecture: *Fashion Flashbacks*: Wed., June 5, 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.

Senior Dance

Sponsored by Augusta Christian Singles. Dances held every Saturday night, 8 p.m.-11 p.m. All single, divorced, widowed, and legally separated cordially invited to come and dance with us in an alcohol/smoke-free environment. \$10 admission includes FREE dance lessons at 7 p.m., light meal,

dessert, soft drinks and coffee.

Music by DJ is varied, and includes songs suitable for all types of dancing, including slow, shag, line, waltz, two step, Western couples, and some ballroom. Dances held at the Ballroom Dance Center, 525 Grand Slam Drive (off Evans to Locks Road, next to the railroad tracks), Evans. Visit us on Facebook. Come and see why we are the CSRA's best kept secret!

Fraternal Order of Eagles Lodge 1197

1999 Scott Rd., Augusta. For activities and events information call 706-495-3219.

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.

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).

Pieceful Hearts Quilt Guild

Meets on Monday nights, 7-9 p.m., and Thursday mornings, 10 a.m.-2 p.m., at St. Bartholomew's Episcopal Church, Martintown Rd., North Augusta. For details call 803-279-6456 or 706-790-4975.

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.

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 volunteerccsas@uh.org for more information.

ENOPION Theater Conservatory Summer Camp

June 10-14, 1-5 p.m. Space is limited. For complete details including class ages, costs, etc., call 706-771-7777 or visit www.enopion.com.

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“Once a quilter, always a quilter!”

by JUDY BERRY
Pieciful Hearts Quilters Guild

This month there are two quilters we want to give recognition to. The reason... both ladies are not only good friends but they work beautifully together and have done so many good things for the community.

Pat Hinkle has been a member of the Pieciful Hearts Quilters Guild for nearly 12 years. She has been a quilter for 25 years. She likes to create quilts “her way,” and most of all, loves piecing them. You can always find her at the classes and workshops that PHQG offers. She loves challenges. Her favorite color is orange and she calls it a neutral color. She is always trying new shortcuts to make quilting easier.

Angie Faircloth has also been a member for 12 years. Angie differs from Pat because she likes to follow a pattern to a tee. She loves traditional quilts and loves Civil War patterns. Lately, she has branched out choosing brighter colors for her quilts. She also takes classes and loves working on group projects.

Both Pat and Angie have been involved

in group projects making basket quilts. Lisa’s Flower Garden was another project that involved incorporating wool into the quilt; and, every other year there is a quilt show challenge. They have made many charity quilts for the Ronald MacDonald House, cancer caps and wheelchair bags for the MCG Oncology ward, lap quilts for the VA Retirement Home (Blue Goose) and have taught Girl Scouts ages 5-8 how to sew and piece. They are always ready for an “emergency bee” which helps fellow members to finish a quilt.

On October 11 & 12 the Pieciful Hearts Quilters Guild will hold their quilt show at the Riverview Activity Center. Pat and Angie are coordinators of the Silent Auction. The money goes towards the Guild... which gives back to the community. Anyone who would like to make a monetary donation, or to donate an item that is clean and in good repair that is sewing related, can do so at St. Bart’s Episcopal Church, in the Fellowship Hall, every Thursday from 10 am to 2 pm.

Both quilters love the weekly bees that PHQG offers to its members every Thursday from 10 am to 2 pm and on Mondays from 7-9 pm. Both groups meet in the Fellowship Hall at St. Bart’s. They love

the camaraderie with the other women and working on personal projects. At this time they can catch up on piecing and appliqué and see the progress of a quilting project that is near completion. This is also a time for sharing a new technique.

The quilting industry has come a long way in recent years. There are new designers featuring new fabric collections and new

shortcuts to quilting that make it easier. There are many quilting books available and “free” videos on the Internet where one can learn by seeing. The new quilting gadgets, notions and sewing machines that are now available can do wonders to help a quilter achieve their goals.

As the saying goes, “Once a quilter, always a quilter.”

Savvy Senior Tech Tips

by MELONIE HOLMES
Owner, Savvy Senior Training

When we were younger there was no such thing as personal computers, cell phones, iPads, the internet, WiFi, text messaging, Facebook, Twitter, Google and so on. Now these are common items and terms that we see and hear about daily. Development of technology has affected every aspect of our lives and never more so than with communication. So much of modern life is governed by technology, but it’s an area that Seniors find difficult to grasp and many feel intimidated by it. While their children and grandchildren have totally embraced these gadgets, often Seniors are left out and they feel stupid. In this new column our goal is to provide you with information, resources and answers to your questions in order to help you take advantage of the benefits of technology in your life and in connecting with your family, and to encourage you that you’re never too old to learn!

In this edition we will discuss some tools that can help make computers easier for seniors.

Larger keyboard, clearer letters

Seniors may have trouble seeing the letters on regular white on black keyboards. There are a few alternative keyboards that easily replace an existing keyboard without the need for installing any software. They will even work with a laptop. You can find these keyboards on Amazon.com.

- Large print blank on yellow keyboard – EZ Eyes; Keys U See
- Large print white on black keyboard – EZSee
- Large print black on grey keyboard – Keys U See

Simpler software

Even for non-seniors computer software can be confusing with so many options and things to do like where and when to click with the mouse, figuring out how to send an email, where to go to look at pictures and numerous activities. Some innovative companies have created software that makes it much easier to use the computer by providing large buttons and narrowing the options down to just the few things that most seniors want to use such as email, internet, photos, games and video chat.

- Eldy is free software that can be installed on a computer and it takes over from Windows. It has large buttons for email, websurfing, Video chat (Skype) and word processing.
- Pointerware costs \$8 per month. It also replaces the regular computer software similar to Eldy and it offers additional functionality of allowing family members to remotely add email addresses, website pages and photos to the senior’s computer. It also comes with brain fitness games.
- Bigscreen live costs \$10 per month and it has similar functionality to Pointerware and also offers secure online shopping access.

So if you are a senior or the family member of a senior, you can see that there are options to help make computers more accessible and less intimidating. Don’t let fear keep you from being able to connect with family and friends through technology.

You may contact Melonie at melonie@SavvySeniorTraining.com.

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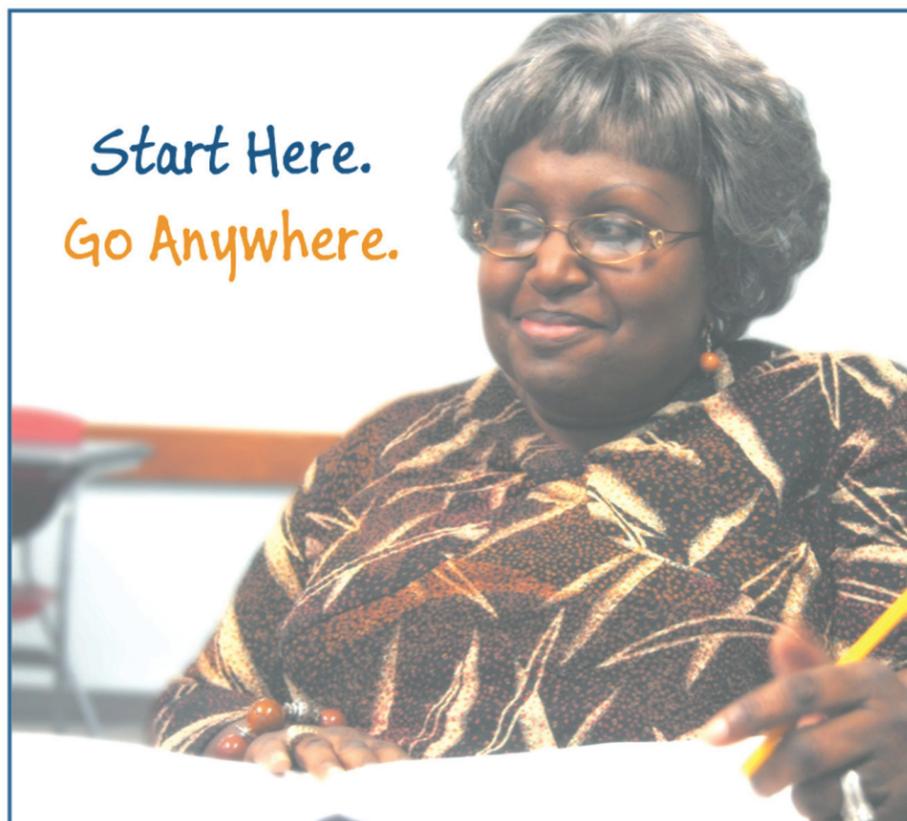


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