

Senior News

Serving **AUGUSTA & the CSRA**
Information For Ages **50 PLUS!**

Enjoy Crossword &
Sudoku Puzzles at
www.seniornewsga.com

Let's check out Phinizy Swamp Nature Park!

by CAROLYN BRENNEMAN

Photos by Carolyn

Cover
Phinizy Swamp Nature Park

March is a perfect time to take a day trip to check out Phinizy Swamp. The swamp has not always been the beautiful nature park that it is today. It has gone through tremendous changes over the years. A look back in history shows us that native American tribes first occupied the area as being close to the Savannah River made this swamp an ideal location. Ferdinand Francois Phinizy, an Italian entrepreneur, was the first Phinizy to settle in the area around 1778. It was not until 1973 that the land was acquired by the city of Augusta and later on the Natural Sciences Academy was formed and developed the area.

Located only a few minutes from downtown Augusta, Phinizy has over 1,100 acres of natural beauty. It includes many miles of trails, nature walks, wetlands, streams, swamps, river, and bottomland forests. There is a visitor's center, a charming picnic pavilion, some educational kiosks, and a caretaker cottage. "We have lived in the area all our lives and finally decided go out to the swamp and it was unbelievable! The beauty of nature is awesome," says Joanne of Evans. So let's head on out to enjoy tranquility and beauty of the nature park.

Phinizy Swamp is a great place to take nature walks or view some wildlife. Visitors may get a chance to see turtles or alligators in the water, and perhaps blue herons, or red shouldered hawks in their natural habitat. At the Visitor Center, guests can view many exhibits and get answers to any questions about

continued on page 8

March 2016
Vol. 30, No. 3

Taking Care

One size doesn't fit all caregivers!

by LISA M. PETSCHÉ

Much is written about caring for aging relatives, offering general advice and specific tips to family caregivers. It may all sound good, but for any particular caregiver, some ideas will ultimately be more helpful than others. That's because, although caregivers face many similar challenges, no two caregiving situations are alike.

Numerous factors account for the differences among caregivers, experiences.

Caregiving Variables

- **Interpersonal issues:** The nature and history of the caregiver's relationship with their relative plays a key role in how caregiving unfolds. If personalities, habits, expectations or values clash, the caregiver is likely to experience more stress than the average person in that role.

- **Caregiver's health:** If they have physical or mental health challenges, caregiving is likely to be experienced as more difficult. Even if their health is initially good, this may change

over time, especially if caregiving is prolonged, intense or marked by complications and crises.

- **Timing:** Since some stages of life involve more responsibilities than others, the timing of the caregiving journey has a major impact on caregiver burden and coping. Caring for an older relative can be especially challenging when the caregiver is looking after multiple relatives, raising their own family or employed, especially in a demanding type of work. If more than one of these applies, caregiver stress is further multiplied.

- **Care receiver's needs:** The more physical and mental limitations a care receiver has, the more time, energy and skills are required of the caregiver to meet the person's needs. The extent to which the care receiver's health is stable is another significant variable in caregiver coping. Stress can also be higher when the relative has multiple major medical diagnoses – for example, Alzheimer's disease and cancer.

- **Available supports:** Caregiving is not meant to be a one-person job, but in some cases, the primary caregiver may be the only caregiver, which puts them at a high risk for burnout. Ideally, other family members pitch in and regularly give the caregiver a break; however, for various reasons

this does not always happen. Community resources also help to support and supplement a caregiver's efforts, but the availability of such resources varies from one community to the next, as does the cost.

- **Finances:** If the caregiver or care receiver can afford the financial cost of home renovations, medical equipment and private healthcare services as needed, this is likely to make caregiving safer and less stressful. And if the cost of a regular vacation for the caregiver and concomitant respite care for their relative is feasible, this can go a long way towards keeping the caregiver healthy in body, mind and soul.

- **Expectations:** Sometimes a caregiver can be their own worst enemy, expecting too much of themselves or the person for whom they are caring.

Care receivers, too, vary in their expectations – regarding caregiver availability, privacy (if they live together), outside help (whether or not they will accept it) and financial arrangements (who pays for what), among other things.

Cultural factors may also play a role. For example, in some cultures it's expected that elders will be cared

for in the home of one of their children until their death. Consequently, arranging long-term care in a residential facility tends to be perceived as shirking of one's familial responsibilities and the caregiver judged harshly by those close to them.

Such an expectation can place undue pressure on a caregiver who feels stretched to their limit and is wearing down.

Words of Wisdom

If you are a caregiver, try not to compare yourself with others in this role. Their circumstances are likely to be different, although it may not be evident from where you sit.

When you come across caregiving advice, no matter what the source, know that it won't always be applicable because, in some ways, your situation is unique.

Ultimately, you need to do what works for you and feels right.

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

Centenarian Day Reception slated for May 18

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

CSRAs residents who are 100 or older are invited to join the Centenarian Club and attend an

annual special ceremony held in their honor.

The Centenarian Day reception will be held May 18, 2016 at the KROC Center in Augusta at the Area Agency on Aging Annual

Awards and Recognition Program. This will be the fifth year the Area Agency on Aging will pay tribute to CSRA centenarians.

The agency hopes to hear from all centenarians as part of the ongoing project to capture the stories of the CSRA's oldest residents as a way to bring attention to the amazing lives of these great Georgians.

"We understand that not every centenarian wants to participate in a community event, but we want to capture their stories and acknowledge how they've touched our community. Anyone who knows of a centenarian can contact Joyce Tutt Cherry at 706-210-2000 or send an e-mail to jcherry@csrarc.ga.gov. Names are requested even if the centenarian is unable to attend the program.



Jeanette Cummings

GEORGIA DERMATOLOGY & SKIN CANCER CENTER

J. Chappell, MD C. Wells, PA-C C. Thompson, PA-C

(706) 733-3373
2283 Wrightsboro Rd - AUGUSTA

Skin Cancer Removal - Mohs Surgery
Routine Skin Exams - Mole Removal
General & Surgical Dermatology
ACCEPTING PATIENT REFERRALS, NEW PATIENTS
& MOST INSURANCE PLANS

GaDerm.com

MARSHALL PINES
ALZHEIMER'S SPECIAL CARE CENTER

743 North Belair Road
Evans, GA 30809
www.jeaseniorliving.com

Call us to put your mind at ease... 706-869-9500

The decision to admit a loved one to a memory care community is one of the most difficult decisions a family must make. Choosing Marshall Pines Alzheimer's Special Care Center will ease your mind.

Marshall Pines is a community designed to accommodate individuals with Alzheimer's disease and other related dementias. Our "Meaningful Moments" program honors the individual life of each resident, while addressing their unique needs through the aging experience.

Around-the-clock care and attention is provided on an individual basis by our caring, professionally trained staff. Marshall Pines your local dementia care expert is here to take the difficulty out of caring for your loved one with dementia.

AGENCY ALERT: "We are living longer, healthier lives"

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

New data released recently has good news for the general population: We're living longer!



Kathleen
Ernce

According to the findings, the number of centenarians (i.e. people aged 100 and older) has jumped a whopping 44 percent since 2000. As of 2014, there were 72,197 centenarians – a hefty increase from the 50,281 in 2000.

Those numbers seem to be on an upward trajectory: In 1980, there were only about 15,000 centenarians. Heart disease was the leading cause of death for centenarians, followed by Alzheimer's disease, stroke, cancer, influenza, and pneumonia. Alzheimer's disease also shot up the list – in 2000 it was one of the lesser causes of death for people in this age group. An internal medicine physician at Massachusetts General Hospital is not shocked by the findings, "The data continue to show that Americans are living longer," she says.

"There are likely several factors for these increases, overall, there have been medical advances in treatment for heart disease and stroke, which are leading causes of death for this population." Lifestyle trends may also be a factor. People are increasingly becoming aware of the importance of eating healthier meals, exercising regularly, and the harms of smoking. We also recognized that stress is related to chronic diseases such as cancer and heart disease and are actively trying to reduce it," she stated recently.

The Director of the Mayo Clinic tells Yahoo Health that some of the reason that this age group is growing so much is that more people were able to overcome health hurdles at an early age. "These people were born in the early 1900s, and around then

childhood mortality rates started going down a lot, due to the introduction of wastewater and sewage systems," he says. "These systems possibly allowed a number of people who were destined to live to 100, but died of diarrhea because of bad water, to make it through childhood."

Genes, a strong genetic component, also likely play a role, adding that if you have people in your family who lived past 100, the odds are greater that you will do the same. However, since genes don't change over time, he says there is clearly

more to it.

Another possible reason is that preventative care may also play a large role in this. "There's been much more emphasis placed on preventative care health and wellness, particularly in the last 10 to 15 years, that we are shifting from a model of episodic care, where you come in when you're sick and don't come back again until you're sick, to one of population health management where I'm responsible for working with patients to get healthy and stay healthy."

Centenarians are an age group

that's largely dominated by women. This fact is simply an extension of greater overall longevity of this gender. While the increase in the number of people in this age group is significant, experts expect it will continue to grow and we all must realize how crucial it is to focus on one's health. Go see your doctor once a year and take care of your overall health – that is examine your overall lifestyle, have a good support group, eat well, and exercise regularly!

As always should you have questions or comments, please call us at 706-868-0120.

Columbia County Chamber announces new Vice President

Special to Senior News

The Columbia County Chamber of Commerce is pleased to announce that Cassidy Harris, former Director of Programs, has been promoted to Vice President of Business Development within the Chamber. Cassidy, who has been with the Chamber for almost two years, started out as the Members Relations Manager before becoming Director of Programs. Prior to her employment with the Chamber, Cassidy was



Cassidy Harris

the Community Relations Manager for Heartland Hospice for four years. She holds a Bachelor of Arts in Marketing from Georgia Southern University as well as a MBA from Georgia College & State University.

Cassidy is currently in her second year of Institute for Organization Management, a program of the U.S. Chamber of Commerce Foundation. Institute is the premier nonprofit professional development program for association, chamber, and nonprofit professionals fostering individual growth through interactive learning and networking opportunities.

In addition to the change in posi-

tion for Cassidy, two new faces have recently joined the Chamber's team. Becky Dearden, Member Relations Manager, came to the Chamber from the Aiken Standard. Becky started with the Chamber in December, and has a degree in Advertising from the University of South Carolina.

Kathryn Freemon, Communications Manager, joined the Chamber in January. Kathryn previously worked for The Augusta Chronicle as the Community Relations Manager. She holds a Bachelor of Arts in Communications from Augusta State University.

Vintage Gardens At Sweetwater



Senior Living at its best! Enjoy the quiet gazebo with flowers, horseshoe pit, individual gardening areas, and a community center with planned activities for everyone.

Residents must be 55 and over.

Apartment Features

- Washer/Dryer Connections
- Heated/Cooled Sunrooms
- Fully Equipped Kitchens
- Oversized Bathrooms
- Large Walk-in Closets
- Water and Sanitation Included
- Garbage Disposal
- Mini Blinds
- Single Story, No Stairs
- Handicap Accessible

Community Features

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

Vintage Gardens At Sweetwater

3 Murrah Road Extension
N. Augusta, SC 29860
(803) 819-3139

Monday-Friday, 9 am-3 pm
Saturday, by appointment

COME ON HOME!

Section 8 vouchers accepted and transferable from Georgia to South Carolina!

Equal Housing Opportunity

FREE

**The 3 C's of life:
CHOICES, CHANCES, CHANGES.**

**HEALTH
CHECKS**

**Senior
Resource
Expo!**

Date & Time:
April 23, 2016
10:00 am to 2:00 pm

Location:
Trinity CME Church
2930 Glenn Hills Drive
Augusta, GA 30906

Healthcare Screenings
Transportation Information
Emergency / First Response
Recreation / Fitness
Estate Planning / Advice

Community Resources

**Door
Prizes**

Senior NEWS

Serving Augusta & the CSRA

Website

www.seniornewsga.com

Publisher

Billy R. Tucker

Email: seniornewsga@cox.net

Advertising Account Executives

Anthony Sorrells
404-353-3379

Email

Carolyn Brennenman
706-407-1564

seniornewsga@att.net

Janet Tassitano

678-575-4184

jan@jjmconsulting.com

Columnists

Carolyn Brennenman

Kathleen Ernce

Lisa Petsche

Dr. Anne Jones

Published monthly. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Approximate Monthly Readership: Metro Atlanta, 65,000; Augusta, 27,000; Macon/Central Georgia, 21,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication. Editorial information you would like considered for publication should be mailed to: Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005. *****

CORPORATE OFFICE

Billy R. Tucker,

President/Publisher

Phone/Fax: 478-929-3636

www.seniornewsga.com

E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please email it to seniornewsga@cox.net or mail it to Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

THE CAREGIVER TREASURE by Norman Drummond

Here comes Betty walking near me,
Here comes Thomas, there sits John,
Anne, and Alfred, Margie, Elsie,
Seeing them, though they're all gone.

Life provides an endless mixture,
Scenes scroll like a movie show,
Watching reels of old, old pictures,
Mem'ries etched on heart and soul.

Moving on, though ne'er erasing;
Living in the now instead.
Other elders daily tracing
Precious scenes inside my head.

Can the heart be over loaded,
Reach a point too full to care?
At the brim and running over –
No more space for mem'ries there?

Do our chests have their own
measure?

Lord, when cups fill up to brims,
Make them so to hold more

treasures –

Precious jewels and sparkling gems.

MY ROOM

by Beverly Bryson Norton

My room is cheerful and bright as
the sun peaks through my window
in the early morning light;

Outside my window stands a tree
sturdy and tall, and I watch it
change with the seasons for a
special delight;

Winter brings tiny snowflakes or ice
that light up and sparkle like a
Christmas Tree at night;

The other seasons bring the buds,

leaves and flowers that become a
welcome sight after the long
winter's plight;

Beyond the tree, a gazebo stands
like a white edifice magnificent
and tall as the vines and flowers
entwine throughout the walls; this
is a restful place to enjoy where
one can sit, meditate and dream;

This is not all I see as the waterfall
comes into view;

The birds gather to drink and take
a bath as they flutter their wings
and chirp and sing;

With the bird houses so close by,
I can always watch the colorful
birds in this lovely scene;

My room becomes a happy place
as I try to remember the past,
but I find joy in watching these
everyday things.

Giving... The Anatomy of Stewardship

by DANIEL W. GATLYN, USN Ret.
Minister/Journalist

Biblical Stewardship is all about the personal extension of time, talent, and substance; as opposed to a selfish embrace of volumes, victory, and values! "Giving" should be the common denominator of those who have been redeemed – an automatic feature if you will – of those who's lives have been miraculously changed! The vessel who has been touched by "the Master" should forever abandon the role of "isolationist;" to take on the new stature of "bonded servant!" Giving of one's self, to the credible work of God; and, to aid the plight of those less fortunate, is central in Scripture... and essential to the maturity of a saint!

Do be reminded, that we should place our donations wisely – for many are scandalous in handling of funds! (Google your Charitable Organizations for statistics.) The liberal scattering of one's goods and reputation is explained in various tones! Consider the following!

Giving is "Reciprocal!" What goes around, comes around! "Give and it shall be given, pressed down, shaken together, and running over!" Such is the process attached by Biblical verse! (Luke 6:38)

It is also a law of "natural manner" that defies neutrality! It will happen! Every day of the week, and every week of the year, what goes out will return multiplied!

That is the central commentary of "seed!" Consider for a moment the stalk of corn! One grain is responsible for ears; and, each ear contains scores of seeds! This is pre-

cisely the principle carried forth! It is unalterable! Our Giving should be directed toward "the Mission" (The Church as applicable); and, toward humanity!

Giving is also "Provisional" – in that conditions are set! If you be willing and obedient you shall eat of the good of the land! (Is. 1:19)

There is a "big If" in every promise of God! And while He could, God does not normally move unilaterally! His promise is based on a provision! You cannot expect God (or man) to respond to "nothingness!" It does not happen! The equation waits on the individual to become involved! You will not harvest grain (or anything else) unless grain is sown! No rabbits out of the hat... just plain common sense and direction!

Giving is thirdly, Commendatory! Your participation in supporting the work of God, and the "poverties of men," is observed and commended in every instance! Thanksgiving and celebration indicates that you have observed the reasons for contribution; and, are willing to become a part!

It means you have recognized both the admonition and the promise surrounding the effort! Read Malachi 3 carefully!

We should be cheerful givers! It is both obligation and privilege! I would not go a day without sharing of Tithes, Offerings, and Gifts – all of which are commanded, and expected! In fact, it so profitable to becoming involved, that twenty percent is not a burden... but a celebration!

The Lord distinctly invites you to "prove Him! (Malachi 3:10) Want to be solvent? Start your Giving today!

**Does your
Life Policy
only pay
at Death??**

What if . . .

- ✓ You Get Cancer
- ✓ You Have a Stroke
- ✓ Suffer a Heart Attack
- ✓ Endure a Chronic Illness
- ✓ Experience Renal Failure

And Survive?

You need to have access to cash.
**\$10,000, \$20,000 \$30,000, \$40,000
\$50,000 or more!!!**

You need a Life Insurance Policy
that pays you cash if you experience
any of these conditions while you are
alive and also pay for your final
expenses at death.



Insurance Masters

www.insurancemasters.biz

Two offices to serve you

North Augusta:

129 Market Plaza Drive
(next to Food Lion on Exit 5)

South Augusta:

3252 Deans Bridge Road

Call us today

866-983-0888

Are Free Trial Offers Really Free?

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

For centuries, consumers have believed when they were told something was "Free" that it really was. Not always true in today's world. Free trial offers are used by many companies to sell everything from books to CDs, from magazines to Internet access. Free trial offers can be a great way to try out new products or services without making a long-term commitment. You should be aware, however, that by accepting a free trial offer, you might be agreeing to buy additional products and services, if you do not cancel within a specified period of time.

It's called Negative Option Marketing and according to the Federal Trade Commission (FTC), Negative Option Marketing is a term used to "broadly refer to a category of commercial transactions in which the seller interprets a customer's failure to take an affirmative action, either to reject an offer or cancel an agreement, as assent to be charged for goods or services."

Before you accept a free trial offer, be sure you know what your obligations will be. For example, you may have to contact the company to cancel during the trial period to avoid receiving goods or services or to

avoid paying for what you have already received. By not canceling, you may be agreeing to let the company enroll you in a membership, subscription or service contract, and to charge the fees to your credit card.

Pay close attention to the "material" terms advertisers use. According to the law, companies must clearly and prominently disclose the material terms of their trial offers before you give your consent. Material terms may include:

- how much time you have to cancel before you incur charges;
- the fact that by accepting the trial offer, you are actually agreeing to be enrolled in a membership, subscription or service contract or agreeing to pay for additional products and services if you do not cancel within the trial period;
- the cost or range of costs of goods or services you will receive if you do not cancel during the trial period;
- how to cancel during the trial period;
- whether you will be charged a non-refundable membership fee if you do not cancel within the trial period; and,
- whether fees will be charged automatically to the credit card you used to buy other goods or services.

Free trial offers are promoted through all types of media: newspa-

per and magazine ads, TV and radio commercials, direct mail, the phone and online. In print ad offers, the material terms may appear in fine print as a footnote at the bottom of a page, or on the back of the offer. To protect yourself, read the entire offer carefully before you decide whether it is a good deal for you. When offers are made orally – whether by radio, TV or on the phone – listen carefully to the message. If you do not understand the details, ask the caller to repeat the terms and conditions as many times as it takes until you understand. Or, ask them to send you the terms and conditions in writing. Never give into pressure to agree to a deal.

When ordering online, don't click too fast. Review the order form. Look for pre-checked boxes. You may be giving permission to send you more products that you'll have to pay for if you don't cancel, or you may be agreeing to a strict cancellation policy and not know it.

The BBB suggests you ask the following questions:

- Is the free trial offer related to a membership, subscription or extended service contract?
- Do I have to contact the company to avoid receiving more merchandise or services?
- Who do I contact to cancel?

• Will I receive other products with the free item? If so, will I have to pay for them or send them back if I do not want them? How long do I have to decide before incurring a charge?

• Is there a membership fee? If so, is it refundable?

• Will you automatically bill my credit card for anything?

• Who is offering the trial – you or another company? What is the name and address of the company?

Be sure to research any company with the BBB prior to placing an order but if you do experience a problem with a free trial offer, try to resolve it with the seller first. If you are dissatisfied with the response, contact the Better Business Bureau (bbb.org) or the Federal Trade Commission (ftc.gov).

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.

Granite Memorials, Monuments & Grave Markers for Georgia, South Carolina & North Florida ~ Call toll free 1-866-466-9790 ~

Based in Warrenton, Georgia, we supply granite and marble monuments along with bronze grave markers to Georgia, South Carolina and North Florida... including Augusta, Warrenton, Fort Gordon, all CSRA area cities, Columbia and North Augusta, SC, Jacksonville and other North Florida cities. Our products include granite memorials, granite monuments, granite mausoleums, granite benches, granite grave markers, granite signs, granite posts, granite cornerstones, marble monuments and memorials, and bronze grave markers.



Paul Lowe
77 West Gibson Street
Warrenton, Georgia 30828
Phone: 706-465-9790
Toll Free: 866-466-9790
Fax: 706-465-9224
Cell: 706-840-2894
paul.lowe@paulloeweinc.com

Granite • Marble • Bronze • Monuments Mausoleums •
Signs • Engraving • Monument Cleaning
www.GraniteMemorialsGeorgia.com



**Additional
Senior Services &
Events Information
Available at
www.seniornewsga.com**

**AUGUSTA/CSRA METRO AREA
Senior Services & Events Directory**

The Senior Citizens Council
4210 Columbia Road, Suite 13A,
Martinez, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org
The Senior Citizens Council is open
Monday through Friday for the following
services:
• Advocacy Programs Department –
including: Caseworker Services -



THE LEDGES APARTMENTS

- Quality, Independent Living For Seniors
- Must Be At Least 62 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Utilities Included In Rent
- One Bedroom and Efficiencies (Perfect For One)
- Smoke-Free Building
- Service Coordinator Available
- Added Safety Features In Bathroom
- Elevators For Your Convenience
- Coin Operated Laundry Rooms On Each Floor

**INDEPENDENT RETIREMENT LIVING IN THE HEART OF
NORTH AUGUSTA WITHOUT LEAVING FAMILY, FRIENDS,
COMMUNITY AND CHURCH AFFILIATIONS**

Applications Taken at 550 Sikes Hill, North Augusta, SC

803-279-1776

theledges@comcast.net



Caregiver Respite, Referral Information
and Support (CRRIS); Bill and Money
Management (MAP); Senior Health
Insurance and Education (SHINE) - the
Center for the Prevention of Elder Abuse,
Neglect and Exploitation.

• The Senior Corps Department: Foster
Grandparent Program (FGP) and Senior
Companion Program (SCP) for income-
eligible persons age 55 and older who
"serve up to 20 hours a week with special
needs children or adults." Call us at 706-
868-0120 for complete details. The
Retired and Senior Volunteer Program
(RSVP) for individuals looking for "fun
and rewarding ways to make a difference
in the community" or just get out-of-the-
house a few hours a month. RSVP
recruits individuals age 55 and over for
the opportunity to apply their skills,
expertise, and experience to help meet
critical community needs while meeting
other like-minded folks in our communi-
ty. RSVP pairs talented volunteers with a
variety of local nonprofit, health care,
governmental, and faith based organiza-
tions to assist these groups with meeting
the needs of those they serve. Please call
us at 706-868-0120 for details on any of
our programs or make an appointment for
a needed service. Our physical address is
4210 Columbia Road, Suite 13A,
Martinez, GA 30907, Monday through
Friday, 8:30 a.m. to 5:00 p.m.

CSRA Senior Centers

**Missed your copy
of Senior News?**

It's Still Available...
...**"ON THE WEB"**

Just visit us at
www.seniornewsga.com
and click on "ARCHIVES"

~ ADVERTISING INFORMATION ~

Anthony Sorrells
404-353-3379 • hanthonysorrells@aol.com

Carolyn Brenneman
706-407-1564 • seniornewsga@att.net

Janet Tassitano
678-575-4184 • jan@jjmconsulting.com

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
William Shaheed; 1155 Hephzibah-
McBean Rd., Hephzibah, GA 30815; 706-
560-1814 or 706-560-2628
- Sand Hills Community Center
Lillie Rosier; 2540 Wheeler Rd., Augusta,
GA 30904; 706-842-1912 or 706-842-
1916
- New Bethlehem Community Center,
Inc.
Millicent E. West; 1336 Conklin Ave.,
Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center
Jeff Asman; 5913 Eucree Creek Dr.,
Groveto, 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.,
Groveto, 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

continued on page 7

General Business Directory For Seniors

**Do you Need Glasses,
Dentures or Dental?**

If you have Medicare, Call me.
I Might be able to Help.

Bill Phillips

706-284-1635



Unique Philiques and Liquidations
WE BUY, SELL AND LIQUIDATE ESTATES AND ANTIQUES

706.869.5099
2055 WALTON WAY
AUGUSTA, GEORGIA 30904

WWW.UNIQUEPHILQUESANDLIQUIDATIONS.COM

SCOTT ANTIQUE MARKETS
MARCH 10, 11, 12 & 13
3,500 Booths!
Second weekend of every month!
Atlanta Expo Centers, Atlanta, GA
• Show Hours: Thurs. 10:45am-6pm,
Fri. & Sat. 9am-6pm, Sun. 10am-6pm
• Directions: 3 miles East of Atlanta
Airport, I-285 at Exit 55
13850 & 3850 Jonesboro Rd. SE
740-569-2800
ONE coupon per person. Expires 3-14-16

\$100 OFF ADMISSION

www.scottantiquemarkets.com

CASKETS & MORE STORE
Now In Our New Location
1819 Walton Way • Augusta

Great Savings on a Large Selection of
Caskets, Monuments and Grave Markers!
Direct to the Public!

706-738-2999

"Specializing in all types of grave markers and coping"



BIBLE BY PHONE
FREE DAILY BIBLE READINGS -- NKJV
706-855-WORD

Augusta 706-855-9673
Aiken 803-442-9673
Thomson / Lincolnton 706-541-3639
Daily Word • P. O. Box 1234 • Evans, GA 30809



END YOUR TECHNOLOGY FRUSTRATIONS!



- Are you frustrated with technology?
- Have a new computer and need help?
- Would you like one-on-one training?
- Is your family too busy to help you?
- Are you going back to work and need to improve your computer skills?

800-964-1236
ask for Melonie

Call
Savvy
SENIOR TRAINING

Private training at home on all types of technology.
Your friendly, patient trainer will help overcome your technology frustrations!

EVENTS

from page 6

• **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.aiken-
countysc.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

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

• **Brown Bag History Series: The
European Invasion**: March 9, 12:30 p.m.

• **Creative Impression** to perform:
Augusta Museum of History Rotunda,
Saturday, March 5th, 1 p.m. to 2 p.m.
Free.

• **Tuscan Villa Raffle 2016**: Special
fundraiser to benefit the Museum. Only
100 tickets will be sold! For complete
details call 706-722-8454 or email
amh@augustamuseum.org.

**USA DANCE Augusta Chapter 6074
Every Third Saturday of the Month**

The USA Dance is a National Dance
Organization. Our Chapter 6074 focuses
on the Augusta and Aiken areas. Our
dances are held on the THIRD SATUR-
DAY of each month. The dance is held at
American Legion Post 63, 90 Milledge
Rd., Augusta, from 7:30 to 11 p.m.
Lessons at 8 p.m. If you are able, please
bring something sweet or savory for the
goody table. Tasty food, the best dance
floor in the CSRA, great music, a friend-
ly and welcoming atmosphere all add up
to a perfect Saturday evening experience.
Cost is \$8.00 for USA Dance members or
\$10.00 for non-members. For additional
information call Kay Cooke at 706-210-
8780 or Rudy Brostrom at 803-442-9337.

Join us for an evening of fun and fellow-
ship! Monthly dance details below:

- March 19: St. Patrick's Day Swing
- May 21: Armed Forces Day Waltz
- June 18: Hawaiian Luau Hula
- July 16: Independence Day Fox
Trot
- Aug. 20: Ice Cream Bolero
- Oct. 15: Halloween Salsa
- Nov. 19: Thanksgiving West Coast
Swing
- Dec. 17: Christmas (No Dance
Instructor)

Augusta Christian Singles Dance

Dances are at 7:30 p.m. with compli-
mentary dance lessons at 6:30 p.m.
Admission will be \$10.00 for guests and
\$8.00 for members. Light refreshments
will be served.

Located at The Ballroom Dance
Center, 525 Grand Slam Drive, Evans,
GA 30809.

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

**Area Agency on Aging
Offerings**
Learn through a 30-

Minute session, 3rd Thurs. each month, 1
p.m., KROC Center Augusta, Senior
Lounge, 1833 Broad St. Registration not
required. Contact Lee Walker, Resource
Specialist, 706-922-8348 or 706-210-
2018.

Tickets are on SALE!
An ENOPION Theatre Company
musical production. Perfect for the Easter
Season!

Show Dates and Times: Friday,
March 4, 7pm; Saturday, March 5, 3pm;
Thursday, March 10, 7pm;
Friday, March 11, 7pm; Saturday, March
12, 3pm

At the Kroc Center Theatre, Augusta
GA. \$16/Adults, \$12 for Children,
Seniors, and Groups of 10 or more.
Call 706-771-7777 or visit
www.enopion.com

Tired of Retirement?



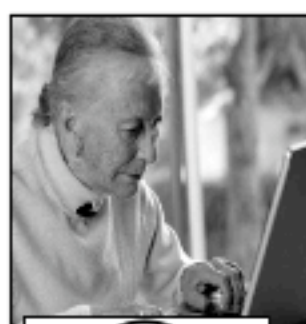
Want Some Extra Spending Money?

Senior News newspaper is adding to our
team of advertising sales representatives!
Work Full or Part-Time calling on businesses in the Augusta
& CSRA Metro Area. Excellent communication and organiza-
tional skills, creative thinking, positive attitude, and being
computer savvy a must. Advertising sales experience pre-
ferred.



Attractive Commission Based Plan!

Send resume to:
jan@jjmconsulting.com



THE AREA AGENCY ON AGING

A Division of the CSRA Regional Commission
3626 Walton Way Extension, Suite 300
Augusta, GA 30909

TOLL FREE (866) 552-4464



A Division of the CSRA
Regional Commission

- Assistive Technology
- Medicaid Waiver Programs
- Medicaid/Medicare Savings Program
- Prescription Drug Assistance
- Family Caregiving Assistance
- Case Management
- Hospital Transition Services
- How to Apply for Services/ Benefits

- Housing
- Meals on Wheels
- Benefits Counseling
- Eligibility Screening
- Options Counseling
- Employment Options
- Private Pay Services
- Transportation
- In-Home Services

General Business Directory For Seniors

Goodwill NEEDS YOU!

YOUR DONATIONS
When you donate your
clothing and household
items to Goodwill Industries, the
merchandise will be processed by trainees and resold
at Goodwill stores to fund job training and placement
services for people with barriers to employment

YOUR TIME

Spend an afternoon, or a few hours each week giving
back to the community. Make volunteering
a part of your family activities.



CALL: Mid GA: 478-475-9995
OR CSRA: 706-650-5760

To find a location near you, visit

www.goodwillworks.org

~ Financial Solutions ~

Independent RIAs can advise on complex financial
needs. Many independent RIAs specialize in meeting the
complex financial needs that often come with significant
wealth. Herrington Financial Services, Inc. focuses on
Retirement Planning, Retirement Income Distribution
Planning and Efficient Wealth Transfer.



James M. (Mike) Herrington, CFP®
Herrington Financial Services, Inc.
Registered Investment Advisor

Herrington
Financial Services, Inc.

2750 Peach Orchard Road
Augusta, GA 30906
706-868-8673

211 Pleasant Home Road
Suite E-3
Augusta, GA 30907
706-231-7036

Email: mike@herringtonfinancialservices.com

We are Comfort Keepers



**Comfort
Keepers.**

Comforting Solutions for In-Home Care®

Comfort Keepers® provide in-home care such as:

- Companionship
- Meal Preparation
- Personal Care
- Transportation
- Your Local EEOICP Provider

Services are provided for as little as a few hours a
day up to 24/7. Call today to schedule a complimentary
in-home assessment.

803-279-7100

Independently owned and operated since 2002

WWW.COMFORTKEEPERS.COM

PHINIZY SWAMP

from cover page

the swamp by the volunteers at the center who are very helpful and knowledgeable about the area.

Check out the upcoming events. Over the next several months, there are many activities going on at Phinizy Swamp Nature Park that we don't want to miss. With our upcoming pleasant weather, there are guided group tours offered daily, by reservation, for groups, clubs or organizations. The tours will include a leisurely hike of the nature park trails, or we can take a guided golf cart tour, or take a bicycle tour of the wetlands trails. We can even have a tour that includes bird watching.

Also, upcoming this March 12th is Yoga in the Park starting at 9:30 am. This event for all levels and a great way to enjoy the surroundings, warm weather and union with nature. Also on this day there is a children's hike with story time, which is ideal for grandparents to be with the grandkids for a nature hike and story. These events will be recurring during the

next several months so we can attend several times!

Upcoming this March 19th is the Swamp Spring Cleaning. This is a yearly tradition where we can join in the celebration of the clearing up trails and board walks, followed by a hotdog grill for lunch. What a great way to get involved in a community event with our children and grandkids!

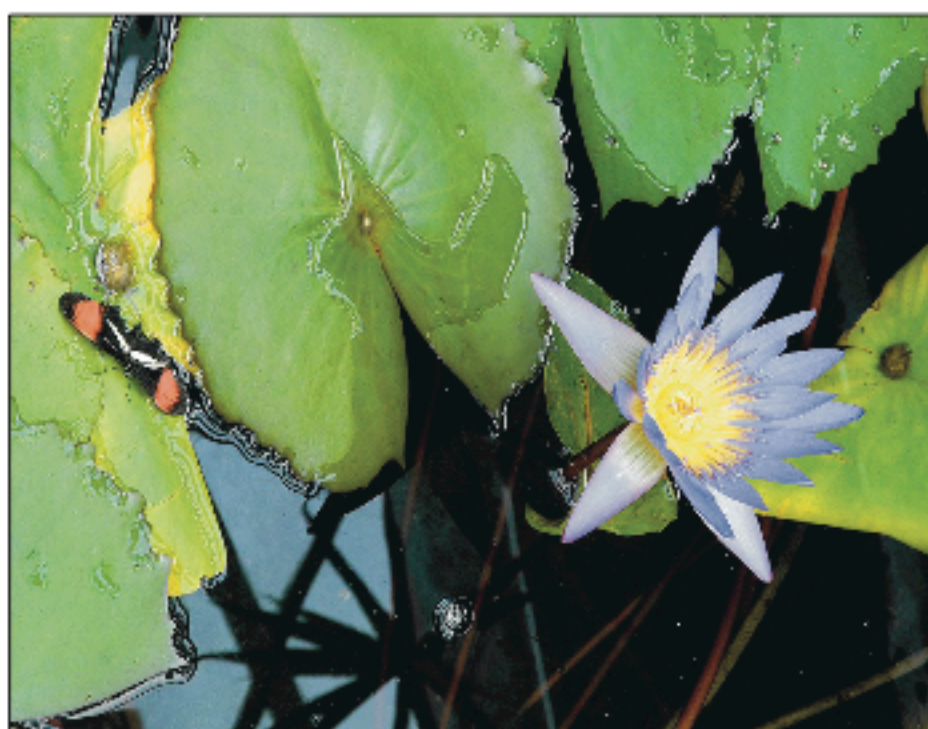
Also on the first Saturday of every month, at 9:30 am, there is a pleasant nature walk at Phinizy Swamp. The trained volunteers of the Academy lead an hour hike through the park which is for anyone and everyone to enjoy. What a great time for us to spend with our grandkids! The group usually consists of anywhere from 10 to 19 people. The hikes are leisurely-paced walks through wetlands, over picturesque trails and scenic outlooks. "Each volunteer leading the hike speaks about the ecological aspects of the park and shows the points of interest," says Julia, a volunteer at the nature park. So check it out and sign up for one of the upcoming events. Contact the office at 706.828.2109 for more information. Phinizy Swamp is located at 1858 Lock and Dam Road, in Augusta, 30906.



Turtle resting on a log



Gorgeous trees surround the area



Beautiful flowers at Phinizy Nature Park

**Arlington
Burial & Cremation**
www.ArlingtonFuneral.com

AFFORDABILITY

The service you want
at a cost that suits you.

We offer a variety of funeral plans to
meet every family's financial needs.

- ❖ Traditional Funerals Starting at \$4,895
(includes services, casket & vault)
- ❖ Dignified Affordable Cremations starting at \$595
- ❖ Low Price Guarantee
- ❖ Free Pre-planning Services
- ❖ Online Pricing & Arrangements

Call today

762-994-0311

1220 George C. Wilson Dr. S-C
Augusta, Georgia 30909

simple to elegant...always affordable