

Senior News

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*Let's visit the
Arts and Heritage
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Augusta!*

Story on page 8



November 2017
Vol. 31, No. 11

Agency Alert

With Special Thoughts of You...

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

Twenty-one days ago I began a journey towards a simpler and more meaningful lifestyle. I can't believe the overwhelming response we got during this time. By making a small change every day, like I did, I realized the essence and core of who I really am and succeeded in fulfilling the promise I made myself so many days ago.

Day 1: Decluttering.

Clutter, both mental and physical, weighs us down. I took an oath 21 days ago to achieve the task of decluttering my surroundings and mind by putting

one foot in front of the other each day.

Day 2: Health.

I reconsidered the items that entered my body. Our body is a temple and we need to treat it so. Develop a routine that incorporates a form of exercise like jogging or yoga, along with a proper diet to feel clean and fresh.

Day 3: Prioritizing Relationships.

Why must we take out time for people who bring us down? Instead, let's focus on relationships that always put us at the top of the list. Occupying our mind with meaningless things or negative influences in our lives causes us to forget what is truly important.

Day 4: Make A Choice.

We need to make a choice. A choice that pushes out the negativity from our mind and fills it with constructive and helpful

notions.

Day 5: Goals.

My goal for this journey was to live a simpler life. I succeeded because I learned to break it down into manageable steps. By focusing on one thing each day, I inched closer to realizing the bigger picture.

Day 6: Journaling.

Make it a habit of writing down your feelings and emotions weekly/ daily. It will make a difference..

Day 7: Pursue A Hobby.

Take up something that gives you happiness like crafting or dancing in your free time, anything that has the power to kindle your adrenaline.

Day 8: LESS IS MORE IN FRIENDSHIP!

Day 8 called for identifying and being grateful for our circle of friends, close friends, confidants, and buddies who should nurture our friendship with one another.

Day 9: Family.

We all need to nurture and massage our families. Remember, you only have one! Day 9 stressed the importance of realizing how emotional bonding between the family can simplify your life and satiate your bigger need for belonging.

Day 10: Experiencing Love.

Love never stays where insecurity breeds. We don't get love by begging, claiming, demanding, crying or fighting for it, we only get love by giving.

Day 11: Different, But One.

We need to accept that differences in culture and families are a blessing in disguise. It challenges us to stretch our limits, teaches us to accept and love unconditionally.

Day 12: Let's Restart.

On this day, I took up the task to forgive each person who hurt me and took responsibility of my life and its happenings in my hands. I felt lighter as the weight slipped away.

Day 13: Stay In The Present.

How can you take the most out of the moment if you keep

brooding about the next chapter of your life or keep re-reading the last one?

Day 14: Appreciate What Is.

Accept the reality, instead of resisting it. By breathing in the truth, we welcome peace and happiness into our lives.

Day 15: Splendor Of Nature.

A poem made me understand the need to attune our minds with the splendor of nature, to forgo the hustle-bustle of city life for inner calm.

Day 16: Breathe.

By relieving ourselves of the red zone of stress and anxiety, we can arrive at the clarity and patience needed to focus on finding a solution.

Day 17: Faith Over Fear.

Friday the 13th instills in us fear and horror. How can you deal with this inner demon that constantly plays up in our mind? The best way to overcome it is to inculcate faith and live in hope.

Day 18: Comeback.

Breathe, let go of the past and know that for every setback there is a comeback. I believe and know better is coming, you should too.

Day 19: Don't Keep All Your Eggs In The Same Basket.

It is a very freeing experience to not depend on one person, one opportunity, one relationship and one source of joy. Especially if that one person is sending "negative" vibes!!

Day 20: Ask, Believe And Receive.

Ask for what you want, believe in yourself and receive with gratefulness. Create the space, mindset and trust for your dreams to manifest.

Here is where my journey ended.

I learned to declutter, to prioritize relationships, to forgive and focus on the present. It truly helped my own peace of mind and my bond with loved ones. There may be a long ways to go with changes to make, but I have succeeded in starting this process. I urge you to do the same.

Kathleen J. Ernce



Kathleen Ernce



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Taking Care Sharing the care is only fair!

by LISA M. PETSCHKE

Caring for an aging relative typically involves physical, psychological, emotional and financial demands that may increase over time.



Lisa Petschke

If you have a parent or sibling who is caring for an older relative, it's important to reach out and support them. This can be done even if you don't live close by. By lightening the caregiver's load you can help prevent them from wearing down, so they can take optimal care of your relative.

Read on for a variety of ideas for supporting the primary caregiver in your family.

If you live nearby:

- Offer to sit with the care receiver for an hour while the caregiver runs errands or gets their hair done, or for a longer stretch so they can attend a social event. Make this a regular practice.
- Offer to accompany the carer and care receiver to a community event, so the carer has an extra pair of hands and eyes.
- Coordinate get-togethers that

don't involve any work on the caregiver's part. For example, visit with refreshments or a takeout meal.

- Offer to accompany the caregiver to a support group meeting if they can make respite arrangements; otherwise, offer to be the respite provider so they can attend a caregivers' group.

- Help make it possible for the caregiver to practice self-care. For example, bring over a meal or offer to stay with the care receiver while they attend a fitness class.

- Ask, rather than guess, what kind of practical help would work best. Perhaps it's walking the dog, running errands or providing transportation to appointments. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or perform outdoor maintenance tasks.

Helping from a distance:

Even if you're not available for hands-on assistance, you can still help the primary caregiver with meeting your parent's needs. Some ideas for how to do this are included below. These suggestions can also apply if you'd like to help but have your own health challenges or competing responsibilities; or perhaps you have a conflicted relationship with the carer or care receiver and need to maintain some distance.

- If your relative has a chronic illness, gather and share information to help family members understand the disease and what to expect for the future.

- Offer to research support services in your relative's community that may be of help, and encourage their use as appropriate. Information can be obtained from the local Area Agency on Aging. To find the appropriate office, call the Administration on Aging's toll-free Eldercare Locator Service at 1-800-677-1116 or search online at <http://www.eldercare.gov>.

- Clip and send articles about caregiving that contain practical information - behavior management or self-care strategies, for example.

- Volunteer to be the point person who keeps family and friends current on how the care receiver and caregiver are doing and needs that arise.

- Ask what kind of help the caregiver could use most. Perhaps you can cover, or at least contribute towards, the cost of medical equipment, home adaptations, a house cleaning or yard maintenance service, specialized transportation or respite care. Coordinate pooling of funds with other family members as needed.

- Offer to come and stay with your relative so the caregiver can take a vacation.

Emotional support

- Assume responsibility for communication. Arrange a regular time to call or Skype. With each contact, ask not only how the care receiver is doing, but also how the caregiver is coping. Encourage the caregiver to call you with any concerns. Don't forget to express appreciation for all that they do for your relative.

- Listen to the caregiver without judgment. Don't give unsolicited advice. Offer empathy and words of support. Encourage them to take one day at a time so they don't get overwhelmed.

- Send a card or note to brighten the caregiver's day.

- Surprise the caregiver with a treat, such as a music CD, fresh flowers or a plant, gourmet coffee or tea, or a gift certificate to a restaurant that has takeout and delivery service.

- Encourage the caregiver to accept offers of help and to ask for assistance. Offer to facilitate a conversation among family members if the caregiver is hesitant to make requests for fear of "burdening" loved ones.

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

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www.seniornewsga.com

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Published monthly. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Approximate Monthly Readership: Metro Augusta, 27,000; Metro 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, logos, 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.

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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.

Halloween

by Shirley Glisson

Halloween's for ghosts and goblins,
A time for trick or treat,
As little children with their bags
Go scampering down the street.

Folks give a happy chuckle
As they greet them at the door
To share with them the goodies
They prepared some time before.

They wear such funny faces
And costumes of all kinds as
Hand and hand they cross the yard,
The little goblins lag behind.

Assorted goodies fill their bags,
So many things to eat,
Mom wonders as she tucks them in
If they will ever fall asleep.

Have You Ever

by Pauline M. Brown

Have you ever been down?
And felt like giving up.
And you look to the hills,
And the sun seems so far off.

Remember God is not asleep.
He knows your needs.
So, don't you weep!

Children sometimes won't do right.
Even your best friend
Sometimes won't come by.

God made man,
He controls it all.
Just relax, and say help me Lord.

We all are human,
We make mistakes.
God steps in with love and grace!

Tomorrow is a new day with hope,
Reach out to Jesus, Let Him take
your yoke!

Cast all your cares on Him today;
Have you ever known Him to fail?
He has a blessing for you;
It's on the way!

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Opinion

The correct way to worship!

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

God is a Spirit, and they that worship Him must worship in Spirit and in truth!" (St John 4:24). Whatever this is understood to mean, it is obviously a binding command. And that, my friend, is primarily the beginning and the end of our direction. Other characteristics of worship, such as music, words, volume, and bodily position, are generally left up to the individual. Check it out from the beginning of time.

Repetitious melody, lengthy phrase, boisterous theme, silent meditation, kneeling, standing, marching, chanting, and a hun-

dred other methods, are clearly referred to. The Hallelujah chorus seems to be (for a great part) "different strokes for different folks." Labeled right or wrong, that is the recorded process in both the Bible; and, in modern times.

So, what is the correct way to worship?

For the past several centuries, there has been a great rumble in the various denominations and innumerable followings. There is as many varied items as there are people. A church service (or activity) is often referred to as a worship time – with the sequence, time, and process as different as the "days in a calendar." Traditional hymnals, over-

head prompting, rhyming verse – slow or rapid, loud or gentle, hands that are clasped or raised, richly orchestrated or totally acapella – all fill the agenda. The process can be directed; or, carried out extemporaneously. Time frames for each sec-

tion may also be brief or lengthy.

There exists a solemn command that "all things should be done decently and in order." Obviously, that phrase is the "sentry of spiritual traffic" – pent up to ensure an essential understanding among all parties. Anything else is most often confusion. Extremes of any kind can be arguably labeled "out of practicality." It would seem that, (aside from adverse Biblical absolutes), whatever (and however) our efforts in this direction are carried out is appropriate; and, is acceptable. Leadership is always a necessity; but, even so, projected process must eventually depend on a corporate allegiance.

Ultimately, God reads the heart for sincerity – so there is no special recipe or formula for worship. It is true that Methodists, Catholics, Baptists, Presbyterians, Charismatics, Episcopalians (and others) may approach The Throne from different sectors; and, their patterns may be alien to much of the world, but none can be critically labeled as "unorthodox." If what is happening does not "tweet your tulip," or meet your need, the best advice is to move along peacefully, without criticism, until a desired flavor fills the void. The Creator fashioned every person somewhat differently but certainly, "fearfully and wonderfully" – so, therefore, virtue exists in variety.

Progression is embedded in pursuits of a moral compatibility. Find your place... and blossom!

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Gamified Dieting for a Healthier, Wealthier Holiday & New Year

Special to Senior News

Even during the gluttonous holidays and into the New Year “diet resolution” season, weight loss doesn’t have to be a difficult or costly endeavor. It can actually be quite profitable. One organization founded on much obesity and incentivization research, HealthyWage.com, has found a way to help dieters overcome their short-term financial woes and spur weight loss from the start by applying “double-incentivization” methodology.

The company’s diet-for-dollars program allows participants to make a wager upfront ranging anywhere from \$20 a month to as much as \$500. Participants then commit to a specific amount of weight loss in a specific time frame, for which they’ll receive a cash prize payout if they achieve their goal in the allotted time. Company reps cite that the average participant wagers \$60 per month for 9 months and roughly triples their investment if they are successful at achieving their goal. The financial upside potential is impressive.

Through its website, HealthyWage.com shares an array of inspirational success stories of both women and men who gained financially for their pound-shedding achievements using the company’s unique gamification approach. Jessica C. in

Clearwater, Florida won \$1,938.70 for losing 67 pounds in 6 months; Mat E. in High Point, North Carolina won \$2,952.00 for losing 73.8 pounds in 9 months; Mykerah Z. in Stevens Point, Wisconsin won \$2,935.06 for losing 77 pounds in 18 months; Jessica W. in Bellmawr, New Jersey won \$1,308.29 for losing 40.2 pounds in 6 months; and Kerry B. in Lindenhurst, New York won \$1,399.09 for losing 51 pounds in 6 months.

And this is just the tip of the iceberg.

The 100-plus club is even more impressive with Kristin W. having lost 114 pounds and winning \$4,000 in a 12-month HealthyWager contest. She subsequently lost another 14 pounds for a total loss of 128 pounds, nearing half her starting weight of 279. Nancy W. lost 101 pounds in a 12-month “HealthyWager” contest and won \$4,000 as well, and then went on to lose 14 more pounds in HealthyWage’s Summer Jackpot contest, winning another \$105 resulting in total winnings of \$4,105. Her starting weight was 312, and she got down to 152 with HealthyWage for a whopping 160 pound total weight loss – more than half of her starting weight. Then there’s Danielle S. who lost 127.5 pounds and won \$1,323 in a 9-month HealthyWager contest, and Ben C. who lost a solid 100 pounds and won \$1,509 in a 9-month HealthyWager

contest of his own.

Reportedly overall, more than 200,000 HealthyWage.com participants across America have collectively lost over 10 million pounds and gained over \$2.5 million in cash prizes for their success. To me, the fact that so many participants have actually lost over 100 pounds with this money-driven program exemplifies the power and efficacy of this weight wagering methodology. This coupled with more and more studies substantiating the financially-induced diet model both at home and in business among employee groups.

In fact, results from one study published in the *Annals of Internal Medicine* indicated that “‘Loss Incentive’ Motivates Employees to Take More Steps,” finding that financial incentives framed as a loss were most effective for achieving physical activity goals.

“This study, and throngs of others, reiterates the importance of the ‘stick’ in the design of a wellness incentive program,” notes HealthyWage.com co-founder. “Many studies have demonstrated that the threat of losing something of value is much more effective than the opportunity to win something of equal value. That’s precisely why we advocate that program participants ‘pay to play’ and make an investment out of their own pocket in order to win rewards – in our case large cash prizes – for losing weight and getting more active in the program.”

So if you’re looking for a fun and

competitive diet program that proffers cash incentives, social and expert-based support, online tools and resources, goal-setting and tracking technologies and other helpful support mechanisms to better assure your pound shedding success (and monetary earnings related thereto), HealthyWage.com just may be for you. After all, the company was founded in response to academic research proving that even small cash rewards triple the effectiveness of weight-loss programs; that people are more effective at losing weight when their own money is at risk; and that social dynamics play a large role in the spread of obesity, and will likely play a large role in reversing obesity. You can take that to the bank.

As a branding pundit, wellness industry veteran, consumer health advocate and influential media voice, Merilee Kern spotlights noteworthy marketplace innovations, change makers, movers and shakers. Also a two-time fitness champion, her groundbreaking, award-winning “Kids Making Healthy Choices” Smartphone APP for children, parents/caregivers and educators is based on her award-winning, illustrated fictional children’s book, “Making Healthy Choices – A Story to Inspire Fit, Weight-Wise Kids.” Merilee may be reached online at www.LuxeListReviews.com. Follow her on Twitter at www.twitter.com/LuxeListEditor and Facebook at www.Facebook.com/TheLuxeList.

Five Myths About Back Pain

Submitted by

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Back pain can come on suddenly – while you’re working in the yard, sitting at your desk, cleaning house or lifting something. Once the pain sets in, it can be hard to focus on anything else.

About eight out of 10 adults experience back pain at some point, according to the American Association of Neurological Surgeons, and persistent pain is tough to treat. The more you know about what causes and eases back pain, the more likely you can beat it.

Here we debunk five myths about back pain and treatment options.

MYTH 1: Back pain is usually caused by an injury

FACT: Trauma can trigger back pain, but so can daily wear and tear. Poor posture, sitting or standing for long periods, and repetitive movements can lead to inflammation of spinal muscles, ligaments and the disks that cushion your vertebrae.

Other causes of pain include structural issues like curvature of the spine, osteoporosis and nerve compression caused by disk problems.

MYTH 2: To diagnose back pain, doctors need X-rays or images from an MRI or CT scan

FACT: Doctors can usually develop a successful treatment plan for back pain based on a physical exam and a patient’s medical history.

Images can be ordered later if pain doesn’t improve. Keep in mind that imaging tests can show abnormalities that may not be the source of pain. This can lead to procedures that provide little relief.

MYTH 3: A heating pad or a massage are safe for relieving back pain

FACT: Heat and massage can loosen up stiff muscles and joints and lessen back pain, but be cautious. Using a heating pad or taking a hot bath too soon after an injury can increase inflammation. (Ice is better.) A massage can also aggravate back problems if your massage therapist doesn’t know what’s causing your pain.

MYTH 4: The best cure for back pain is to avoid physical activity

FACT: Lying down may help relieve back pain immediately after an injury, but too much bed rest causes muscles to tighten up, which may make pain worse. Inactivity can also raise your risk of blood clots. Though you may have to ease up on some activities when your back hurts, doing gentle stretches and core conditioning may actually help you feel better faster, according to a study in the *Annals of Internal Medicine*.

MYTH 5: Surgery is the best solution for chronic back pain

FACT: Spinal surgery is not recommended for most cases of chronic back pain. When back pain is severe and consistently limits the ability to sleep or function, surgery may be considered if anti-inflammatory medication, physical therapy and lifestyle changes don’t provide relief within six to 12 weeks.

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AUGUSTA/CSRA METRO AREA

**Senior Services & Events
Directory**
For additional *Services & Events*
listings, please visit our website
at: seniornewsga.com.

The Senior Citizens Council
4210 Columbia Road, Suite 13A,
Martinez, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org

The Senior Citizens Council is
open Monday through Friday for
the following services:

- Advocacy Programs Department – including: Caseworker Services - 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?

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Patricia Strakosch, Brenda Buck
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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
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- **Sand Hills Community Center**
Brandi Robertson, Linda Taylor
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- **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
- **Glascok 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**
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405 B West Church St., Harlem, GA 30814; 706-449-8400
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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**
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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
- **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 Vaulcluse Rd., Aiken, SC 29801; 803-642-7559; www.aiken-countysc.gov/tourism
Courtney Senior Center
49 Roy St., Wagener, SC; 564-5211
• Senior Bingo: 3rd Fri., 2 p.m., Free

• Canasta Club: Wednesdays, 12 noon, Free
Harrison-Caver Park
4181 Augusta Rd., Clearwater, SC; 593-4698

Aiken County Recreation Center
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142
Roy Warner Park
4287 Festival Trail Rd., Wagener, SC; 564-6149

Augusta Headquarters Library
706-821-2600; TTY: 706-722-1639;
823 Telfair St, Augusta

Academy for Lifelong Learning, USC-Aiken
Information: 803-641-3288

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,

continued on page 7

General Business Directory For Seniors



TrueCare Personal Care Home
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Carolyn Brenneman
706-407-1564 • seniornewsga@att.net

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

EVENTS

from page 6

1350 Walton Way, Dining Rooms 1-3. For information on the organization please contact Gayle Tison at g.m.tison@wowway.com.

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.

• Southern Soul & Song: Justin Townes Earle, Fri., Nov. 3, 7:30 p.m.

• Artrageous! Family Sunday: Pony Tricks and Pics: Sun., Nov. 5, 2 p.m.

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.

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

Nov. 11

• Voices of the Past Museum Theater: *A Petersburg Boat Pilot*: Sat., Nov. 18

• Brown Bag Series: *The River Region in AMH's Collection*: Nov. 8

• Thanksgiving: *Weaving a Story*: Nov. 20

Lucy Craft Laney

Museum of Black History

www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

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.

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.

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).

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.

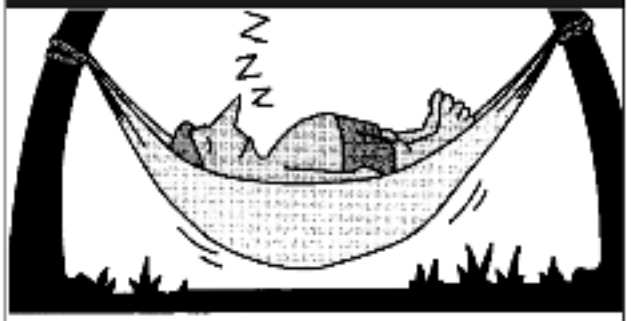
Area Agency on Aging 30-minute aging services information session,

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.

Harmony River Chorus of Sweet Adelines International

Local chapter includes the Augusta, North Augusta and Aiken area of women ages 18 to 80 who love singing Barbershop style music. Open rehearsals are every Thurs., 7-9 p.m., at the North Augusta Church, 600 W. Martintown Rd., North Augusta, SC. For additional information contact Judy Tobin at 706-877-2715 (GA) or Connie Waiswilo at 803-522-0552 (SC) or visit website: harmonyriverchorus.org.

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General Business Directory For Seniors

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On the Cover

Let's visit the Arts and Heritage Center of North Augusta!

by CAROLYN BRENNEMAN
Photos used with permission

COVER: Gift Shop

Hey everyone! It's time to take the day and visit the Arts and Heritage Center in North Augusta. This fantastic place is an exhibition center which showcases many artists and events right in the center.

A wonderful venue for our artists, the primary mission of the Arts Center is to provide an educational venue to showcase and promote the arts and history of this region. There are three galleries in the Arts and Heritage Center. Two of these galleries showcase local art, pottery, photography, and historical information that changes throughout the year. The third gallery is a permanent history exhibit which follows the story of the region from the days of Native Americans to modern times. Let's go today and take our grandchildren and spend a day at this Center.

Up until November 5th, we still have time to see several exhibits by artists Robert Amato,

Shirley Olson, and Tire City Potters.

Artist Robert Amato, born in Manhattan, received his BFA in painting from State University College in Buffalo, but feels he is truly a self-taught artist. Robert's earlier projects included projects with paint, layers of wax and objects to build structured space. Later on, he experimented with oils and acrylics on stretched plastic. Robert continues to experiment with his art and, as we can see, he is truly a gifted artist.

Displaying with Robert Amato in the main gallery is Tire City Potters. This Augusta group of potters led by Shishir Chokshi, brings a collection of work from their communal projects. Tire City Potters is a studio and gallery that focuses on artisan craft. All of their creations are made in house in the old tire tank of an automotive garage, at the Augusta Studio off Broad Street in downtown.

The balcony gallery is currently displaying Shirley Ann Olson and her paintings. Shirley, a native South Carolinian and an art teacher, paints on canvas, wood panels, gourds, and paper. Shirley states that she looks "at every-

thing in life and sees it as a painting."

From November 9 to December 15th, the North Augusta Artists Guild will feature their "Fall Into Art" exhibit... another great exhibit.

Don't forget to visit the Center's gift shop which is full of crafted art from the artists in the Central Savannah River Area. Many items make great gifts for friends and family members, from paintings, photography, pottery pieces, local craft projects and chocolates. The gift shop is usually open from 10 am to 4 pm Monday through Friday.

Items in the gift shop also include history books such as "In Their Own Words, Augusta and

Aiken Area Veterans Remember World War II" by James Garvey, and others. This book was our featured article in the October edition of the *Senior News*.

The gift shop also has copies of Rick McKee's book "Painting With a Broad Brush" and a book by Mark Bennett on his vision for the development of the River Club, including history of the North Augusta riverfront back to the days of Hamburg.

So, get ready to have an inspirational, educational and fun day at the Arts and Heritage Center! It is located at 100 Georgia Avenue, North Augusta, SC. Telephone: 803.441.4380, or visit the website at www.artsandheritagecenter.com.



I'll Fly Away by Robert Amato



Who's Next by Robert Amato



Tree-Mendous in Lavender by Robert Amato



Blue Potter Pot by Tire City Potters