

Senior News

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*Animal rescue is her
life long passion!
Donna is her name!*

Story on Page 6 🍎

May 2009
Vol. 23, No. 5

Phony letters from Publishers Clearing House lands in mailboxes across the country warns BBB

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

Better Business Bureau is warning the public to beware of letters supposedly from Publishers Clearing House which claim that they have won a grand prize drawing of \$1 million. Despite how official the letters might look, the recipient is the target of a widespread scam that is seeing a sudden resurgence across the country.

"Perhaps, not surprisingly, the increased prevalence of this scam comes on the heels of the actual Publishers Clearing House awarding a New Jersey woman \$5,000 a week for the rest of her life," said Kelvin Collins, President/CEO of the BBB serving Central Georgia & the CSRA. "Scammers often steal their hooks from the headlines and operate in the wake of newsworthy events, such as Publishers Clearing House giving out a prize, because they know it'll be on top of people's minds."

How the scam operates is that victims receive a letter supposedly from Publishers Clearing House claiming that they have won \$1 million as the second place winner of a drawing sponsored by Reader's Digest Magazine. The letter is accompanied by a check for as much as \$5,900 with instructions to call the Publishers Clearing House representative listed in the letter. Over the phone, the victims are told that, in order to receive their prize, they must cash the check and then wire approximately \$4,000 to Publishers Clearing House and then the

rest of the winnings will be sent to them. The check, however, is fraudulent and any money wired to the scammers cannot be recovered.

Since early March, reports of the Publishers Clearing House scam have come in from 19 states including California, Georgia, Hawaii, Illinois, Indiana, Kentucky, Louisiana, Maine, Michigan, Missouri, New Jersey, Ohio, Pennsylvania, Texas, Utah, Virginia, Washington, West Virginia and Wisconsin. Not only are letters popping up in mailboxes, but some people report receiving phone calls from scammers pretending to be with Publishers Clearing House as well.

While this scam predominantly takes advantage of individuals, business owners also need to be aware that their company's name could potentially be used by fraudsters to pull off this con. The fraudulent checks sent to the supposed prize winners with the letter are copies of checks from legitimate businesses which have been stolen by the scammers. Businesses located in Alabama, California, Georgia, Kansas and West Virginia have discovered that their checks—which included their name, address and even account number—were reproduced as part of the scam.

For more information on the Publishers Clearing House scam, please contact the BBB at 800-763-4222 or www.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 1-800-763-4222, website www.bbb.org or e-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

Agent Orange exposure increases veterans' risk of aggressive recurrence of prostate cancer

by **Dr. Martha Terris**
Chief of Urology at the Charlie
Norwood VA Medical Center in
Augusta and professor of Urology
at the Medical College of Georgia
School of Medicine

Veterans exposed to Agent Orange are at increased risk of aggressive recurrence of prostate cancer, researchers report.

A study of 1,495 veterans who underwent radical prostatectomy to remove their cancerous prostates showed that the 206 exposed to Agent Orange had nearly a 50 percent increased risk of their cancer recurring despite the fact that their cancer seemed relatively nonaggressive at the time of surgery. And, their cancer came back with a vengeance: the time it took the prostate specific antigen, or PSA, level to double - an indicator of aggressiveness - was eight months versus more than 18 months in non-exposed veterans.

"There is something about the biology of these cancers that are associated with prior Agent Orange exposure that is causing them to be more aggressive. We need to get the word out," says Dr. Martha Terris, chief of urology at the Charlie Norwood VA Medical Center in Augusta and professor of urology at the Medical College of Georgia School of Medicine.

Dr. Terris, corresponding author on the study published in the May issue of British Journal of Urology International, says she wants her colleagues following prostate cancer patients with Agent Orange exposure to know those patients may need more meticulous scrutiny and so-called salvage therapy quickly if their prostate cancer returns. "Not only are their recurrence rates higher but their cancers are coming back and growing much faster when they do come back," the Georgia Cancer Coalition Distinguished Scholar says.

The PSA of prostate cancer patients is typically measured every three months for two years after surgery then every six months for life. After surgery to remove the diseased prostate, the PSA should be zero, but any prostate cancer cells left behind continue to make PSA, a red flag of recurrence, Dr. Terris says. The PSA often "percolates along" so physicians tend to watch it for a while to determine if additional therapy is needed. However in patients with Agent Orange exposure, radiation or hormone therapy to kill remaining cells may need to be done sooner rather than later, she says.

Increasing evidence is emerging that exposure to Agent Orange, a herbicide and defoliant used during the Vietnam War, increases risk for a variety of health problems, including

prostate cancer, although the exact mechanism is unclear. Dioxin, its known carcinogen, also is found in herbicides and pesticides used by U.S. farmers, forestry and chemical plant workers who studies have shown to have an increased cancer risk. Scientists suspect dioxin activates regulatory regions of genes to enable the uncontrolled cell division that is a cancer hallmark.

Dr. Terris led a separate study of 1,653 veterans at VA medical centers in five cities between 1990 and 2006 that also showed recurrence rates were higher and recurring cancers were more aggressive with Agent Orange exposure. Dr. Sagar R. Shah, MCG urology resident, presented the findings at the 2007 annual meeting of the American Urological Association.

This new study - which includes the VA Medical Center in Augusta, Veterans Affairs Greater Los Angeles Healthcare System, Veterans Affairs Palo Alto Healthcare System and six affiliated medical schools - included new patients as well as longer follow up on many of the original study patients. As with the previous study, prostate cancer seemed to have a similar course in blacks and whites, but Agent Orange exposure was more common in blacks, who were more likely to be ground troops in Vietnam.

Plenty of questions remain, such as what happens to patients whose primary treatment is standard radiation or brachytherapy, where rice-size radiation pellets are implanted in the prostate, rather than surgery, Dr. Terris says.

She also wants to know whether the veterans' degree of exposure is related to the severity of their cancer. Everyone has some dioxin exposure; "Even if you never set foot in Vietnam or outside the United States," she says. So she is now measuring levels in the body fat - which is like a repository for what the body has been exposed to - to determine how levels correlate to their cancer severity.

Prostate cancer is the most common cancer in men and trails lung cancer as the second leading cause of cancer death.

The study was funded by the Department of Veterans Affairs, the National Institutes of Health, the Georgia Cancer Coalition, the Department of Defense Prostate Cancer Research Program and the American Urological Association/Astellas Rising Star in Urology Award.

The Medical College of Georgia is the state's health sciences university and includes the Schools of Allied Health Sciences, Dentistry, Graduate Studies, Medicine and Nursing. MCG is a unit of the University System of Georgia and an equal opportunity institution; <http://www.mcg.edu>.

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Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

My Son - The Teacher

By Charlotte O. Phillips

*I saw him walk across the stage
A diploma clutched in his hand.
He bent a little forward, he was not
a young man.
A mortarboard covered the bald spot
on his head.
I had thanked God when I heard his
name read.
This husband, father and
grandfather, too.
I had lived to see his dream come
true.
My Son - The Teacher!*

Springtime's Grace

By Henry Newton Goldman

*The flowers appear on the earth; the
time
Of the singing of birds is come, and
The voice of the turtle is heard in
our land; Sol. 2:12*

*Not mine, the blooming flower to
keep,
Nor budding leaf to steal.
Not mine, the warming winds to
hold,
Nor sun's bright rays to shield.
This season that in spring renews
All its vows with life anew....*

*But mine's the grace He gives to see,
The glorious coming forth of these;
And feel the sun's bright glowing
touch,
The soothing of spring's warming
breeze.*

*These gifts He only lets me share,
With all His earthly creatures here.*

Watchman - Watchman

By Bill Larmore

*Watchman, do you guard our birth;
That first assault of choking air.
Expulsion into sentient worth...
While fetal warmth and peace
forbear?*

*Watchman, do you guard our
morn?
When all our wonder world is young.
We live as Lazarus reborn;
The stars but jewels to dream
among.*

*Watchman, do you guard our day?
How read the shadows on time's
dial?
Gray age-hounds on our life trails
bay
And closer bound with every trial.*

*Watchman, do you guard our night?
It comes with stealthy urgent tread
A subtle dimming of the light;
Soft wistful whisperings from the
dead!*

*Watchman, do you guard our death?
Stern ceasing of our will to be.
A precious last-drawn taste of
breath;
One final reaching out to thee!*

*Watchman, you do guard the whole!
God, Master, Triune without end,
Eternal Craftsman of our soul
Whom none but YOU may
comprehend!*

*Watchman, you do guard our flight,
As wounded children to your care,
Where heaven glories in your light,
While we find HOME forever there!*

A Time of Gold and Gray

By Carolyn Warlick

*The earth and sky are resting,
Bridging the dark and the light.*

*The moon is pale and fading,
The stars not quite so bright.
There, in this time of quiet,
This time of almost day,
There comes a time of shadow;
A time of gold and gray.*

*A soft, a clinging wispieness,
A scent of dew and flower,
Wafted by a silken breeze
Of soft and tender power.
There, rested but not wakened,
The world awaits the day,
In a gentle time of shadow;
A time of gold and gray.*

Just For Smiles Marriage Seminar!

Special to Senior News

While attending a Marriage Seminar dealing with communication, Tom and his wife Grace listened to the instructor, "It is essential that husbands and wives know each other's likes and dislikes."

He addressed the man, "Can you name your wife's favorite flower?"
Tom leaned over, touched his wife's arm gently and whispered, "It's Pillsbury, isn't it?"
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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

We all have crosses to bear; some mental, some physical, some financial, for some it's a bit of all combined. Life, as beautiful as it is, isn't always easy. Getting old is not a cake walk. I don't know what I expected as a young girl but I took too much for granted.

Having always been healthy and robust and having spent most of my life digging in the dirt, it's a bitter pill to swallow when it comes time to hang up the shovel and the hoe and pay others to do work I have always loved. But the years rolled by faster than I reckoned they would and I find myself spending more time looking than doing.

As you dear readers know I have had surgery on my eyes and spine and was waiting for a date to replace my right knee when I learned I had breast cancer.

Cancer. That is a word no one wants to hear. So what do you do? First you cry. Then you sit alone at night and wonder what you did to get it. Was it

food, chemicals – what? You wonder. But answers do not come.

Then you pray. That's what I did. Being a believer is the first step to healing, I feel. God and I talked long into that first night. Next day I found a peace I have felt only a few times in my life. It was as though God had said "You go girl, we can handle this." And handle it He did!

After two surgeries, ten radiation treatments and upcoming medication from the chemo-oncologist, I am on my way to good health once again. Doctors have been astounded at my progress and my surgeon could not believe I had suffered no pain, no radiation burn nor blisters on my skin. Bet if he talked to God about it God would tell him how it was done!

So many of my family members have been lost to cancer and I have always been there for them. When it came my turn, I was surprised by the mountain of cards and letters from strangers; dear readers who have never met me in person. I have received flowers and gifts from people I never dreamed

would remember me. I feel so humble and ashamed because I have not always done all I could for those I knew were suffering.

From this day on, I shall never take a Relay For Life for granted. I will be there in the survivors walk. If you have never attended a Relay, please try to go and support these women by your presence. The walk will bring tears to your eyes and your heart will break and sing at the same time. It is quite an emotional experience.

On the last day of my radiation treatment (which was administered by two physicists, Mo and Steve), I lay on the hard table looking up at a single red light flashing intermittently. The room was dark and I was alone. I closed my eyes and as I listened to the sound of the machine that was putting death into my breast to give me life, I asked God to bless each person who had a part in the miraculous advances that have been made in riding the world of cancer. I prayed for my doctors, the nurses who are truly angels of mercy, and especially for Mo and Steve as I put my life in their capable hands.

Eight minutes passed fast. The door opened and the lights came on in the radiation room just as a beautiful male voice sang, "I'm so glad we had this time together. Just to have a laugh and sing a song. Seems we just got started and before you know it, comes the time for us to say – so long."

Tears rolled down my cheeks as Steve came over, caressed my hand and removed the apparatus from my chest. The week had flown so quickly and there is the possibility I will never see any of those wonderful angels again. But I shall not forget.

Never again will I let a friend lie ill without my help. One of my doctors said that a positive, happy attitude was three-fourths of our healing and love gives us life. How wise he is.

There are no tears now; only praise to the Great Physician who is always on call. Beating this disease is truly like walking on sunshine. I am blessed indeed! © 4/27/09

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

Spiritual Notes

Watch Your Diet

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Our country is convulsing from economic woes and uncertainties that we fear may confront us in the days ahead. We have a new administration in Washington and it seems that policies which we don't understand are being developed and implemented every day. Many senior adults are skeptical of what tomorrow may bring that would alter their secure lifestyles. These new issues combined with already existing health and aging problems certainly complicate our existence.

Because of these ever present concerns we often forget to celebrate and place our faith in God's promises. He has promised to be with us through "thick and thin."

Dr. Walter Shurden's Preaching Journal carried a story by Dr. Stanley Lott which forced me to do some abusive introspection. I have a yearning to live a God centered life but, in reality,

was I living up to what I desired? I cite the story verbatim.

"One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two wolves inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.' The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?' The old Cherokee replies, 'The one you feed.'"

The Lesson is obvious! What we put inside will dictate who we are; our personality, temperament, and yes, our spirituality.

Check you diet!

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

Local businessman wins Trustee of the Year Award

Special to Senior News

Brandon Wilde Board of Directors Chairman Tom Dozier, of Augusta, has been named the 2009 recipient of the Aging Services of Georgia Trustee of the Year Award. The award recognizes individuals that demonstrate excellence in leadership or governance accountability. The award was presented at a special ceremony Monday, March 30, at the Augusta Marriott Hotel & Suites.

Mr. Dozier, 66, has served on Brandon Wilde's board of directors for more than 15 years, and his dedication to the volunteer position made him the obvious choice for this prestigious award, said Rich Kisner, president and CEO of Brandon Wilde.

"Mr. Dozier's contributions to this board can not be overstated," Mr. Kisner said. "He's been a driving force behind many Brandon Wilde projects and plans, and we would not be where we are today without his input."

Mr. Dozier, who is president and CEO of Gold Mech, Inc., an Augusta mechanical contractor, said he is humbled by the honor and insisted the award is a reflection of Brandon Wilde's management. "I'm just here to serve the community," he said.

A graduate of Georgia Tech, Mr. Dozier has put that community spirit to work in the past, participating in a number of local groups, including the American Red Cross, the Augusta



Tom Dozier

Exchange Club, Leadership Georgia as well as holding a number of positions within his local church.

Aging Services of Georgia (formerly Georgia Association of Homes and Services for the Aging - GAHSA) is the statewide association that represents the key not-for-profit and other mission-driven organizations dedicated to providing quality housing, health care, and community-based services that people need, when they need them, in the places they call home. Our members offer the continuum of aging services in Georgia: adult day services, home & community-based services, senior retirement

housing, assisted living communities, continuing care retirement communities, nursing homes and hospice care. Brandon Wilde is fully accredited

by the Continuing Care Accreditation Commission and widely recognized as one of the finest "Life Care" retirement communities in the nation.

Compete in the Georgia Golden Olympics

Special to Senior News

If you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 23-26 in the city of Warner Robins. The annual competition is open to adults ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horseshoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

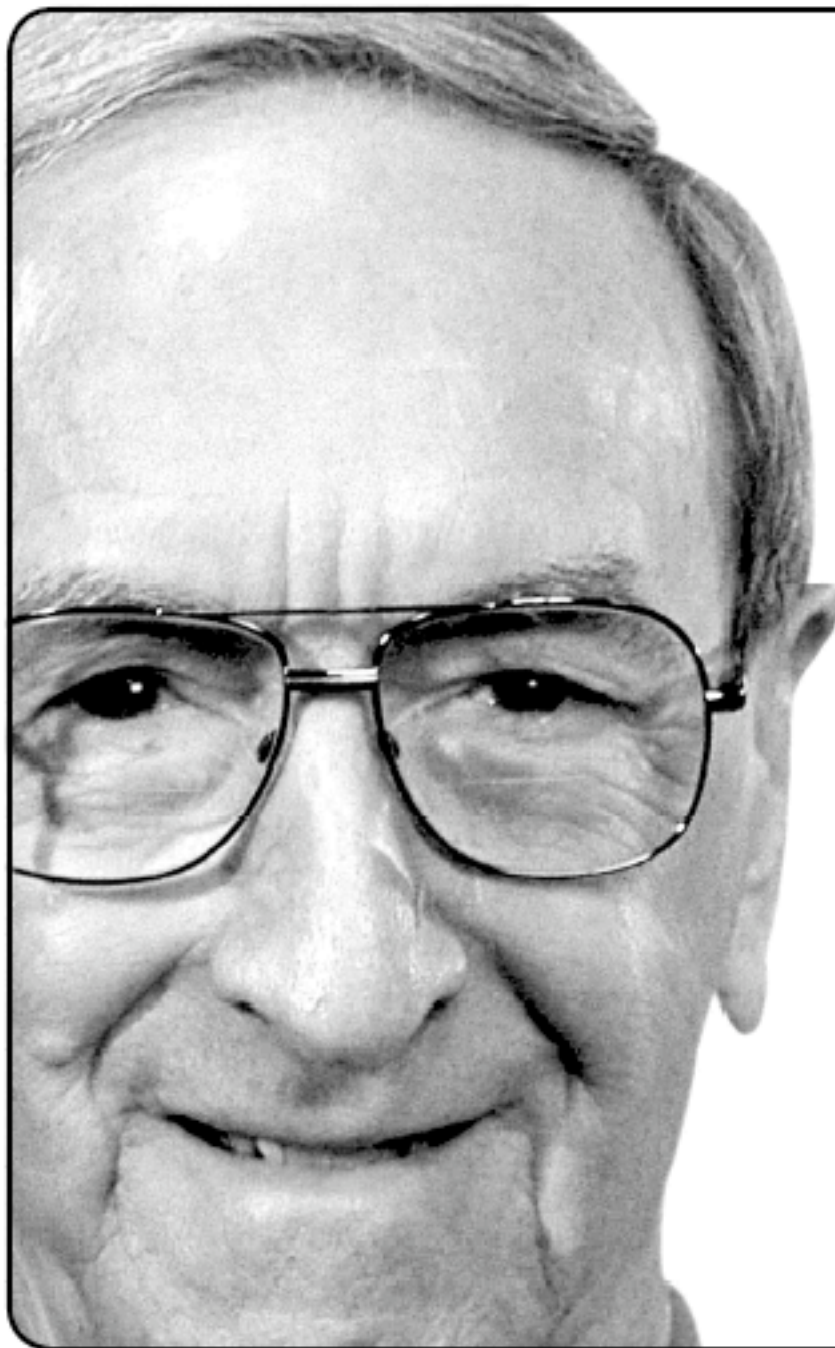
A registration fee of \$30.00 allows the participant to enter 3 events. Additional events are \$6.00 each. Bowling, tennis, golf and archery require an additional fee. Fees are non-refundable. All registration must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. Over 400

athletes qualified last year for the summer games which are scheduled for August 2009 in the San Francisco Bay Area.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For additional information call the Warner Robins Recreation Department at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603; or, visit website www.georgiagoldenolympics.org.



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On the Cover

Animal rescue is her life long passion! Donna is her name!

Interview and Photos by
MARJ POFFENBARGER

ON THE COVER: Donna and her friends!

Our story on animal rescue this month will not give Donna's full name, address or phone number. She is now caring for a blind Cocker Spaniel, a Black Lab and Chow mix adult dog, and a Terrier.

Donna has a full house and is thinking about retiring from rescue work. A big heart, time, space and money are needed to care for multiple animals. Through the years many animals have been left on her doorstep and she has cared for all of them. This is why she now chooses to remain as anonymous as possible even though she is well known throughout the rescue community and related agencies.

Donna shared that there are probably hundreds of people doing this kind of community service in Augusta and surrounding areas.

If you are interested in rescue or foster care for animals, contact your local animal control agency, vet, or humane society for information and details.

WHO AM I?

by Donna

I am a 62-year old woman who has been involved in many aspects of animal welfare for most of my adult life. I began this mission in 1972 as a radical animal advocate, working to change laws, close puppy mills, eliminate the decomposition chambers and actively promoted spay and neuter programs. Spay and neuter programs are at the heart of all of this. We need to take care of what we have here on earth before we bring on more.

My radical phase, from about 1972-1985, involved sit-in's, marching, picketing and protesting the treatment of animals, both domestic

and wild. The next period, from about 1976-1982, involved volunteering in "pounds" to place as many cats and dogs as possible with caretakers before they were killed. Then in 1985, I got involved in the political arena, to help change laws regarding the treatment of animals; such as unchaining dogs, humane treatment in research labs, licensing companion animals, mandatory spay and neuter programs, specific taxation and quality review of breeders, and working with local authorities to tighten the laws and stiffen the penalties regarding inhumane treatment of companion animals. Most of these activities were done in Illinois; and, as a result of the efforts of many, many people, significant progress has been made over the years.

As I moved into my mid 50s my more extreme efforts slowed down and I concentrated on fostering animals and volunteering part-time with fund-raising efforts. I have a picture album of over 100 animals I have fostered, and have thought about writing stories about each of them. They each have a story, a tail to tell, and maybe a lesson to pass on that will make life better for other companion animals. There are incredible rewards in fostering and it is my wish that these stories will encourage more people to volunteer.

I moved to Augusta in 1995 and cared for my parents in my home from 1996-2000 when they both passed away within 4 weeks of each other. After that, I decided it was time to pass the baton to the younger generation. Now in my 60s, I concentrate my efforts on promoting the joys of adopting elderly pets and animals with physical challenges. They are calmer, grateful, loving and just a joy to have. And, they're often overlooked by those who are seeking a pet. Please consider them.

I also volunteer with Trinity Hospice, another way of giving



Donna and friends!

back to a wonderful organization that provided so very much help to me during the time I cared for my parents. The folks at Trinity are wonderful, and my time volunteering there has been very rewarding.

Why do I do these things? I have been raised to honor all of God's creatures. Growing up in Oak Park, Illinois, my mother would res-

cue domestic and wild animals alike, teaching me the value of their existence and the importance of doing what we can for them. I have no regrets, and it has been difficult to let go of many of the activities I used to be able to do. But acceptance of my limitations and gratitude for what I can do are all part of my life now.

Fort Discovery to host "The Tree Farmer" Chuck Leavell

Special to Senior News

Fort Discovery will host acclaimed Rolling Stones keyboardist, Chuck Leavell, on Friday, May 8, 1 p.m. in the Paul S. Simon Discovery Theater. He'll be reading and signing his children's picture book: *The Tree Farmer*.

Leavell and his wife, Rose

Lane White Leavell, run a family tree farm near Macon - Charlane Plantation. Noted as a conservationist, Leavell wrote *The Tree Farmer* based largely on their life at Charlane.

The Tree Farmer will be distributed to area elementary school libraries courtesy of an International Paper grant.

The public is invited to join the fun in the theater! No admission fee.

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ADVOCACY ALERTS: Taking care of end-of-life issues

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council

At some point in your life, you will be faced with end-of-life issues for yourself or a loved one. For your self – do you know how to handle the legal and medical aspect of these decisions? For a loved one – would you be searching for answers during this crisis? Would you know how your loved ones feel about certain medical treatment? The best way, of course, is to make these decisions BEFORE a crisis in order to discuss your wishes with your family or loved ones and to have time to think about what is important to you or to your loved one.

A few legal documents that you should consider include the Power of Attorney (POA), the Durable Financial Power of Attorney (DFPOA), the Durable Power of Attorney for Healthcare (DPOAHC), the Living Will, and the Last Will and Testament. Other legal considerations include Guardianship, Alternative Living Situations (that may include moving in with children or other family members, moving to an Assisted Living Home or to a Nursing Home) also should be discussed with loved ones, and/or your personal physician.

A Power of Attorney allows management of financial/property issues for the individual, within the guidelines established by the individual, and requires a great amount of trust. Remember, granting someone (your Agent) your authority by using a Power of Attorney does not remove you (the Principal) to act on your own behalf. The principal can still perform any actions they did prior to signing the POA.

Powers of Attorney are important legal documents that ensure your financial and personal commitments continue in the event of declining mental capacity. These documents allow your agent to act when you can no longer act in that capacity as long as the documents include the word "Durable," which indicates the Principal intends the document remain in full force and effect in the event of the Principal's mental incapacity.

The Durable Power of Attorney for Healthcare allows for the decisions concerning a level of healthcare; the management of healthcare issues including admission or discharge from a healthcare provider (hospital, nursing home, etc.); gives access to medical records; and names or nominates a Guardian in the event one is needed. This document also requires a great amount of trust. If this document is developed inside of a healthcare facility, the medical director for the healthcare facility must witness the document!

The Living Will applies only to decisions to terminate life support if you are diagnosed with a terminal condition. This document requires two

physicians to agree that you are in a terminal condition.

Once these documents are completed, copies should be given to the agent, to co-agents (if applicable), to your physician(s), and to any other parties that need to know the existence of these documents.

The Last Will and Testament provides for the disposition of assets (your property, etc.) upon death and does not enter the picture until death. A will gives you the power to determine how your property will be distributed versus leaving the determination subjected to state laws. If one dies without a will, it will be more costly to settle your estate because of court costs, fees, and taxes.

Guardianship is a legal consideration that provides for a court-appointed person or agency to act for or in place of the care receiver. The process requires two (2) signatures, a court-appointed medical examination, a court-appointed attorney to represent the care receiver to ensure his or her rights are protected during the proceedings. A bond is almost always required – even if the Guardian is the life long spouse or other family member and the Guardian is required to file an Annual Accounting with the Probate Court. The powers of a Guardian may include deciding where the Ward lives, managing the Ward's assets and income, or other powers as determined by the Probate Court. Guardianship should be the last resort to be considered; however, when the care receiver is deemed to be incapacitated, guardianship may be the best way to protect and care for their assets. You will need an attorney to file the request for you in the Probate Court where the Ward lives.

One avenue, that is much less restrictive than Guardianship, is to obtain a Money Management service from a creditable, long-standing agency. This service gives you – the client – the decision of how much control you are giving to the Money Manager. The Money Manager is bonded and insured against theft or misuse of your money. If you would like to know more

about the Money Management service offered through The Senior Citizens Council, please call us during normal business hours at 706-868-0120 for an appointment to discuss the available options.

Ms. Senior Georgia-Carolina Pageant

The Ms. Senior Georgia-Carolina Pageant is searching for "ladies of elegance" to compete in the upcoming pageant. If you are interested in learn-

ing about the pageant and being a contestant, you may call one of the following planning committee members for additional details: Kathleen at 706-825-7624; Pat at 706-556-2038; or, Dean at 706-651-6129. Come join the fun! Who knows... YOU could be Ms. Senior Georgia-Carolina for 2009!!!

The pageant will be held September 12, 2009 at Augusta State University Performing Theater. Tickets are \$10.00 per person and are available by calling the numbers stated above.

The Georgia Department of Community Health helps Georgians with disabilities and older adults move home

Submitted by
JEANETTE CUMMINGS
Director, Area Agency on Aging

Through the Money Follows the Person (MFP) five-year demonstration project, the Georgia Department of Community Health (DCH) is helping 1,312 eligible older adults and people with disabilities, who choose to move from hospitals and nursing homes, have a place of their own. The MFP project is funded from a \$56 million Centers for Medicare and Medicaid Services grant.

"We all want to live in the place and manner of our own choosing, and older people and those with disabilities are no exception. The MFP project gives people a head start by removing barriers and making Medicaid funds available while allowing people to be served in their homes and communities. It also provides 12 months of transition services so members can

move into qualified homes and apartments."

Those eligible for MFP include:

- Older adults qualified for Elderly and Disabled waivers, which provide home and community-based services to eligible people
- People qualified for the Independent Care Waiver Program, which offers services to a limited number of adult Medicaid members with physical disabilities, including traumatic brain injury
- People who qualify for New Options Waiver (NOW) and Comprehensive (COMP) Supports Waiver waivers, which offer home or community-based services for people with mental retardation or developmental disabilities

The MFP qualified dwellings include family homes, individual apartments and community-based settings that house no more than four unrelated individuals.

For more information about the MFP project, its services, goals and eligibility, please contact Nelle Ramage, RN at 706-724-7862 or e-mail her at nelleramage@bellsouth.net.

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Georgia eye doctor helps legally blind to see again



High technology for low vision patients allows many to drive again!

by ELENA LOMBARDI

Atlanta, Georgia –

Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of bioptic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. "These bioptic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with

my bioptic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and

some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about bioptic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

— Paid Advertisement —

Taking Care

Variety abounds in retirement home market

by LISA M. PETSCHKE

Retirement homes are private pay, wellness-oriented settings that enable active seniors to maintain or improve their independence and overall health. They provide security, convenience, companionship and the opportunity to



engage in a wide range of enriching activities.

The following are some amenities they may have to offer.

Accommodations

- A variety of suite sizes;
- Choice of furnished and unfurnished suites;
- Option of a kitchenette or full kitchen;
- In-suite bath equipped with grab bars, raised toilet and emergency call bell;
- Individual temperature controls (heating and air conditioning);
- Private patio or balcony;
- Cable, phone and Internet hook-up.

Medical and personal care

- Professional nursing staff on duty around the clock;
- Weekly assistance with a bath or shower;
- Regular wellness assessments (and care conferences, where applicable);
- Pharmacy service, medical room and onsite capability for x-rays and lab work;
- Visiting healthcare professionals such as a podiatrist, optometrist and dentist;
- Convalescent care (during acute illness or recovery from surgery);
- Enhanced service packages that can be purchased on a long-term basis.

Food services

- Daily breakfast, lunch and dinner included in accommodation fee;
- Self-serve snack station offering fresh fruit, various snacks, juice and hot beverages throughout the day;
- Accommodation for special dietary needs;
- Visitor meal program;
- Tray service to room if unwell.

Personal services

- Housekeeping, linen, towel and personal laundry service;
- Resident laundry facilities (for washing and ironing special care items);
- Full-service beauty salon for men and women;
- Pet care and valet services for an extra fee;
- Transportation to appointments and shopping;
- Management on-site 24-hours a day.

Other amenities

- Private mailboxes;
- Resident storage facilities;
- Small pets allowed;
- Tuck-shop or gift shop;
- Cafe for residents and guests;
- Private dining room for family gatherings and community room for small group meetings;
- Reserved parking for residents, availability of sheltered parking and ample space for visitors to park;
- Guest suites;
- Services provided in multiple languages;
- Community amenities such as a variety store, drug store, community or seniors' center, park and public transit within walking distance;
- Part of a multi-phase community designed to meet a continuum of needs.

Recreation and leisure

- A wide range of life-enhancing activities, coordinated by a trained professional, including: cultural events, leisure programs, educational programs, fitness programs and social events both in-house and in the community;
- A variety of areas for recreation and socializing, such as: TV lounges, activity rooms, workshop, craft room, horticultural center, hobby kitchen, games room, computer room and library;
- Fitness center and swimming pool;
- Regular schedule of worship services and a dedicated chapel.

Premises

- All accommodations and common areas are on one or two levels;
- Fully wheelchair accessible;
- Fully climate controlled;
- Tasteful, well-maintained furnishings and décor;

nishings and décor;

- Pleasant places to sit quietly or in a group;
- Landscaped grounds that include paved pathways, benches, a sheltered patio, gardens and perhaps also water features.

Safety and security

- 24-hour monitored emergency response system in-suite and a mobile pendant or bracelet;
- Smoke detectors and sprinkler system throughout the building;
- Round-the-clock security staff and video surveillance cameras.

Financial considerations

- All-inclusive monthly rate, including utilities and parking;
- Monthly credit if meals or housekeeping and linen services are not taken;
- Trial-stay plan.

Retirement homes vary considerably in terms of monthly cost, size, amenities and services, which can make choosing one difficult. If you have a relative who is in the market for one, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places together. Prepare questions in advance and photocopy the list so you can take a fresh one on each tour and make notes.

Insist on a thorough viewing of the facilities – ask to see areas such as the kitchen and laundry room if they're not part of the standard tour. Talk to residents to find out how long they have been there and what they like and dislike. Stay long enough to get a feel for the place. Many residences advertise a complimentary lunch or dinner – take them up on it.

Immediately following a visit, make detailed notes. Keep them in a folder, together with brochures, business cards and other relevant paperwork.

Before making a decision, your relative may wish to consider a trial stay at the place that holds the most appeal.

Lisa M. Petschke is a clinical social worker and freelance writer specializing in boomer and senior issues.

C'mon, let's eat

by FAYE JONES

At Senior News we are always happy to have interchange with our readers. We love sharing their poems, stories and especially their recipes. This month a dear reader has contributed the following three recipes for your collection. Thank you Vestie Powell for your contribution to our culinary enjoyment!

ENGLISH PEA DUMPLINGS

1 16-oz package frozen English peas
4 cups milk
4 Tbsps butter or margarine
1 can biscuits (10 count)
Salt and pepper to taste

In a large heavy saucepan, combine peas, milk and butter. Heat to almost boiling. Stir often with wooden spoon as milk scorches easily. Cut biscuits into 4 pieces for "dumplings." Drop dumplings into mixture. Season. Reduce heat to medium-low heat and cook 35 - 40 minutes, stirring very often.

Times Not Forgotten

Those freshly plowed fields

by CHRISTINE COLEMAN

Let me urge you to hurry and look so that you'll not miss one of the most beautiful scenes of this season. I'm referring to those acres and acres of newly turned earth beside our highways.

For the last week or so, I've been observing these fields which have been "turned." Nowadays, all this turning (or plowing) is done by tractors. That doesn't lessen the beauty of the finished product. I am always amazed to see how many pretty colors (or stripes) there can be in one large plot. There are grays, dark grays (sometimes black), pink and white. If someone is riding with me, I can't help calling attention to these sights.

From my earliest years, I have appreciated how pretty a newly plowed field can be. My father took great care to teach my brothers how to plow a straight row. He told them the first row was crucial to the looks of the entire field. They learned well. Our fields rivaled those around us. The freshness of it, however, was short lived. Planting had to begin.

In nearby counties other than Emanuel, I've noticed some rows have been "laid out." Planting is just around the corner. Fact is, you'll soon see a few fields of corn already sprouting. Sure hope the weather is favorable while the plants are in their crucial stage.

We need to remember (or observe) there are fewer and fewer acres of planting that is being done today. Huge fields that once were

CHI-GHETTI

1 5-pound hen
1/3 cup chopped onions
2 cups chopped celery
1/3 cup chopped green pepper
1 16-oz package spaghetti
1 2-oz jar pimientos
1 4-oz can mushrooms
1 pound Velveeta, cut in small pieces
Salt and pepper to taste
Shredded Cheddar cheese for topping

Boil hen until it falls off bone;; remove meat. Reserve broth. Cook onion, celery and peppers in broth. Strain and set vegetables aside, reserving broth. Cook spaghetti in flavored broth and remove after 10 minutes, again reserving broth. Combine vegetables, pimiento, mushrooms with juice and enough chicken broth to make a soupy mixture. Stir in chicken and Velveeta cheese. Season to taste. Put into a large casserole dish and top with cheddar cheese. Bake at 400 degrees until mixture is completely heated through and cheese melts. This can be assembled in advance and

cooked when needed. It can also be divided into two dishes to eat now and freeze the other for later.

CHEWY CAKES

1/2 cup butter, softened
1 1-pound box light brown sugar
3 eggs
2 cups nuts, chopped finely
2 cups self-rising flour
1 tsp vanilla

Combine butter and sugar. Add eggs. Roll nuts in small amount of flour. Add remaining flour to butter and sugar mixture, blending well. Add nuts and vanilla stirring thoroughly. Pour into a 9 x 13 x 2-inch baking pan. Bake 40 minutes at 325 degrees. Let cool in pan. Cut into squares.

Do you good cooks out there remember the Blueberry Cake that became such a rage about 10 years ago? In case you have forgotten, here is the recipe for your collection. It calls for cake mix, but we know our readers do not use cake mix, don't we? Just kidding! But try it with your favorite layer cake recipe. Oh, so good!

BLUEBERRY CAKE

1 Duncan Hines yellow cake mix
1 cup buttermilk
1 stick margarine
1/2 cup sugar
4 eggs

Mix all ingredients and pour into

3 layer cake pans. Bake at 350 degrees for 25 - 30 minutes. Cool.

CREAM CHEESE FROSTING

8 oz. cream cheese, softened
1 box powdered sugar
1/2 stick margarine
1 tsp vanilla

Whip all ingredients together until smooth. Set aside.

TOPPING

2 Cups blueberries
3/4 cup sugar
1 small can crushed pineapple
2 1/2 tsp cornstarch

Make the topping first so it can cool before spreading on the cake. Spread cream cheese frosting on bottom layer of cake, top with blueberries; 2nd layer cream cheese frosting then blueberry mixture. On top layer put cream cheese frosting around edges and sides of cake, leaving a spot on top about the size of a softball. Put blueberry mixture in that space. Keep cake refrigerate until ready to serve.

Enjoy!

©4/25/09

EDITORS NOTE: If you have a favorite recipe, please share with us!

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

planted in cotton and corn have now been planted in pines. Farmers somewhere, however, are still planting and harvesting as evidenced on grocery store shelves.

Back to fields of freshly plowed earth: After my father was old and no longer farmed, he still admired fields of straight rows and uniform planting. As he and I would ride around, he'd always point out the "good features" of a successful farmer. Even though my husband didn't farm, after we were married, the beauty of farming was instilled in him. We'd ride around on Sunday afternoons on country roads while he did his reminiscing. My brothers did the same. I suppose "it's in the genes."

I don't even question why I enjoy this sight. From witnessing my father's delight, then my brothers' and later my husband's, there's no wonder I am consumed with newly plowed earth and the planting seasons. I don't know if I passed that love on to our daughter. I hope so. She loves nature and all its wonders.

For those of you who enjoy the land and its beauty, please try to get out in the next few weeks and let your eyes take in the sights there for you to see. This phase will soon be gone. There'll be other steps, but not this one.

We'll have to wait another whole year to witness the sight that is within our grasp.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.



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Augusta/CSRA CALENDAR

Augusta State University Continuing Education

• Online Courses: Go to classes in your pajamas, at anytime day or night. Go to www.ced.aug.edu and click on ONLINE COURSES. Contact Byron Widener for more information at 706-667-4215.

The Senior Citizens Council

Contacts: Marilyn Grau, Senior Corps Project Director and Sheryl Silva, Senior Corps Deputy Project Director, 706-826-4480; Email addresses: mgrau@seniorcitizenscouncil.org and ssilva@seniorcitizenscouncil.org.

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

- Advocacy Programs including: Caseworker Services; Caregiver Support and Information; Bill Paying and Money Management; Benefits Counseling including information about the new Medicare Part D Prescription Drug Plans; and, Elder Abuse, Neglect, and Exploitation Prevention.
- Foster Grandparent Program and Senior Companion Program: Limited income persons age 60 and older needed to work from 15 to 40 hours a week with special-needs children or adults. Call for complete details.
- Retired and Senior Volunteer Program: Are you looking for a fun and exciting way to make a difference in the community? RSVP offers persons age 55 or older an opportunity to apply their skills and experience to meet critical community needs. RSVP pairs talented volunteers with their choice of a variety of non-profit, health care, government, and faith-based organizations. Call for complete

details.

For additional information or to make an appointment for a needed service, call 706-826-4480 from 8:30 a.m. to 5:00 p.m.

H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta
Contact: Patricia A. Jenner
706-772-5456; 1 a.m.-3 p.m.

- Exercise: Low Pack Aerobics: Mon., Wed., & Fri., 8:30-9:30 a.m.
- Tai Chi, Line Dance, Chair Exercise: Wed., 10-11 a.m.
- Senior Fitness Room with Trainer: Mon., Wed., & Fri., 8:00-11:30 a.m. (Doctor's Slip Required)
- Bingo: Fri., 10:00-11:15 a.m.
- Ceramics: Mon. & Tues., 9 a.m.-3 p.m.
- Table Tennis
- Monthly Programs & Special Events

Aiken Parks & Recreation Department

803-642-7631
Courtney Senior Center
564-5211

Harrison-Caver Park
593-4698
Recreation Center
663-6142
Roy Warner Park
564-6149

Aiken County Parks, Recreation & Tourism

803-642-7559

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

Shiloh Comprehensive Community Center

1635 15th Street, Augusta
Activities for senior citizens offered 9 a.m. to 4 p.m. weekdays. Activities include bridge, spades, pinochle, sewing, arts and crafts, and wellness programs. A home cooked meal is served Monday

through Friday at 1 p.m. for a minimal fee. For additional information please call 706-738-0089.

Hearing Loss Association of Augusta

Hearing Loss Association of Augusta. For meetings information contact: Debbie Rish, President, at 706-650-2496; 624 Kingston Rd., Grovetown, GA 30813; or, by email at hlaag.rish@yahoo.com. Meetings are held the 3rd Monday during Sept.-March.

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community Center, Windsor Spring Rd., Hephzibah. For additional information contact Lion David Usry, President, at 706-592-2752.

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.themorris.org.
• Southern Eccentric: Paintings by Larry Conatser. Opening May 2

Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta. Call 706-722-5465 for information.

Caregiver Support Group

Are you caring for a spouse or parent? Join other caregivers to share experiences, gather practical resources and find the support you need. The group meets the 3rd Monday of each month at 6:30 p.m. at the Friedman Branch Library located at 1447 Jackson Road in Augusta. For more information contact Georgia Jopling, Caregiver Specialist, Area Agency on Aging, 706-210-2000 or 888-922-4464.

Augusta Museum of History

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

Lucy Craft Laney Museum of Black History

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

"Dance with Us"

The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our FIRST SATURDAY social dance at the Elks Lodge #205 on Elkhorn Court. Members \$7; Non-members \$10 starting with a complimentary dance lesson at 7:15 p.m. by different local studios.

For more information contact Marie Perrotto at 706-863-1180 or Jean Avery at 706-863-4186.

Christian Social Association

For Single Adults

Dances held each Saturday night, 7-11, at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Dance lessons are included for the admission price of \$6 members and \$8 guest from 7-8 p.m.. Refreshments provided. For additional information visit www.christiandances.org/csosa.htm

continued on page 11

BUSINESS CARD SECTION ADVERTISING INFORMATION

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Harry Maraldo at 706-869-1877
Julia Bussey at 706-825-3254

General Business Directory For Seniors

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Enriching Seniors' Lives

CALENDAR

from page 10

AARP Augusta Local 266

There is more to AARP than a newspaper and a magazine. The local chapter meets at Sands Hill Community Center, 2540 Wheeler Road, Augusta. For additional information or to join call Varnell Owens, Chapter President, at 706-790-4388.

Al-Anon and Alateen Groups

Al-Anon and Alateen Groups meet in various locations in the CSRA Mon.-Sat. For information or a listing of meeting in the area call 706-738-7984. To locate meeting throughout Georgia call 800-568-1615.

Augusta Newcomers Club

The Augusta Newcomers Club helps new residents acclimate and make friends by offering many activities including lunch and dinner groups, social activities, bowling, golf, book clubs and more.

Monthly coffees for prospective new members are held on the first Tuesday of each month.

For additional information call Jeannie Hipsher at 706-210-7547 or Mary Ellen Quick at 706-869-1517; hospitality@AugustaNewcomers.com; www.AugustaNewcomers.com.

Service Corps of Retired Executives

The Service Corps of Retired Executives (SCORE) provides counseling and mentoring to business people who are starting up a new business or who are expanding one that is ongoing. SCORE is a non-profit, public service organization, affiliated with the SBA. There is never a charge for our services. Call 706-793-9998, Mon. - Fri., from 9 a.m. - 12 noon.

Phinzy Swamp Events

706-828-2109

Find Your Voice

Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

Parkinson Disease Seminar

May 22, 8 a.m.-noon, Doubletree Hotel Augusta, 2651 Perimeter Pkwy. Guest speaker, Dr. Mark Stacy. Continental breakfast. Free. Register early by calling 706-721-4895 or visit meghealth.org.

Fit After 40

First Baptist Church, 3500 Walton Way, 706-294-1147. Taught by Pam Thrailkill, AFAA Certified Personal Trainer. Call for complete details and schedules.

DBSA (Depression Bi Polar Support Alliance)

Meets the 3rd Wed. of every month at 6 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details.

Volunteers Needed

The Retired and Senior Volunteer Program (RSVP) is seeking volunteers in the Aiken area at the Council on Aging, Social Services Offices, Health Department, Habitat for Humanity Thrift Store, Public Schools, and other Aiken Volunteer locations. Some typical duties include delivering "Meals on Wheels," light office administration, answering phones, stamping mail, making copies, visitor reception, coaching "Welfare to Work" clients, after school programs, and more. If interested in volunteering and giving back to your community, please contact Ed Jelinek or Dorothy Moyers at 803-648-6836, ext. 224 or 223.

Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching.

refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

Alzheimer's Caregiver Support Group

Meets 3rd Tues., 7 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3519 or 706-854-3501.

Overeaters Anonymous

A 12-step recovery program for people addicted to food. Meets Tues., 7:30 p.m. and Sat., 1:30 p.m. For details call 706-541-0580.

CSRA Parkinson Support Group - Augusta Chapter

Tues., May 26, 6 p.m., St. John Towers, Dining Room, 724 Greene St., Augusta. Call 706-364-1662.

Dinner in Sicily... Come for Dinner,

Take Home An Evening of Memories Tues., May 12, 5:30-7:30 p.m., Dine In or Take Out, Scottish Rite Center, 2553 Washington Rd. \$20 Advance Tickets Only. An evening of good food and good fun for the price of one ticket... and, your participation will help The Senior Citizens Council provide needed services in our community! Tickets are limited! No tickets will be sold after Tues., May 5.

General Business Directory For Seniors

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Learn the **SECRET** to a healthier, more vibrant body at any age! Learn what Dr. Hiromi Shinya, Oncologist and Developer of the Colonoscopy, shares with his patients! Ask Dr. Dave Carpenter, one of the foremost authorities on the **Right Kind of Water to Drink**, questions that can help you learn the secret to a healthier body! Get your copy of the **DVD** that could change your life! Go to www.iLoveGoodWater.com. Or let me hear from you by sending your name and address to: I LOVE GOOD WATER, 5579 Chamblee Dunwoody Rd., Suite 403, Atlanta, GA 30338.

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Randall Loo

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Medicare Supplier

706-833-6055

inhometherapist@yahoo.com



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Medical Equipment & Supplies

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706-465-1183

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Christine Bloodworth, Owner pointofneedinc@yahoo.com

Openings Now Available!

West Forrest Assisted Living

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For Information

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706-556.6005 or 706.699.2407

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Free Estimates - Senior Discounts

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CALL: Mid GA: 478.957.9741

OR CSRA: 706.790.5350

To find a location near you, visit

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