

# Senior News

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

## *October is Festival Time!*

by CAROLYN BRENNEMAN

Cover: A brilliant display of color

**F**or the remaining of this year, we will have many great festivals and events to explore. Our local area as well as surrounding areas have many exciting and eventful festivals coming up in the next few months. One such festival is a must attend event reliving the earlier years in our history.

Colonial Times: A Day to Remember is coming up this October 15th and 16th at the Living History Park in North Augusta. This is now the 25th year of this event and in addition, on October 14th, the Living History Park will host an educational event for over 700 students from Georgia and South Carolina for an informative and interesting day. Many participants bring history to life through a historically accurate and dramatic presentation during the festival days.

This year, the festival will truly be a day to remember. In the past the event has been attended by thousands including our esteemed golden agers around the area, several families, and boomers like Tina and Van who came from afar to experience these remarkable times and days of the early 1700s.

Colonial Times offers us the wonderful chance to experience and see exactly how daily life was like for our early settlers through demonstrations and live exhibits. Each colonial character used precise detail, including language and dress, for the reenactment, and the very detail of all of the mannerisms was precise and deliberate. Every audience of any age,



Attendee in traditional costume

continued on page 5



## Taking Care

# Living well with heart disease: How to take charge of your health

by LISA M. PETSCHKE

**I**t started with a routine visit to the doctor, who didn't like Jim's heart rate. A trip to a hospital emergency room, for a thorough assessment, followed. Signs of heart damage were discovered, suggesting a recent (silent) heart attack.



Lisa Petschke

Further medical tests and consultations were booked. Meanwhile, Jim, age 55, began to experience angina (chest pain). He was prescribed medication and instructed to curtail his activities.

Jim and his wife were unnerved. His father had had bypass surgery and died prematurely from heart disease.

A subsequent coronary catheterization (angiogram) revealed that one coronary artery – a vessel supplying the

heart with blood – was narrowed. The doctor was able to correct this through balloon angioplasty and insertion of a stent (a permanent, mesh tube made of metal).

Jim later learned the artery in question had been 90 percent blocked. Complete blockage in that location would have caused instant death.

Heart disease is the leading cause of death for adults in the United States. Coronary artery disease (also known as arteriosclerosis or hardening of the arteries) is the most common type.

CAD is caused by accumulation in the coronary arteries of fatty deposits called plaques. This results in narrowing within the arteries, restricting blood flow to the heart.

Typically CAD progresses over many years and may go undetected until a crisis occurs. Symptoms can include

angina (usually brought on by physical exertion or emotional stress), shortness of breath and, if a coronary artery becomes completely blocked, a heart attack.

A diagnosis of CAD can cause anxiety and fear. If heart disease runs in their family, the diagnosed person may become fatalistic, believing there's no point in trying to manage their disease. Some people cope through denial, carrying on with their usual lifestyle. Others, particularly those who have had a heart attack, may embrace changes in habits that can help halt or slow disease progression.

Family members, too, respond in various ways. Anxiety and fear are common, and may be manifested in behaviors such as regularly checking if their loved one has taken prescribed medication, scrutinizing and criticizing their eating and other habits, and overprotectiveness (due to concern that any stress or physical exertion might cause a heart attack).

### Coping Tips

If you have been diagnosed with CAD, here are ways to take charge of your situation.

- Learn as much as possible about your disease and its management, and educate family and friends.
- Focus on controllable risk factors. Commit to making lifestyle changes, keeping in mind it takes 3-4 weeks to develop a new habit.
- Find an outlet for expressing your thoughts and feelings – perhaps talking with a friend, keeping a journal or joining a support group.
- Stay connected to people who care. Let them know how you wish to be treated, and keep communication lines open.
- Learn to live in the present and enjoy life's simpler pleasures.
- Set aside quiet time each day, to nurture your spirituality and help keep you grounded.
- See your primary physician if you continually feel sad, angry, overwhelmed or unmo-

tivated. Depression is treatable.

### Practical Tips for Daily Living.

- Find a cardiologist whom you respect and trust.
- Follow the prescribed management plan, which might include medication, a smoking cessation program, blood pressure monitoring, diet changes, exercise, rest, stress management techniques and regular check-ups. Ask loved ones to support you – and, where applicable, to join you – in making lifestyle changes.
- If you've had a heart attack, join a cardiac rehabilitation program. To locate one, talk to your doctor or contact the local office of the American Heart Association.
- Keep an up-to-date medication list in your wallet. Consider crisis options such as medical alert jewelry and, if you live alone, a personal emergency response system for summoning help.
- Set up a record-keeping system to organize your health information. Ready-made products can be found in stores.
- Eliminate sources of stress where possible. Set priorities, simplify tasks and learn to settle for less than perfection.
- Keep as active as possible. Just don't overdo it. If you're concerned about particular types of activity, consult with your doctor.
- Cultivate a healthy sense of humor.
- Do something you enjoy every day.
- Don't hesitate to ask for help when you need it (for example, with moving furniture).
- Take a holistic approach to your health and keep in mind that even modest lifestyle changes can make a difference. Take small steps, build on your success and enjoy how good you feel.

\*\*\*\*\*

*Lisa M. Petschke is a medical social worker and a freelance writer specializing in boomer and senior health matters.*



## THE LEDGES APARTMENTS

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## AGENCY ALERT

# AGENCY ALERT: The 3 C's of Life

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

**E**ver ask someone looking to make a major life change what the decision-making process is like? They will likely say "Scary!" "Overwhelming!" Maybe "even paralyzing!" When it comes to making life choices like relocating, the fear of making the wrong choice is powerful.

That is because we are usually convinced there is a wrong choice, as well as a right one. Most problems are put into three choices – better, worse, or the same. We

know that to make positive life changes we need to analyze the "what if's" before making these decisions.

Here are some basic steps to help us all make positive choices when making life changing decisions:

Ask yourself what matters to you. This may sound vague, but it really is not. Let's say you're thinking about leaving your job to start a business. What's on your mind: The intellectual excitement? Worry that your family will judge you for making an "unsafe" decision? Think through the options as far as you can, getting as much information about your choices as possible.

Then take a break. Go out to lunch or for a walk. Maybe, just maybe, when you return to your desk, It may strike you as very clear that

you should make plans to make this change or not. This feeling is an indicator, that maybe it's the evidence that your choice really is the best option."

Accept the quandary. Okay, I will admit that it is also possible that you will still feel as undecided as before. That feeling is also an indicator that the you you simply have to decide what is best for you!

Commit to an option – Neither option is right or wrong – what will make it a successful choice is fully committing. It is the power of that commitment – not the choice itself – that makes you who you are. When you weigh the options, you add value to it, and when you commit to it, the events of the world will strike you very differently.

Suppose, for example, you just drift into the decision to start a business or to down-size and relocate and say "What the hell – I will give it a shot." Because there is no real commitment, at the first sign of trouble, there is regret." However, if one is fully committed, any setbacks encountered will not cause regret. The regrets may be painful, but they will be viewed as a necessary part of the process.

I hope this discussion will help you make decisions that will bring a positive impact into your life – after all, "Life is full of Choices, Chances, and Changes and we must make a Choice to take a Chance or your life will never Change! Please call us at 706-868-0120 for questions, comments, or to make an appointment.

## 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**

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- Handicap Accessible

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- Individual Gardening Areas
- Gazebo with Flower Gardens
- Horse Shoe Pit

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# Senior NEWS

Serving Augusta & the CSRA

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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 FIG TREE IN MY YARD

by Pauline M. Brown

*When I was growing up and trying  
to learn about life,  
My mother's fig tree seemed like  
a gorgeous gem.  
She would pick the figs early in  
the morning,  
Before the sun and the children  
got to them.*

*I was too small and had to sit  
on a box,  
Trying not to be seen as I grabbed  
the dusty fruit.  
It was almost like dealing in stolen  
goods,  
And sometimes I had to move fast  
when Mom told me to scoot!*

*Beauty, as everyone has heard,  
Is in the eye of the beholder.  
It's too bad that we forget  
About that eye as we grow older.*

\*\*\*\*\*

### BOUND

(The anaphora)  
by Henry N. Goldman

*Bound by mind's subconscious  
tethers,  
Bound by Father Time's quick claim.  
Bound by metaphoric fetters,  
Bound by poetics' phantom chains.*

*Bound by lyrics' straining schisms,  
Bound by meter's rhythmic beat.  
Bound by dactyls' straining rhythm,  
Bound by lack of numbered feet.*

*Bound by titles' limitations,  
Bound by substance in my verse.  
Bound by doubting inhibitions,  
Bound to read and then reverse.*

*Bound to lyrics – I'm defender,  
Bound to write it – hard I'll try.  
Bound and never to surrender,  
Bound to poetry until I die.*

\*\*\*\*\*

### "LIFE"

by Patricia Karen Ray

*Joy should ring in the hearts of men,  
Because life is such a wonderful  
thing,  
We were all created by the hand  
of God,  
All equal, and the same.  
No race, creed, or color,  
Matter in the eyes of God.  
As all were made by Him,  
And for all mankind, He died.  
So, do you ever STOP and wonder,*

*What Beauty there is to see?  
In this Big Word about us,  
The Flowers, and the Beauty of  
a tree.  
You see, it is life that counts,  
We make what we want it to be.  
So we should all give thanks to God,  
For our life, and all the Great  
Beauty  
we see.*

\*\*\*\*\*

### THE SUN CAM SMILING

by Mary N. Carson

*The sun came smiling thru my  
window  
One bright and shinny morn  
To wake me from my sleeping  
To see what was going on.*

*He entered very quietly  
On tiptoe, I suppose,  
Because I did not hear him  
'Til he slanted across my nose.*

*I felt his warmth and opened  
My sleepy eyes quite wide.  
I was so glad to see him,  
I felt such joy inside!*

*"Good morning to you, Sunshine!"  
I thought, or maybe I said,  
As I arose another morning  
And slid down from my bed.*

*My heart sang within me  
As I worked the whole day thru.  
So thank you, Mr. Sunshine.  
You're so good at the job you do!*

## Armed Forces Retirement Homes

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

There are two Armed Forces Retirement Homes in America – one in Washington, DC; and, the other is located at 1800 Beach Drive, Gulfport, MS, squarely on the Gulf Coast! There exists other Veteran's Homes in several states (War Veterans Homes, etc.) but with vast differences.

I called Becki Zschiedrick, Public Affairs for the Gulfport Home and she scheduled me a tour of facilities with my own personal guide, Navy Retired Senior Chief Charles Pinney, himself a resident of the Home. He met me in the lobby and we immediately "hit it off!" Close at hand were items and spaces which captured my attention... an "in house" bowling alley, pool hall, elaborate exercise rooms/equipment, barber shop, post office, banking facilities, wood working shop, excess storage

spaces, extensive nurses station and personnel (Doctors are available). A full size swimming pool is on site; as is dining facilities! Every special need has been considered, and planned for! There is simply no necessity to leave the premises, unless one is extremely ill.

Numerous safety features are incorporated to ensure a valid environment! While furnishings are not patterned after the "waldorf," every item is "first class;" with floors and walls that "sparkle!"

The housing facilities consist of apartments for over five hundred residents; with specific considerations for ladies (approximately fifty), and married couples (housing for twelve; both have to be Veterans).

Sections A, B, and C are designated for those who are fully capable of handling all personal affairs (physically and mentally). Section D is primarily set aside for Assisted Living and for those with deficient conditions. Spacious

apartments are designed for single occupancy (except for married couple) in the multiple high rise structures.

Prospective residents will find there is a waiting list for entrance.

Eligibility for entrance is of the highest standard in this "non-smoking facility;" with a non-criminal record being essential.

Normal Residents are required to pay approximately forty percent of their income (from all sources); with minor additional costs for television/computers. Assisted living occupants pay an increased amount since additional care is necessary.

To eligible veterans, especially to those who have no surviving family members, the Retirement Home offers a "care free" atmosphere; one where all needs are met; and, where conversation is of mutual color.

Becki, at Public affairs, can be reached at 228-897-4429 for questions/information; or, one may write to the Home, at the address in given above. You may also contact me at dangatlyn@juno.com.





A baker displaying old fashioned cooking

## FESTIVAL

appreciates the personality of the people portrayed and the culture of the time depicted.

We can't wait to attend the two-day event and witness some of the enactments and demonstrations for soap-making, bread baking in clay ovens, butter churning, lucetting, wood making, and lacing techniques. We may even see Native American Indians weaving, and many

other activities that were part of the 1700s.

In addition, bakers will be busy making bread in a dutch oven which was baked on a bed of hot coals. Samples of the different breads, along with preserves and fresh churned butter will be offered. We will also find a wood maker who will display and demonstrate how he craves his beautiful decorative carvings as well as wooden bowls, utensils, and craving implements.

This yearly event is not only entertaining but educational for everyone in the family.

So mark your calendars and plan on attending October 15th and 16th. For more information on the Living History Park, please call 803-279-7560.



Tim Nealeigh, of Arrogant Frenchman Productions



A gathering for the event



Provost Marshall display

The 2016 Annual

# Caregiver Awards Luncheon

 Tuesday, November 15th  
10:00am - 1:00pm

**Warren Baptist Church - Simmons Hall**  
3203 Washington Road  
Augusta, GA 30909

With guest speaker



**Dr. Ron Eaker**

Registration is \$10.00 for Caregivers & \$20.00 for Professionals.


For more information, call the CSRA Area Agency on Aging at (706) 210-2018.





## 10th Annual SEVEN ISLANDS ARTIFACT ID DAY

**Saturday, October 8th, 2016**  
From 12:00 pm to 4:00 pm  
at the  
**Indian Springs Hotel/Museum**  
1807 Hwy 42 South  
Flovilla, GA. 30216



The public is invited to bring their artifacts to be identified and dated by members of the Ocmulgee Archaeological Society, who will be on hand to identify Native American artifacts from all periods and historic artifacts from the earliest days of settlement.

Of special note, several noted experts from across Georgia will be on hand to identify and record Clovis, Dalton, and other early projectile points. There will be several artifact collections on display, flintknapping demonstrations as well as atlatl, primitive weapons, and friction fire demonstrations.



Sponsored by the Butts County Historical Society,  
The Ocmulgee Archaeological Society, &  
The Village at Indian Springs

For more information, please contact  
W.J. Shannon at [wishannon123@bellsouth.net](mailto:wishannon123@bellsouth.net)



## Additional Senior Services & Events Information Available at [www.seniornewsga.com](http://www.seniornewsga.com)

**AUGUSTA/CSRA METRO AREA  
Senior Services & Events Directory**  
For additional Services & Events listings,  
please visit our website at: [seniornewsga.com](http://seniornewsga.com).

\*\*\*\*\*  
**The Senior Citizens Council**  
4210 Columbia Road, Suite 13A,  
Martinez, GA 30907; 706-868-0120  
[www.seniorcitizenscouncil.org](http://www.seniorcitizenscouncil.org)  
The Senior Citizens Council is open  
Monday through Friday for the following  
services:  
• Advocacy Programs Department –  
including: Caseworker Services -  
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and Support (CRRIS); Bill and Money  
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• The Senior Corps Department: Foster  
Grandparent Program (FGP) and Senior  
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gible 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 commu-  
nity” 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 community. RSVP pairs talented vol-  
unteers with a variety of local nonprofit,  
health care, governmental, and faith based  
organizations 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

Over 60? Enjoy socializing, parties,  
cards, crafts, Bingo and travel? Interested  
in staying healthy and active? Tired of eat-  
ing 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

continued on page 7

## The 2016 Augusta Walk to End Alzheimer's

### Special to Senior News

**T**he Alzheimer's  
Association, Georgia Chapter is  
inviting Augusta area residents to  
unite in a movement to reclaim the  
future for millions by participating  
in the Walk to End Alzheimer's®.  
Nearly 900 people from all over  
Augusta are expected to participate  
in the two-mile walk to raise aware-  
ness and funds to fight Alzheimer's  
disease.

Participants will learn about  
Alzheimer's disease and how to get  
involved to fight it – from advocacy  
opportunities to clinical studies  
enrollment to Alzheimer's  
Association's many support pro-  
grams and services. Walk partici-  
pants also will place different col-  
ored forget-me-not flowers in the  
Promise Garden at the walk's con-  
clusion to honor those with

Alzheimer's, those lost to the dis-  
ease, caregivers and more.

Held annually in more than 600  
communities nationwide, the  
Alzheimer's Association Walk to  
End Alzheimer's® is the world's  
largest event to raise awareness and  
funds for Alzheimer's care, support  
and research. Georgia will hold 18  
walks state-wide this year.

### WHO

The Alzheimer's Association is  
the world's leading voluntary health  
organization in Alzheimer's  
research, care and support. Its mis-  
sion is to eliminate Alzheimer's dis-  
ease through the advancement of  
research, to provide and enhance  
care and support for all affected and  
to reduce the risk of dementia  
through the promotion of brain  
health.

More than 900 Augusta resi-  
dents decked out in purple (the

cause's brand color) who want to  
help in the fight against Alzheimer's,  
the sixth leading cause of death in  
the U.S.

### WHEN

Saturday, November 5, 2016; 9 a.m.  
– Registration; 10 a.m. – Ceremony;  
10:30 a.m. – Walk

### WHERE

Columbia County Amphitheater;  
7022 Faircloth Dr., Augusta, GA  
30809

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[www.seniornewsga.com](http://www.seniornewsga.com)  
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# General Business Directory For Seniors

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[WWW.UNIQUEANTIQUESANDLIQUIDATIONS.COM](http://WWW.UNIQUEANTIQUESANDLIQUIDATIONS.COM)

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CALL: Mid GA: 478-475-9995  
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## Crossword Puzzles & Games

available at

[www.seniornewsga.com](http://www.seniornewsga.com)



## EVENTS

from page 6

New Bethlehem Community Center, Inc.  
Millicent E. West; 1336 Conklin Ave.,  
Augusta, GA 30901; 706-722-0086

- Bessie Thomas Community Center  
Jeff Asman; 5913 Euchee 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

**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.

- *American Ballads: The Photographs of Marty Stuart* is on exhibit through Nov. 27
- *Mommy and Me: Autumn is Here!* Thurs., Oct. 6, 10-11 a.m.
- Art Now Artist Talk: *Visual Improvisations and Livingbrush*: Thurs.,

Oct. 6. LivingBrush Demonstration, 4:30-6 p.m.; Lecture, 6 p.m.

- Artist Workshop: Whimsical Puppets with Greg Carter: Sat., Oct. 8, 1-4 p.m.
- Artrageous! Family Sunday: Fun For All: Sun., Oct. 9, 1-4 p.m.
- Mountain Faith, Fri., Oct. 14

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

• October's Brown Bag  
History Series Lecture:  
*The Greek Experience in  
the CSRA*: Oct. 12

**Lucy Craft Laney  
Museum of Black  
History**  
www.lucycraftlaneymuseum.com  
Call 706-724-3576 for  
events information.

**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.

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## General Business Directory For Seniors

## ~ ADVERTISING INFORMATION ~

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

**Billy Tucker**  
478-929-3636 • seniornewsga@cox.net



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# Fall inspections make for warmer winters

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

**F**all is about to be in full swing which means that cooler weather and the heating season are not that far away. The Better Business Bureau recommends that consumers consider having central heating systems, any wood heating appliances and components inspected before they are fired up for daily use in cooler weather. The Consumer Product and Safety Commission, recommends that a qualified heating contractor should inspect home heating systems annually.

Equipment that should be inspected includes: the furnace or boiler, its electrical and mechanical components, thermostat controls and automatic safety switches. Chimney, flues and venting systems should also be checked for possible blockage. Birds' nests and loose mortar are materials commonly found clogging passages. Make sure that your flue, all joints and connectors fit

together tightly and are rust or crack free to prevent a back-up of toxic gases. Rust and cracks can cause leakage of toxic fumes into your home which could also result in carbon monoxide poisoning.

A chimney sweep should clean the chimney if the inspection reveals an accumulation of soot on chimney walls. Chimneys should be checked and cleaned, if necessary, on an annual basis. Homeowners converting to gas from oil should have their chimney inspected at the time of the conversion and then yearly thereafter. Your BBB reminds consumers that it's always a good idea to check out a chimney sweep before hiring one.

If you are using a wood stove this season, be sure that your stove and stovepipe was installed according to the manufacturer's recommendations and local codes. If there is any doubt, a building inspector or fire official can determine whether it has been properly vented and installed an appropriate distance away from any combustible surfaces. Always operate your appliance within the

manufacturer's recommended temperature limits. Too low a temperature increases creosote buildup which could cause a chimney fire. Too high a temperature may eventually cause damage to the chimney and may also result in a fire.

If work needs to be done on your present heating system or chimney, be certain to hire a contractor with a good reputation for dependable, reasonably priced work. Obtain a listing of BBB Accredited Businesses, ask friends, neighbors and colleagues for recommendations and always check out any company being considered at BBB.org.

Obtain at least two estimates for the work. All bids should be in writing and should provide a full description of the services to be provided and the materials to be used. Ensure that all companies provide enough detail to adequately compare services.

Many heating and air companies offer annual service contracts where they provide system checks and emergency maintenance each year at a lower cost to you. Check to see if your compa-

ny offers any discounts or incentives.

Additionally, the U.S. Department of Energy ([www.energy.gov](http://www.energy.gov)) also offers a free home energy checklist of home heating tips and other energy related measures that can be taken to improve efficiency that may also help you save money.

For more consumer tips that you can trust, visit [bbb.org](http://bbb.org).

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

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