

# Senior News

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*Call all pets for  
Seniors!*

story on page 5

February 2016  
Vol. 30, No. 2



## Taking Care

# Lighten the load: Practical tips for saving time and energy

by LISA M. PETSCHÉ

**W**hether they're employed, self-employed or retired, many active boomers and seniors find there are simply not enough hours in the day to accomplish all the activities of daily



Lisa Petsché

living – such as shopping, running errands, paying bills, coordinating medical and other appointments, yard work, home maintenance, house-keeping and preparing meals – let alone spend time with important people in their life and tend to their own needs.

If you could use help juggling your daily duties – and who couldn't? – read on for some practical tips for lightening the load.

### Prioritize, organize

- Curb perfectionism. Not everything needs to be done to a high standard; take housework and yard maintenance, for example. Set a time limit for chores if necessary.
- Establish and stick to priorities, so you don't waste time or energy on things that simply aren't important.
- Accept offers of help and ask other family members to share the

load. Be specific about what you need.

- Pay for help if you can afford it – for example, a dog walker, house-cleaning service, grounds keeping service, handyman or accountant.
- Get a portable phone so you can multi-task while conversing, and an answering machine to screen calls.
- Get organized. Buy a wall calendar with plenty of space for noting appointments, and create a filing system for keeping household, financial and health records. Hire a professional organizer if paperwork or your whole home is in chaos.
- Get a computer if you don't have one. Internet access can help you stay connected to loved ones, keep up with local and world news, and gather information about medical conditions and community resources, among other things.

### Meal preparation and home maintenance

- Collect recipes for one-dish meals, such as casseroles, stews, soups, stir fries and main course salads.
- Cook double batches of recipes and freeze half for later use.
- Keep a supply of heat-and-serve entrees in the freezer.
- Buy convenience foods that reduce preparation time: packaged salads, shredded cheese, fresh or frozen mixed vegetables and boneless chicken breasts, for example.

- Order takeout once a week. Keep menus in a folder for easy reference.
- Get rid of things you don't need or use, to cut down on dusting and maintenance. Concentrate cleaning and tidying efforts on the rooms that are used the most.
- Do full loads of laundry whenever possible. Ensure everyone in the household has enough basic clothing to last for a week. Buy clothing that can be machine washed and dried (or hung to dry) and resists wrinkles.
- For gardening, stick to low-maintenance flowers and shrubs. Use mulch to discourage weed growth.
- Get a mulching lawn mower so you don't have to bag grass. Or hire a neighborhood youth to cut the grass, as well as rake leaves and so on.
- Arrange with the bank for direct deposit of pension and other checks and automatic withdrawal of regular bills. If you have a computer, sign up for online banking so you can pay bills, transfer money and check balances from home.

### Shopping and errands

- Shop through mail order catalogs, using the telephone or Internet. For gift giving occasions, purchase gift cards. Many kinds are available online now, as well as on display at department stores and drug stores.
- Take advantage of stores and other services that offer home delivery (for example, grocery stores, drug stores,

dry cleaners). Keep lists of groceries needed and errands to be done.

- Coordinate errands and avoid peak use times of the day, week or month when visiting stores, banks, government offices and other establishments. Also try to avoid rush-hour traffic.

### Tips for caregivers

- If the relative you care for can safely be left alone but either of you is anxious about the prospect, supply him or her with a portable phone and get yourself a cellphone so you can stay in touch. An emergency response system may also help put your mind at ease.
- Research available elder care resources in the community, which may include: friendly visiting, meals on wheels, volunteer driver programs, accessible transportation, recreational programs and home healthcare services.
- Take advantage of respite services such as day care programs and nursing facilities that offer short-term residential care.
- If finances permit, hire a personal support worker or companion for your relative so you can get out more often.

\*\*\*\*\*

*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.*

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## Macular Degeneration patients see wisdom of seeing two types of doctors

Special to *Senior News*

Submitted by Tracy LeRoux  
CORONA, Calif., Jan. 20, 2016

**T**his February, which is designated Age-Related Macular Degeneration Month, also marks a shift in best practices for treating the vision-robbing disease. A growing number of patients, their families and healthcare providers see great value in choosing two different doctors to focus on different aspects of the disease. In addition to one doctor to treat the medical condition causing loss of vision, another helps manage the effects permanent vision loss has on lives.

According to Richard Shuldiner, OD, founder of The International Academy of Low Vision Specialists, a medical team for a macular degeneration patient ideally includes both a retinologist, (an ophthalmologist with advanced training in retinal diseases) to provide expert medical treatment and monitoring of AMD, as well as a low vision specialist, a licensed

doctor of optometry or ophthalmology who has received advanced training in helping manage the visual issues surrounding macular degeneration.

It is an eye-opener to many AMD patients and their families that the same doctor treating their disease would, most often, not be the best professional to manage their condition called low vision, a term used when vision cannot be corrected or improved adequately by medicine, surgery or regular eyeglasses. But the expertise provided by a low vision specialist is not duplicated by any other type of medical practice. Complementing their ability to examine and treat patients with AMD, these professionals determine which low vision optical devices are best for a patient.

Even when AMD patients have been repeatedly told by eye doctors that a change in eyeglass prescription will not help, low vision specialists can and do help. "There is life after vision loss," Dr. Shuldiner insists. "Whether a person wishes to drive, read, play cards or just see faces, we design special glasses to help people do what they want to do." Low vision specialists further help patients make the most of their remaining vision by providing

nutritional guidance, as well as recommendations for improved lighting.

Any diagnosis of permanent vision loss affects far more than the ability to see; it alters how a person views the world by impacting virtually every aspect of a person's life, from how to dress, eat and work to how to maintain independence. If these issues aren't properly addressed, vision loss can lead to needless concern, fear, despair and depression.

In every case, there is reason for hope. Doctors may not yet be able to cure age-related macular degeneration or reverse its effects, but there is so much that can be done. The good news is that AMD will never completely rob a person

of his or her vision, and with the help of a low vision specialist a person can frequently continue to enjoy a rich, rewarding life doing many of the things he or she wishes to do.

Locating a qualified low vision optometrist is an easy task. All members of The International Academy of Low Vision Specialists are low vision optometrists with extensive training and experience in dealing with the visual issues of macular degeneration. To locate a member near you, simply visit their website: [www.ialvs.com](http://www.ialvs.com) or call 1-888-778-2030.

For more information, contact: Richard Shuldiner O.D. at (888) 610-2020.

## Columbia County Chamber to host 11th Annual Banquet and Business Showcase

Special to *Senior News*

**C**olumbia County Chamber of Commerce will host the 11th Annual Banquet and Business Showcase on Thursday, February 4, 2016 at the Columbia County Exhibition Center. The event is presented by Georgia Bank & Trust.

The evening will begin with a Business Showcase/Reception and Silent Auction at 4:30 PM. Auction items available for bidding include the following: a da Vinci Jr. 1.0 3D printer, a Parrot AR Drone 2.0 Elite Edition and a Brinkmann 2-Burner Pedestal Gas Grill. Several arts, entertainment, golf and dining packages will also be available for bidding. Over 20 businesses will be represented in our Business Showcase, and guests will have the opportunity to win an Apple Watch by visiting each vendor booth.

Following the Business Showcase, the dinner and program will begin at approximately 6:30 PM. Awards will be presented for Business of the Year, Small Business of the Year and Lifetime Achievement.

Tickets are \$75. Corporate tables are available; \$600 for 8 seats or \$750 for 10 seats. Space is limited and tickets are selling out fast. Contact Cassidy Harris at [cassidy@columbiacountychamber.com](mailto:cassidy@columbiacountychamber.com) or 706.651.0018 to purchase tickets or for more information.

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## Website

www.seniornewsga.com

## Publisher

Billy R. Tucker

Email: seniornewsga@cox.net

## Advertising Account Executives

Anthony Sorrells  
404-353-3379

Email

Carolyn Brenneman  
706-407-1564

seniornewsga@att.net

Janet Tassitano  
678-575-4184

jan@jjmconsulting.com

## Columnists

Carolyn Brenneman

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

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Senior News & Views of Georgia

## Poets' Corner

### ENJOYING IT ALL

by Ron Dennard

*I sit on the porch high on a hill  
Green grass, evergreens, God's  
blessed will  
I thank God for the peace I feel  
within  
Not a pain in my body, because of  
God my very best friend*

*I hear chatter from a home across  
the street  
Neighbors waving to each other  
as they meet  
A few birds sing, before long they  
will take their winter's flight  
Soon the beauty of this day will  
be over taken by the beauty of  
the night*

*The sky so distant, just behold  
the moon and the stars  
The galaxies far beyond Venus  
and Mars  
I thank God for all the days he  
has inabled me to see  
The losses were outdone by victories*

*I pray beauty will always be  
seen here  
And to me it will always be dear  
God bless all of us upon this hill  
Giving us courage to love and the  
courage to forgive*

\*\*\*\*\*

### MY VALENTINE PRAYER

by Allie Morris

*Is that you love God (continually),  
Be in the best of health,  
May good protect your family  
and friends,  
Pay all your bills,  
That you love and pray for others,  
That you be happy when you see  
another day.*

*My Valentine Prayer  
Is that you laugh more,  
Be the best person you can be,  
Don't give up,  
May your life be filled with Love,  
Joy, Hope, Peace.  
My Valentine Prayer for You!*

\*\*\*\*\*

### WINTER IS HERE

by Brenda G. Partridge-Brown

*Winter is here, the season when  
children around the world seem  
to find magic in the air,  
There will be cold bitter winds,  
bone chilling winds, icy rain and  
maybe even snow!*

*Winter is a time for wearing warm  
clothes and over loading your bed  
with warm blankets.*

*Winter is a time when you can really*

*enjoy a cup of hot chocolate or a  
cup of hot tea, along with your  
favorite book.*

*Winter is a time to sit around  
sharing life stories with family  
and friends, over a big bowl of  
mama's hot chilly or homemade  
chicken soup.*

*After all, it's winter!*

*God had His reason for creating this  
"cold, cold" season.  
So, relax and embrace the moment.*

*After all, it's God's weather!*

## Members Night Out... The Augusta Museum of History presents new program!

### Special to Senior News

**T**he Augusta Museum of History is pleased to present Member's Night Out, a quarterly members event offered in conjunction with Augusta's "First Friday." The Museum opens its doors after hours from 5:30 to 7:30 p.m. as a special appreciation night for our members. Each Member's Night Out will have a different theme, which features a lecture, offered at 6 p.m. and 6:45 p.m., and a hands-on activities for the whole family. All museum galleries will be open as well.

Each Member's Night Out is on "Augusta's First Friday." Members can take advantage of the free trolley on these special nights, which stops right in front of the Museum on Broad Street every 15 minutes.

Members: Free. Admission: (Non-Members): Adults, \$7, Children, \$4. Discounts will be offered for first-time individual and family museum memberships at the door!

•Friday, February 5: Election Fever

Join Augusta Museum of History's Registrar, Lauren Virgo, as she shows us photographs from the collection and recounts visits by President's and their families. In the Rotunda, see some of the Presidential Campaign buttons we have in the collection, then make one of your own. Or create and wear a hat just like President George Washington wore.

### Themes and Dates for Member's Night Out:

- The History of Our Train: Friday, May 6
- Southern Comforts: Friday, August 5
- Home for the Holidays in Augusta: Friday November 4

For more information call at 706-722-8454 or e-mail amh@augustamuseum.org.

## Butler-Baker High School Seeking Alumni Special to Senior News

**T**he Butler-Baker Alumni Project, Inc., a 501 (c) 3 organization, seeks all who attended the school and friends to become a member.

General membership gives right to vote, to hold office, to join committees, and to be a decision maker. General membership is \$50 monthly or \$600 annually.

We are a member of the Eatonton-Putnam Chamber of Commerce, host an annual spring luncheon, won 1st Place float 2015 in the Dairy Festival Parade, partnered with Fort Valley State University in a Summer Enrichment Camp, sponsored a Fall Festival of "Food, Fun, and Fotos," and presented a gospel stage play, "Gift Wrapped." Great things are taking place on the campus on Alice Walker Drive!

For information and to join us call: 706-485-7247 or 706-485-7461.



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## On the Cover

# Call all pets for Seniors!

by CAROLYN BRENNEMAN

Cover: "Say hello to Chico"

**H**ey Seniors, do we want some great companionship and



Catherine just adopted Chico

comfort in our life? Then let's look into getting a pet!

Dogs and cats can make great companions for seniors. Dog, in particular, can certainly brighten our day and can help us stay physically and emotionally active. Dogs are such happy creatures and love to give and receive affection and attention from us. No wonder they are called man's (or woman's) best friend. And, in addition, another best friend for seniors is a cat. So if we prefer a pet with a great personality who may be somewhat independent, on its own, but yet a great companion, we could look into getting a cat.

Back to man's best friend, seniors interested in acquiring a dog can look into programs for seniors adopting pets' programs. It is a great way for us to acquire a good match with our new pet. Many of these programs place cats and dogs with senior citizens who are at least 60 years old.

Adopt a Pet ([adoptapet.com](http://adoptapet.com)) is an easy way for us to search online for a new pet in Augusta. Also the CSRA Humane Society has a Pet Center located at 425 Wood Street, just past Lake Olmstead Stadium and is open for adoptions and visiting. All pets are microchipped, up to date on shots and ready for a new family.

So what are some of the best types of pets to get for companionship and at the same time easy to care for? The top two dogs are the Chihuahua and the Yorkshire Terrier.

The Chihuahua, just like Chico, in our cover photo, is usually a very small dog about 9 to 12 inches high and weighs 3 to 7 pounds. They are great companion dogs, full of personality and love to cuddle. Typically, they are very smart, playful, and very protective of their owner. We could take our Chihuahua many places that we go, whether running errands or traveling.

Or how about the Yorkshire Terrier? They are also small, only 7 to 9 inches tall, and they are definitely great inside dogs. They are very lovable, affectionate and easy to care for. These little guys are affectionate, smart and easy to take on trips or errands.

Well, which pet would suit your needs? If we want a more independent pet, we can check out a cat. Cats provide great company for

seniors and help improve mood in anyone. Cats require minimal care and they are happy to stay indoors all the time and require only a half hour of playtime per day. And we can play with our cat sitting in our favorite chair.

So, let's look into Adopt a Pet

and the CSRA Humane Society and get our new companion this year. Remember, dogs and cats, not only provide companionship and affection for us, but also, can help improve our physical and mental health. Don't wait! Let's check it out.



Enjoying the afternoon with Sparky



The Yorkshire Terrier family



Even the grandkids love to play with Chico

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**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](http://www.seniorcitizenscouncil.org)  
The Senior Citizens Council is open  
Monday through Friday for the following services:  
• Advocacy Programs Department – including:  
Caseworker Services - Caregiver Respite,  
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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 community. RSVP pairs talented  
volunteers 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,  
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Patricia Strakosch; 3129 Highway 88, Blythe,  
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• 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 Euclid Creek Dr., Grovetown,  
GA 30813; 706-556-0308  
• Burke County Senior Center  
Jackie Brayboy; 717 W. 6th St., Waynesboro, GA  
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• 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,  
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• Harlem Senior Center  
Tina Sidener; 405 B West Church St., Harlem,  
GA 30814; 706-449-8400  
• Jefferson County Senior Center  
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Melinda Hill; 304 Greenway St., Thomson, GA  
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• Sylvania Senior Center  
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• 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  
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**Aiken County Parks, Recreation & Tourism**  
902 Vaucluse Rd., Aiken, SC 29801; 803-642-  
7559; [www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)  
**Courtney Senior Center**  
49 Roy St., Wagener, SC; 564-5211  
• Senior Bingo: 3rd Fri., 2 p.m., Free  
• Canasta Club: Wednesdays, 12 noon, Free  
**Harrison-Caver Park**  
4181 Augusta Rd., Clearwater, SC; 593-4698  
**Aiken County Recreation Center**  
917 Jefferson Davis Hwy., Graniteville, SC; 663-  
6142  
**Roy Warner Park**  
4287 Festival Trail Rd., Wagener, SC; 564-6149

**Academy for Lifelong  
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**Hearing Loss Association of Augusta**  
Meetings are normally held on the 3rd  
Saturday, 11 a.m.-1 p.m., September-April except  
for December, at University Hospital, 1350  
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on the organization please contact Gayle Tison at  
[g.m.tison@wowway.com](mailto:g.m.tison@wowway.com),  
continued on page 7

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## EVENTS

from page 6

**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](http://www.the-morris.org).

**Gertrude Herbert Institute of Art**

Located at 506 Telfair Street, Augusta. Call 706-722-5495 for information.

**Caregiver Support Group**

Are you caring for a spouse or parent? Join other caregivers to share experiences, gather practical resources and find the support you need. The group meets the 3rd Monday of each month at 6:30 p.m. at the Friedman Branch Library located at 1447 Jackson Road in Augusta. For more information contact Georgia Jopling, Caregiver Specialist, Area Agency on Aging, 706-210-2000 or 888-922-4464.

**Augusta Museum of History**

560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.  
• Brown Bag History Series: *First Nations*: Wed., Feb. 10, 12:30 p.m.

• *Memories of the Mansion: The Story of Georgia's Governor's Mansion*: Fri., Feb. 26, 1-2 p.m. FREE event.

**Lucy Craft Laney Museum of Black History**

[www.lucycraftlaneymuseum.com](http://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 THIRD SATURDAY of each month social dance at the American Legion Post 63, 90 Milledge Rd., Augusta. Members, \$8; guests, \$10. No partner need! Free dance lesson and a great food table. For first time guests we can make arrangements for you to come free.

For more information call Rudy Brostrom, President at 803-442-9337 or visit [www.augustadancing.org](http://www.augustadancing.org).

**Augusta Christian Singles Dance**

Dances are at 7:30 p.m. with complimentary 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.

**Fraternal Order of Eagles #1197**

1999 Scott Rd., Augusta. Like to dance – join us 8-12 p.m. every Saturday. Live country band. Cover charge \$5 at the door. Bingo: Sun., 1:30 p.m.; Mon. & Thurs., 6:30 p.m. Kitchen open one hour prior to Bingo. Steak supper 1st Sat. For details call 706-790-8040 or 803-270-0981.

**AARP Augusta Local 266**

There is more to AARP than a newspaper and a magazine. The local chapter meets at the Kroc Center, The Salvation Army, 1833 Broad Street, Augusta. For additional information or to join, call Mrs. Catherine B. Butler, Chapter President, at 706-854-0524.

**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](mailto:hospitality@augustanewcomers.net) or call Susan Salisbury at 706-814-6297.

**Service Corps of Retired Executives**

The Service Corps of Retired Executives (SCORE) provides counseling and mentoring to business people who are starting up a new business or who are expanding one that is ongoing. SCORE is a non-profit, public service organization, affiliated with the SBA. There is never a charge for our services. Call 706-793-9998, Mon. - Fri., from 9 a.m. - 12 noon.

**Find Your Voice**

Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

**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.

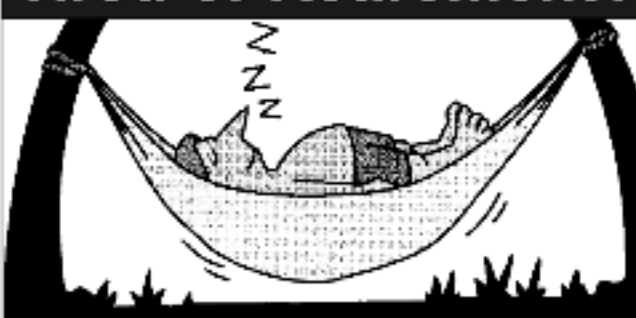
**Area Agency on Aging Offerings**

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.

**Augusta Aglow**

February Event: Tues., Feb. 23, 10 a.m., Spring Lakes Clubhouse, 104 Spring Lakes Dr., Martinez. Guest Speaker: Minister Christy Williams. Fellowship with refreshments. For complete details call 706-925-7164.

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# IRS Phone Scam still demanding money or jail time

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

**T**he Better Business Bureau (BBB) and many local police departments are again warning consumers about a phone scam that is demanding money and threatening jail time. Agencies are still receiving phone calls from local consumers who have been contacted by the "IRS" or the "Treasury Department" saying they owe money and it must be paid promptly. Consumers are instructed to buy a preloaded debit card or wire transfer funds to pay the debt. If the victim refuses to cooperate they are threatened with arrest, home foreclosure, deportation or suspension of business or driver's license. The caller often times becomes very demanding, hostile and insulting.

The BBB wants consumers to know that the IRS will never ask you for credit card numbers over the phone or request a pre-paid debit card or wire transfer. The IRS will most likely contact taxpayers via mail in regards to tax issues.

These callers are simply trying to scare consumers into paying them money they don't owe. Consumers should not be threatened into making any payments they are not certain that they owe. The scammers use these strong arm tactics because they know many people will pay the money to avoid being arrested.

Some other characteristics of this scam:

Scammers use fake names and IRS badge numbers

Scammer may actually have the last 4 digits of your Social Security number.

Scammers can spoof Caller ID phone numbers making it appear the call is really from the IRS or their local police department.

Victims can hear background noises of other calls being conducted to mimic a call site.

After threatening jail time or deportation, scammers hang up and soon call back pretending to be from the local police, to help support their claim.

Never trust callers who use threats and hostility to bully their targets into doing what they want. This is a scare tactic many scammers use.

The BBB recommends the following if you receive a similar type call:

If you know you owe taxes or think you might owe taxes, call the IRS or your accountant.

If you know you don't owe taxes, call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or treasury.gov.

If you've been targeted by this scam you can contact the Federal Trade Commission and use their Complaint Assistant at www.FTC.gov.

Also report your experience on the

BBB's Scam Tracker at [www.bbb.org/scamtracker/central-georgia](http://www.bbb.org/scamtracker/central-georgia), so we can track the activity and warn others.

If you are not sure if the call is legitimate or not, contact the BBB at 1-800-763-4222 or at [bbb.org](http://bbb.org).

Remember that we are headed into tax season so expect that the IRS name is going to be used in a multitude of scams so be alert and never provide your personal information.

\*\*\*\*\*

*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).*



## ENOPION Theatre Company presents *At the Last Supper*

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