

Senior News

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***It's 2019...
and Time to
Celebrate!***

Story on page 5

January 2019
Vol. 33, No. 1

Taking Care

Attitude Is Everything As We Age

by LISA M. PETSCHKE

There is no shortage of information in the media about how to improve your health through positive lifestyle changes such as eating more nutritiously, being physically active and not smoking. Did you know, though, that changing your mental attitude can also go a long way toward improving your well-being?



Lisa Petschke

Even if you do not consider yourself a naysayer, make it a point over the next few days to scrutinize everything you think and say; you might be surprised.

For instance, how much of your self-talk and communication with others contains the words "can't," "don't," "shouldn't," "couldn't" and "never?" Do you frequently start sentences with "If only," "I can't believe" or "I hate it when?" And, do you use phrases such as, "it's impossible," "I have no choice," "that's terrible," and "why me?"

Unfortunately, it is much easier to be pessimistic and critical of yourself, others and the world around you than to be optimistic and enthusiastic.

It doesn't help that the mass media thrive on disaster, failure and discord.

All of this publicity not only perpetuates the negativity but also creates more. And it is true that misery loves company: when we complain aloud, other people usually join in, reinforcing the gloom.

Negative thinking takes many insidious forms: doubt, worry, catastrophizing (magnifying the importance of upsetting events), focusing on our own shortcomings or those of others, seeing only the flaws in proposed plans, dwelling on what we perceive to be lacking in our lives, approaching life from the perspective of entitlement (believing that we are owed certain things), denial, inflexibility, hopelessness, and regarding the world as an uncaring or even hostile place.

By-products of such thinking include self-absorption, depression, defensiveness, self-criticism, destructive criticism of others, sarcasm, distrust, blame, jealousy, bitterness, self-pity, avoidance, indecision, chronic complaining, low self-esteem, resistance to change, helplessness and passivity.

Negativity is harmful not only to your physical and mental health — generating stress that can lead to illness — but also to your spiritual well-being and the well-being of people around you.

Accentuate the positive: Here are some ways to accentuate the positive instead.

- Limit your exposure to the news.

- Use positive self-talk. Emphasize phrases such as "I can," "I will" and "I choose."

- Be generous with praise and encouragement and cautious with criticism (giving only the constructive type).

- Cultivate a healthy sense of humor.
- Accept realities you cannot change and focus instead on those you can influence.

- Seek out stories of people who have beat the odds or otherwise serve as a source of inspiration.

- Trust that there is a valuable lesson in every type of adversity. And remember that no matter what happens, you always have a choice about how to respond.

- Stay connected to people who care. Minimize contact with those in your social network who are negative or self-centered.

- Find an outlet for expressing your thoughts and feelings, such as talking with a friend, writing poetry or music, or keeping a journal.

- Pick your battles; don't make a major issue out of every concern.

- Refrain from dwelling on past mistakes, hurts or other unpleasant events.

- Look for the good in people and situations. Demonstrate empathy, give others the benefit of the doubt and practice forgiveness.

- Do something you enjoy each day: read, listen to music, take up a new hobby or revive an old one.

- Identify sources of stress in your life, then eliminate as many of them as possible and learn to manage the rest. Practice relaxation techniques, such as deep breathing, meditating or doing yoga.

- Seek help from your primary physician or a counselor if you continually feel sad, angry, overwhelmed, indifferent, hopeless or worthless. Depression can be treated, and the sooner you seek help, the easier it is to successfully treat.

- Let go of the need for perfection and be flexible about plans and expectations.

- Take things one day at a time so that challenging situations do not overwhelm you.

- Be receptive to learning new ways of doing things and try new activities.

- Practice random acts of kindness.

- Set aside some quiet time each day; it nurtures your spirituality and helps to keep you grounded.

- Count your blessings

- Finally, focus on the good things in your life, such as supportive relationships, and seek beauty and tranquility through appreciation of various kinds of art as well as nature. Be sure to count your blessings and learn to live in the moment, enjoying life's simpler pleasures. It makes for a happier and healthier you.

Lisa M. Petschke is a medical social worker and a freelance writer specializing in boomer and senior health matters.

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Agency Alert

Your Money – Now that I have your attention: 5 Ways to Stop Spam Calls!

KATHLEEN ERNCE
Executive Director, The Senior
Citizens Council Augusta, Georgia
kernce@seniorcitizenscouncil.org
706-868-0120

Savvy solutions to turn that flood of unsolicited calls seeking to rip you off into a trickle because if



**Kathleen
Ernce**

you are like me they always call as you sit down for dinner or when you have wet hands!

Unwanted phone calls and text messages continue to surge, no matter what efforts lawmakers and regulators take to curb them. In the first four months of last year, call-blocking service YouMail reports, more than 12 billion robo-calls were made to American homes. That's about 4 million every hour, and a steady increase from last year. Live calls from telemarketers have also continued to increase.

Why? Sadly, the answer is that they work. It costs scammers and spammers only a few dollars per day to simultaneously blast tens of millions of calls with autodialers. Senders – many of them con artists – spend about \$438 million per year on robocalls. Those calls generate

more than 20 times that amount in income, almost \$10 billion a year.

The crooks generating the calls easily hide their tracks. Calls may travel through a maze of networks. They often display on caller ID screens with phony “poofed” numbers that may appear to be local or from trusted businesses and government agencies. And they are changed frequently on purpose.

It's nothing personal. Spammers often don't know who owns targeted numbers, or even if the numbers are active. But no doubt you've been targeted, and you will continue to be. So how do you defend yourself?

You can try not picking up. But the calls that reach your voicemail greeting could flag that your is a working number – and ripe for future calls.

Here's a list of do-it-yourself defenses I use that have dropped the automated and live spam calls received by more than 90 percent:

- Answer with silence. When you say hello or anything else, automated voice-activated calls launch the robocall recording or transfer you to a call center, where a live operator angles for personal and financial information. But saying nothing usually disconnects these calls within seconds, with no robo-message or callbacks from that phony number. If it is an unsolicited “live” caller,

wait for that person to speak to break the silence. If you don't recognize the voice, hang up.

- Try a “not in service” recording. Using a portable tape recorder and a microphone attached to a handset, I copied a “this number is not in service” message during a callback to a scammer's spoofed number. Since it's cued, I sometimes play that recording – again, saying nothing – when answering calls before they go into voicemail in hopes my number will be removed from spammer calling lists. So far, I have not gotten a single callback from those incoming numbers.

- Trap 'em with an app. Smartphone users have plenty of options that flag and block some fraudulent calls and text messages. Some services are free; others cost a few bucks per month. Customers of AT&T can use Call Protect, Verizon Wireless provides Caller Name ID, Sprint offers Premium Caller ID, and T-Mobile has Scam ID and Scam Block. You can also buy apps like YouMail and RoboKiller that will filter calls for a few bucks a month – or for free in the case of YouMail.

Another freebie for virtually every landline user: Press *77 to block “anonymous” and “private” numbers, then deactivate it anytime with *87. To block individual numbers

that get through on an iPhone, open the phone app, tap the circled “i” icon to the right of the spam number that called, scroll down and tap Block This Caller. For Android smartphones, open the phone app and tap the calling number, select Details, then Block Number.

- Know which calls to avoid. The most common calling cons are pitches that promise to reduce debt and credit card rates or to get you pre-approved loans; offer free or low-cost vacations, time-shares, home security systems and medical supplies; or, come from government and utility company impostors.

- A dropped or “one-ring” call is a common use to prompt a callback. Beware of area codes 268, 284, 809 and 876, which originate from Caribbean countries with high per-minute phone charges.

Robocalls tend to be highest on Friday and Tuesday, and the most frequently targeted numbers are in Atlanta, Chicago, Dallas, New York City, Los Angeles, Houston, Birmingham, Ala., and Miami.

Next month, we will discuss “Scam Calls Are ‘Epidemic’ – and Getting Worse

Source: Sid Kirchheimer, AARP Bulletin, October 2018

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Website

www.seniornewsga.com

Publisher

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Email: seniornewsga@cox.net

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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.

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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.

I VALUE MY RELATIONSHIP WITH CHRIST

by Mr. Sydney M. Carter, Sr.

The most valuable gift that I could ever have in this life is my relationship with Jesus Christ. Jesus will not betray our friendship. And, that's why I will not allow that bond to become: splintered, fraught, imprecise or messy. Because, Jesus means more than this world to me.

If I betray Jesus, the Christ, that would only break His heart; and, I would regret that for the rest of my life... in eternity. God Forbid!!!

PAIN AND TIME

by Marion Jones

*It hurts to care for someone,
Who does not care for you.
It not only leaves you lonesome,
But, quite often very blue.*

*But, one day one will come along,
To fill the void that you possess.
Your heart will then be filled with song,
When at last you find that happiness.*

*You say right now, that that's not so,
As one can never take his place.
Comparing others is all you know,
As in your heart you see his face.*

*They say that time heals all the crying,
'Till then your patience must be strong.*

*Dry your eyes and keep on smiling,
One day you will find the one to whom you belong.*

OH, RICE!

by Mrs. Mildred Carter

*Rice, rice... oh friend and neighbor,
we have enough rice in our houses and in our homes.*

But, friend, what you and I need is the love of Jesus Christ; in our hearts and in our lives.

Because, neighbor, you and I should always serve and love the Lord Jesus Christ.

Because, I tell you friend and dear neighbor, that the Lord and Savior is always perfect for our life.

The Progressive Religious Coalition Presents:

Keeping the Dream Alive: Why Dr. King's message still matters to all of us

The 12th Annual Interfaith Celebration People of World Faiths Embracing Justice in Augusta

The most diverse interfaith event in the CSRA including Baha'is, Buddhists, Christians, Hindus, Jews, Muslims, Sikhs, Religious Humanists, & Unitarian Universalists



Tuesday, January 15, 2019

6:45 PM - Gathering
7:00 PM - Service

Covenant Presbyterian Church

3131 Walton Way
Augusta, GA 30909

Music by the Davidson Chorale.

A scene from *Four Little Girls: Birmingham 1963* by the Augusta Jr. Players to be performed.



Keynote Speaker: Rev. Dr. Robin Meyers

Sermon: The Fierce Urgency of Now

Our keynote speaker this year will be the Rev. Dr. Robin Meyers who is a nationally known United Church of Christ (UCC) pastor, professor, peace activist, and the author of seven books about progressive Christianity and American society. He has been the senior minister of Mayflower Congregational UCC church, in Oklahoma City, for 27 years. He is also Distinguished Professor Emeritus in the Philosophy and Rhetoric Department at Oklahoma City University.

Dr. Meyers lectures and gives workshops on church renewal around the country and is an award-winning commentator for NPR. His teaching and preaching offer a non-literal, non-dogmatic approach to Christianity, and his politics are neither left nor right, but rather subversive for the cause of love. He seeks to build a Beloved Community devoted to embodying peace and justice in a broken world. As a professor, he urges his students to think critically and fearlessly about the things they think they know. His method is Socratic, grounded in the belief that the truth is accessible, but often obscured, and that love is life's highest achievement. His books all revolve around questions of religion, ethics, and language—that is, around transcendence, morality, and the redemptive power of telling the truth.

For more information, scan the code on the right, visit us on Facebook, or at our website: <http://prc-augusta.org>.



On the Cover

It's 2019 and Time to Celebrate!

by CAROLYN BRENNEMAN

Another year is just starting and 2019 will be the year to celebrate life and start a great fitness program! We have some great ideas about how to begin 2019. What better way to celebrate than to start up with a great fitness program for our physical, mental and spiritual self.

Many medical conditions can be improved through physical exercise, including Alzheimer's disease, dementia, heart issues, diabetes, and high blood pressure. Throughout this

year of 2019, by engaging in regular exercise, whether walking or joining a fitness program or both, we will soon notice the improvement in our health. Our stamina will increase and we will protect our bones against increased bone loss. Higher bone density reduces the risk of osteoporosis and lowers our risk of broken bones.

As the year goes by, our bodies take a little longer to repair themselves, and any type of physical activity is great for us. Even if we have never exercised, we can start today, by taking a walk or joining a group fitness program at the local fitness center. After all, it is the support of our friends and family that keeps us motivated and making it work. Even simply taking a daily walk for 30 minutes with our kids and grandkids or with a group of friends is a great way to get started. Getting outside of our home will benefit us tremendously. Don't care for walking? Well, there are plenty of opportunities for all of us to engage in physical movement and activity. Let's sign up for a fitness program at The Family Y or at H2U, or let's join a Silver Sneakers group.

Silver Sneakers, the trademark name of group exercise classes offered for Seniors, gives us one of the best and free opportunities to stay on track toward our health and fitness goals. In Augusta and the surrounding areas, Silver Sneakers classes are held at all of The Family Y centers including Augusta South, Marshall Family Y, Family Y of North Augusta, Thomson Family Y and the Wilson Family Y. Many classes are offered throughout the week and the schedules vary from center to center, but they do



Bike cycles help strengthen our heart.



Carmen's building muscle and gaining strength.



Edward and Jeanette are ready for Tai Chi!



Group activities are fun for everyone!

accommodate everyone. So let's find the closest one in our area and sign up soon.

"I really enjoy low impact aerobics with music," says Pamela about her classes at The Family Y. "I use the treadmill for slow walking for 20 minutes, and then take a class using light weights, for balance." And look at Jeannette, she is starting Tai Chi for balance and range of movement.

That is indeed exciting! Keeping active will keep our minds and bodies younger and allow us to enjoy activities with our grandchildren. So, let's jump off the couch and get going right away to join a fitness program. Take on the challenge and try just one activity – walking, group activities, or a Silver Sneakers class. It is the secret to better health and a happier life.

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Augusta-Richmond County officially becomes "Smokefree"

Special to Senior News

AUGUSTA, Ga.

Augusta-Richmond County's smokefree ordinance goes into effect Jan. 1, 2019. Ordinance 7622, "To Restrict Smoking and the Use of E-cigarettes in Public Places and In Places of Public Accommodation," was approved by the Augusta-Richmond County Commission on June 19 and signed by Mayor Hardie Davis during a ceremony at the Georgia Cancer Center on Sept. 6.

The purposes of the ordinance are: "(1) to protect the public health and welfare by prohibiting smoking in certain public places and places of employment; and (2) to guarantee the right of nonsmokers to breathe smokefree air, and to recognize that the need to breathe smokefree air shall have priority over the desire to

smoke."

Specifically, the ordinance states:

- All enclosed public places, and within a reasonable distance of such places, will be smoke- and vape-free. The full ordinance includes a list of 24 different categories of enclosed places.

- All enclosed areas, including buildings and vehicles, owned, leased or operated by Augusta, Georgia, as well as adjacent outdoor property, will be smoke- and vape-free.

- All enclosed places of employment, and within a reasonable distance of such places, will be smoke- and vape-free. Employers are responsible for communicating the smoke-free ordinance to current and future employees.

- Enclosed residential facilities, including all private and semi-private rooms in nursing homes and at least 80 percent of hotel/motel rooms

rented to guests, will be smoke- and vape-free.

Areas not covered by the ordinance, where smoking and vaping can continue, include:

- Outdoor places, except within a reasonable distance of outside entrances, operable windows and ventilation systems
- Private residences, unless they are used as a child care, adult day care or health care facility
- Private vehicles
- Areas in Augusta where the Board of Commissioners of Augusta does not have jurisdiction
- Hookah bars/lounges and retail electronic smoking device stores already in existence at the date of adoption of the ordinance (June 19)

The ordinance also states that owners, operators, managers or other persons in control of a public place

or place of employment should post "No Smoking" signs at every entrance and remove all indoor ashtrays used for smoking. Signs are available from the city's License and Inspection office and from the Environmental Health Section of the Richmond County Health Department.

A "No Smoking" sign may also be downloaded at: www.augustaga.gov/2708/Smoking-Ordinance. The site also includes the full ordinance and educational materials. This link is also available at www.BreathEasyAugusta.org.

BreathEasy Augusta is a coalition of community partners working to ensure that all workers are protected from secondhand smoke exposure. For more information, visit www.BreathEasyAugusta.org or like us on Facebook at www.facebook.com/BreathEasyAugusta.

The 2019 Jimmie Dyess Symposium Honors Individuals for Valor and Civic Contributions

Special to Senior News

The Augusta Museum of History is proud to present the Jimmie Dyess Symposium. The



Jimmie Dyess

ninth annual Symposium will be held on Thursday, January 10, 2019 at 5 p.m. at the Augusta Museum of History Rotunda. The event and parking are both

FREE.

This very special symposium has been created and developed to recognize a native Augustan's courage as both a Civilian and a Marine and to identify others who have shown similar valor or made civic contributions above and beyond the call of duty. This event supports six worthy causes. No other fundraising event in the CSRA has such a wide impact.

The symposium will include remarks by Major General Perry Smith, who is the son-in-law of Jimmie Dyess. Three individuals will be honored with the Symposium's 2019 Distinguished American Award. Honorees and speakers for 2019 will be Medal of Honor Recipient Melvin Morris who

became one of the first soldiers to don the 'green beret', Fort Bragg, N.C., in 1961; the second honoree is William S. "Billy" Morris III, chairman of Morris Communications Co. and the publisher of The Augusta Chronicle, the company's first newspaper; and third individual to be honored is Jane Howington who for 40 years dedicated her life to spreading the words of the Bible at Reid Memorial Presbyterian Church and beyond.

Each honoree has devoted many years supporting important community causes. Immediately after the ceremony, you will have the opportunity to meet and visit with the honorees.

Connor Dyess Smith will be in attendance. Although she was just

eight years old when Jimmie Dyess was killed, she has many fond memories of her father.

Please come and join us for this special evening! For more information on the Symposium please contact the Museum at (706) 722-8454 or visit www.augustamuseum.org. The Augusta Museum of History is located at 560 Reynolds Street in downtown Augusta.

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“Why Should I Care?” Making the Case for Funding In-Home Care

by KATHY FLOYD, Executive Director, Georgia Council on Aging and JEANETTE CUMMINGS, Director, Central Savannah River Area Agency on Aging

“Why Should I Care?”

That is a question I am sometimes asked as I travel around Georgia talking to groups about the need for more public funding for home and community-based services to help keep older adults out of nursing homes. Those who ask usually have adequate resources, perhaps a pension, maybe retiree health care. They tell me they have the money to pay for supports as they age. Thus the question: “Why should I care?” In addition, why should our state legislators care?



Jeanette Cummings

There are many sound reasons for supporting greater funding for home and community-based services. The first is obvious: It is the right thing to do. Survey after survey reports that older adults want to remain in the communities where they have lived for years. They have connections in those neighborhoods – their friends live there; they go to church there. They have a sense of independence.

There are more practical reasons to support in-home services, however. Frankly, it saves money. Frequently, older adults do not need the complete range of services provided in a nursing home. Perhaps, they need only home-delivered meals or assistance with bathing or using the bathroom. Without this kind of help, their health is likely to decline until a nursing home is the only safe option. If, however, admission to a skilled nursing facility can be delayed or avoided altogether, the older adult benefits, her family benefits and taxpayers benefit.

Over 80 percent of nursing home beds are paid for with Medicare or

Medicaid funds. Even for individuals who might at one time have had the ability to pay for in-home care, Medicaid often kicks in to help pay for nursing home care once their assets are exhausted. A Medicaid bed in a nursing home costs the state on average 10 times what home care costs. In FY 2016, more than 425 people could not wait any longer for in-home services and went into a nursing home. That costs the state a whopping \$8.8 million, instead of the more reasonable \$842,000 that home care would have cost.

A third reason is the most practical of all. The network of agencies that provides support to older adults includes both public and private organizations. Like health care, home care depends on both private and public pay to stay in business. Nearly 70 percent of individuals over the age of 65 will need care at some point. That means you or a family member may need a home care provider, as you get older. Without a wide array of providers in the marketplace, both public and private, you may

not be able to find what you need when you need it.

Right now, 7,000 people throughout Georgia are on the waiting list for in-home services. Included in that total are 282 who live in the Central Savannah River region which includes Burke, Columbia, Glascock, Hancock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Screven, Taliaferro, Warren, Washington and Wilkes counties. All of us should care about reducing that number through increased funding for supports for older adults. It is both the smart thing to do and the right thing to do. Checks should be made payable to CSRA Regional Commission and mailed to: Dina Conklin, 3626 Walton Way Extension, Suite 300, Augusta, Ga 30909.

ENOPION to present new shows

Special to Senior News

You will want to grab your family, friends, and youth group members and attend these exclusive shows. We are the only place in the Augusta area where you will be able to see this amazing film on the big screen!

Show dates and times:

- Friday, January 11th: 7 pm
- Saturday, January 12th: 2 pm and 5 pm
- Wednesday, January 16th, 6:30 pm
- Friday, January 18th, 7 pm
- Saturday, January 19th: 4 pm

Our Children's Theatre Classes are beginning

again January 22nd with the following schedule:

- Tuesday 2 pm: ages 9-12
- Tuesday 3:30 pm: 11-12 year olds
- Tuesdays 5:00 pm: ages 9-12
- Tuesdays 6 pm: Ages 13 and up

Classes will run for 10 weeks with a demonstration on Saturday, March 23rd to showcase the student's talents! For tickets information and registrations you can call 706-771-7777!

WANT TO BE PART OF THE ENOPION FAMILY AND SOMETHING TRULY INSPIRATIONAL?

Auditions are now being held for another new musical by ENOPION, “The Cure” to premier in April 2019. Learn more and schedule an audition appointment by calling 706-771-7777!

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Tips on giving to police and firefighter organizations

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

The police and firefighters in your community are people who put their lives on the line daily to protect you, your family, and your community. So when you get a call or a letter asking you to give to a police or firefighter group, your first reaction is probably a generous one.

But wait. There are a lot of hype merchants out there, fast talking hucksters only too happy to take your dollars without giving you all the facts needed to make an informed giving decision. If you donate to groups like these your hardworking local police or firefighters might not be helped much, if at all. And you'll have poured your hard-earned money down the drain. If you are considering supporting police, firefighter and even veteran causes, the BBB advises you to consider the following.

- Most police and firefighter groups are not charities. While some groups are 501(c)(3) tax-

exempt charities, most are labor organizations, fraternal groups, or benevolent associations. Make sure to ask the group for its tax identification letter and a copy of their IRS 990 form to determine whether your contribution will be tax-deductible.

- Local police officers and firefighters are usually not involved. Don't make the assumptions based on the name alone; the words "police" and "firefighter" in an organization's name does not necessarily mean that local members are involved. If your goal is to help locally, contact your local police or fire departments to ask how you can help.

- Don't believe promises of special treatment. If such suggestions or threats are used, contact your local police department, the Federal Trade Commission, and the BBB.

- Ask for written materials. Learn more about the organization's finances before giving. It should "raise a red flag" if the organization is unwilling or reluctant to provide this information.

- Find out how much of your gift will be spent on fundraising costs. In some cases, fundraising expenses

for police and firefighter organizations can be as high as 90% or more of the funds collected. That means that ninety cents or more of every dollar collected actually goes to the telemarketer, not the organization whose name is being used.

- If asked to buy tickets to send needy kids to an entertainment event, ask how the children are chosen, how many will attend, how tickets will be distributed, and if transportation has been arranged for the children. Many times the soliciting organizations have not made arrangements with local children's charities, might not provide transportation for the children, or few children may actually attend the event. Many times, no venue has even been secured for the event.

- If your business is asked to buy advertising space in a police or firefighting journal, ask how many copies of the publication will be distributed, who will receive them, if there is a cover price, the estimated publication date and ask to see a copy of the draft and published version of the ad. In some cases few copies of the publication are ever distributed and those that

are given out may be done haphazardly.

Giving is a personal decision. It is up to you to decide whether a police or firefighter group is worthy of your support. The bottom line? Always ask questions to make sure your donations will be used wisely.

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

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 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 at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org.

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