

Senior News

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Story on page 8

September 2017
Vol. 31, No. 9

Taking Care

Caregiver Support Groups: Is There One That's Right For You?

by LISA M. PETSCHÉ

If you're a caregiver, you may have already read articles about the importance of preventing burnout.



Lisa Petsché groups are all about and whether joining one would really help you. If so, read on.

Purpose

The overall goal of caregiver support groups is to enhance participants' coping skills through mutual support and information-sharing.

Objectives may include

- validating the important role of family caregivers;
- exploring the challenges and rewards of caregiving;
- acknowledging the emotional impact of a family member's illness and exploring various coping strategies;
- group problem-solving of practical issues; providing education about dis-

ease processes, behavioral issues and management strategies;

- identifying and addressing obstacles that seniors and their caregivers encounter in the community;
- promoting effective use of local resources;
- recognizing caregiver needs and helping caregivers balance those needs with those of their ailing loved one.

Benefits & Limitations

Benefits of group involvement include:

- realizing you are not alone in your situation – feeling supported and understood;
- having the opportunity to express thoughts and feelings in an empathic, non-judgmental environment;
- learning from the experiences of other caregivers;
- gaining satisfaction from helping others on the caregiving journey;
- making new friends;
- keeping current on caregiving issues and resources;
- recognizing the importance of self-care.

A group setting isn't suited to everyone, though. A caregiver support group may not be as helpful for those who are:

- very shy or private in nature;
- self-focused, either as a longstanding personality trait or due to extreme

stress;

- those who have significant, often longstanding personal issues (for example, a psychiatric illness or a conflicted relationship with the care recipient).

In such cases, individual counseling may be a better approach.

Attending a group also may not be feasible due to severe hearing impairment or an inability to obtain respite care or transportation. Caregivers in such situations should explore:

- telephone support networks
- online caregiver message boards

Types of Groups

Some caregiver groups are very general and open to everyone. Others are specific to certain populations, such as caregivers of older adults or caregivers for those suffering from Alzheimer's disease.

Some groups are quite structured, with set agendas and built-in time constraints (typically 4-6 weekly or bi-weekly sessions). Led by health care professionals, such as social workers and nurses, these groups are primarily educational in nature, and often include guest speakers.

More informal groups focus primarily on emotional support. Member sharing of thoughts, feelings and experiences is key. Facilitators may be experienced caregivers or professionals who work with caregivers. Meetings are usually held monthly, with new members welcomed on an ongoing basis.

Evaluating the Support Group Experience

How to tell if you've found the right group:

- Is the physical setting comfortable and distraction-free?
- Are group norms – such as taking turns and respecting differing viewpoints – clearly articulated and observed?
- Can you relate to other members' experiences?
- Does the facilitator appear knowledgeable about caregiving issues and resources? Is he or she articulate, sensitive and skilled in maintaining focus, generating discussion, preventing individuals from dominating, and recognizing when someone needs outside help?

Highly rated groups also emphasize caregiver strengths, incorporate some humor and include time for social interaction.

SIDEBAR: Where to find information on caregiver groups

- Hospital or community social worker;
- Non-profit organization associated with your relative's disease;
- Local agency on aging;
- Community calendar of your local newspaper;
- Senior center bulletin board;
- Community information service;
- Local public health department or mental health association.

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



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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

The CSRA Regional Commission Area Agency on Aging will host the Health, Aging, and Spirituality



Jeanette Cummings

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 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.

AGENCY ALERT: "GETTING TO KNOW MEDICARE"

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

Are you turning 65 in a few months and has your mail box exploded with advertisements from many insurance companies who want you as their customer? Have you read the advertisements and are you more confused than before you began reading the materials? You are not alone as many older Americans are experiencing the same dilemma!

Medicare, its coverage, and terms (the terms are often referred to as alphabet soup) can be confusing, then, also, you must make decisions about what health coverage you will need in the future - note this year's decisions becomes effective January, 2018. Then, as you are reading the materials that you have received in the mail, you read "There are gaps in coverage." You say, "What, and how do I

know about the gaps and how can I have less gaps in my coverage?" I agree most individuals describe the feeling as "Confusing!"

As you are visiting with your neighbor, Medicare (is also on your neighbors' mind) when you two begin comparing "facts" when she describes her concerns. Then on the weekend, when you go to visit your family members in another part of Georgia, your conversation turns to Medicare. Now you are even more confused because what your relative is saying is different from what you have read. We are here to help!

The Senior Citizens Council and Raborn and Associates are presenting their annual "Getting to Know Medicare" class on Tuesday, September 19, 2017. This year's class will be presented from 10:00 a.m. until noon and will be held at The Senior Citizens Council offices located at 4210 Columbia Road, Suite 13-A, Martinez, Georgia.

SPACE IS VERY LIMITED!!! YOU MUST CALL 706-868-0120 TO REGISTER. DEADLINE TO REGISTER IS WEDNESDAY, SEPTEMBER

13, 2017.

The class will offer an opportunity for discussion, investigation, and how to get the most from the required prescription plans.

REMEMBER, YOU MUST CALL US AT 706-868-0120 TO REGISTER!!!

WE LOOK FORWARD TO SEEING YOU ON TUESDAY, SEPTEMBER 19, 2017.

Ocmulgee National Monument to hold 26th Annual Indian Celebration

Special to Senior News

Ocmulgee National Monument will host the 26th Annual Ocmulgee Indian Celebration September 16 and 17. This cultural experience provides an opportunity to interact with people from all of the Southeastern Native cultures, plus representatives of other tribes from throughout the nation. Over 300 Native People, artists, dancers, storytellers, musicians, and historic lifestyle demonstrators, will share their culture with the visiting public. The Celebration is open from 10:00 a.m. to 5:00 p.m. both days. The cost is \$6 for adults and \$3 for both children 6 to 12 and military,

children under 6 are free. This year we will have some off-site parking for handicap visitors at the Macon-Bibb Health Department at 171 Emory Hwy.

This year's Celebration will feature many of the popular artists, dancers, and storytellers returning from past years. Native foods such as Indian tacos, fry bread, and roasted corn will be available along with drinks and hot dogs.

Superintendent Jim David stated, "This is a great opportunity for people to come out to interact and learn from the people whose ancestors were on this site for thousands of years before the city of Macon was founded. It is an event that all members of the family can enjoy."

Vintage Gardens At Sweetwater



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Senior News & Views of Georgia

Poets' Corner

SISTERS

by Debra Schultz

*Sisters are bound by the blood
of our mother and the love we
have for each other.*

*As individual as the leaves on
a tree and the snowflakes that fall
from the sky*

*So our personalities differ as we
age and find our own way.*

*We are lucky to have sisters to
converse with and share with.*

*And we forgive our sisters
and learn to speak truth and
encourage them*

*When they need us to and not
judge and sometimes let them
see what we see*

*In them to help them grow as we con-
tinue to love them.*

*Sisters cannot agree sometimes,
this is natural, but we must
walk in love*

*With one another, love does
not seek to hurt or belittle
another Sister*

*Whether one is rich or poor
or in-between, blood is what
binds, not money.*

*Though we may not agree with
another's lifestyle we can still
walk in love*

*And respect your Sister and let
them live out the choices they
made for their life.*

*Sisters should be friends and help
each other and care for one
another always.*

AND ALL THAT IS WITHIN ME

by Henry Newton Goldman

Psalm 103:1 - An acrostic poem

*Blessings so many, God lifts
my soul,
Letting His benefits surround
and enfold.
Each precious moment I live in
His care,
Savoring His presence, always
so near.*

*Searching no more, fulfilled I
now stand.*

*Thankful for blessings, bestowed
by His hand.
He redeems and saves from many
pitfalls,
Each danger lifted that on me
befalls.*

*Longing in hunger, for spiritual
needs,
Often our souls He tenderly feeds.
Righteous judgment for all those*

*oppressed,
Declaring forgiveness for sins we
confess.*

*Over us He watches, heavenly
high,
Making us secure 'til the day
we die.*

*Yesterday's suffering, taken away,
Saving from illness, restoring
each day.*

*Out of His goodness, down from
above,
Upon us bestowing, His mantle
of love.
Life everlasting, eternally we praise*

CREATION

by Shirley Glisson

*Who could make a flower bloom,
With its fragrance so unique?
Who could make the valley deep,
And the highest mountain peak?*

*Who could make the waterfalls,
And the ocean deep and wide?
Who could make the sky so blue,
Who controls the ocean tide?*

*Who threw out the brightest stars,
In the darkest outer space,
And the sun to rule the day,
And the moon to serve its place?*

*Was it just a big, big bang?
Not a chance that this could be.
It was God who made it all,
For I know the truth, you see!*

Don't fall for fake promises of lower property taxes

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

If you are like me, you probably recently received your tax assessment letting you know that your property taxes have increased. Most municipalities mail tax assessments each spring. Scammers are often close behind, posing as government programs that claim to lower your taxes, for a fee.

Here is how this scheme works. You get a letter in the mail that appears to come from a government agency with names that include "tax adjusters" or "tax reassessment." It's really a non-governmental business, and it promises to get your property taxes reduced by disputing your tax assessment. For this, the business charges from \$30 to hundreds of dollars. A typical letter reads:

"The XYZ County tax authorities may have made an error when they recently assessed your property. The mistake means you may be over taxed by \$2,000... For 10 minutes and a one-time fee of less than \$100, it's well worth the potential savings of \$2,000."

As always, several variations of

the scam exist. Sometimes, scammers simply pocket the fee. Other times, it's more a case of misleading advertising. The businesses file the paperwork on your behalf and/or provide you with a government report. However, in most cases, the business is simply doing something homeowners can do themselves, for free.

Finally, some scammers use filing a property tax assessment dispute as a pretense to collect personal information for use in identity theft.

Ways to Spot a Property Assessment Scam. Reputable businesses are available to help you dispute your tax assessment, but watch out for the following warning signs. It may be a scam if the business:

- Poses as a government agency
- Requires an upfront fee instead of billing you after the service is rendered.
- Guarantees it can lower your property assessment and/or taxes. You can file a dispute, but the local government needs to approve it.
- Requests a certified copy of your property deed and charges you more than a few dollars for it.
- Asks for your Social Security number or other personal information.

Scam artists look for opportunities to generate money for themselves and if they can create a sense of urgency or perceived savings for you, then they stand a much better chance of separating you from your hard-earned money. This is where a little education and always asking for more information can potentially save you from becoming a victim.

For more consumer tips you can trust, visit bbb.org.

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 83 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB by visiting bbb.org, by emailing info@centralgeorgia.bbb.org, or by calling 800-763-4222.

Officers of the Richmond County Retired Educators Association

Special to Senior News

The officers of the Richmond County Retired Educators Association were recently elected and installed for 2017-2018. They are (l-r): Installing Officer Area 12 Director Jerry Reid from Thomson, President Joe Moore, President-elect Dr. Patsy Capps, Treasurer Dr. Beverly Roberts, and Recording Secretary, Tim Bufford. Not shown are Corresponding Secretary Nancy Foss and Parliamentarian Dr. Marion Furr.

RCREA, as we know it today, has its roots in earlier

organizations dating back to 1969 known as the Richmond County Retired Teachers Association. In 1998, the Organization's name changed to align with the State Association when it adopted its new organization name to better describe its membership. RCREA is an affiliate of Georgia Retired Educators Association, Inc. (GREA).

The purpose of Richmond County Retired Educators Association is to render service to all members, to promote their welfare, to serve the community and to maintain interest in the profession of education.

The membership is composed of retired teachers, supervisors, allied profession-



RCREA Officers for 2017-2018

(Left to Right): Installing Officer Area 12 Director, Jerry Reid from Thomson; President, Joe Moore; President-Elect, Dr. Patsy Capps; Treasurer, Dr. Beverly Roberts; and, Recording Secretary, Tim Bufford. Not shown are Corresponding Secretary, Nancy Foss and Parliamentarian, Dr. Marion Furr.

als, administrators, office and other support personnel, and those who are supporters and friends of education.

Please call Membership Chair Amelta Samuels at 706-832-0542 for additional information received!

Don't be afraid to be rude!

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

I had a senior citizen tell me recently that she knows that there are people out there that want to take advantage of her but she is uncomfortable hanging up on someone or shutting the door in their face. She added that she did not want to seem mean or impolite.

One of the draws to living in the south is our "southern hospitality." We take immense pride in showing our polite and respectful virtues; unfortunately, scammers are all too aware of this politeness. Scammers will jump at the chance to take advantage of your friendly nature so remember it is always okay, when dealing with a potential scammer, to just hang up the phone.

Below are three common situations where you should never feel guilty interrupting a caller, hanging up the phone or shutting the door.

An unknown caller is seeking your personal information. When you receive an unexpected phone call from someone seeking your personal or financial information, do not give it to them. Even if they are claiming to be from a government agency, most commonly the IRS or FBI. Some of these callers will not give up and continually try and seek personal information. Hang up and find a legitimate number yourself for the company or agency that has supposedly called you. Call them directly to verify they are trying to get in touch with you. This could be your bank, your phone company, your credit card company, your internet

service provider, or even a collection agency. If you have an account with any business that calls you, look directly on your statement or on the back of your card for a legitimate number.

The caller is threatening you. If you feel like you are being threatened or harassed, just hang up. Government agencies will never conduct themselves in this manner and they will not threaten to arrest you. Yes, some collection agencies and businesses who are seeking to receive payment on a late account may be aggressive; however, you will know if you have a past due balance and who it is with. If you know you are current on the account being called about, hang up and call the creditor directly. If you are unsure if you owe an outstanding balance it is best to request they send you something in writing, hang up and contact the business directly.

Anyone who is asking, claiming, or demanding that you send money now. Do not wire money! If a caller demands this form of payment, hang up, this is a sure sign of a scam. This also applies to prepaid money cards and gift cards. Some calls you receive may have a different approach. They may be claiming that instead of you owing a bill that you won a lottery, a prize, or a sweepstakes. They will use many of the same approaches. Remember it should never cost you a fee to win a prize. If a caller claims you must pay to win then you haven't really won anything. Just hang up!

When I speak to groups and this question comes up, I always remind consumers that you own your telephone and your door; no

one should make you feel like you don't have the power to hang up the phone, close the door or ignore both. Is it rude? Think about it like this. If you were standing on a street corner and someone was picking your pocket. Would you stop them and save your money or be too concerned with being rude and hurting their feelings? The same logic should apply to someone using your telephone or door to "pick your bank account."

For more trustworthy advice, visit bbb.org.

Kelvin Collins is

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

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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?

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

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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**
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- **New Bethlehem Community Center, Inc.**
Sheridan Glaze
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- **Columbia County Senior Center**
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5913 Euchee Creek Drive, Grovetown, GA 30813; 706-556-0308
- **Burke County Senior Center**
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717 W. 6th St., Waynesboro, GA 30830; 706-437-8007
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Anita May
568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050
- **Betty Hill Senior Citizens Center**
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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
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304 Greenway St., Thomson, GA 30824; 706-595-7502
- **Jenkins County Senior Center**
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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
- **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

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EVENTS

from page 6

Aiken County Parks, Recreation & Tourism

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

www.aikencountysc.gov/tourism

Courtney Senior Center

49 Roy St., Wagener, SC; 564-5211

• Senior Bingo: 3rd Fri., 2 p.m., Free

• Canasta Club: Wednesdays, 12 noon, Free

Harrison-Caver Park

4181 Augusta Rd., Clearwater, SC; 593-4698

Aiken County Recreation Center

917 Jefferson Davis Hwy., Graniteville, SC; 663-6142

Roy Warner Park

4287 Festival Trail Rd., Wagener, SC; 564-6149

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.

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.

• Create With Me: Fall Harvest: Thurs., Sept. 7, 10:30-11:30 a.m. \$4. Advanced registration required.

• Southern Soul & Song: Ricky Skaggs and Kentucky Thunder: Fri., Sept. 8, 7:30 p.m., Imperial Theatre.

For tickets call 706-722-8341 or visit www.Imperialtheatre.com.

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., Oct. 21

• Voices of the Past Museum

Theater: *The Other Tubmans*: Sat., Oct. 14

• Brown Bag Series: *The History of Burke County*: Wed., Sept. 13, 12:30 p.m.

• Mondays at the Museum: *Summer Memories: Historic Holidays*: Mon., Sept. 18

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.

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.

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

Harmony River Chorus of Sweet Adelines' International is performing a fall concert called: "Haunting Harmony" on Saturday, October 21, 2017 at 3:00 pm at St. Bartholomew's Episcopal Church, 471 W. Martintown Road, North Augusta, SC. With special guests Garden City Chorus and

Sweet Adelines' award winning Quartet 4.0.

Tickets are \$15.00. For tickets or information call: Judy Tobin (706)-877-2715.

Richmond County Retired Educators Association

The RCREA will meet on Wed., Sept. 6, at the Augusta Ramada Plaza, 640 Broad St. The meeting will introduce the 2017 Officers and will feature state and local elected officials.

All retired educators and Friends of Education are invited to attend this meeting. The luncheon (\$13) sign-in starts at 11:30 a.m. Call 706-955-6399 for reservations and additional information.

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On the Cover

Let's attend the Next Music Live!

by CAROLYN BRENNEMAN

COVER: Mirari Brass Quintet

Here in Augusta, we are very privileged to have gifted musicians play and entertain us at Tuesday's Music Live event concert! The concert series has several talented artists scheduled at St. Paul's Church in downtown Augusta for September and October. And every concert is free.

On September 26th, we will enjoy the Mirari Brass Quintet. For the past seven years, Mirari has performed all across the United States and has been described by audiences as engaging and eclectic. The artists are Alex Noppe (brass), Matthew Vangjel (trumpet), Jessie Thoman (horn), Sarah Paradis (trombone), and Stephanie Frye (tuba). The group has commissioned many new works for brass throughout the years and is described as being gifted in balancing intensity with levity and virtuosity with pure fun.

On October 10th, pianist Mark Valenti will entertain us. Mr. Valenti teaches privately in Chicago, and has performed solo recitals throughout the United States as well as in Europe and has performed live recitals on WFMT classical radio. Formerly Professor of Music at the University of the Arts in Philadelphia, Mr. Valenti has also performed extensively in the jazz field with several well-known artists. His mission

is to share beautiful music with his audiences so that we are enriched and fulfilled. It will be a very entertaining afternoon.

Ready for Renaissance music? On October 24th, we will be inspired by the Ensemble Chaconne. The group has performed for audiences since 1985 and concertizes extensively with tours throughout the United States, England and Ontario. They perform Renaissance and Baroque music on various instruments. Peter Bloom, performs on renaissance and baroque flutes, and his music been called "a revelation for unforced sweetness and strength" by The Boston Globe. Peter's career encompasses chamber music from the 21st century to the Renaissance period, and he is gifted in jazz, blues, and bebop. Another musician, Carol Lewis plays the viola da gamba and her music has been called "quick-speaking, prismatic, sweet-sounding" by The Boston Globe. And Olav Chris Henriksen shows his talents on the lute, theorbo and early guitars, and has been described as formidable, dizzying and magical. We will not want to miss this performance.

Tuesday's Music Live event began in 1988 and is a spectacular event sponsored by several local businesses, foundations and individual donors here in Augusta. The free concerts begin at noon and are followed by a catered lunch in the River Room facility at the church by reservation. To make a reservation for the delicious lunch after



Ensemble Chaconne

the concert, which is \$12, please visit the website at www.tuesdaysmusiclive.com or call 706.722.3463. St. Paul's Church is located at 605 Reynolds Street, in Augusta.

Note: I offer my sincere apology for incorrectly spelling Greenway in the August story. Many thanks to the 1000's of emails I received!



Mark Valenti

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