

# Senior News

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

***Tuesday's  
Music Live  
is Coming!***

**Story on page 5**

September 2018  
Vol. 32, No. 9

## Taking Care

# Is it time to get help with caregiving?

by LISA M. PETSCHKE

If you are looking after an aging relative, chances are good that a time will come when you need help to manage all of their needs.



Lisa Petschke

Many people are aware of the signs that a loved one needs help looking after their day-to-day needs; changes in grooming and hygiene

and difficulty with medication management are some examples.

What is not so well known are the signs that a caregiver needs help carrying out the responsibilities involved in their role.

Read on to see if you can relate to any of the following statements.

### Your physical health

Your own health is being neglected. For example, you're not eating nutritiously or you're long overdue for a medical checkup.

You're experiencing sleep deprivation, due to the care receiver waking in the night or having their days and nights reversed.

You have frequent acute health problems, such as respiratory infections.

You have a chronic health condition that's getting worse.

### Your mental health

You feel overwhelmed or trapped.

Friends have noticed changes in your personality or expressed concern about your stress level.

You have a pre-existing mental illness.

You have recently been diagnosed with clinical depression.

You have a strained relationship with the care receiver and it's taking a toll on you.

You have thoughts of harming the care receiver or have been verbally or physically aggressive towards them.

### Caregiver overload

It's difficult or impossible to stay on top of household chores and paying bills.

If you're employed outside of home, you've had to take numerous unscheduled days off work to deal with your relative's needs. Your job may even be in jeopardy.

Another family member also has special needs and relies on you for assistance.

### Other concerns

You don't have any time to yourself.

Your relationship with a significant other is strained due to the amount of time you devote to caregiving.

You hardly ever see your friends anymore.

Your finances are stretched and you need to go back to work, or to increase the hours you work if you're already employed.

### Getting help

There are two types of help: formal and informal. Informal involves getting other family members to share the responsibility for caregiving. It's important to be specific about the kind of help you need.

If relatives live in another area and aren't able to pitch in, explore whether they're able and willing to contribute to the cost of hiring help to make caregiving more manageable.

Formal help is the type of structured assistance that's offered through community programs and services.

In some cases it may be free of charge or subsidized. Check with the local office on aging or community information service to find out what's available in your area.

A prerequisite to seeking help is acknowledging that you can't – and shouldn't – do it all alone when it comes to caregiving. Accepting help is not a sign of weakness. On the contrary, it's a sign of strength and wisdom, because outside help can enable you to be more effective in your role and provide care for a longer period of time than you otherwise might be able to manage.

If people you know have been offering help, take them up on it.

Otherwise, speak up and ask, or do some research about formal support options for the care receiver, such as meals on wheels, friendly visiting, volunteer driver programs, accessible transportation, recreational programs and home healthcare services.

Be sure, too, to look into caregiver respite services – including adult day care programs and nursing facilities that offer short-term residential care – and take advantage of them.

You need and deserve a break!

\*\*\*\*\*

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

## WYMBERLY

by JENSEN communities®  
Get in on the good life!®

**An active 55+ community of affordable manufactured homes in Martinez, GA!**

- ☒ 9 Hole Par 3 golf course    ☒ Fishing lakes    ☒ Pool
- ☒ Clubhouse with exercise room, library and game room

### NEW LISTING!!!

- 4620 Wymberly Dr. .... \$44,900

### Also Available:

- 4621 Lake Front Dr. .... \$79,900
- 4635 Dever Dr. .... \$64,500
- 4608 Dever Dr. .... \$45,000
- 4622 Wymberly Dr. .... \$37,500

### Prices Reduced!

- 4622 Durbin Dr. .... \$48,000
- 105 Constitution Ave. .... \$33,000

**Come see us to experience the magic of our community!**  
4600 Columbia Road – Martinez, GA 30907

**For more information and listings please call**  
**Valerie Greene at 706-863-2390 or Email:**  
**v.greene@jensencommunities.com**  
**www.jensencommunities.com**



## Vintage Gardens At Sweetwater



Senior Living at its best! Enjoy the quiet gazebo with flowers, individual gardening areas, and a community center with planned activities for everyone.

Independent living for residents 55 years of age and older.

### Apartment Features

- Washer/Dryer Connections
- Spacious Sunrooms
- Fully Equipped Kitchens
- Oversized Bathrooms
- Large Walk-in Closets
- Water and Sanitation Included
- Garbage Disposal
- Mini Blinds
- Single Story, No Stairs
- Handicap Accessible

### Community Features

- Community Center w/Planned Activities
- Individual Gardening Areas
- Gazebo with Flower Gardens

### COME ON HOME!

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

Equal Housing Opportunity

## Vintage Gardens At Sweetwater

3 Murrah Road Extension  
N. Augusta, SC 29860  
(803) 819-3139

Monday-Thursday, 9 a.m.-4 p.m.  
Saturday by appointment



## Agency Alert

# YES... YOU ARE THE TARGET!

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

**T**oday's swindlers make their pitches entirely personal. Once the art of fraud was to go "mass," to blanket as many people as possible with the same pitch and hope for a few takers. These days that has turned around entirely. Scammers now work one person at a time: so consider it personal. Interviews with convicted swindlers and reviews of undercover tapes reveal that successful scammers study you before striking; they use public data and your on-line behavior to learn about you and your individual situation, then they use 5 techniques to indi-



**Kathleen Ernce**

dalize their pitches. If you learn to spot them you will be less likely to fall prey.

### FIND THE RIGHT MOMENT

Whether it is the death of a family member, a disease diagnosis, financial troubles, or even a relocation from one home to another – stressful life events seem to go hand-in-hand with being scammed. Why? One theory is that stressful events require cognitive capacity that might otherwise be used to spot con artists. You are distracted and more vulnerable during these stressful times. So, if you are in one of those stressful life events, don't be surprised if the phone begins to ring more often if something substantial is happening in your life.

### WIN YOUR TRUST

U.S. Veterans tend to trust fellow vets, so swindlers have learned to pretend to be veterans. Likewise the best way to scam

someone in Iowa is to "claim to be from Iowa also." Deep in debt? A con artist will often weave a story that he or she too was deep in debt, exactly like you, until they used this very service too successfully return to financial health – yes the one they are trying to get you to purchase today!

### FIND YOUR HOT BUTTON

Once they have your trust, the best scammers ask questions about your life to find what one con artist called your "emotional Achilles' heel." That could be fear of running out of money, concerns for your spouse's health, or anger at how an organization has treated you. Swindlers are experts at empathy – what they lack is sympathy. Once they find your hot spot, they attack.

### TRIGGER YOUR EMOTIONS

Con artist agree: The key to a "successful" swindle is to get the victim into a heightened emotional state and then they strike. A study conducted by AARP and

Stanford University showed emotionally charged people are more likely to make poor financial decisions than their counterparts. These emotionally charged people do not ask questions, they tend to accept what every the caller says as true!

### HURRY YOU TO SAY YES

Strong emotions, also cause us to act more quickly. This is why your response should be "NO I AM NOT INTERESTED AND HANG UP THE PHONE. Cool down, do the research, and get an outside opinion before deciding any unsolicited pitch. Chances are, your more rational side will quickly tell you to walk away. Because when it comes to parting with your money, all of these 5 techniques will hopefully keep the scammers at arms length and you will not allow the con to become personal.

Please call us, The Senior Citizens Council, at 706-868-0120 for more information.

\*\*\*\*\*

## The Creation of the Savannah River Site and Its Current Purpose

### September's Brown Bag History Series Lecture

Special to *Senior News*  
AUGUSTA, GEORGIA  
(08/27/18)

**A**s part of its continuing Brown Bag History Series, the Augusta Museum of History presents The Creation of the Savannah River Site and Its Current Purpose a talk given by Ms. Melissa Jolley, September 12, 2018 at 12:30 p.m.

Ms. Jolley's talk will cover the creation of the SRS and how it developed over the years. The Savannah River Site (SRS) in South Carolina was primarily built in 1950 to produce nuclear defense materials, mostly tritium and plutonium-239 and is one of South Carolina's largest employers. Today, SRS develops new technologies to support energy independence, medical research, materials for the space program and environmental cleanup.

New South Associates' work at SRS, which has been on-going for more than a decade, has been recognized by the Advisory Council on Historic Preservation as a Case Study in dealing with technological resources from the recent past. These efforts include the creation of a curatorial facility and the collection of Cold War era artifacts from site buildings scheduled for decommissioning, oral history interviews

with former and current site engineers and other employees to document technological developments and the social work place of the 1950s and 1960s, and HABS/HAER building documentations. These efforts have also involved working with DOE's safeguards and security procedures.

Ms. Jolley has been with New South Associates since 2013 and serves as the Cold War Collections Curator at the Savannah River Site. Ms. Jolley holds a B.A. in History from the University of South Carolina-Aiken and has served as a Collections Management Intern at the Biltmore Estates, as Curator at Redcliffe Plantation State Historic Site, and as a Collections Consultant with the Aiken County Historical Museum, before joining New South Associates and the Savannah River Project.

The Brown Bag History Series is an educational lecture series provided monthly by the Augusta Museum of History, and is an ideal lunch-time break for downtown professionals, retirees, and students. The lectures are free to Museum members and \$3 for non-members. Participants should bring a lunch. The Museum will only be providing beverages. Lunch can begin as early as 11:30 a.m.; the lecture runs from 12:30 to 1 p.m.

**Georgia Dermatology**

Jason Arnold, MD - Lauren Ploch, MD  
Johnathan Chappell, MD  
Chris Thompson, PA-C - Caroline Wells, PA-C

**(706) 733-3373**  
2283 Wrightsboro Rd - AUGUSTA

**Skin Cancer Removal - Mohs Surgery**  
**Routine Skin Exams - Mole Removal**  
*Botox, Fillers & Cosmetic Dermatology now available*  
**New Patients, Patient Referrals & Most Insurance Plans Accepted**

**GaDerm.com**



# Senior NEWS

Serving Augusta & the CSRA

## Website

www.seniornewsga.com

## Publisher

Billy R. Tucker  
478-929-3636

Email: seniornewsga@cox.net

## Advertising Sales

Billy R. Tucker, Publisher  
478-929-3636

seniornewsga@cox.net

Carolyn Brenneman

706-407-1564

seniornewsga@att.net

## Columnists

Carolyn Brenneman

Kathleen Emce

Lisa Petsche

\*\*\*\*\*

Published monthly. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Approximate Monthly Readership: Metro Atlanta, 65,000; Augusta, 27,000; Macon/Central Georgia, 21,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication. Editorial information you would like considered for publication should be mailed to: Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005.

\*\*\*\*\*

## CORPORATE OFFICE

Billy R. Tucker,

President/Publisher

Phone/Fax: 478-929-3636

www.seniornewsga.com

E-mail: Seniornewsga@cox.net

Copyright 1987

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.

\*\*\*\*\*

**Publisher's Notice:** In giving credit for having written the poem "Oh, No, I Didn't Know," published in our August 2018 edition, we misspelled the author's name. Correct spelling of the author's name is Sydney M. Carter, Sr., not Sidney. We apologize for this error.

\*\*\*\*\*

## LIFE

by Gwen Wingard

*Life is fragile and sometimes it's rough*

*If we make it through, we have to be tough*

*From the time we are born and start living our life*

*According to the Bible, we're appointed to die*

*From youth to old age, we learn right from wrong*  
*And we each get to decide the path we travel on*

*We can live our life, thinking only of ourselves*

*And in the end, that's all we have left*

*But we can choose Jesus and try to do what's right*  
*And live a life full of joy, and some*

*beautiful sunlight*  
*Most of us learn at a very young age*  
*That Jesus is the light, the truth and the only way*

*Some follow it diligently, others have their own mind*  
*But those who follow our Saviour always seem to find*  
*There's grace in His glory and joy in His love,*  
*And we get to share in His sweet home above*

*For only through Him do we have true peace*  
*And when our soul is finally free*  
*We'll be with our Lord throughout all eternity*

\*\*\*\*\*

## God Gives Life

by Billy R. Tucker

*God gives us life from day to day,*  
*He only asks that we live it in the right way.*

*He forces us not to do His will,*  
*He only asks that we Godly live.*

*And as the reward for our Godly deeds,*  
*He gives us His help in our times of need.*

*But, as God gives us life from day to day,*  
*He also sees fit to someday take it away.*

*We know not why this must be so,*  
*But, it's God's will, and with Him we will gladly go.*

**Publisher's Note:** I recorded this poem upon the death of one of my older brothers (age 20) on June 29, 1965. It was God's way of helping me to cope with my brother's sudden accidental death. To my knowledge, this is the first sharing of my poem.

\*\*\*\*\*

## HATE/LOVE

by Doris Highsmith Charnock

*Hate hides behind masks.*  
*Love's face stays in the open.*

*Hate buys baseball bats to smash heads.*  
*Love buys baseball bats to give to needy children.*

*Hate buys eggs to throw on innocent people.*  
*Love buys eggs to give to hungry people.*

*Hate buys a torch to burn buildings.*  
*Love buys a torch to give to the homeless.*

*Hate buys guns to kill people.*  
*Love buys guns to protect themselves.*

*Hate is a poor loser.*  
*Love accepts loss.*

*Hate never says, "I'm sorry."*  
*Love says, "Please forgive me."*

*Hate's speech is vile and vulgar.*  
*Love's speech is kind and loving.*

*Hate will come back and bite.*  
*Love will come back and love.*

\*\*\*\*\*

## ENOPION Presents A Brand New Production: A Nativity Story

Special to Senior News

**E**ach year at Christmas, Arthur and Gladys Templeton place their Nativity Scene in front of the fireplace. It is a complete set with Mary, Joseph, the baby Jesus, wise men, shepherds, an angel and animals. But this year the set is a little different. The angel doesn't quite look the same, some of the sheep are not there, a couple of figures have been replaced with "Non-Nativity" characters. But, the most precious figure of all in the set, is missing!

This one hour musical production is a wonderful story for the entire family. It will touch your heart this Christmas and remind you that Jesus is the reason for the Season.

## Show Dates:

- Friday, November 30th: 7 p.m.
- Saturday, December 1st: 2 p.m. and 4:30 p.m.
- Thursday, December 6th: 7 p.m.
- Friday, December 7th: 5 p.m. and 7:30 p.m.
- Thursday, December 13th: 7 p.m.

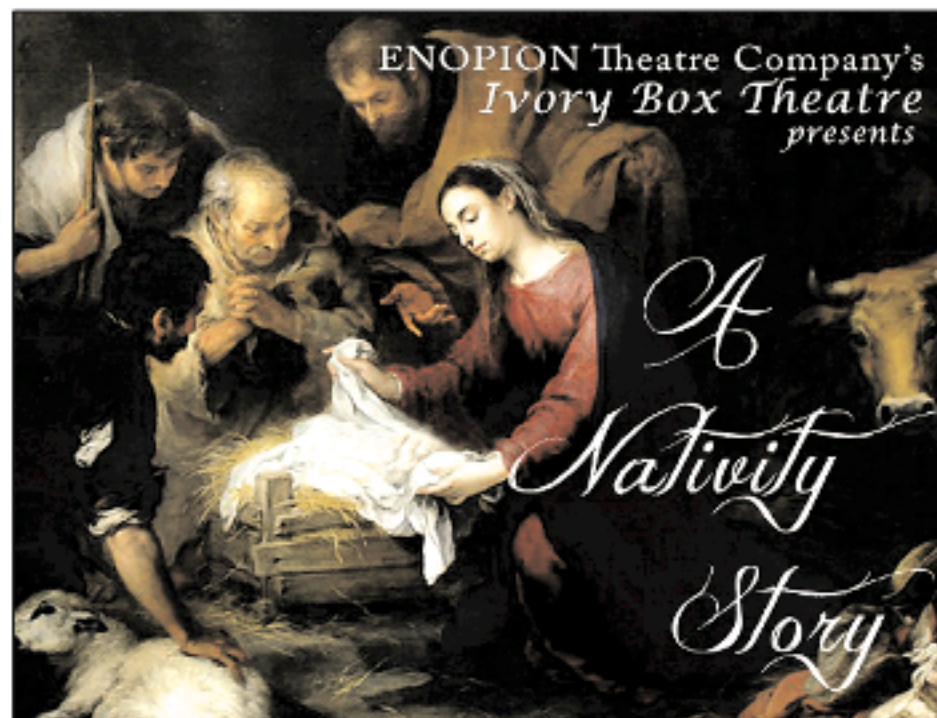
- Saturday, December 15th: 4 p.m. and 6:30 p.m.
- Saturday, December 22nd: 1 p.m. and 3:30 p.m.

Tickets: \$10 adult and \$5 children. Our brand new Ivory Box

Theatre seats 45. To reserve the full room for your group the rate is \$360.

Tickets will be on sale October 29th, 2018.

For more information, contact us at 706-771-7777.





## On the Cover

# Tuesday's Music Live is Coming!

by CAROLYN BRENNEMAN

**T**uesday's Music Live event is coming up soon here in Augusta. We can enjoy very gifted musicians entertain us at the Tuesday's Music Live concert series. The concert series has many talented artists scheduled to start on September 25th, and the events are held at St. Paul's Church in downtown Augusta, from September through March of 2019. Every concert is free and open to the public. The 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 the concert, which is \$12, please visit the website at [www.tuesdaysmusiclive.com](http://www.tuesdaysmusiclive.com) or call 706.722.3463.

To start off the first event, the concert series opens on September 25th with the fabulous EStrella Piano Duo. The duo, Elea Doubrovitskaya and Svetlana Belsky are very accomplished musicians and have played throughout Europe, Asia and the United States. Their concert credits include Carnegie Hall, Kiev Philharmonic Hall, and many other prominent venues. The duo has been praised for "marvelous and extraordinary playing" and having "confi-

dence and elan". This year they will travel all over the United States with numerous engagements. They are praised by critics as "technically brilliant" and rave reviews pronounce the duo as having "infectious joy in music making". We will not want to miss this duo!

On October 9th, we can listen to the brilliant sounds of the duet David Lisker, violinist and Ronald Rolim, pianist. Mr. Lisker came to the United States from Russia, when he was 4 years old and began studying violin at the age of 5.

Very passionate about his music, Mr. Lisker was one of 18 young violinists selected to participate in the renowned summer festival, The Perlman Music Program, which he then attended for 6 consecutive years. Later he obtained his BA in Music where he studied with Pinchas Zukerman and then obtained his Masters from Juilliard School where he studied with Itzhak Perlman. His playing has been described as possessing a deeply profound musical sense combined with great passion and brilliant virtuosity.

Just 2 weeks later, we can enjoy the sound of the Ensemble Chaconne who will perform for us on October 23rd. The trio has performed for us in the past and they bring exceptional talent to the Augusta venue. They

are an American group founded in 1985 and entertain audiences with the instruments and musical sounds of an earlier period. They bring exhilaration and theatrical intensity to a chamber setting as they will enthrall us with dramatic period-instrument performances of music from Renaissance and Baroque Europe. Their repertoire ranges from well-known masterpieces to recently

discovered works. The trio is composed of Peter Bloom on renaissance and baroque flutes, Carol Lewis on the viola da gamba, and Olav Henriksen on the lute, theorbo and early guitar.

The mission of Tuesday's Music Live is to share beautiful music with audiences so that we are enriched

and fulfilled with musical sounds from all over the world. The concerts are indeed events we will want to attend. Tuesday's Music Live event began in 1988 and is sponsored by several local businesses, foundations and individual donors here in Augusta. St. Paul's Church is located at 605 Reynolds Street, in Augusta.



EStrella Piano Duo



David Lisker



Chaconne Ensemble



## THE LEDGES APARTMENTS

- Quality, Independent Living For Seniors
- Must Be At Least 62 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Utilities Included In Rent
- One Bedroom and Efficiencies (Perfect For One)
- Smoke-Free Building
- Service Coordinator Available
- Added Safety Features In Bathroom
- Elevators For Your Convenience
- Coin Operated Laundry Rooms On Each Floor

**INDEPENDENT RETIREMENT LIVING IN THE HEART OF NORTH AUGUSTA WITHOUT LEAVING FAMILY, FRIENDS, COMMUNITY AND CHURCH AFFILIATIONS**

**Applications Taken at 550 Sikes Hill, North Augusta, SC**

**803-279-1776**

[theledges@comcast.net](mailto:theledges@comcast.net)





# Is that really Microsoft calling? Helpful tips to avoid Tech Support Scams!

Special to Senior News

**N**eeding tech support for your computer or other digital device is very common, so common that people have started taking advantage of the situation to scam you by pretending to be tech support to gain access to your device. Justin Lavelle, Chief Communications Officer for BeenVerified, is here to discuss what you need to know to prevent yourself from falling victim to these scams.

Justin's article is available to share with the below credit given, along with a link back: Don't be fooled by a scammer who calls you claiming to be from Microsoft or Apple.

Despite warnings that come year after year about tech support scams, fraudsters continually find new and more effective ways to trick consumers into giving up their personal and financial information.

Microsoft recently reported that tech support scams are up 24 percent since last year. The tech giant received 153,000 reports of customers encountering or falling for a fraud attempt, with 1 in 10 actually losing money from those scams. Microsoft customers paid an estimated \$3 to \$6 million to criminals – all because they didn't know how to spot a hoax.

The typical tech support scam involves the fraudster calling or emailing a customer claiming to be from a legitimate technology company. The scammer says there's something wrong with the customer's computer, and uses a lot of tech jargon to confuse them. They then ask for passwords, remote desktop access, and even payment so they can "fix" the non-existent problem.

Savvy internet users know that no corporate tech support representative would ever contact them about a device issue unless the customer reported it first and asked for a call back. However, if you're not particularly knowledgeable about technology, it can be very easy to be fooled by a convincing-sounding scam artist.

Here are a few steps to take if you suspect someone is trying to pull a tech support scam on you.

## 1. Verify The Source

Because of the sophisticated technology fraudsters have access to, it's very easy for someone to create a convincing-looking scam email, or fake a caller ID to make it look like a phone number is coming from a specific area code or geographical region. If you were actually expecting a call from a tech support agent, you can run a reverse phone search or look up the listed tech support number to see if it's an exact match for the company that's supposed to be contacting you.

If it's an email or browser pop-up, verify the logo, email sender address, signature, etc. The differences between a real and fake email or ad can be very subtle and easy to miss, so look at it with a very scrutinizing eye. More importantly, do not click on any links or call any phone number listed in these suspicious emails and pop-ups.

## 2. Never Give A Random Caller Your Password Or Desktop Access

No matter how convincing the call, email, or pop-up seems, you should never give out your account passwords or allow someone else to take control of your computer remotely. If you're having trouble

with your computer, it's best to bring the machine in to a tech repair shop or official device retail store, or have a tech support professional come to your home to look at it in person.

## 3. Keep Your Browser, Programs, And Security Software Up To Date

Don't ignore those messages on your computer that remind you to update your software. Software companies and device manufacturers are constantly working to patch security flaws and bugs, so failing to update at the advised time could leave your machine vulnerable to hackers.

## 4. Stay Vigilant

To avoid becoming the next victim of a tech support scam, it's important to be vigilant about computer and internet safety. Never respond to a message or phone call from someone claiming to need access to your PC if you didn't previously report an issue. If you are really having a tech support problem, contact your device manufacturer or

a trusted tech support professional directly using the info listed on their website.

Most importantly, keep yourself educated and informed about the latest fraud tactics and the warning signs of any new scams. Arming yourself with this knowledge could save you from a sneaky data thief.

\*\*\*\*\*

Justin Lavelle is the Chief Communications Officer for BeenVerified.com. BeenVerified is a leading source of online background checks and contact information. It helps people discover, understand and use public data in their everyday lives and can provide peace of mind by offering a fast, easy and affordable way to do background checks on potential dates. BeenVerified allows individuals to find more information about people, phone numbers, email addresses and property records. [www.beenverified.com](http://www.beenverified.com).

\*\*\*\*\*

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

## General Business Directory For Seniors

**TrueCare Personal Care Home**  
*We provide peace of mind*  
Welcome to a place you'll truly love to call home.  
**Services Provided:**

- Can provide assistance with everyday tasks
- Full meals
- Fully trained caregivers
- 24-Hour monitoring
- Transportation to Doctor Appointments
- Weekly Activities

We accept private pay and Medicaid.  
We Speak Spanish.  
1909 Central Avenue • Augusta, Georgia 30904  
**706-364-1412**

**Do you Need Glasses, Dentures or Dental?**

If you have Medicare, Call me.  
I Might be able to Help.

**Bill Phillips**  
**706-284-1635**

**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)**

~ ADVERTISING INFORMATION ~

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

\*\*\*\*\*

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

**BIBLE BY PHONE**  
**FREE DAILY BIBLE READINGS -- NKJV**  
**706-855-WORD**

Augusta 706-855-9673  
Aiken 803-442-9673  
Thomson / Lincolnton 706-541-3639  
Daily Word • P. O. Box 1234 • Evans, GA 30809



# Leisure Education: The Leisure Frame-of-Mind

by MARTY TURCIOS, MS  
Executive Director  
Marty Turcios' Therapeutic Golf

**L**eisure has been interpreted in several different ways. Free time from work is commonly defined as leisure, along with travel and getting away from the day-to-day routine where we sometimes feel stuck. Change in environment, the pace in which we do things or just falling asleep on the couch in front of the TV in a state of complete idleness can be considered leisure; however, scholars in the field define the leisure state to that of higher ideals and a conscious state of mind!

In graduate school I was intrigued with Thomson's (1990) translation of the Ethics of Aristotle, which draws a parallel between leisure and happiness, implying

thought and intellectual activity, defined as one's ability to think independently of everything, in contrast to conformity, which provides secondary happiness. Leisure, as independent thought, Aristotle thought to be the highest virtue and best part of each individual.

So now we have a comparison between "conformity" and "leisure." Conformity may be considered what we adhere to as a means of survival. Wearing jeans and a tee-shirt may be comfortable, but doing so may not bring much happiness in a job interview. Or one can choose to be as comfortable as when wearing the tee-shirt and jeans while wearing a suit and tie during an interview for the best job of a lifetime! So leisure is not making a choice of what we do, but a choice of how we think and feel. As a Recreation Therapist, I identify this as moving away from facilitated learning toward self-

directed activity. The individual is no longer conforming to instruction of the activity, but enjoying it through play and higher self-actualization.

The first time I was able to see this in action was when I met Jim at Lincoln Park Golf Club, San Francisco, in the late 1980's. Jim stood nearly 6' 5," weighing close to 250 lbs. Wearing weight lifting gloves on both hands, he stabilized himself holding a cane in each hand. I asked Jim why he wasn't playing golf with the rest of us. He said he had been diagnosed with ALS (Lou Gehrig's Disease) and was no longer able to play. Although I will not repeat the exact language I used, Jim got the message that if he wanted to play golf again he could!

Jim had been a low handicap golfer playing with top amateurs out of the Olympic Club and Harding Park. He ran his tax-accounting practice just south of San Francisco

after playing baseball at Arizona State where he pitched in the College World Series three years in a row. He ended his baseball career throwing his elbow out during Spring Training for the Cleveland Indians.

Jim and I played golf together for almost twenty more years. A lot of that time we competed with partners; Vince with Jim, Brian with me. Jim and I were together at both Vince and Brian's memorials: meaning that Jim survived longer with ALS than any doctor ever predicted. This was my first encounter with the power of the leisure frame-of-mind. Now I understand the need to nurture and protect it. To be continued...

\*\*\*\*\*

*Marty Turcios of Marty Turcios Therapeutic Golf which provides therapeutic at Wedges & Woods in Augusta, Georgia.*

## Cove Hunt at Millhaven Plantation

Special to Senior News

**J**oin us Saturday, September 15th, for a day in the woods at the Morris family's Millhaven Plantation. Included in this daylong event: dinner, libations, and transportation to and from Millhaven. Tickets for this exclusive experience are \$250.00 per hunter. Space is limited. Reserve your spot today by calling Lauren Land at 706-828-3825.

Proceeds benefit the Morris Museum of Art Gala.

\*Each hunter is required to have a current Georgia hunting license and a Georgia migratory bird stamp.



Aiden Lassell Ripley, *Quail Shooting*, undated. Drypoint etching on paper. Morris Museum of Art, Augusta, Georgia. Gift of the Robert Powell Coggins Art Trust.

## 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.



Attractive Commission Based Plan!

Send Resume To  
seniornewsga@cox.net

## General Business Directory For Seniors

### Lincoln Heritage Funeral Advantage®

- **FREE Pre-Planning Services**
- **Whole Life Insurance Starts at \$15 Per Month** (\$2.00 Per Month for Minor Children)
- **Natural Death, Accidental Death, and Dismemberment**
- **Ages 0 to 85 May Qualify**
- **Up To \$20,000 Coverage**
- **Most Get Immediate Coverage**
- **No Medical Exam**  
(Just Answer a Few Health Questions)
- **Your Rate Never Changes, You Will Not Be Dropped and Your Coverage Never Decreases**  
(As Long As Your Premiums Are Paid)

Minister Tee Meyers, Final Expense Agent  
706-513-7515 • pythongym@aol.com

### ~ ADVERTISING INFORMATION ~

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

\*\*\*\*\*

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

**Senior Services &  
Events Information  
Available at  
www.seniornewsga.com**

### We are Comfort Keepers



**Comfort  
Keepers®**

### Comforting Solutions for In-Home Care®

Comfort Keepers® provide in-home care such as:

- **Companionship**
- **Personal Care**
- **Meal Preparation**
- **Transportation**
- **Your Local EEOICP Provider**

Services are provided for as little as a few hours a day up to 24/7. Call today to schedule a complimentary in-home assessment.

**803-279-7100**

Independently owned and operated since 2002

**WWW.COMFORTKEEPERS.COM**



# Keith Thompson earns Top Honors at the National Veterans Wheelchair Games

by JW HUCKFELDT, Deputy  
Public Affairs Officer  
Carl Vinson VAMC

Army Veteran Keith Thompson is no stranger to conquering life's challenges. A 2006 motorcycle accident left the former fire fighter in a 27-day coma and paralyzed from the waist down. Not one to be kept down, Thompson strives to be the best at everything he does and that paid dividends at this year's National Veterans Wheelchair Games (NVWG) held in Orlando, Florida earlier this month. Thompson was awarded the prestigious Spirit of the Games trophy – an award presented to “the Veteran that through their athletic achievement, leadership and support of their fellow Veterans exemplifies the values of the Games.”

To illustrate the award's significance, Thompson was selected from the record-setting 611 athletes that participated in this year's games and is the 32nd recipient since the award's creation in 1987. The theme for this year's games was “Conquer the Challenge,” and that's exactly what Thompson achieved.

“There are no limits,” said Thompson. “My wife told me I can do anything I want, I just have to do it from a chair.”

Thompson defines the word competitor. He's competed in various events over his NVWG career including archery, trap shooting, air rifle, air pistol, 9-ball, shot put, discus, javelin, bocchia ball and softball. While at this year's games, Thompson attempted to catch a softball hit his way when he fell out of his chair and dislocated his shoulder. Also, in 2016, Thompson competed at the NVWG despite having a broken wrist and torn rotator cuff after being rear-ended by a distracted driver. He truly knows no limits.

“We are all at the games to compete and leave our best on whatever field we play on,” Thompson said. “But if someone falls, regardless of what team you play for, you help your brothers and sisters get back up.”

Thompson was introduced to Carl Vinson VAMC when he accompanied a friend to the medical center to check on the status of his benefits. Administrative Officer for Acute Care Tamara Jackson suggested



Photo by  
Greg Swars

Thompson also apply for benefits and suggested the Sandersville, Georgia resident consider recreation therapy. It wasn't long before Recreational Therapist Charlene James urged Thompson to try adaptive sports and in 2011, he attended his first NVWG.

Photo by Jason Tudor  
When he's not practicing for the games, Thompson spends time with his wife of 17-years, Janice, and managing his medical transportation service, 3D Enterprises.

Keith Thompson is no stranger to life's challenges. However, he is the example all people should emulate when striving for something that only seems unobtainable.



Photo courtesy of PVA

Finding the right resources, information and assistance you need to remain healthy and happy in your home and communities can be confusing and frustrating...

## BUT IT DOESN'T HAVE TO BE!

The CSRA Area Agency on Aging, a designated Aging and Disability Resource Connection (ADRC), can connect seniors, persons with disabilities, family members, caregivers and professionals with the resources and information they need.

Trained, friendly counselors are ready to answer calls for information or assistance with:

- Transportation
- Meals on Wheels
- Home Care
- Tai Chi and other Wellness programs
- Options & Counseling
- Help for People with Disabilities
- Home Modification, such as wheelchair ramps
- Caregiver Programs
- Diabetes Education & Prevention
- Volunteer Opportunities

Services are provided through private pay and government-funded options. The ability to pay privately offers an alternative to being placed on a waiting list.

Contact the CSRA Area Agency on Aging by dialing  
(866) 552-4464 or (706) 210-2018.

