

# Senior News

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Artist  
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Story on page 8

July 2017  
Vol. 31, No. 7



## AGENCY ALERT: Saving some cash through proper management

by KATHLEEN ERNCE  
Executive Director, The Senior  
Citizens Council Augusta, Georgia  
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**I**f you're trying to save some cash, the first thing you'll need to do is take a look at your current spending habits. You might be surprised at how much money you're throwing away without even noticing.



Kathleen  
Ernce

Personal finance expert Michelle Singletary said the impulse to overspend

can get the best of us at times, so try not to feel too bad about it. However, once you've seen the error of your ways, it's time to clean up your act. "All of us consume more than we need. We shop so much we don't even stop to think about what we're buying!"

How many times have you gone to Walmart or Target with the intention of buying a few things; however, you ended up tossing more than a few things in your shopping cart? You get to the register, and a trip that should have cost you \$20 ends up costing you \$200. "If we all waited longer before making many of our purchase, we'd have more money,"

said Singletary.

Many of us, at some point, have made a spur-of-the-moment purchase that overpowered rational thought. In fact, more than 80% of us have!

According to a recent CreditCards.com survey, five out of six people admit they've made impulse purchases. That kind of spending can range from \$100 purchases (which 54% of people admit to making) all the way up to \$1,000 buys (which 20% of us have done).

It's tough to resist the urge to buy when your brain gets a shot of dopamine after seeing a flash sale for a big-screen TV or a sweater at your favorite retailer. It can be tempting to spend money you haven't budgeted for when you are happy, sad, stressed or anywhere in-between.

With a little know-how, you can say "No way" to impulse purchases! Here are some ways you're letting money slip through your fingers without even realizing it:

**Wait overnight.** Rachel Cruze said it best: "When you sleep on the decision, you put some time between your emotions and the transaction." Give yourself a day to calm down when an unplanned spending opportunity gets you jazzed. Once you're cool and have, "a fresh perspective," ask yourself if you'll actually use the item or service and if you can pay cash for it. That's a great way to put

the purchase into perspective. Watch out for deals that are only good for 24 hours. Don't be rushed into buying anything! Remember the offer, save some money, and be ready for it next time if you don't go for it now.

**Shop with a plan.** Determine what you want to buy prior to leaving the house. That helps keep you grounded – which is a good thing, since the CreditCards.com survey shows 79% of people make most of their impulse purchases in a physical store location. A plan is all the more important when you factor in kids.

**Take just enough cash.** Decide how much money you need for the items you want and only take that amount. You could even go a step further and leave your debit card at home (gasp!) so you don't tempt yourself to buy more with plastic. Credit cards effectively anesthetize the pain of paying. If you stick to your shopping plan and don't have any extra moolah, you can't make an impulse buy – more proof of the power of cash!

**Don't shop when you're emotional.** You may be having a great day and make an impulse purchase in the high of the moment. It could also be the opposite – you're having a rough time, you see something you want, and you tell yourself that you deserve it. Either of these scenarios can happen easily. Of those polled who made an impulse purchase, 47% said most of the time they bought something for themselves. Don't let your emotions dictate your spending.

**Bring someone with you.** Do you have a sibling or friend who is willing to get in your face and tell

you not to buy something? Bring them on your shopping trip! Tell them what you plan to buy and ask them to talk some sense into you if you start straying from the strategy. Sweeten the deal by offering to buy a latte for them afterward.

**Not returning items.** Yes it can be a hassle to return a defective or unwanted item, however is worth the time and effort not to mention the money you will have saved on an unusual or unwanted item. Don't throw away money unnecessarily by letting unwanted purchases sit in your closet. Set aside time to pack up these items and return them to the store to get your refund.

**Only buying name brands.** Give up your name-brand obsession and opt for a generic from time to time. A generic brand can be just as good as its name-brand counterpart, especially when it comes to groceries. A Consumer Reports grocery store survey found some store brands give more popular brands a run for their money when it comes to taste and price. You can save up to 25% when you switch to a store's brand.

**Ignoring rebates.** Did a rebate come with one of your purchases? Don't be lazy. Some manufacturers actually want to give you money for buying their products. Make an effort to fill out the appropriate forms so you can get cash back.

**Control the urge to fork over money when you discover a jacket on sale or a sweet offer from an online deal.** That discipline buys you something priceless – peace of mind. That's one purchase you'll never regret!



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## Health, Aging and Spirituality Annual Conference

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

**T**he CSRA Regional Commission Area Agency on Aging will host the Health, Aging, and Spirituality Conference from 9:00 a.m. until 3:00 p.m. at the Double Tree Hotel located at 2651 Perimeter Parkway, in Augusta on Thursday, September 28, 2017. This annual program



Jeanette  
Cummings

is an event designed to provide valuable information for seniors, caregivers and professionals regarding the latest trends in support for seniors.

This year the theme for this program will be "Healthy Aging: Pathways to Quality of Life." The Area Agency on Aging is partnering with Augusta University to provide local experts to address the needs of seniors. Speakers will include the Augusta Warrior Project, a motivational segment from the Pastoral Care Department of Augusta University as well as an eight member panel of local ministers addressing local needs and specific resources.

Registration is \$30.00 for caregivers, students, and retirees and \$60.00 for professionals. A plated luncheon is included as well as morning snacks.

For more information, contact Jeanette Cummings, Director, at 706-210-2013 or jcummings@csrarc.ga.gov.

\*Checks should be made payable to CSRA Regional Commission. Mail to: Dina Conklin, 3626 Walton Way Extension, Suite 300, Augusta, Ga 30909. Cash cannot be accepted by mail.



## Taking Care

# Hemochromatosis: A common but under-diagnosed disease

by LISA M. PETSCHKE

**C**hances are good that you have never heard of hemochromatosis, also known as iron overload disease, despite that it's the most common genetic disorder in the western world. Although it can affect males and females at any time in life, it typically manifests itself in middle age. The disease is potentially fatal, but the earlier it is diagnosed, the better one's chances are of being able to lead a long and healthy life.

The cause of iron overload can be genetic or non-genetic. The genetic type, which is by far the more common variety, is known as hereditary hemochromatosis or HH for short.

According to the Centers for Disease Control and Prevention (CDC), "in the United States more than one million people have the gene mutation that can cause HH. This mutation is most common among people whose ancestors came from Europe." Typically those who have it are unaware.

A metabolic disease, HH causes the body to absorb and retain too much dietary iron. Since there is no regular mechanism for eliminating iron from the body, the excess iron is stored in tissues and can cause damage in many areas, including joints, the heart, brain, liver, pancreas and endocrine glands.

"The speed at which iron builds up and the severity of the symptoms vary from person to person," says the CDC, and "many people do not have any early symptoms." Typically, by the time they are diagnosed – if they are ever properly diagnosed – they have sustained irreversible damage.

Take the case of Lorraine, for example. After several years of increasing health issues – including fatigue, weakness, abdominal and joint pain and Parkinson-like symptoms – and visits to numerous medical specialists who were puzzled by her seemingly unrelated symptoms, she was extremely frustrated and discouraged that no underlying cause could be found. Meanwhile, her physical

functioning became more and more compromised. It was a naturopath she eventually turned to for help who suggested iron testing, querying hemochromatosis. In 2006, at age 69, Lorraine was diagnosed with the disease.

Her iron levels were life-threateningly high but gradually returned to normal as a result of weekly phlebotomies (blood removal treatments from the arm, similar to blood donation) over the course of a year. She was told she was lucky that her internal organs had not been damaged. However, her joints have been severely affected, leading to the need for multiple joint replacements. The management plan includes regular blood testing to check her iron levels, and periodic phlebotomies as indicated.

Diagnosis of HH is difficult because symptoms are vague, often masking themselves as other, more common conditions, such as hypothyroidism, liver disease, arthritis, heart disease, diabetes or even chronic fatigue. Some people may develop a bronze skin tone; Lorraine wasn't one of them.

In her journey through the healthcare system, Lorraine discovered that most healthcare professionals know little if anything about HH. (Up until recently, medical students were taught that the disorder is extremely rare.) And the vast majority of lay people have never heard of it. She had to do her own research, and eventually found valuable books, research articles and other materials through the Hemochromatosis Society (for information, call their toll free line at 1-888-655-IRON (4766) or go to their website at [www.americanhs.org/](http://www.americanhs.org/)).

Talk to your doctor, because two simple and inexpensive blood tests – transferrin saturation (TS) test and serum ferritin (SF) test – can detect iron overload and may save your life or that of someone you love. These tests are not part of the standard blood testing ordered with regular medical checkups. If someone in your family is diagnosed with HH, DNA testing can be done to find out if other members may be at risk.

Author's note: Lorraine is

my mother and we've made it our mission to spread awareness about hemochromatosis. Lorraine recently died of complications from atypical Parkinson's disease, believed to have been caused by HH. If we can save even one person from the health problems, functional disability, medical testing, hospitalizations and surgeries she endured, and perhaps even save a life, our efforts will have been

worthwhile. The month of July has been designated nationally as *Hereditary Hemochromatosis Genetic Screening and Awareness Month*.

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*Lisa M. Petschke is a medical social worker and a freelance writer specializing in boomer and senior health matters. She has extensive personal experience with elder care.*

## 2017 Georgia Golden Olympics Registration

Special to Senior News

**T**he 2017 Georgia Golden Olympics is scheduled for September 27 - 30, 2017 in Warner Robins, Georgia. You'll want to join in for the 35th year of the games!!! Plan now to participate... and, bring your friends! As an athlete you'll

have over 50 events to choose from. Not an athlete... then volunteer to help with the games. Join the fun!!!

Registration for the 2017 Georgia Golden Olympics opened on May 1st. Registration without late fees must be completed by August 1st. For complete details concerning the games, registration, and volunteer opportunities visit [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org).



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# 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.

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## MY MAN STAN by Rochelle Siegel Day

*His huge, prickly nose  
Those small, beady eyes  
He's Not as "Sexy" lookin'  
As most other guys*

*Large, freckled face  
Not a strand of hair  
My love for Stan?  
Much more than I can bear*

*He treats me like a "Queen"  
We seldom quarrel or fight  
His sweet, tender kisses  
Send my heart into flight*

*Holding the Holy Bible  
He reads it aloud  
Stumbling and stuttering  
Yet, his efforts make me proud*

*I wouldn't Trade MY MAN STAN  
For all the "studs" around  
'Cause he has them all beat  
He's the best "all around!"*

\*\*\*\*\*

## PAIN by Gerry Noel

*The doctor said I should exercise,  
But doctor, how can I with this pain  
in my back?  
Every day when I get up,  
It feels like I'm being hack.*

*I am seventy-eight years old,  
Every day there is a new pain.  
First the knee, then the hip,  
My body parts are driving me  
insane.*

*I think the pains in my hands are  
the worst,  
Because it has a crippling effect.  
I can remember the good old days,  
When I could stand erect.*

*My four doctors ask me if i am  
depressed,  
No, cause I've got my Pastor Levy.  
He tells me I'm bigger than the pain,  
And he wouldn't lie.*

*Everyday I thank the Lord,*

*It's good to be alive.  
With pain in the back, hips, hand  
and knees,  
I can surely say "I will survive!"*

*I've written five kiddie's books,  
You can download them on Amazon.  
Look for my name in the future,  
Today, tomorrow, and beyond.*

\*\*\*\*\*

## JUDGE NOT by Shirley Glisson

*STOP and think before you speak,  
For words may prick the heart.  
Silence oftentimes is best,  
In judgement you should have  
no part.*

*The situation your brother is in,  
Have you been there before?  
If not, be very slow to speak,  
For prayer can do much more.*

*Whatever you may think is best,  
May not be just right.  
Be careful if you do not know,  
For much is not in sight.*

*Are you familiar with the grief,  
The trouble and despair?  
Don't be so quick to judge someone,  
Unless you have been there.*

# Opinion Your Freedoms

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

**T**he fact of extended "Rights and Freedoms" to U.S. Citizens is beyond debate! Another Anniversary of our gifts is here! The price that was paid for such is almost beyond comprehension. But do keep in mind that such options are always monitored (and limited) by designated entities; according to statutes and behavior. Like it, or not, we are continuously being held accountable to legal, moral, ethical, or practical rules or guidelines. Only the illiterate will perpetually disregard the Creator, the law, protocol; or the weather. Make no mistake, your rights come with conditions! This prerogative does not indiscriminantly extend an invitation to be, do, or say anything that "fits your fancy!" Such is a fact of life. You will adhere to the boundaries of sensibility; or, pay the piper! Thousands died that you may benefit! Don't blow it!

Humanity is prone to push the envelope of phrase, deed, or desire past the breaking point – then blame the elements or circumstances for violation. Multitudes will ignore such boundaries until they are called out; but, such disregard will not change the "charge or penalty!"

Whether it is "mischievous Mike, romantic Rosa, or political Pete,"

each are eventually measured for quantity and quality! There will be a "payday" – in the margins of red, or black!

Granted, there are millions marching through life as if there is no tomorrow – totally adrift from reality – espousing profit over compatibility (or intellectual recognition) – essentially divorced from pertinent points or values – but not past screaming when "their party falls apart!" They may even appear to be successful for a season. Every patron of the planet is somewhere made aware; however, that reckoning, or balance, has made the agenda, and it is only a question of time before the table is properly

set! Make your personal inquiry; your elaborate appraisal; your in depth exam; if you will. And do be sufficiently honest in sharing your find, especially to self.

Rights and Freedoms are a blessing of unfathomed substance; but, should never be taken for granted! They are always predicated upon terms and process! Life and breath are postured for profit to the individual, the inclusion of which shall cease for the ingrate. You will be aligned! You will behave! You will be held accountable! Or you will forfeit the gem and gift designed! So... Buckle Up... both in your car; and, in your conduct!

# 2017 Georgia Golden Olympics Registration

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have over 50 events to choose from. Not an athlete... then volunteer to help with the games. Join the fun!!!

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# BBB Warning: IRS may call you after all!

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

**T**he Internal Revenue Service (IRS) has changed the way it deals with overdue taxes, and that means third party collection agencies may now call you on the phone.

Like the IRS, Better Business Bureau (BBB) is concerned this change might lead to scammers trying new ways to trick people. Here is what you need to know about this program that started in April 2017.

A federal law signed in 2015 lets four contractors collect unpaid tax debts for the government. According to the IRS, these are unpaid tax debts that were assessed several years ago and which the agency is no longer trying to collect directly.

All four of the companies contracted by the IRS are BBB Accredited Businesses:

- CBE Group, Cedar Falls, IA
- Conserve, Fairport, NY
- Performant, Livermore, CA
- Pioneer, Horseheads, NY

There are many ways to tell

whether a call you receive about tax debts is legitimate. According to the IRS, people with overdue taxes will always receive multiple contacts, including letters and phone calls, from the IRS first. The IRS will also always notify taxpayers before sending their accounts to a private collection agency.

Here's how it will work, and how you can tell the difference between a legitimate debt collector and a scammer:

- The IRS and the private debt collection company will both send a letter to the taxpayer first. If you get a call first and had no idea you owed taxes, be cautious. NOTE: Taxpayers who have recently moved may have missed those letters. This could lead to confusion if their first contact is from the collection agency. Taxpayers can use Form 8822 to update the IRS with a new address: [irs.gov/uac/form-8822-change-of-address](http://irs.gov/uac/form-8822-change-of-address).

- Private debt collectors will be able to identify themselves as contractors of the IRS collecting taxes. These employees must comply with the Fair Debt Collection Practices Act and, like IRS employees, must be courteous and respect taxpayers' rights. If the caller

yells, curses, or threatens to have you arrested, it is not a legitimate collector. Just hang up.

- Private debt collectors will not ask for, and cannot accept, credit card information over the phone. Consumers will pay the IRS directly and will not need to send any money to the private debt collection company. You can check this page for payment options: [irs.gov/payments](http://irs.gov/payments). You can also see your balance and payment history. If the caller asks you to pay them directly, and especially if they ask for an unusual form of payment such as wire transfer or gift cards, it's a scam. Just hang up!

- Taxpayers can ask for their account to be transferred from the private debt collection back to the IRS.

The IRS adds that private collection firms will only be calling about tax debts that people have had for years and that they have been contacted about previously. Taxpayers can confirm they have an unpaid tax debt from a previous year by visiting [irs.gov/balance-due](http://irs.gov/balance-due).

BBB reminds all consumers, particularly those who have outstanding

tax debts, that the IRS will explain this new process clearly and will make every attempt to work with them to set up payment plans. They will also give taxpayers the chance to question or appeal the amount owed.

For more information and updates, you can visit the IRS website at [irs.gov](http://irs.gov). You can learn more about how to tell if you're dealing with an IRS scam at [bbb.org/taxscams](http://bbb.org/taxscams) and report a scam at BBB Scam Tracker – [www.bbb.org/scamtracker/central-georgia](http://www.bbb.org/scamtracker/central-georgia).

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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).*

# Jury Duty Scam continues to rise

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

**B**eing picked for jury duty can be stressful. Receiving a call from someone claiming to be with the local police department or district attorney's office who says you missed jury duty and are facing arrest is downright terrifying. Reports from consumers suggest that this type of fraud is again on the rise.

The scam works like this: a consumer receives a phone call or voice mail from someone claiming to be with their local police or sheriff's department, district attorney's office or the county courts. The caller states that the consumer has missed a jury duty summons and could be arrested if they don't pay a fine. The caller may even claim that a warrant has already been issued for the consumer's arrest.

If the consumer responds to the caller; they are instructed to send money to the scammer to pay a fine in order to avoid arrest. The consumer is asked to provide a bank account number, wire money, or put cash on a prepaid debit card or a gift card and send it to the scammer. In some cases, the scam may be used to trick a consumer into providing sensitive personal information such as a Social Security number, date of birth, or credit card or debit card number.

This scam preys on consumers' fear of law enforcement and unfamiliarity with how the jury duty summons process works. The caller may appear to be very legitimate -- with Caller ID showing a local number with police department information and an official-sounding voice on the phone. To help consumers see through these tricks, here are some red flags to spot these scams:

- Courts almost exclusively contact consumers about jury duty or missed jury duty by postal mail, not by phone or email;

- Court officials or police departments will never shake you down for payment or personal information over the phone;

- If the call comes in the evening or at night, it's a red flag. Real court-related calls should only come during normal business hours;

- If the caller claims to be part of a "warranty amnesty program," it's likely a scam. Such programs typically require consumers with outstanding warrants (such as for failure to appear for a court date) to reach out to the courts on their own;

- Asks to pay via wire transfer or prepaid debit card (such as MoneyPak, Reloadit iTunes or similar cards) are almost always a sure sign of fraud.

Concerned that you may have missed a jury duty summons or court date?

Contact your local courts directly by looking up the phone number online or in the phone book and calling them yourself.

Consumers should be aware that the jury duty scam is not exclusive to phone calls, either. Scammers have been known to send threatening emails or texts, purportedly from the local court, in an effort to get a consumer to send money, provide sensitive personal information (which can lead to identity theft) or install malware.

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*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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## 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 - 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 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 Life Enrichment Centers

Over 60? Do you enjoy socializing, parties, cards, crafts, Bingo and travel? Are you interested in staying healthy and active? Are you tired of eating lunch alone?

If you answered YES to these questions, check out a Center near you!

#### • Blythe Area Recreation Department

Patricia Strakosch, Brenda Buck  
3129 Highway 88, GA 30805; 706-592-6668

#### • Carrie J. Mays Recreation Center

Kristy Banks, Tammy Olive  
1015 11th Ave., Augusta, GA 30901; 706-821-2831

#### • Henry H. Brigham Senior Center

Heather Koons  
2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456

#### • McBean Community Center

Dana Pettigrew, Willamae Shaheed  
1155 Hephzibah/McBean Rd., Hephzibah, GA 30815; 706-560-1814

#### • Sand Hills Community Center

Brandi Robertson, Linda Taylor  
2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916

#### • McDuffie Woods Community Center

Frank Booker  
3431 Old McDuffie Rd., Augusta, GA 30906; 706-771-2656

#### • New Bethlehem Community Center, Inc.

Sheridan Glaze  
1336 Conklin Ave., Augusta, GA 30901; 706-722-0086

#### • Columbia County Senior Center

Christie Lowe  
5913 Euchee Creek Drive, Grovetown, GA 30813; 706-556-0308

#### • Burke County Senior Center

Jackie Brayboy, Sherry Moody  
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

#### • Betty Hill Senior

#### Citizens Center

Knakia Huff  
330 Waters Work Rd., Sparta, GA 31087; 706-444-7532

#### • Harlem Senior Center

Sabrina Threet  
405 B West Church St., Harlem, GA 30814; 706-449-8400

#### • McDuffie Senior Center

Kimberly Ivy  
304 Greenway St., Thomson, GA 30824; 706-595-7502

#### • Jenkins County Senior Center

Errand Drake  
998 College Ave., Millen, GA 30442; 478-982-4213

#### • Jefferson County Leisure Center

Tammie Bennett  
1841B Highway 24 West, Louisville, GA 30434; 478-625-8820

#### • 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

Velma Harris  
119 Commerce St., Crawfordville, GA 30631; 706-456-2611

continued on page 7

### ~ ADVERTISING INFORMATION ~

**Anthony Sorrells**

404-353-3379 • [hantonyorrells@aol.com](mailto:hantonyorrells@aol.com)

**Carolyn Brenneman**

706-407-1564 • [seniornewsga@att.net](mailto:seniornewsga@att.net)

**Billy Tucker**

478-929-3636 • [seniornewsga@cox.net](mailto:seniornewsga@cox.net)

# General Business Directory For Seniors

## BIBLE BY PHONE

FREE DAILY BIBLE READINGS -- NKJV

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Augusta 706-855-9673

Aiken 803-442-9673

Thomson / Lincolnton 706-541-3639

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Augusta, GA 30901

**706-434-0129**

Fax: 706-305-1277

[alexcosouthern@yahoo.com](mailto:alexcosouthern@yahoo.com)

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

## COMPASSIONATE Home Care Services, LLC

We Know Nursing & We Are On Call 24/7!

We believe in family-centered care and education and it is our intent to be a blessing to you and our community. Our belief is that every human life has worth and is deserving of love, dignity and compassionate care. Our mission is to provide care that is affordable and without compromise.

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- Respite Care
- Personal Care
- Transportation
- House Keeping



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**706-650-6613**

[www.compassionate3.com](http://www.compassionate3.com)

## 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](http://www.goodwillworks.org)



## EVENTS from page 6

**Warren County Senior Center**  
Porsha Johnson  
48 Warren St., Warrenton, GA 30828;  
706-465-3539

• **Washington County Council on Aging**

Lynne Beal  
466 Maurice Friedman Rd.,  
Sandersville, GA 31082; 478-552-  
0898 (Mon., Tues. and Thurs.); 478-  
552-0013

• **Wilkes County**

Diana Hall  
108 Marshall Street, Washington, GA  
30673; 706-678-2518

• **Shiloh Comprehensive Community Center**

Elizabeth Jones  
1635 15th St., Augusta, GA 30901;  
706-738-0089

**Aiken County Parks, Recreation & Tourism**

902 Vacluse Rd., Aiken, SC 29801;  
803-642-7559;

[www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)

**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 Walton Way, Dining Rooms 1-3. For information on the organization please contact Gayle Tison at [g.m.tison@wowway.com](mailto:g.m.tison@wowway.com).

**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).

• *Joseph Digorgia: The Alabama Series*: Opening Sat., July 2

• *Marilyn Murphy: Magic Realist*: On display through July 30

• *Films on Friday: Sweet Bird of Youth*: Fri., July 7, Noon

• *Artrageous! Family Sunday: Bubble Party*: Sun., July 9, 2 p.m.

• *Closed Independence Day*: Tues.,

July 4

**Gertrude Herbert Institute of Art**  
Located at 506 Telfair Street,  
Augusta. Call 706-722-5495 for  
information.

**Augusta Museum of History**

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

• *Voices of the Past Museum Theater: A Petersburg Boat Pilot*: Sat., July 8

• *Voices of the Past Museum Theater: The Other Tubmans*: Sat., July 15

• *Brown Bag Series: Appling*: Bill

Morris, Commissioner, Columbia

County, July 12

• **Lucy Craft Laney**

**Museum of Black History**

[www.lucycraftlaneymuseum.com](http://www.lucycraftlaneymuseum.com)  
Call 706-724-3576 for events infor-

**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 SATURDAY 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 friendly 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 fellowship!

**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.

**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.

**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**

Meets First Mon. each Month, 6:30 p.m., St. Augustine's Episcopal Church, 3321 Wheeler Rd., Augusta. Additional information - Call Diana Parfit at, 706-513-5458 or email: [dianal-parfitt@gmail.com](mailto:dianal-parfitt@gmail.com).

**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**

30-minute aging services information session, 3rd Thursday each month, 1 p.m. KROC Center Augusta, Senior Lounge, 1833 Broad Street. Registration not required. Contact April Young, Resource Specialist, 706-210-2022 or 706-210-2018.

## 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 organizational skills, creative thinking, positive attitude, and being computer savvy a must. Advertising sales experience preferred.



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[seniornewsga@cox.net](mailto:seniornewsga@cox.net)

# General Business Directory For Seniors

## RAMBLEWOOD APARTMENTS

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Augusta, GA 30909

**706-434-8768**

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

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## On the Cover

# Meet Artist Linda Lavigne!

by CAROLYN BRENNEMAN

Photos Provided by Linda Lavigne

COVER: *Poppy Field*

**L**inda Lavigne of Evans, Georgia, is a fascinating naturalist artist who inspires us with her brilliant oil and watercolor paintings. Painting in both media has enriched Linda's life in many ways. Linda expresses herself through her art and is constantly inspired to create her paintings from the natural beauty in her environment. When she is creating her painting, it makes her smile and she hopes to make others smile.

After pursuing her career

and raising three children, Linda, a native of Thibodaux, Louisiana, decided to spread her wings in a new direction and began to delve in the fine arts 20 years ago, by first taking drawing classes and then painting with watercolors.

Linda did not pursue the fine arts or take art classes in college, but after age 50, she started taking drawing classes at Michaels and enjoyed the classes so much she pursued other classes and started off her artistic career. Then she picked up water color paints, took more classes and perfected her art. Later on, Linda started teaching seniors in Augusta at the senior center and found that she gained

more knowledge just by teaching others. Linda says, "It's never too late to start something new in life." Linda is inspired to create vibrant images that demonstrate natural beauty all around us. She photographs many of her images used in her paintings and is naturally drawn to the beauty of nature, especially flowers.

Over the last few years, Linda, in her home studio and in David Mascaro's studio, has captured the beauty of nature using oil on canvas. There is a snap of fire in her color harmonies as we gaze at the beauty and reflect on her work. Her work reflects her ability to capture the essence, light and shadows in her art that surrounds us. Linda is very passionate about painting and her work reflects the beauty, composition, and rhythm that contributes to great art. You can explore many of Linda's art pieces at her website: [www.Lindabrushstrokes.com](http://www.Lindabrushstrokes.com).



Brilliant Color Scheme



Oil On Canvas



Spring Fever



Linda Lavigne

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### Community Features

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

## COME ON HOME!

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

Equal Housing Opportunity

## Vintage Gardens

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