

Senior News

Serving AUGUSTA & the CSRA

Information For Ages
50 PLUS!



*Christmas Joy
For All!*

Story on Page 6

WE ARE GATHERED

December 2009
Vol. 23, No. 12

Natural Products and Traditional Medications

by ANDREA C. BUSSEY
PharmD, CGP, FASCP

Nutraceuticals is the term used for a food or naturally occurring food supplement thought to have a beneficial effect on human health. Examples of a nutraceutical include ginkgo biloba, St. John's Wort and other herbal supplements. In the United States, nutraceuticals are marketed under the Dietary Supplement and Health Education Act of 1994 (DSHEA). Therefore they are not regulated like traditional pharmaceuticals or medications. Consumers should be aware that scientific data supporting the claimed benefits of herbal products are not always available. These products may vary substantially in potency and purity. Quality control standards are not in place for these substances compared to the rigid standards to which over-the-counter and prescription drug products must adhere.

More and more people are taking herbal products due to their purported claims of being

effective. Unfortunately many people are under the false impression that natural means safe. This is not always the case. Natural products may not be effective and may be dangerous when combined with traditional medications or certain disease states.

Since some of these supplements can contribute to dangerous interactions, researchers have been analyzing and collecting data on how natural products interfere with medications. This information can prove to be quite helpful because most people taking an herbal supplement are also taking prescription medications. As the number of herbal products and traditional medications increase, so too will the interactions between the products. We refer to this as herbal-drug interactions.

Herbal-drug interactions fall into three categories – mild, moderate and major with approximately 25% of these interactions rated as major and 65% rated as moderate.

Some important interactions include:

- St. John's wort interacts with oral contraceptives. This may lead to ineffective birth control and

lead to an unplanned pregnancy.

- Ginkgo or Ginkgo biloba can interact with medications used to control seizures and increase the likelihood of having a seizure. It also interacts with blood thinners and many antidepressants.

- Bitter orange interacts with heart medications and may lead to dangerous or even fatal arrhythmias. This substance may be found in weight loss supplements and should be avoided.

- Black cohosh may decrease the effectiveness of chemotherapy and reduce the benefit of cancer treatment.

- Kava kava may increase the effects of sedating medications leading to increased drowsiness and it interacts with alcohol. It has also been reported to decrease the effectiveness of Sinemet®, a medication used to treat Parkinson's disease.

- Licorice is known to interact with digoxin and medications called ace-inhibitors (lisinopril, ramipril, captopril, fosinopril, benazepril, enalapril and others). Digoxin is a medication for the heart and ace-inhibitors are used to treat high blood pressure. This herbal-drug interaction could lead to serious adverse effects.

- American ginseng may lower blood sugar and interact with medications for diabetes. Other interactions may include blood thinners and some psychiatric medications.

- Valerian may increase the effects of anesthesia and other sedative agents. Patients should always inform their provider(s)

well in advance of surgery if they are taking this supplement.

- Red clover has estrogen-like properties and interacts with tamoxifen. Those being treated for breast cancer should avoid using red clover to treat hot flashes and those taking hormone therapies should be cautious. Other interactions with red clover include aspirin and blood thinners.

- Garlic supplements may increase the effectiveness of blood thinners. It may also interact with medications for HIV/AIDS and lead to treatment failure with serious consequences.

- Red yeast rice should not be taken with cholesterol-lowering (statin) medications known as HMG-CoA reductase inhibitors (such as atorvastatin, lovastatin, fluvastatin, simvastatin, pravastatin, cerivastatin), because it may enhance the effect of these medications, thereby increasing the risk of liver damage.

Many herbal products interact with the blood thinner warfarin (Coumadin®). Anyone taking blood thinners should only use herbal products if your physician or pharmacist is aware and you are being closely monitored.

Remember, Communication is Key when it comes to using medications safely and correctly. Always ask your pharmacist, your medication expert, about drug interactions.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit www.MySeniorCarePharmacist.com, e-mail your questions and comments to Doctor@MySeniorCarePharmacist.com or call 803-202-1106. Look for the next article in the February 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.

Vintage Gardens At Sweetwater



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

Residents must be 55 and over.

Apartment Features

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

Community Features

- Community Center w/planned activities
- Individual Gardening Areas
- Gazebo with Flower Gardens
- Horse Shoe Pit

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

Monday-Friday, 9 am-3 pm
Saturday, by appointment

COME ON HOME!

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

Equal Housing Opportunity

The Musical
THE MATCH GIRL

For the Holidays...
A beautiful, rich, love story
that will leave you wanting more.

December 4, 5, 6, 10, 11, 12, 13
For Show Times and Tickets
call 706-771-7777
www.enopion.com

Performed at:
The National Science Center's Fort Discovery
Paul S. Simon Discovery Theater
Augusta GA

Poets' Corner

Christmas - 2008

By: Vera King

May the Birth of Jesus
as was foretold of old
make your joy abundant
in the knowledge
of our salvation.
We truly are
One in the Spirit
in One Body
in One God
as we give Gifts
of Good Will
to bring about
Peace on Earth.

Another Testing

By: Henry Newton Goldman

When, in the early writings of my
years,
I mixed so much emotion - almost
tears,
I scattered throughout my lines
didactic stuff,
My editor said "Too preachy - that's
enough!"
"For we must test your verses to
make sure
That they portray a vision and
endure."

"I will withdraw approval of your
lines,
Veil them in the shadows for a time,
And leave behind only a token clue
Of better metaphors that glimmer
through.
Give me whispering lines that will
not die,
Verses that we will remember you
by."

And I was left to choose the form
this time,
Left to choose between free verse or
rhyme,
And I would search for a poetic
voice,
Yes, drawn upward by didactic
choice.
And I was left once more, my lines
to choose,
But will not change my lines - for I
refuse.

Sycamore Tree

By: Lillie W. Scoggins

Born in the country near a one-horse
town,
I'm looking things over, just getting
around
Peculiar to folks who look down on
me
Who think they're better than I'll
ever be
No way around them; no way I can
see
My name's Zacchaeus - at the
Sycamore Tree.
Folks here are so proud, say I
shouldn't be me:
They are so rich, but I can't be free.
If they are so good, why do they kick
me?
They think they are right, so wrong I
must be
They say there's no good in someone like
me.
I'm simple Zacchaeus at the
Sycamore Tree
Someone's a-coming; folks are on
the move;
To be the most honored their push
comes to shove,
Remembering their ills, forgetting
any love,
Hiding their faults like a hand in a
glove.
"Get above the crowd the better to
see,

Curious Zacchaeus, climb a
"Sycamore Tree."
Now came this Great Man to our
little town,
And He called to me loudly,
"Zacchaeus, come down.
Today I'll share dinner at your home
with you;
You have been chosen, there's
much work to do,
A way past the crowd, a way you
shall see,
Come down, Zacchaeus, from your
Sycamore Tree."
I heard the Great Man, and I hurried
right down;
I'm glad the Master came into our
little town.
Breaking bread that day, His Word
He gave me;
"There's work for you, that folks
may be free."
He thought me of worth like nobody
around.
He healed my sorrow in Sycamore
Town.
I chose not to follow that great
multitude
That ignores His Cross and the bleak
solitude.
He exchanged His Cross for a
Kingdom Crown,
He brought God's Love to folk in our
town.
The task now is mine, with Love to
folk in our town.
The task now is mine, with Love full and
free,
Showing His Love Divine at my
Sycamore Tree
The world may seem cruel and full
of misery;
Others may be doubting that there's
good in me
But GOD sent His Love, so full and
so free
Through Jesus who died on Cruel
Calvary.
Peace and Joy are mine, ever
thankful I'll be
Since He came for me at my
Sycamore Tree.

Gift From Heaven

By: Lillie W. Scoggins

I could not be a Christian 'till God
gave Grace to me
I could not be a Christian 'till

Christ was born for me
I could not be a Christian 'till
He died on that tree
There was no Gift from Heaven 'till
it was given me.

I want to be that Christian and to
God be true:
I want to stay in prayer with praise
to Him that's due,
I want to be a servant, as He would
have me do.
Accept this Gift from Heaven, surely that
I'll do.

I cannot be a worker, not knowing
what to do;
I cannot be a shirker, and earn the
pay that's due;
I want to be a servant as He would
have me do;
Accept this Gift from Heaven, surely that
I'll do.

I cannot be a worker, not knowing
what to do;
I cannot be a shirker, not earning
reward that's due;
I cannot be a leader unless I join the
crew;
I can surely win the race if I follow
through.

There will be no harvest if seeds I

don't sow;
I will not have the grain if I don't let
it grow;
There will be no reaping if my feet
are too slow;
I cannot share His Bread, if I don't
knead the dough.

I cannot move His Boat if I don't try
to row;
I cannot sail His Ship without His
Winds that blow;
I cannot gain His Wisdom if His
Words I don't know
I cannot love my neighbors until I
share His Woe.

I must not join the crew that crucifies
My Kind,
I must not forget, in prayer, His
Praise to ever sing;
I must love the brethren, and
Children I must bring;
I am in a Kingdom that lets my
Freedom ring.

God sent His Only Son, a Saviour for
you, too;
You must not reject Him; He paid the
price for you.
His Spirit He has given, for Life with
Him anew -
Holy Trinity Forever! We can be
there, too!

Be There For the Ones You Love

CPC-N. Augusta
(803) 279-6800

CPC-South
(706) 798-1700

CPC-Crossroads
(706) 922-6600

CPC-Central
(706) 868-7380

CPC-Evans
(706) 650-7563



CENTER FOR PRIMARY CARE
Your Prevention Specialists

REVERSE MORTGAGE



WINTRUST
MORTGAGE™

A Program Homeowners age 62
and older **MUST KNOW** about!

NO INCOME OR CREDIT QUALIFICATIONS!
NO MONTHLY PAYMENTS REQUIRED!

For easy to understand details call
Scott Chamberlain at

800-467-5303

www.ReverseMortgageintheSouth.com

Serving All of Georgia

Georgia Lender: We will visit you in your home and answer all your questions.

Senior NEWS

Serving Augusta & the CSRA

Editor/Columnist

Faye Jones

Email: byronfaye1@aol.com

Advertising Account Executives

Carolyn Brenneman

Phone/Fax: 706-869-1877

seniornewsga@aol.net

Columnists

Carolyn Brenneman

Dr. Andrea Cauthen Bussey

Dr. Bill Baggett

Christine Coleman

Kathleen Ernce

W. Maxwell Duke

Lisa Petsche

Published monthly. Business Office is located at 115 Bingham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 13,500; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logos, types, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037

FAX: 478-929-4258

E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

At this writing we have yet to eat our Thanksgiving turkey. Newspapers and magazines work many weeks in advance so sometimes we must be very imaginative. Our plans are to be with some group in the family and then fan out to the homes of several friends on the big day. Same with Christmas.

Sort of makes my blood run cold to think we are only three weeks away from Christmas. Where did another year go? When did I get so old? Where's the Christmas tree? I must start paying more attention to things.

The fall season not only brings the joy of the holidays but it is also great for those among us who go into the wilderness and bring back a mess of meat – our ever-present hunters of deer and other edibles with fur or feathers. This is their time of year and I just heard from my next door neighbor the funniest hunting story ever. I may ramble a little but the story has a beginning, a middle and an end.

In the beginning, my neighbor Calvin Pierce (who is one of my

"adopted" sons and the very skilled landscaper who keeps my yard looking like Southern Living and also shares his cat with me), came over one afternoon to tell me he had turned over a new leaf and was going to become more active, get out and meet more people and improve his lonely life in general. We whine endlessly together – He the young widower and I the old widow. We have a lot in common. So, starting that very night Calvin went to a football game alone to help get things pumping.

On the way home from the game he decided he would go deer hunting next morning which was on Saturday. I want to mention here that from time to time we discuss this thing about hard luck. Calvin said his co-workers used to walk on the other side of the room from him because he was so unlucky.

That being said, Calvin hauled out the hunting gear, his big shiny deer rifle and readied himself for the early morning trek. He told me that at about 5 a.m., he cranked the truck and exited his driveway. At 5:01 a.m. a gigantic buck sprang from the field across from our houses, and

right into Cal's truck. He hit the truck so hard it knocked his antlers off. It didn't put a scratch on Cal's old stand-by truck that has more than 200,000 miles on it. This has to set a time record for hunting deer.

The bad part of this is that this man could hardly sleep because of the anticipation of getting into the woods and hunting and just getting back into the swing of things. Now, here he was, one minute from home and he had already killed his deer. What are the odds of a hunter turning out of his driveway and coming nose to nose with a very large deer. I suppose if you stop to think, it was economical. He didn't have to drive far, never fired a shot and the thought of road-kill didn't bother him.

I love to laugh and I love to think. The next bit of trivia came to me over the internet. A story that made me stop and think about my life for my hut has burned several times this year. Hope you enjoy it.

When your hut is on fire...

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him. Every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions.

One day, after scavenging for food, he arrived home to find his little hut in flames, with smoke rolling up to the sky. He felt the worst had happened, and everything was lost. He was stunned with disbelief, grief and anger. He cried out, "God! How could you do this to me?"

Early the next day, he was awakened by the sound of a ship approaching the island! It had come to rescue him! "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

The Moral of This Story: It's easy to get discouraged when things are going bad, but we shouldn't lose heart, because God is at work in our lives, even in the midst of our pain and suffering. Remember that the next time your little hut seems to be burning to the ground. It just may be a smoke signal that summons the Grace of God.

©11/23/09

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

Spiritual Notes

Celebrate Coming of Age

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Nancy B. Millner has written a book entitled "Creative Aging." In the book she addresses the upside of older age. Man of us, I dare say, want to know about how aging can be creative and we ask the question, "What doesn't work so well any more?" "My got up and go, got up and went;" "Senior moments;" and on and on. We do tend to laugh at ourselves, which is a good thing. Humor is healthy, although not at the expense of others; rather, in terms of taking oneself and others less serious. Someone has said that humor is "knowledge with a soft smile."

Millner suggests that we find those parts of ourselves that we have not developed and integrate them into our personality. It is about finding those things that were ours to do but we didn't address because we were too busy establishing a career, raising a family and participating in our community activities.

As we come to age, we among other things, understand our limitations better, accept ambiguity, and have learned that evil and good in the world and ourselves dwell side by side and are often hard to distin-

guish. This period of our lives is frequently marked by a greater desire to express our true gifts and often we have more adequate resources with which to do so. Millner points to the fact that, "Coming of age frees one from expectations of parents and culture." As one person said, "I'm freer now, for there is nothing I really need that I don't have." This comes from one who defines need from a place of deep understanding. Apparently this person is very selective about what they call a need, and allows for a profound freedom almost never known to the young.

A very important aspect of coming to age is one's spirituality, or as Carl Jung put it, "having a relationship to the infinite." Seniors want to know that their lives have meaning and purpose. So many have found peace and a sense of direction through a close relationship to God.

As you "come to age," do some personal introspection. Ask yourself the question, "Am I thinking creatively about my life?" As we celebrate the upcoming holidays of Christmas, thank God for your gifts and use them to His glory.

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

ADVOCACY ALERTS: "Forewarned is foretold..."

by KATHLEEN ERNCE
Executive Director
The Senior Citizens Council
Augusta, Georgia

Just to alert everyone: My co-worker (Carolyn) went to a local store last week. She had her items rung up by the cashier. The cashier hurried her along and didn't give her a receipt. When she asked the



cashier for a receipt the cashier was annoyed, but gave it to her. My co-worker didn't look at her receipt until later that night. The receipt showed that

she asked for \$20 cash back. SHE HAD NOT ASKED FOR CASH BACK. My co-worker called the store to report the incident. The store investigator viewed the video recording – but could not see the cashier pocket the money.

Carolyn then called her niece who works for a bank. Her niece told her, "There is a scam going on. The cashier will add the 'cash back' – even if you the customer does not ask for cash back. The cashier then hands the cash to her friend who is the next person in line!"

A few days later, my husband

and I were in the same store and paying with a credit card. As my husband was signing the credit card signer he noticed there was a \$20 cash back added. He told the cashier that he did not ask for nor want cash back and she told him that the machine had been messing up and she canceled it. We really didn't think anything of it until I heard the story from my co-worker.

Please, please, please check your receipts right away when using debit or credit cards. Remember it is the holidays and given our economic times, people will do anything to get more money for the holidays.

Along the same thoughts, think you are safe writing a check? If you are using a ball point pen, you could be setting your self up for Identify Fraud by something known as check washing.

Check washing is the process of erasing details from checks to allow them to be rewritten, usually for fraudulent withdrawal from the victim's bank account. Various steps can be taken by the writer of the check to reduce the possibility of falling victim to check washing. These include mailing checks by placing them in secured mailboxes – like at the post office, not your individual on-the-street mailbox, using secure ink dispensed from a gel, rollerball, or fountain pen (these can be found at

most discount and drug stores), filling in all lines on the check, careful scrutiny of bank statements, and switching from blue to black ink when writing checks.

The staff of The Senior Citizens Council extends our wishes for a blessed holiday season and want to remind you that the agency will be closed on Thursday and Friday, December 24 and 25, 2009 and Thursday, December 31, 2009 and Friday, January 1, 2010.

"PC; Internet; World Wide Web; IPOD; Bluetooth; Smart Phones; Twitter; Facebook:

Do You Understand What I Just Said? "

If you are like most seniors you have heard these words before but do not fully understand what they mean. Computer and internet usage by older adults is growing. Seniors are attracted to the internet for the same reasons as people of all ages. However, for seniors, the internet offers a dynamic, intriguing outlet against loneliness, isolation, depression, and being homebound. For some seniors, the internet can be a lifeline and a mechanism of socializing and maintaining contact with the outside world. The internet offers the opportunity to correspond with fami-

ly and friends through e-mail, participate in online chat rooms, conduct research, and explore many other interests at their own leisure. For seniors, the web can be a way to maintain contact with the outside world. Unlike any other social or educational institution, the internet is never closed. Twenty-four hour access may be comforting to older adults who may experience insomnia or sleeping disorders, letting them know companionship or mental stimulation is just a mouse click away.

Still need more information or want to learn more about personal computers and the "age of gadgets" – attend one of our training sessions in December. Nikki Johnson, our VISTA volunteer, will be our instructor on Monday, December 14, 2009. The classes are from 10:00 a.m. until 11:30 a.m. OR 2:00 p.m. until 3:30 p.m. and will be held at The Senior Citizens Council at 218 Oak Street North, Suite K, Augusta, Georgia 30907. SPACE IS LIMITED! YOU MUST PRE-REGISTER!! PLEASE CALL US AT 706-868-0120 TO REGISTER!!

Source: Carnahan, Robin. Sara Parker. "Serving Seniors. A Resource Manual for Missouri Libraries." Missouri Secretary of State. Missouri State Government. Mar. 2002. Web. Nov. 2009.

Assurance

You may not know exactly what lies ahead, but you do know you're in good hands. Whatever life has to offer, we're here with the care you need, when you need it.

Here when you need us

MCG
Medical Associates

To find a physician or to schedule an appointment, call us at 706-724-2911
MCGHealth.org/MedicalAssoc

On the Cover

Christmas Joy For All!

by CAROLYN BRENNEMAN

“What Does Christmas Joy Mean to You?” we asked this question to several outstanding citizens of Augusta and this is what they replied.

“Christmas joy means the experiences you share when you get together with your family and friends. It is a time when you forget the bad things that have happened to

you and think about the good things that have happened to you. It is a time for joyous music, singing and laughter. It is a time to give to your family, friends, and your pets.” Christopher G.

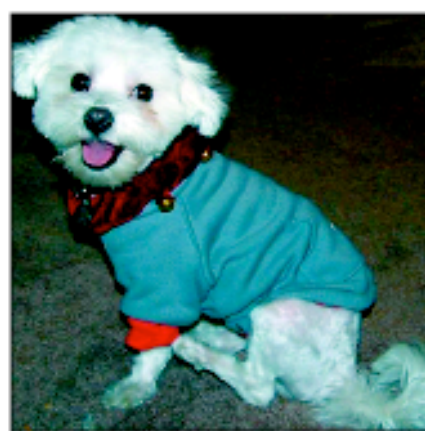
“Christmas to me means a time when people put away their differences and come together to celebrate the birth of our Savior. It also means spending time with my grandparents. Christmas is my favorite season because of family gatherings, good food, joyful songs, and gift giving. I love the joy I feel during this time.” Ed S.

“When I grew up I started to understand what it was all about. Christmas is a time of sharing and being with the ones you love. It is truly a joy and it is not about getting, it is about giving. As a parent I try to teach my kids that. I don't want them going through Christmas not knowing the true meaning like I did not. I want to show my children and grandchildren how lucky we are to have the things that we have, including a family that cares about each other.” Margaret S.

“This Christmas I want my grandchildren to make a “grateful list” – ten things they appreciate

about each other and about their parents. Then I will ask each of my five grandchildren to share their list with the other family members so that we all can experience the joy they will bring to each other.” Tony R.

“Christmas is often a special time to enjoy family and friends. It is a time to explore delicious new tastes, and listen to familiar music. However, if we are open to it, joy proliferates everything everyday. It is, at all times, often found in the mundane of everyday life – during the holidays or otherwise. It is simply the breath of fresh air, the vision of the calmness of a lake, the bite of a crisp cool fruit, the aroma of chocolate, the holding of a grandparent's hand. Christmas joy, holiday



Toby

joy, everyday joy abounds around us. Let us take a minute each day to experience joy and share our joy with others.” Carlina M.



Liz and Anne



The Christmas Band



Remember when Ford Thunderbirds were big cars? Or the buzz when the Graduate starring Dustin Hoffman and Anne Bancroft showed at the drive in? Which was your best dance – the jerk, the swim or the mashed potato? Were you a part of Beatlemania? Remember watching Dragnet and the Monkees?

You've seen a lot of changes since those glory days – marriage, children, mortgage and more. Through all your past experiences, the desire to have fun has not changed.

And Doctors Hospital has the perfect way for you to have fun and to stay healthy – h2u. It's a membership program that focuses on the health and happiness of people 50 and over.

As an h2u member, you have access to the following:

- ~ educational programs
- ~ interactive web site
- ~ prescription discount card
- ~ private room, at a semi-private rate, if available
- ~ discounts for local and national vendors
- ~ fitness classes
- ~ h2u publications
- ~ bingo
- ~ bridge, canasta and euchre
- ~ line, square, tap and ballroom dancing
- ~ free flu shot
- ~ free income tax preparation
- ~ day/overnight trips

You get all of this for just \$15 a year. Joining is easy. For more information contact Debbie Schlotzauer at 706.651.6716 or www.doctors-hospital.net.

DOCTORS
HOSPITAL
Life is a gift. Live it well.™

Oxendine addresses winter house fire dangers

Special to Senior News

Question and Answer Column from Georgia Insurance and Fire Commissioner John Oxendine.

Q: I've heard that the number of house fires goes up in the winter. Is that true, and if so, what causes these fires?

A: The number of house fires and fatalities does tend to increase during the winter months. Two of the leading causes of house fires are especially common this time of year: home heating (particularly portable heaters), and cooking accidents.

There were four fire fatalities in Georgia last year in fires caused by some type of portable heater. So far in 2009 there have already been three fatalities in fires started by a heater, and more cool weather is on the way. While portable heaters are safe if used properly – please read the manufacturer's instructions carefully – they can start fires if placed too close to beds or other furniture. Three feet is considered a safe distance. Also, extension cords can be dangerous when used on an electric heater, since the current draw can overheat the cord.

Cooking-related fires have caused eight deaths so far this year. With the holiday season approaching, much more cooking will be going on in kitchens

across the state. Many of these fires are caused by a stove that has been accidentally left on. If given enough time, a stove can heat a pan to the point that the metal melts.

That's why home safety experts recommend that you always set a timer when cooking, so you never forget to turn off the burners or oven. If a pan does catch fire, cover it with a lid immediately and turn off the burner. Don't attempt to fight a grease fire with water, as it may make the fire worse. While cooking, consider wearing clothing with tight-fitting sleeves. Loose clothing can contact a burner and ignite.

Finally, your home should have an adequate number of smoke alarms. Most fatal fires start between 11 p.m. and 6 a.m., while the family is asleep. The advance warning of a smoke alarm may mean the difference between life and death. Nine out of ten fire victims are already dead before the fire department is even called, mainly from smoke and toxic gases.

Please send your insurance questions to: Insurance Commissioner John Oxendine, 716 West Tower, 2 Martin Luther King Jr. Drive, Atlanta, Georgia 30334 or call 404-656-2070 (toll free at 1-800-656-2298), from 8 a.m. to 7 p.m. weekdays, for assistance with an insurance question. Website www.gainsurance.org.

Got Bones? Tibia, fibula, and taking care of yourself while caring for mom and pop... ...take on the challenge with Catherine Marie and Three!

by CAROLYN BRENNEMAN

Catherine Marie invites you to take on the challenge to keep your bones healthy by following a simple three step program: learning about your bones, engaging in walking activities and weight bearing exercises, and surrounding yourself with those who provide encouragement for you.

Think about it for a minute – you have plenty of bones. There are bones in your skull, nose, ears, face, neck, shoulders, back, chest, arms, hands, pelvis, hips, thighs, legs, calves, feet and down to your pinky toes – your phalanges. “Your bones in your body each have a unique design to accommodate a matchless function and purpose for your life,” says Catherine Marie. A... a purpose for your life.

Doesn't it make you feel good to know, that no matter how old you are or how young you are, there is a special inimitable purpose for you and only you, just because of your bones?

Our bones support us without voluntary pay, store minerals more valuable than gold or silver, and house tissues that help us function. Our cranial bones protect and

defend our brain against injury or damage; our vertebral column protects our delicate spinal cord; and our femur bones are the ‘Incredible Hulk’ of our skeleton holding in place, on one end, our hip bones, and on the other end, our tibia and fibula – the leg bones. Yes, you definitely got bones. “They defend and protect you without reservation, so why not protect and take care of them?” asks Catherine Marie.

As we have all watched Gidget grow up and are now perhaps committed to “rallying for Sally for bone health” let us all emulate our favorite surfer girl and commit time every day to take our multi-vitamin, Vitamin C, fish oil, calcium, potassium, magnesium, zinc, our Echinacea vitamin and whatever else Marcus Welby prescribes for us.

Or, we could forget it all and just pop a warm and yummy nutty Ms. Field's coconut oatmeal chocolate chip cookie in our mouths, belt an iPod nano to our arms, held firmly in place due to our unique and purposely constructed humerus bones, and hit the pavement outside, utilizing our own distinctively designed tibia and fibula, under the warmth of the sun which voluntarily consents to syn-

thesize Vitamin D in us, as we begin striding in rhythm and singing praises of glory to Gonna Fly Now, envisioning Rocky Balboa jogging right along side of us. Heal – toe, heal – toe, we merrily chant in unison, all in irrational exuberance to the rhythm and beat of Bill Conti, up and down that neighborhood block around and around. Rocky would be proud – good job guys!

Good job guys – and gals, of course! So good that Catherine Marie And Three invite you to take on The Challenge. It's a free program for the women and men who happen to be the daughters and the sons of the mothers and the fathers that they care for, take care of, and care deeply about. Catherine Marie And Three challenges you to stay healthy to combat, prevent, and if possible, reverse any bone loss by simply following a three step program. “We Three engage in 20 minutes of daily walking, in light weight lifting three times a week at the Family Y to increase our strength and stamina, and weekly strength training classes to improve our coordination.” Yes, it is that simple. These activities are designed as weight bearing exercises and will put pressure on your

bones which will help to strengthen them. Many classes offered at the Y promote coordination, rhythm and contain structured steps that increase equilibrium and help us to maintain balance. “Keep it simple, team up with those with common interests and work toward your own goals,” says Catherine Marie.

Be a survivor – take on and be the eye of the tiger. Don't miss out on the thrill of the challenge, raise your spirits and your awareness of all that your bones can do for you and you can do for your bones. Take the Catherine Marie And Three Challenge for your bones that give your life meaning and support. “Covet compassion and kindness and give it to yourself as well as to those you provide care for as we are survivors willing to take on the challenges of daily life,” articulates Catherine Marie. “Patience, Focus, and Determination are the Tiger's Eye. Practice patience for implementing a daily routine to strengthen your bones. Focus on your goals and summon your Three to remain determined to follow your plan.” Take on the Challenge of Catherine Marie And Three. You may contact Catherine Marie at bellacat5859@yahoo.com.



Catherine Marie, Christopher and Christy

Top 10% in the nation.
Orthopedic Services at the Human Motion Institute

Again.

The real winner here is YOU.

At Doctors Hospital Human Motion Institute, we're proud of our awards. But our pride goes beyond the award itself. Recognition like this lets us know we're making a difference in people's lives. And, as a community hospital, it means everyone in this area can benefit from the outstanding care we provide. And that's the biggest award of all.

- ✦ Top 10% in the Nation for Overall Orthopedic Services
- ✦ Five-Star Rated for Overall Orthopedic Services
- ✦ Five-Star Rated for Total Knee Replacement
- ✦ Five-Star Rated for Hip Fracture Repair

DOCTORS
HOSPITAL
HUMAN MOTION INSTITUTE

3651 Wheeler Road | Augusta, GA 30909 | 706.651.4343 | doctors-hospital.net

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.

TOZAL Eye Health Formula

Vitamins clinically proven to help maintain macular function.

www.tozalfformula.com/26702

or call 1-877-948-7784.

— Paid Advertisement —

Times Not Forgotten

Christmas is A-Coming!

by CHRISTINE COLEMAN

Well, we made it through Halloween and Thanksgiving. I'm sure a good time was had by all. There was fun and games, and there was plenty of delicious food. A lot of preparation was necessary to put it all together.

Now, we're looking for the grand finale of 2009, and of course that's Christmas Day and the season surrounding it. When I was growing up in the 1930s, my parents started making plans ahead of time. They didn't wait 'til the last minute to pull things together. By the first week in December (the second week for sure), Mama had made her fruitcake. She'd send Papa to town to get the ingredients that we didn't grow at home. She baked our cake in a big enamel pan. When it was done, she would place the cake in a cheese hoop that Papa had gotten her from the store. (These hoops would last for more than one year). She lined the cheese hoop with a large flour bag. The reason for that was when she poured grape juice (or wine) on the cake, this cloth would seal the juices in. That part of Christmas cooking was out of the way and readied to be consumed on the "big day."

Now, it was on to other things. Sweet potatoes were made ready. They were baked or made into puddings a day or two ahead of time. "Greens" were gathered and dressed. We had turnips and collards (and sometimes rutabagas). There was fat back to put in the pot with our greens as we had our own pork. Old timers knew how to make hogshead cheese. Today, we sometimes refer to this as Souse Meat. It's a tasty dish to have on hand for a family get-together.

I'm sure people do a lot of this type of preparation today, but back then there were no refrigerators. They had to do as much of the work as possible in order not to be exhausted on Christmas Day.

Yards had to be cleaned. Back then people didn't have grass in their yards. (There was only dirt). They used yard brooms to sweep the dirt. Other families envied a house with yards of white dirt (swept clean).

Little by little, all the chores seemed to come together. Only the last minute details remained. And of course, that's the way it is today. We rush around to make sure everything is done and then we can afford to relax and enjoy our families and friends.

Oh, and by the way, have we decided what we're going to call the first day of our New Year? Are we going to say January 1, 2010 or

maybe January 1, 10 or even January 1, 010? We'll come up with something suitable that everyone will be satisfied with. It'll just take time to get used to it all.

In the meantime, let's remember Christmas Time's A-Coming and let's enjoy the season.

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

"It's the Night Before Christmas"

Special to Senior News

The Augusta West Dance Guild and Toys for Tots proudly presents "It's the Night Before Christmas" show at Augusta State University's Maxwell Performing Arts Center, December 10th through the 12th. There will be two shows daily on December 10th and 11th for area school children and senior citizens groups. The public is invited Saturday, December 12th for two shows starting at 11 a.m. and a second show starting at 2 p.m. Ticket prices are \$8.00 for children and senior citizens and \$10.00 for adults. For ticket information and seating call Augusta West Dance Studio at 706-860-0998.

The "It's the Night Before Christmas" show has been a holiday tradition for many years and is sure to put a spark of holiday spirit to all who participate in the event. The Augusta West Dance Guild sponsors the annual Christmas program and use members of the Performing Companies of the

Augusta West Dance Studio. The guild is proud to be working with Toys for Tots to help bring Christmas Cheer to the children of the CSRA by collecting toys for children at our office located at 146 Davis Road in Martinez, Georgia. If you bring a new, unwrapped toy to the show you will receive \$1.00 off admission.

The proceeds of the show will go to members of the Performing Companies of the Augusta West Dance Studio dancers who are attending workshops and competitions representing the state of Georgia and a portion of the proceeds will be shared with the Toys for Tots to help children in our local area.

The Augusta West Dance Guild is a nonprofit organization formed in 1980 for the purpose of supporting the arts in the Augusta area. The Guild is a member of the Greater Augusta Arts Council and has participated in the Greater Augusta Arts Festival for the past 19 years. For more information please feel free to call Augusta West Dance Studio at 706-860-0998.

Advertising Sales Positions Available

Senior News, the newspaper for those age 50 plus, is seeking highly motivated, enthusiastic individuals for the position of Contract Advertising Sales Representative in the Augusta metro market area. This is a "commissions" compensated position.

Excellent communication and organizational skills, creative thinking, positive attitude, and being computer savvy a must. You provide your own vehicle, office and office equipment, etc. Advertising sales experience very helpful and preferred.

If you believe you have the right qualifications and want to be your own boss and work your own hours, call Carolyn at

706-869-1877.

C'mon, let's eat

by FAYE JONES

Merry Christmas! Isn't it exciting to be in the hustle and bustle of the holiday season? Only three weeks until Christmas and I have not begun baking yet. Not that I don't have the time nor the will, it's trying to lose weight before the big day had made me ashamed of myself. Some families eat to live, my family lives to eat. It has always been that way and we have the hips to prove it; so, putting my guilty conscience to rest, let's blast off with some good old fashioned candy recipes that are guaranteed to fill out at least six wrinkles on your face.

CARAMEL PEANUTS

4 cups raw peanuts
2 cups sugar
1 cup water
Few drops vanilla flavoring
(optional)

Add all ingredients and boil until liquid begins to dry out and peanuts are sugar coated, stirring constantly.

Place in a preheated 350 degree oven and bake for 15 minutes. You may want to add red coloring for the holidays.

OLD FASHIONED DIVINITY

2 cups sugar
1/2 cup white corn syrup
1/2 cup hot water
1/4 tsp salt
2 stiff-beaten egg whites
1 tsp vanilla
1/2 cup chopped pecans or walnuts

Butter sides of heavy saucepan. Combine sugar, syrup, water and salt. Cook, stirring constantly, until sugar dissolves and mixture comes to a boil. Cook to 250 degrees without stirring. Remove from heat. Pour hot syrup over egg whites, beating constantly with mixer at high speed until candy loses its gloss and holds a curl. Stir in vanilla and nuts and quickly drop by teaspoonfuls on waxed paper.

BUCKEYES

2 lbs. creamy peanut butter
1 lb butter
3 lb. confectioner's sugar

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 County Parks, Recreation & Tourism
902 Vauchuse Rd., Aiken, SC 29801; 803-642-7559; www.aikencountysc.gov/tourism
Courtney Senior Center
49 Roy St., Wagener, SC; 564-5211
Harrison-Caver Park
4181 Augusta Rd., Clearwater, SC; 593-4698
Aiken County Recreation Center
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142
Roy Warner Park
4287 Festival Trail Rd., Wagener, SC; 564-6149

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. 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

continued on page 10

2 (12-oz) pkgs. chocolate chips
1/2 bar paraffin

Mix peanut butter, butter and sugar until smooth texture develops. Form small balls the size of buckeyes. Refrigerate. Melt slowly the chocolate chips and paraffin together in the top of a double boiler. Using a toothpick, dip cold buckeyes into the chocolate until covered. Let dry on waxed paper. Makes 166 pieces.

Note: Paraffin may be omitted but the candy will become too soft and have to be kept refrigerated. Shave paraffin bar before melting to quicken the melting process and remember to be very CAREFUL. Paraffin is wax and it is combustible.

CHEESE DROPS

1 stick margarine
1 cup grated sharp cheese
1 1/4 cup flour
1/8 tsp cayenne pepper
1 cup Rice Krispies cereal

Cream together margarine and cheese. Sift flour and cayenne pepper and add to creamed mixture. Stir in cereal. Drop by teaspoon on ungreased cookie sheet. Bake in a preheated 350 degree oven for 15 - 20 minutes. Makes 2 dozen.

PECAN BALLS

(I have used this recipe for more than 50 years. So simple, so good,

and a part of every Christmas at our house)

1 cup margarine, softened
4 Tbsp sugar
1 1/2 cups self rising flour
1 cup finely chopped pecans
1 tsp vanilla
1 box powdered sugar

Cream oleo and sugar; add other ingredients. Shape into small balls and bake at 300 degrees until brown. Roll in powdered sugar. Cool and store in an airtight tin between layers of waxed paper. They last for weeks.

RUM BALLS

2 cups powdered sugar
2 cups finely chopped nuts
6 Tbsp milk
1 lb box vanilla wafers, crushed
1/2 cup rum

Mix all dry ingredients and add liquid. Let stand in refrigerator for 3 hours, then roll into balls and dust with powdered sugar. A few of these go a long way.

Enjoy! ©11/23/09

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.

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

218 Oak Street North, Suite L
Augusta, GA 30907; 706-868-0120
www.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.,



THE LEDGES APARTMENTS

- Quality, Independent Living For Seniors
- Must Be At Least 62 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Utilities Included In Rent
- Two Floor Plans – Efficiencies (Perfect For One) One Bedroom If You Need More Room
- Emergency Call Systems In Each Apartment
- Added Safety Features In Bathroom
- Elevators For Your Convenience
- Coin Operated Laundry Rooms On Each Floor

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

Applications Taken at 550 Sikes Hill, North Augusta, SC



803-279-1776



CALENDAR

from page 9

more information or visit the Museum's website at www.the-morris.org.
• Art of Beverly Buchanan: Through Jan. 31

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.
• From Ty to Cal: A Century of Baseball in Augusta: Ongoing
• Into the Interior: A History of the Georgia Railroad and Banking Company: Ongoing
• Augusta's Story: Ongoing
• The Godfather of Soul, Mr. James Brown: Ongoing
• Stories & Legends: Remembering the Augusta National: Ongoing
• A Community That Heals: Ongoing
• Historic Holiday Candlelight Tour: Dec. 4-5, 706-722-8454
• 13th Annual Concert of Holiday Music: Dec. 14, 7:30 p.m. Call for details and costs.

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 Elksdom 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.

Augusta Christian Singles, Inc.
Dances held each Saturday night, 7-11 p.m., at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission includes refreshments and snacks. Cost: Guests, \$10; members, \$8. For additional information call 706-863-9262 or visit 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,

continued on page 11

General Business Directory For Seniors

BIBLE BY PHONE

FREE DAILY BIBLE READINGS -- NKJV

706-855-WORD

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

BUSINESS CARD SECTION ADVERTISING INFORMATION

Call

Carolyn Brenneman

706-869-1877

WILKERSON LANDSCAPE & TREE SERVICE

Complete Tree Removal • Tree Trimming
Topping • Stump Grinding • Sodding & Grading
At Reasonable Prices! 20 Years Experience!
Licensed, Insured and Bonded!

CALL JOHNNY: 706.796.7836
Pager: 706.794.9040

Enjoy the Convenience
of Maples Ferry!



**Low Maintenance Ranch Style
Patio Homes in the ♥ of Evans**

Open Floor Plans • Convenient Location • Sidewalks
Covered Porches • Starting in the \$160s
Built by local quality builder.

**Buyer's Incentives - See Agent
Through December 31, 2009!**



of Greater Augusta
706.364.7653

Call Patsy Rector at 706.840.5704
or Jackie Baker at 706.831.6633
www.maplesferry.com

ANGELS OF LOVE Private Duty Sitting Service

706-306-7056 • 706-495-2521



Our Services Include

- Meal Preparations
- Companionship
- Medications Reminders
- Errands & Shopping Assistance
- Bathing & Personal Hygiene Assistance
- Light Housekeeping & Laundry
- Respite or Relief for Families
- Periodic Reviews and Communication with Family

- Provide Home & Hospital Care
- Caregivers have extensive ongoing training & background checks
- Provide continuous assessments & supervision by experienced, educated care managers

SPECIALIZE IN

Geriatric • Alzheimers • Diabetes • Parkinson
Dementia • Disability Care
Non-Medical In-Home Care • Insured & Bonded

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. 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.

HOSPITAL GRADE MEDICAL PRODUCTS Now Available To You

BEST PRICES

DELIVERED RIGHT TO YOUR DOOR

- Real customer service with real people on the phone
- 20 plus years in business of helping people with medical products needs
- Thousands of medical products not available at retail or internet sites
- Only products from reputable medical products manufacturer

**Health
Related Products, Inc.**
"your special needs provider"

1-800-845-4566 www.healthrelatedproducts.com

PINEVIEW GARDENS



PERSONAL CARE HOMES

*Specializing in Dementia
and Alzheimer's Care!*

Pineview Gardens

4255 Hwy. 25 N, Hephzibah, GA 30815

706-437-0113

Pineview Gardens of Evans

4393 Owens Road, Evans, GA 30809

706-651-0377

www.pineviewgardens@comcast.net

ams vans

Finally! Affordable Wheelchair Accessible Transportation!

- Newly Converted vans starting at \$19,980
- Over 100 vans in stock and on site
- Over 25 years industry experience
- 7year/70,000 mile warranty on all conversions

Just 15 minutes
North of Atlanta
off I-85
Come see us
Today

Local rental service
available



800.775.8267

wavans.com

CALENDAR

from page 10

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.

Phinizy 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@nsdciscovery.org.

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.

CSRA Parkinson Support Group

Meets monthly. For details call 706-364-1662.

General Business Directory For Seniors

Attention

Diabetics and Others

Have you been turned down for Life Insurance?

Call 877.672.6512
to see if you qualify!

BUSINESS CARD SECTION ADVERTISING INFORMATION

Call

Carolyn Brenneman
706-869-1877

\$1.00 OFF ADMISSION WITH THIS AD!
1 coupon per person
expires 12-14-09
2nd Weekend of Every Month

Atlanta, Georgia
Fri. & Sat. 9-6 Sun. 10-4
3 miles east of Atlanta
Airport, I-285 at Exit 55
(Jonesboro Rd.)
Scott Antique Market
740-569-2800
www.scottantiquemarket.com
Atlanta Expo Center
December 11, 12 & 13 January 8, 9 & 10 February 12, 13 & 14

Openings Now Available!

West Forrest Assisted Living

Owned & Operated by Angela Lokey

280 West Forrest St., Harlem, GA 30814

West Forrest Assisted Living... where you can feel confident that professional care and attention is being provided for your LOVED ONE 24 hours a day, 7 days a week!

- Licensed by State of Georgia
- CPR/First Aid Certified
- 3 Hot Meals and Snacks
- Cable TV • Daily Activities
- Clean Environment
- Caring Staff • Private Room
- Monitor Medication
- Transport to and from Doctors
- We accept Medicare & Medicaid or Private Patients

For Information
Call Angela Lokey at
706-556.6005 or 706.699.2407

Colon Hydrotherapy Oxygen Therapy, Foot Detox

It is for you!

Cleanse Your Colon through a safe and effective method to rid your body of toxins and waste.

"For a Healthier Body"

Essential Cleansing Center
706-733-5000 • 2045 Central Ave., Augusta 30904

Point of Need, Inc.

Medical Equipment & Supplies
1186 Atlanta Hwy., Warrenton, GA 30828
706-465-1183

Monday-Friday • 9:00 a.m.-5:00 p.m.
Wheelchairs • Scooters • Lift Chairs • Walkers/Rollators/Canes
Diabetic Supplies • Bath Aids • Bathroom Equipment • Medical Supplies
Delivery and set up available. Rental or purchase options.
Medicare, Medicaid, BC/BS and private pay accepted.
Christine Bloodworth, Owner pointofneedinc@yahoo.com



CRAWFORD CREEK
NATURE'S PLANTATION

Low Maintenance - Upscale Living!
The Cottages at River Call



Brand New Home
Ready to Move in by Christmas!
The Tulane Plan offers a large gourmet kitchen w/hw floors, granite counters & breakfast area. Beautiful open floor plan. Great rm w/fp. Formal dining rm, lg owner's suite. Garden tub & separate shower in bath. Front & back covered porches plus patio. Lots of storage! Buyer's incentive of \$2500 if closed by 12/31/09. \$214,900.
Call 706-860-3040
www.CrawfordCreekHomes.com

REALTY EXECUTIVES
Of Greater Augusta
706.364.7653

PARTICIPANTS SOUGHT FOR RESEARCH STUDY

If you are an African American or a Caucasian family member who gives care for a person with dementia, you may be eligible to take a part in a research study. You must be 18 years or older, male or female, English speaking, and not being paid for giving care. The purpose of my study is to compare the relationship between African American and Caucasian caregiving stressors and physical health effects among family caregivers. My study will address caregiving stressors, duration of care, and spirituality. I will ask you to complete four short surveys at one single time. It will take about 1 hour of your time. Please know that taking a part in my study is voluntary. I look forward to talking with you about my study.

Please contact Lorraine W. Jackson at 706-836-7914, or at romjcksn@bellsouth.net for more information.

I look forward to hearing from you and talking with you.

Goodwill NEEDS YOU!

YOUR DONATIONS
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment.

YOUR TIME
Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.



CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350

To find a location near you, visit
www.goodwillworks.org

QUALITY HOME REPAIRS AND LAWN SERVICE

MAINTENANCE SERVICE
YOUR ONE STOP HOME REPAIR AND REMODELING NEEDS
FREE ESTIMATES
FLOYD G. STRAUSSER, JR.
U.S. Army Ret.
Licensed • Bonded • Insured
Carpentry • Painting
Decks • Room Additions
Remodeling • Pressure Washing
Siding • Gutter & Downspouts
Office: 706-796-0600
Cell: 706-830-2116



A few easy steps to savings.

Special Senior Rate

With SCANA Energy, natural gas service is a snap. We make it easy for you to save on your natural gas service. Our special senior plan gives you the same great service and support at discounted fixed or variable rates. Visit scanaenergy.com for more information, then call 1-866-498-0407 to sign up. At SCANA Energy, natural gas service is so easy, it's in your life, off your mind.



Senior plans are available to customers 65 years and older. Representatives are available to discuss senior fixed and variable rates.