

# Senior News

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Joyce Sims, left, presents the prestigious Clara West Volunteer of the Year Award to Ruthie Lewis.

## *Annual aging award winners announced!*

by **JEANETTE CUMMINGS**  
Director, Area Agency on Aging  
A Division of the CSRA Regional  
Development Center

**T**he CSRA Regional Development Center Area Agency on Aging (AAA) held its annual Awards & Recognition Luncheon on Wednesday, May 13, at Julian Smith Casino. The Agency recognized the heartfelt work of volunteers and others who willingly support seniors and individuals with disabili-

ties.

This year's event was exceptionally special as the (AAA) paid tribute to the works of a long-time "Aging Pillar," the late Clara West. Ms. West was a strong advocate for aging and contributed many hours to volunteerism. She was well-known for her work with the Silver-Haired Legislation, an advocacy organization that was branded for its ability to reinforce seniors' knowledge of the legislative process, identify problems and propose realistic solutions.

The Volunteer of the Year Award was

renamed the Clara West Volunteer of the Year Award in honor of Ms. West. This prestigious award was presented to Ruthie Lewis for her outstanding volunteer efforts in the Hancock County community. She was acknowledged for her willingness to ensure that seniors in the area are equipped with the necessities of everyday living. Ms. Lewis was instrumental in the revitalization of a local historic hotel's transformation into a senior housing complex named "Drummer's

**continued on page 6**



# Tablet Splitting

by ANDREA CAUTHEN BUSSEY  
PharmD, CGP, FASCP

With the rising costs of healthcare and prescription medications, many patients are looking for ways to reduce costs. As Medicare D participants approach the donut hole in prescription coverage, many are



trying to find ways to afford their medications. One cost savings measure that some consumers have adopted is tablet splitting. By

breaking tablets into halves or quarters, some patients have been able to save money on medication costs. It is important to note that splitting tablets to achieve the correct, prescribed dose is the goal. Taking less medication than prescribed to make your medication last longer is not safe and may lead to serious problems.

Tablet splitting has become more popular in recent years with some healthcare organizations encouraging this controversial practice. The American Pharmacists Association

(APhA) and the American Medical Association are both formally against mandatory tablet splitting. The American Society of Consultant Pharmacists (ASCP) is opposed to policies that mandate tablet splitting by patients or policies that deny payment for certain strengths of medication. Even though the APhA does not recommend tablet splitting, this organization has developed a set of guidelines to help patients approach this practice in a safe manner.

When considering tablet splitting, both patient and product characteristics should be considered. Patients, or their caregiver, should be assessed to ensure they have the physical and mental ability to split tablets. Coordination, strength and eyesight are factors that contribute to the ability to safely split tablets. Medical conditions such as macular degeneration, Parkinson's disease and arthritis may make it difficult to manipulate tablets and the tablet cutter. Mental ability is also a consideration. Can the patient or patient's caregiver select the proper medication to split? Due to the risk of medication errors and incorrect dosing, it is important to make sure the patient can use a tablet cutter safely and break tablets accurately.

In addition to patient factors, there are medication factors to consider. Some dosage forms should not be altered or changed. These include most controlled release products. Medications that need a consistent blood level where small changes in the dose can affect efficacy, should not be split if they are not scored. These medications include levodopa, digoxin and others. If the product contains more than one active ingredient or if the tablet does not break evenly, the dose will not be consistent and may lead to incorrect dosing. Some tablets are scored down the middle to make them break into even parts. Scored tablets are the best choice for splitting. Some medications have a bad taste or are irritating to the mouth or stomach. These often have an enteric coating and should be swallowed whole. Some medications are priced similarly between strengths; these are the products many people split for cost savings. Medications for high cholesterol (statins), amlodipine, sertraline and scored tablets fall into this category.

Purchasing a larger supply of medication at a time may be advantageous. Some pharmacies and prescription drug benefit plans offer savings when purchasing more than a 30 day supply of medication.

Some organizations, states and pharmaceutical companies offer medication or prescription assistance programs free of charge if eligibility requirements are met. Examples of websites that help locate patient assistance programs include needymeds.org and rxassist.org.

Another tip to help save on medication costs includes asking your pharmacist for a medication regimen review. Medication regimen reviews can identify duplicate or overlapping medications, determine when a generic version can be substituted for a brand name product and offer alternatives to therapy when appropriate. For example, some blood

pressure medications are more expensive than others even though they may work in a similar manner. If a substitute is available that has shown to be equally safe and effective at a lower price, then changing to a different medication may be an option.

Talk to your pharmacist today about ways to best utilize your medication budget. A simple medication regimen review may be all you need to find ways to optimize your medication therapy.

Safety and efficacy should not be sacrificed to save money on your medications. In the long run, the most expensive medication is the medication that is not taken correctly. Remember, communication is the key to better health. Contact your senior care pharmacist if you have questions or need help with your medications.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit [www.MySeniorCarePharmacist.com](http://www.MySeniorCarePharmacist.com), e-mail your questions and comments to [Doctor@MySeniorCarePharmacist.com](mailto:Doctor@MySeniorCarePharmacist.com) or call 803-202-1106. Look for the next article in the August edition of Senior News.

## About the author

Dr. Andrea Cauthen Bussey is a Board Certified Geriatric pharmacist, a Fellow of the American Society of Consultant Pharmacists and a member of the American Geriatrics Society. She has Bachelor of Science and Doctor of Pharmacy degrees from the University of South Carolina and has post graduate training in Geriatric Pharmaceutical Care, Alzheimer's, Dementia, Parkinson's disease and Adult Immunizations. She serves on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care as Vice-President, is licensed to practice in GA and SC and is President and CEO of Pharmacotherapy for Seniors, Inc.

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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.

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## The Pole Cat War

By Charles W. Cook

*Sometimes I walk into the woods,  
And pause beneath the trees;  
So often I will catch the scent  
Of a pole cat in the breeze.*

*No other fragrance in this world,  
Can match the two-toned cat;  
For it will flood your sinuses,  
And you can't hide from that!*

*A skunk once moved beneath our  
house,  
And clothes were thrown away;  
We thought the smell would  
dissipate,  
But it was there to stay.*

*So we would flee our rental house  
To seek a skunk-free place;  
You cannot win the pole cat war,  
So give him lots of space*

*Of two-toned cat with fluid drive,  
I'm not a true expert;*

*But I'll outrun that son-of-a-gun  
When he prepares to squirt!*

\*\*\*\*\*

## A Daughter

By Victoria Tina Larkins  
(The Lark)

*What is a daughter? A little girl that  
you adore*

*One that you love and care for  
She's always in your shadow looking  
at you*

*Thinking "my mom is so beautiful  
When I grow up to be a big girl  
I'm going to be just like her."*

*What is a daughter?  
A teenage girl developing curves  
As well as her own ideas and getting  
on your nerves*

*Discovers clothes, boys, ways of  
her own*

*And Oh! Of course, the telephone  
Knows exactly who she is and what  
she's going to do*

*Incidentally, she's not going to be  
anything like you  
What is a daughter?*

*A woman that has become your  
dearest friend*

*Someone that sticks with you  
through thick and thin*

*She knows you well because she's  
been around you so long*

*She'll let you know when you're  
right and she'll let you know when  
you're wrong*

*Now she has a little girl who stares  
up at her  
And thinks to herself "I can't wait to  
be a big girl"*

*But where did your daughter go?  
It all happened so fast, you probably  
missed the view  
Take a good look. Your daughter  
turned into you.*

\*\*\*\*\*

## At The Water's Edge

By Bobby Cline

*At the edge of the lake I stand and  
wait,  
As if the wind will hold my fate.  
A gentle breeze blows through my  
hair,  
To let me know that it is there.*

*First soft and easy it comes at me  
Knowing what my heart must surely  
need.  
Then it lashes at me strong and hard,  
Like it wants to carry me afar.*

*I brace myself against its hand,  
And hold my ground as best I can.  
Then it gently caresses my face,  
And on my lips a kiss is placed.*

*It holds and hugs me once, then  
again.  
My breath comes quickly out and in.  
I feel its power deep in my soul  
Its strength and majesty I now*

*behold.  
I close my eyes and enjoy the  
moment long,  
For I know in my heart it will soon  
be gone.  
Once more it swirls about my head  
and face,  
And moves away to leave no trace.*

*Now I stand alone and wonder why  
God moves the wind around the sky.  
Maybe it's a gift He gives to man  
When at the water's edge he stands.*

\*\*\*\*\*

## A True Fish Tale

By Vera King

*When you're betwixt and between  
And your prospects seem lean  
Go fishing*

*There's nothing except nature  
To lift your spirits a bit  
And you might get a bite in the  
bargain  
Without spending a dime where  
you sit*

*Just let the bobber keep bobbing  
It beats being out hobnobbing  
Just fishing*

*When he leaps at the end of the hook  
And you know your bait has been  
took  
Now that's fishing.*



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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

I hope you dear readers had as wonderful a month as I have! The older I become the more important time becomes.

This past month has been one of healing from two breast cancer operations and no one could have come through such an ordeal better. The pain is gone and three doctors believe the cancer is too. Prayer changes things!

I have been made aware of the many things and people I have taken for granted over the years. We all have friends. Some we talk to almost every day; some we only see every few years but we pick up right where we left off, but we remain friends forever.

We all have "heart" friends and "casual" friends, or so we think. Then something happens to us and those casual friends show up en masse and bring the ministry of angels. The fill our hearts with their love and caring. All of a sudden, they are "heart" friends. Many have shown me love and kindness beyond compare with food, calls, house cleaning. One has even written checks for me because the strong medication makes my writing look like scratches on the ground of a chicken pen. I shall never look at them with the same

eyes again. They will forever be strong branches on my tree of life.

I'm happy to see June. I'm really happy to see anything! But this is the month for June bugs - remember? I wrote about them last year. Of course, if you don't have a fig tree they may be difficult to find but I have a huge tree in the back yard, so I'm in luck.

City folk who don't know a lot about June bugs, let me explain. Country kids like me were not privy to having store-bought toys. We had to create our own fun. Don't mean to brag but we were pretty good at it.

In June as the figs began to get ripe these large bugs came to get their fill. They were about the size of a man thumbnail and were dark green and with gold flecks. They didn't bite but they did have stickers on their legs. My sister Eleanor and I watched like hawks for the first ones to appear. We "borrowed" mama's spool of white thread and tied about a six foot piece to one leg of a June bug. He could then buzz round and we could reel him in and let him crawl on our dresses when he got tired.

Doesn't sound like much does it? But remember, we had to create our own toys. Eleanor and I also kept a sharp eye out for large chicken feathers. Those from a big hen or if we were lucky we'd find one

from the old red rooster. We cut the end at an angle making a quill. Now, we had the pen but no ink. Not to be deterred by that we headed for the bog at the end of our long, long driveway/road to fetch the dark, shiny berries from the poke plant. We mashed them in the lid of a mason jar and added a few drops of water. Like magic, we had lovely red ink! Of course, it stained our dresses, too, which put us in a bad light with mother.

It scares the tar out of me to think of things we did to entertain ourselves. This same sister and I used to climb to the roof of the chicken house and play there. Daddy also dried chuffers and peanuts there so we ate and played at the same time.

One day we decided we could fly. Mama had an old black umbrella and we knew in our hearts if we jumped off the chicken house with the umbrella we would glide to the ground. Eleanor, being older and smarter than I, decided I should go first. I could never stand a dare, so I took a running jump and off the roof I went.

I hit the ground hard enough to knock the breath out of me and turn the umbrella inside out while sister bent over laughing - thus bringing on another of our famous fights for which we were well known. It wasn't too funny then, but it is now and when I see kids do stupid things I can truly relate so well.

My blood runs cold when I remember how neighboring kids used to gather at our little farm and we'd all make a b-line for the woods. There were wondrous things there! We never gave a thought that the swamp was crawling with snakes and goodness knows what else. We never saw but one snake in the woods and it was at a neighbors house. Unbelievable. We may have been so noisy we scared the snakes to death. God must have sent every angel he could spare to take care of us. None of us ever got hurt, so I know the guardian angels did their job well.

Today our little ones can't do things like that. They are too tender and have been in the house watching TV too long. They have missed a lot. Being reared in the country was an education on its own. You know, there really were some wonderful times during the "good 'ole days." It was like walking on sunshine!

Have a blessed June and find a friend with a fig tree, get yourself a June bug and have some fun. You are loved!

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

## Spiritual Notes

# Mothers, Thank You!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

Mother's Day comes once a year and provides an opportunity for us to say a heartfelt THANK YOU to those women who have served in this role with distinction. There were many deserved celebrations on May 10th as families demonstrated their love and affection to a mother, grandmother or a wife. This is a belated recognition of appreciation to all mothers.

As a senior adult I have participated in many events surrounding Mother's Day and never turned to the dictionary for a definition of mother. What I found sums up the various attributes of motherhood, as I observed in my mother and others I have known through the years. Qualities attributed to a mother were: creative source, position of authority, capacity to love, watches over, nourish and protect. So many things all of us have learned were "at our mother's knee."

Mothers play a major role in the spiritual development of their chil-

dren. A mother spends more hours with her child during the formative years of their life than the father. Boyce wrote: "A mother's love is indeed the golden link that binds youth to age; and he is still but a child, however time may have furrowed his cheek or silvered his brow, who can yet recall, with a softened heart, the fond devotion, or the gentle chiding of the best friend that God ever gives us." In the book of Proverbs, 31st Chapter, verses 30-31, we read: "Charm is deceitful and beauty is passing, but a woman who reveres the Lord will be praised. Acknowledging the product of her hands; let her works praise her in the gates." David McKay observes that "If I were asked to name the world's greatest need, I would unhesitatingly say wise mothers; and, exemplary fathers."

Mothers we need you, love you, and thank you for your devotion to God and family. May God continue to bless you in the days ahead!

\*\*\*\*\*

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



# BBB warns against a summer scam going door-to-door nationwide

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

**T**he Better Business Bureau warns that deceptive door-to-door magazine sales crews are hitting the pavement and looking to earn a quick buck this summer. In the last 12 months alone, BBB has received 1,100 complaints from consumers in 46 states and the District of Columbia against more than 50 companies that are selling magazines door-to-door.

Many of these companies employ crews of high school and college-age people who are trying to earn money over the summer. These crews are sent to communities to knock on doors and sell magazines – sometimes without appropriate licensing. In the sales pitch, the representative might explain they are working to help get their lives back on track, raising money on behalf of a charity or for a school trip or even selling subscriptions to support troops in Iraq.

"Because sales representatives are typically high school or college-age, victims readily believe the potentially fictitious sales pitch and often pay several hundred dollars for the subscriptions by personal check given directly to the sales reps," said Kelvin Collins, President/CEO of the BBB of Central Georgia & the CSRA. "Most complaints against such companies allege that sales reps took their check and the magazines never arrived, however, some complainants also allege being subjected to high-pressure and misleading sales tactics."

In the last year BBB has received complaints on more than 50 companies conducting door-to-door magazine sales and following are a few examples.

"Experience tells us that customers aren't the only victims of this scam; the young salespeople are also potentially being taken advantage of by their employers and forced to work long hours, endure substandard living conditions and have their wages withheld from them," said Collins.

BBB offers the following advice to avoid getting scammed by a door-to-door magazine sales rep:

- Always research the company with your Better Business Bureau for free at [www.bbb.org](http://www.bbb.org) before filling out a check for a magazine subscription.
- Ask for identification and a copy of their city/county issued permit.
- The Federal Trade Commission's Three-Day Cooling-Off Rule gives the customer three days to cancel purchases over \$25 that are made in their home or at a location that is not the seller's permanent place of business. Along with a receipt, salespeople should also include a completed cancellation form that customers can send to

the company to cancel the agreement. By law, the company must give customers a refund within 10 days of receiving the cancellation notice.

• Victims of fraudulent magazine sales can file a complaint with their Better Business Bureau at [www.bbb.org](http://www.bbb.org), local law enforce-

ment, and state Attorney General offices.

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*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, web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*

## Indian Footprints

# Catch'm any way you can!

by **W. MAXWELL DUKE**

**S**outheastern Indians lived in an area which enjoyed some of the best year around fishing in North America. The



extent to which they fished varied from area to area, but one thing was consistent – when they went fishing, they intended to

make a big catch! They used any technique, device, or scheme that would produce results. (Most of their methods would make today's game wardens go into cardiac arrest!)

A modern day poison, "rotenone" was extracted from the roots of a plant called devil's shoe-string. The roots were pounded on top of a post in a shallow pond. The poison dropped into the water and attacked the nervous system of the fish. Soon, the affected fish would be floating belly up and ready to be dipped out, roughly cleaned and cooked by broiling, baking, smoking or frying. (Walnuts' hulls could also be used in a similar fashion.)

Another favorite "trick" was to build a dam of rocks or vertically placed cane poles in the shape of a "V" across the stream or river. The

"V" would point downstream. The fish would flow with the water or be chased into the point of the "V" where a basket captured them.

In small ponds or lakes the Indians would use a seine made of cane poles or small saplings that were loosely woven into something resembling a fence. The seine would be pulled and dragged through the water from one side to the other. The fish would be pulled into shallow water or onto the opposite bank. This operation was a village affair that served as a social event.

Nets were also used. A piece of net was fashioned to the end of a pole with a hoop. The fisherman would simply dip up the fish of his choice. Other nets, long enough to be stretched out in long lines were also used. Waterproof gourds held up the top edge. Rocks were used to hold the net down vertically in the water. Unsuspecting fish would swim into the net and become entangled. (Many of these rocks survive today as artifacts – resembling rough stone doughnuts.)

Indians also used hooks. Fishing with one hook and one line offered no real fascination for the Indian angler. Instead, they opted for many hooks attached to a long line stretching across a creek or river. This "trot line" held dozens of hooks made

from the bones of deer or turkey. Stone hooks were also used but not as commonly employed because of the time required to fashion a sharp hook from stone and the likelihood of losing the hooks on trot lines.

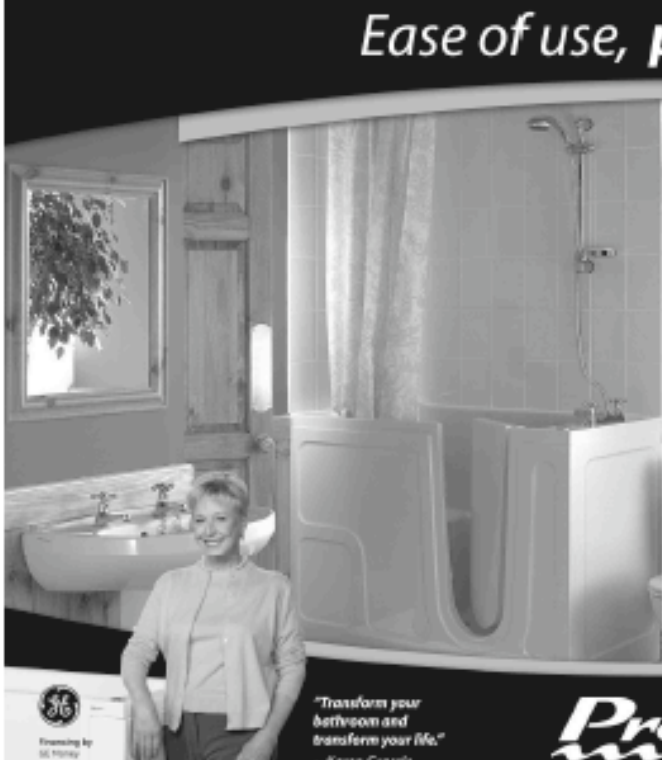
Another favorite technique was fishing at night. Using the bright light of a "fat ladder" (resin-rich kindling wood) torch to lure the fish, the fisherman would wait for the fish of his choice to surface near the light and would shoot it with an arrow attached to a line or gig it with a jagged-ended spear.

The list of fishing techniques goes on and on but there was one approach that came close to being a sport – "noodling." It required nothing more than a very brave Indian who was willing to stick his hand up in the deep dark holes along the river bank to see what he could find, pull out, and subdue. Undoubtedly, with this technique the "catch of the day" may have been the Indian himself!

## TID BIT OF TRIVIA

Some of the very large Indian towns had palisades built around them with hand-dug moats. The moats had a dual purpose. One was for protection against enemy attacks, the other was to provide a place to keep fish alive for use at a later time. ©

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Washington Area Faith in Action, Inc. received the Volunteer Group of the Year Award. Shown left to right are: Laurie Dent Smith, Dr. Joe Harris and Susie Nesbitt.

## AWARDS from page 1

Home" which offers 24-hour police protection, elevators and wheelchair ramps. Her work with Hancock County's first American Cancer Society Relay for Life fundraiser yielded an estimated \$35,000.00.

Washington Area Faith in Action, Inc. received the Volunteer Group of the Year Award. The volunteer organization was recognized for its development of recreational gardening for a nursing home in



Jeanette Cummings

Washington, Georgia. The group has also promoted short-term Sunday School class projects and participated in fundraising activities that netted \$3,000.00. Belle Terrace Health and

Wellness Center received honors as the Provider of the Year. The health center, located in the heart of South Augusta, is accredited for its non-traditional character. Staff is available five days a week – two of which are nights – to serve individuals whose work schedules or other circum-



Belle Terrace Health and Wellness Center received honors as the Provider of the Year. Shown left to right are: Lee Walker, Rev. James Williams, Ethel Jenkins, Dr. Melinda Rider and Rev. Melvin Lowry.

stances prevent them from seeing a healthcare provider during traditional hours. A small conference room's conversion into a two-chair dental office proved a notable sense of creativity. The center was also recognized for its non-traditional service to children as it facilitates a tutorial

program for school work and teaches simple techniques to healthy living.

For aging services and volunteer opportunities, contact the Area Agency on Aging at 706-210-2000 or 888-922-4464. The Agency is a division of the CSRA Regional Development Center.

## Register now to compete in the Georgia Golden Olympics

### Special to Senior News

If you are competitive, interested in meeting new friends, or just having fun, then plan to participate in the annual Georgia Golden Olympics scheduled for September 23-26 in Warner Robins. This annual competition is open to adults ages 50 and older who compete in 18 sports and more than 50 events including 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.

Warner Robins 2008 qualifiers who plan to compete in the 2009 National Senior Games include: Robert and Janette Daniell, Singles and Mixed Doubles Bowling; Dennis Evans, Men's Freestyle Swim Competition (50, 100, 200, 500); and, Mary Alice Ealer, Triathlon (400 meter swim, 20K Cycling, 5K Road Race) and Women's Freestyle Swim Competition (100, 200, 500).

The National Senior Games 2009 is the largest multi-sport event in the world for men and women age 50 and older. As many as 12,000 competitors are expected to participate in the 2009 games.

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](http://www.georgiagoldenolympics.org).

The 2009 registration form is available on the website. On the website you'll also find additional information concerning participation, volunteering, sponsorship and funding, and general information about the Georgia Golden Olympics.



GMCF is offering diabetes self-management education classes to eligible African-American & Hispanic Medicare beneficiaries, **absolutely FREE**. The classes, taught by trained health care professionals, will give you the information you need as a person living with diabetes.

**Classes are underway in Augusta now!**

**Call 888-313-9355 to confirm eligibility and register for the GMCF Diabetes Self-Management Education Class nearest you. Take control of your diabetes now!**



# ADVOCACY ALERTS: Confronting Senior Abuse!

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

**R**ecently, many local and state experts described abuse or abusive situations in homes, institutions, nursing homes and personal care homes. We learned how to react to and how to report suspected senior abuse.



## How to Confront a Bad (and Scary) Situation

Senior abuse is on the rise. Research suggests that 4 percent of American adults

older than 65 are subjected to elder mistreatment. About 450,000 new cases are reported annually! Here are reliable resources you can turn to should you suspect that your senior is in harm's way.

### Recognize senior abuse.

Elder abuse can take various forms. Seniors often will not admit they have been mistreated, partly because they are afraid or ashamed. It's up to you as a senior caregiver to be on the lookout for warning signs:

- **Physical abuse:** Does the senior individual have unexplained injuries, such as bruises on the inner arms or thighs? Has he/she been in and out of the local emergency room several times with "unexplained" ailments? Does he/she seem more fearful or avoid eye contact?

- **Emotional abuse:** Is someone intimidating or verbally threatening the senior? Does he/she seem on edge or more withdrawn than normal?

- **Neglect:** Is the senior's living conditions dirty or unsanitary? Is his/her personal hygiene deteriorating? Has he/she suddenly lost weight or complained about being hungry?

- **Financial exploitation:** Does the senior send money to a questionable organization, such as a "fraudulent" charity or credit card company? Does the senior always have "visitors" around the time when checks are received? Are checks being signed in his/her name? Are certain valuable possessions suddenly missing? Are basic needs met (adequate housing, food and necessary medications available?)

- **Abandonment:** Is the senior left alone or unsupervised when he/she shouldn't be? Is the senior placed in unsafe situations, like sitting alone on a park bench for an extended period of time?

If you can answer yes or I think so, then your senior may be in danger! Seek help if your senior is in danger.

Emily Saltz, LCSW, director of Elder Resources, a geriatric care management practice based in Massachusetts, says: "the most important thing for caregivers dealing with abuse to do is to find help, whether from family members, caregivers, friends, or the local senior center. Not being alone, not being isolated, talking

to helpers, going to support groups, all of these will diminish the caregivers' feeling of isolation, uncertainty, and just not knowing what to do."

### Turn to trustworthy resources

- There are individuals and organizations you can count on if you are concerned about a senior's safety. These include: the senior's physician or a knowledgeable healthcare professional, or a social worker, psychologist, etc., who specializes in abuse-related issues.

- The National Center on Elder Abuse (NCEA), a national resource center dedicated to the prevention of elder mistreatment. Caregivers can find a wealth of helpful information on their website. ([www.ncea.gov](http://www.ncea.gov)). The NCEA provides a state-by-state Elder Abuse Resource Directory listing agencies, state laws, and statewide resources. Each state has an agency responsible for investigating reports of elder abuse. States differ on who is required to report abuse and on the definition of abuse and neglect. Many states have 24-hour toll-free numbers for receiving confidential reports of abuse. The Georgia Abuse Hotline is 1-888-774-0152.

- The Eldercare Locator, where you will find resources for seniors in any community. It also provides links to elder care hotlines in each state. Call the toll-free number at 1-800-677-1116, Monday-Friday, 9 a.m. - 8 p.m., except U.S. federal holidays.

- If the senior is in immediate danger, call 911 or the local police!

### Be prepared when making a call

- To give the senior's name, address, contact information, and details about why you are concerned;

- To give the senior's medical problems, medications, physician, and any other medical information that you feel would be helpful;

- To describe the family or social supports available to the senior and whether or not you have heard or

observed incidents of yelling, hitting, or other abusive behavior.

Remember, your senior friend may refuse to admit to mistreatment – he/she may be in denial, confused, or unable to recognize that abusive behavior is abnormal. Report your suspicions or evidence to the local authority (Adult Protective Services agency, the Department of Aging, or the Department of Social Services), or by contacting the National Center on Elder Abuse.

Also, know that your contact

information is confidential and that if you report suspected abuse, you will NOT be liable if the information is unfounded. Follow your hunch. When it comes to protecting your senior, better safe than sorry!

In the CSRA, there are many organizations who can help you report abuse, three of those organizations are: The Senior Citizens Council at 706-868-0120; The Area Agency on Aging at 706-210-2013; and, Georgia Legal Services at 706-721-2327. Remember we are here to help... so don't hesitate to call us!



Woody Moore of Hawkinsville, who is over 70 years old, won the National Vintage Racing Association's Late Model Modified race at South Georgia Motorsports Park in Adel, Georgia on April 4. Moore had purchased a new race car, a '65 Chevy from Don Tomberlin, and he won his first race in the car.

Moore started his racing career in the early 50s and has raced off and on through the decades. He's been racing with the NVRA for about ten years and this is his first victory with the organization, though he has won many races in his career.

The National Vintage Racing Association is based in Macon, Georgia and several cars are housed at S&M Racing on Industrial Way, in Warner Robins. Bob Moore, also a senior citizen, operates the S&M Racing shop.

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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 –

**J**ust 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

# How to help a loved one battling cancer

by LISA M. PETSCHKE

**W**hen someone you care about is diagnosed with cancer, you may want to reach out to him or her (for simplicity, the latter will be used from here on), but feel unsure of what to say or do. Here is some advice.



### Emotional support

- Keep your initial reaction simple and heartfelt – for example, "I'm sorry to hear about your illness," "I'm here for you," or perhaps even "I'm at a loss for words."

- Don't be afraid to share your emotions. Remember, too, that body language – a touch of your hand, pat on the shoulder or hug – can often convey support and caring better than words.

- Educate yourself about your friend or relative's disease to help you understand the kinds of challenges she faces.

- Bear in mind that cancer affects people physically, mentally, emotionally and spiritually, and that, although there may be similarities, no two people will experience it the same way.

- Allow your friend to express any and all emotions; don't try to talk her out of them or change the subject because of your discomfort. Also, don't take bad moods or uncharacteristic behavior, such as withdrawal, personally.

- Recognize and accept that people cope with a serious illness in different ways. Some may alter their priorities and lifestyle, while others may choose to carry on as usual. Some may use humor as a coping mechanism, while others may become more introspective or spiritual.

### Keeping in contact

- Recognize that you may have to make most of the effort in the relationship. Visit, call and send cards or notes.

- Treat the person the same way you always have. Don't hesitate to smile, laugh or tell a joke.

- Listen non-judgmentally, demonstrate compassion, and don't give unsolicited advice. Provide words of support and encouragement.

- Encourage your friend to take one day at a time and to trust that

she will be able to cope with whatever lies ahead. However, don't give false reassurances, such as "Everything's going to be fine."

- Don't underestimate the distress your friend is experiencing, and don't discourage tears or urge her to be strong. Don't try to withhold your own tears, either; they are merely a sign that you care.

- Take your cues from her as to how she wishes to deal with her illness; don't make assumptions. If you're unsure, ask whether she would like to talk about her situation, and honor her wishes either way.

- Encourage your friend to practice self-care, getting adequate nutrition, exercise (if appropriate) and sleep, and keeping medical appointments, as well as avoiding unnecessary stress.

- Help a female friend feel good about her appearance. Offer to set her hair or do her nails, or bring her a new accessory, such as a scarf or a piece of costume jewelry.

- Surprise your friend with a gift, such as flowers or a favorite movie, magazine or food treat.

- Focus on the present and how you can make your time together enjoyable. Don't be reluctant to make plans, though; it's good for her to have things to look forward to.

- Invite your friend on an outing, keeping in mind her energy limitations. Ideas include a trip to a coffee shop, favorite store or park, eating out at a favorite restaurant, or taking a drive in the country or the old

neighborhood. If she accepts an invitation, agree upon the condition that she may cancel at the last minute if she doesn't feel well enough.

### Practical help

- Assist your friend in practical ways, to allow her to concentrate on her treatment – which may have significant side effects – and ensure needed rest. Walk her dog, run errands, perform household chores such as vacuuming and laundering, or drive her to and from appointments.

- Don't merely let your friend know you're available if she needs help; make concrete offers – for example, "I'm going to the grocery store. What can I get you?" Or simply go ahead and do things like deliver a casserole or mow her lawn. Offer to get information about community resources that may be of assistance.

- Keep in mind that emotional support and your time are the two most valuable gifts you can give someone who is grappling with a life-threatening illness.

One final tip: find an outlet for your own emotions, whether it's talking to someone who's a good listener, writing in a journal, or attending a support group. You need to take care of yourself, too.

\*\*\*\*\*

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

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# C'mon, let's eat

by FAYE JONES

**S**ummertime and the living is easy - at least that's what the old song says. Around the homestead there is an abundance of multi-tasking going on. What am I doing? All the things I declared I would never do again - such as jam and jelly making, canning hot pepper relish, filling the freezer with enough veggies to feed an army when I am the only one to cook for.

Old habits die hard but those of us who are country folk will forever enjoy the fruits of the earth that our Maker provides. And much to our chagrin, most of us enjoy a much too healthy appetite. While eating an ear of corn swathed in butter, I try to think my body is storing fuel for cold winter days. It helps me sleep at night when I lie to myself a little.

Instead of heating the stove to boil those delicious ears of fresh corn, simply leave the shucks on, cut the silk and the stem end off the ear and pop in the microwave for about 6 or 8 minutes. Let cool for a minute or two and with a dish towel skin the shucks off. Different flavor and oh, so good. You

won't even need to add butter or salt!

## QUICK SWEET DILL PICKLES

1 gallon jar of dill chips

5 lb. sugar

Sliced Vidalia onions (optional)

Drain pickles from gallon jar and reserve brine. Then layer them back into the jar alternating with sugar and onions about 3 cupfuls at a time. Then pour the reserved brine back over the pickles and place cap back on the jar. Let stand for two days before refrigerating. These pickles are exceptionally good and quick to make. They will keep outside the refrigerator but are much better when cold and crispy.

## PEPPER JELLY

12 medium bell peppers, half green, half red

6 1/2 cups sugar

1 1/2 cup apple cider vinegar

1 bottle (or equivalent) Certo

10 long pods green cheyenne pepper

Using gloves to handle hot peppers, cut off stems and chop finely in food chopper. You do not have to remove the seeds unless desired. They add more heat. Wash, slice and cut

membrane and seeds from bell peppers; then chop finely in food chopper. Add sugar and vinegar to a large pot; add hot and bell peppers and bring to a hard boil. Boil for 4 minutes. Add certo. Stir and skim for 5 minutes to keep fruit from floating. Seal in hot jars. Makes nine 8-oz jars.

## PEPPER JELLY

GLAZED CARROTS

1 2-pound package baby carrots

1 can chicken broth

2 Tbsps butter

1 jar hot pepper jelly

Combine carrots and chicken broth over medium heat. Bring to a boil, reduce heat and cook until carrots are fork tender. Pour off excess broth and then add butter or margarine and pepper jelly. Heat until jelly melts. Different and quite tasty.

## RIPE TOMATO RELISH

1 gallon ripe tomatoes

4 or 5 large onions

2 cups vinegar

1/2 tsp cinnamon

1/2 tsp cloves

2 cups granulated sugar

2 cups dark brown sugar

3 Tbsp salt

4 to 6 chopped bell peppers

6 pods hot pepper

Wash and cut peppers, removing seeds and membrane. Chop onions. Place all ingredients in a large non-aluminum pot. Bring to a boil and then reduce heat to a simmer. Cook approximately two hours, stirring frequently.

(Brown sugar will scorch quickly). Mixture will thicken and turn dark. Taste for seasoning. Pour into sterilized jars and seal makes 6 or 7 pints.

This relish is out of this world with beef or venison.

## KUDZU BLOSSOM JELLY

4 cups kudzu blossoms

4 cups boiling water

1 TbsP fREsh lemon juice

1 package powdered pectin

5 cups sugar

Wash kudzu blossoms with cold water and place them in a large bowl. Pour 4 cups boiling water over blossoms and refrigerate 8 hours or overnight. Pour blossoms and liquid through a colander into a Dutch oven, discarding blossoms. Add lemon juice and pectin; bring to a full rolling boil over high heat, stirring constantly. Stir in sugar, return to a full rolling boil and boil 1 minute. Remove from heat; skim off foam with a metal spoon and quickly pour jelly into hot sterilized jars. Seal and process in boiling water bath 5 minutes. Yield: 6 pints.

Note: Blossom liquid is gray until lemon juice is added. The jelly tastes a bit like grape jelly.

Enjoy! ©5/25/09

**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.

## Times Not Forgotten

### Another Memorial Day has come and gone

by CHRISTINE COLEMAN

**W**ith all our worries about gasoline prices, increased taxes, hikes in Utilities, low interest rates on our investments, our servicemen and women overseas in harm's way - tell me if we should be worried.

Memorial Day has just passed. With it came thoughts of years gone by. Our nation has lost many family members who went off to war to protect our country and us. Ceremonies were held everywhere honoring our long lost servicemen and women as well as those serving today. Of course, we also used this time to vacation and relax, which is reasonable.

Our forefathers had their share of worries and concerns. During the Civil War, men had to leave their families to engage in service. Their families who were left behind had to fend for themselves. One of my grandfathers served, as well as one of my great grandfathers. I used to hear my folks talk about how things were back then.

We have always had worries. I remember hearing my folks talk about hard times when I was growing up. During the Great Depression, there were many families who lost the savings they had deposited in banks. My father lost his small "nest egg." As a result of his losing the money he had deposited, he was skeptical of putting money in the bank again for many years.

Then came World War Two. With it came more worries. My whole family structure was changed.

My brothers were called into service. Our farming arrangements were turned around completely. Several things were rationed, including gasoline and sugar. But, you know, everyone at home "put his shoulder to the wheel." We were determined to keep up the morale of our folks who were defending our country and us.

I like to think I helped the World War II effort. After my high school graduation in 1944, our school gym was turned into a camouflage factory. I worked there making camouflage nets until they were no longer needed and our soldiers began to come home. Several of our city's servicemen (some of them our neighbors) did not return. After a while, things began to settle down and become normal again.

We've had other wars and conflicts since then. Some of my nephews served in the Vietnam conflict. In all these situations, as usual, there was worry. So now as Memorial Day has come and gone, I trust we'll all remember the many sacrifices made. We aren't going to forget those who made the supreme sacrifice, and we're going to keep those in our prayers who are in service now. I hope you were privileged to attend a Memorial Day service, and I'm sure you displayed your flag. Also, I hope you were able to relax with family and friends. We will, however, stay on guard and worry when it's appropriate.

\*\*\*\*\*

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cjc@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](http://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](mailto:mgrau@seniorcitizenscouncil.org) and [ssilva@seniorcitizenscouncil.org](mailto: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

803-642-7539

## 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, pinocle, 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](mailto: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.the.morris.org](http://www.the.morris.org).

• Southern Eccentric: Paintings by Larry Connatser. 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](http://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

continued on page 11

## BUSINESS CARD SECTION ADVERTISING INFORMATION

Call

Carolyn Brenneman at 706-869-1877

Julia Bussey at 706-825-3254

# General Business Directory For Seniors

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## CALENDAR

from page 10

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](http://www.christiandances.org).

### 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](mailto:hospitality@AugustaNewcomers.com); [www.AugustaNewcomers.com](http://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.

### Senior Volunteers Needed

Fort Discovery need your help in making visitors' experiences ones that they will never forget. To volunteer call Kathy at

706-821-0609 or email: [thibaultk@nscdiscovery.org](mailto:thibaultk@nscdiscovery.org).

### Fit After 40

First Baptist Church, 3500 Walton Way, 706-294-1147. Taught by Pam Thraillkill, 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., June 23, 6 p.m., St. John Towers, Dining Room, 724 Greene St., Augusta. Call 706-364-1662.

# General Business Directory For Seniors

## Change Your Water... ...Change Your Life!

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](http://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.

### Medicare Accepted

## CSRA Occupational Therapy Therapy In Your Home

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Occupational Therapist  
Medicare Supplier

**706-833-6055**

[inhometherapist@yahoo.com](mailto:inhometherapist@yahoo.com)



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Christine Bloodworth, Owner [pointofneedinc@yahoo.com](mailto:pointofneedinc@yahoo.com)

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**706-556.6005 or 706.699.2407**

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CALL: Mid GA: 478.957.9741  
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