

# Senior News

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Information For Ages  
**50 PLUS!**



*Colonial Times...  
A Celebration of Life!*

*Story on Page 6*

November 2009  
Vol. 23, No. 11



# "Use it and don't lose it!" ...Have you heard that lately?

by CAROLYN BRENNEMAN

**D**id you know that you possess a very complex, sophisticated object, soft and mushy as tofu, tan on the outside and yellow-white on the inside? And guess what? It has the ability to boss you around!

Yes, gents and ladies, each one of us carries about 1.3 kg (that's about 3 pounds) of proteins, lipids, and glucose around in a small, wrinkly, sponge-like container called our brain. Our brain contains over 100 billion neurons (those tiny nerve cells that run around like a zillion motorcycles zippin' across the Bobby Jones expressway) that link to one another forming a complex intricate pattern more unique than your own DNA. Your brain is your master and it runs the whole show and controls almost everything that you think and do, even when you are sleeping.

Whether you are reading the latest John Grisham book, chewing on your freshly cut carrot sticks, working out at the Y, or bowling on the Wii with your team mates in your nursing home, your brain will remember billions of individual bits of information.

One of the most important parts

of this magnificent, complex machine is your cerebrum. This cerebrum is the thinking part of your brain. You use it to socially network on Facebook, comb what hair you think you have, write letters and send greeting cards to your grandchildren, or rummage through the family photos of yesteryear. With all these and much more, you use your cerebrum. Your cerebrum is also the housing agency for your memory and both of its children – your long and short term memory – live there permanently. And that's a good thing, so don't think about handing out an eviction notice when things don't go your way. Instead think about this: Use it and don't lose it.

We all hear about the "use it or lose it" -- so keep lifting those 5 lb weights, work those biceps and don't stop jumping up and down on the couch with exuberant joy when your favorite contestant scores a 9 on Dancing with the Stars. But let's also engage in "use it – and don't lose it" with that precious brain of ours. Just as we all use and lose some muscle mass as we "soon to be" and "already are" boomers embrace our golden years, our brain needs constant and regular workouts to prevent atrophy.

All of this brings to mind a recent article I read in the "Journal

of Clinical and Experimental Neuropsychology" by Scarmeas and Stern on the concept of cognitive reserve. According to them, cognitive reserve (CR) means that certain aspects of our life experiences that we gain from participation in social, educational, physical or occupational activities may provide a reserve, in the form of a set of skills, that allows us to delay or slow any cognitive decline in our brains and thus reduce the risk of any incident of Alzheimer's Disease or clinical dementia. Sounds good, doesn't it? Use it and don't lose it.

So now what should we do? Many scientists believe that subscribing to your favorite health guru's lifestyle and performing daily, targeted brain exercises can increase your brain's cognitive reserve. Remember that the next time your daughter or son asks you "what in the world are you doing mom?" Tell them, I'm exercising my CR.

It's simple and easy, takes little to no equipment, and you can try it in the comfort of your own home. The key is to acquire new skills and

abilities and ways of doing things. Try puzzles and simple word games like Sudoku. Create word pictures or purchase one of those 500 piece puzzles at your local Dollar Tree and put it together. Here's another idea – play computer or video games such as those found at such websites as lumosity.com. The brain works through associations so the more senses you involve the better.

Hey, what about doing both at the same time? Try physical movement with mental activity. Take up tennis or golf via the Wii which allows you to be active physically while engaging your brain in thinking. The Wii is great for all ages and immensely popular even in nursing homes today. It allows them to participate in a sports activity while still sitting in a chair and firing up those neurons in the brain.

So however you decide to challenge yourself, remember that you carry your most valuable asset with you at all times. Do what you can to use it and increase that cognitive reserve you already have so that you don't lose it.

## Shizuo Z. Kuwahara & Symphony's "New Era Season" present Stewart Goodyear, pianist

Special to Senior News

**M**usic Director Shizuo Z. Kuwahara and Symphony Orchestra Augusta feature pianist Stewart Goodyear (described by the Maestro as "an amazing talent of his generation") in a concert on Saturday, November 14th at 7:30 p.m. at First Baptist of Augusta, Walton Way



Stewart Goodyear

Extension. Maestro Shizuo Z. Kuwahara opens the concert with an Aaron Jay Kernis work, Too Hot Toccata, which the Pulitzer-

prize winning composer describes as "a work that features just about all of the principal players and treats all of the various orchestra sections as soloists. There is also a horribly difficult honky-tonk piano solo, as well as a fiendish clarinet solo and a big part for the piccolo trumpet, in addition to a lot of virtuoso percussion writing. The music is a little hyperactive – very high energy and quite out of control, but with a slower middle section for balance."

Maestro Kuwahara conducts the Shostakovich Piano Concerto No. 2 featuring Stewart Goodyear. Shostakovich's second piano concerto

– a gift to his son on his 19th birthday – included none of the subterfuge, hidden meanings, and cryptic codes characteristic of most of his work. Instead, it is witty and accessible. Completing the concert is Beethoven's Symphony No. 3, a work which marked a new direction in Beethoven's music and a turning point in the history of orchestral music. His musical thinking had developed into uncharted territory, probably driven in part by his personal struggles with his hearing loss – he recognized that the orchestra was the vehicle for his new direction. Beethoven's Symphony No. 3, also known as the Eroica Symphony, premiered in 1805.

Series and single tickets for Symphony Orchestra Augusta's Symphony Series, Pops! at the Bell, Columbia County Music Series, and Family Fun Series concerts are available for purchase on the website – [www.soaugusta.org](http://www.soaugusta.org), or by calling the Symphony office at 706-826-4705. A special "SAMPLER SERIES" is currently being offered. Patrons can purchase (by calling the Symphony office – Sampler not available on the website) 4 concert tickets to any concerts through November 24th for only \$40! For additional information, email [marketing@soaugusta.org](mailto:marketing@soaugusta.org), fax 706-826-4735 or visit [www.soaugusta.org](http://www.soaugusta.org). Located on the second floor of Sacred Heart Cultural Center on the corner of 13th and Greene Streets, the Symphony office is open Monday through Friday, 9 a.m. to 5 p.m.

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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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## Between The Raindrops

By Henry Newton Goldman

Exposed to life's turbulent falling rain,  
Struggling in life's sometimes raging storms;  
I skip and dodge to avoid stinging pain,  
And try to walk where trouble does not form;  
There between the rain drops.

Life's gusting winds of unrest often plague  
This fragile form like some great sweeping hand.  
These times, I must be careful in storm's rage,  
To find some peaceful place my foot steps land;  
Somewhere between the raindrops.

And when life's storm clouds part for joy's bright shrouds,  
The rainbow of my peace restored once more,  
I'll look again beyond life's troubled clouds,  
And see the face of Him who guided me before -  
Through life's storms;  
There between the rain drops.

\*\*\*\*\*

## Time to Download

By Vera King

My mind is overloaded  
With trivia and such  
So when I get forgetful  
It doesn't surprise me so much

To me it's just a signal  
To replace the present tape  
Then I can start another thought  
To fill in what I vacate

Long term memory lingers  
Because its been around  
Ever since we were aware  
Of what was earth and ground

I thought my space was endless  
In that glob we call the brain  
What a relief to finally find  
I'm really still quite sane.

\*\*\*\*\*

## Flowers Speak a Universal Tongue

By Jean Davis Elam

Flowers speak a universal tongue -  
A language by bard and artist sung.  
Across the international line,  
From Alpine heights to tropic clime,  
Their sunset colors, rainbow hues  
Have whispered clear, unchanging truths.

The cherry blooms of Orient sway;  
The lilies grace Israeli way;  
The heather nods in Scottish brae;  
And roses greet an English May.

Oh, listen as each one declares  
It's message to the heart aware  
Of love, sincerity, devotion -  
A bridge to span each land and ocean.

And brings us home again to find  
In our own gardens, A Voice sublime

\*\*\*\*\*

## Grace

By Vicky Harper

Your grace bought my salvation,  
And mercy now covers my sin

The fruit of meekness  
Is Your grace within.  
The magnitude of Your love  
I am learning to comprehend.  
If, perchance, I see Your face  
My Jesus while living within  
This three score and ten,  
Would I then Your unearned favors,  
More fully understand?  
Show me the flow of grace.

# Sacred Heart Holiday Open House

## Special to Senior News

Savor the sounds, scents and flavors of the holiday season! Enjoy an array of holiday decorating and gifting items, including nativities, ornaments and boxed Christmas cards. There will be home accessories, entertaining serving pieces, Augusta themed items and the infamous Guild Bake Sale.

Sacred Heart will feature a book signing and cooking demonstration by Patricia Barnes, aka Sister Schubert, author of "Cast Your Bread Upon the Waters." She will conduct her book signing from 10:00 a.m. - 12:00 p.m. and a cooking demonstration from 2:00 p.m. - 3:00 p.m. Also signing books will be Anne C. Sherman, author of "Megan: Twice A Christmas Present," and Timothy Penland, author of "The True Night Before Christmas," from 10:00 a.m. - 1:00 p.m.

Savor the aroma of Wassail in the air, listen to the sounds of the season and support the ongoing mission shared by so many

to preserve our historic treasure through support of this yearly event. Shop in the Gift Shop and purchase your holiday goodies at the Guild Bake Sale which features delectable eats from over 100 Guild Members.

\*For tickets (\$10 or free admission with purchase of the cookbook) for the Sister Schubert Cooking

Demonstration, please contact 706-826-4700.

## Sacred Heart Holiday Open House

Thursday, November 12, 10 a.m. - 5 p.m. Book Signings, Cooking Demonstrations, Baked Goodies, No Admission Charge\*, Free Gift Wrapping, and Delicious Refreshments.

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Serving Augusta & the CSRA

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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

**H**appy Holidays! Can't wait for Thanksgiving to arrive. It's such a wonderful day to pig out without feeling guilty.

The season is wonderful as of this writing. Leaves are beginning to put on their winter coats and trickle down for a long winter's sleep. First frost will soon be here and we can all have free "diamonds" for as far as the eye can see. Nothing is more beautiful than sun-up on a heavy frost. Like snow, it brings a balm to the soul.

We get nostalgic this time of year don't we? And according to stats, many people, especially seniors, become depressed. It is the time for bright lights in our homes, open curtains so we can see outside when it's too cold to go out. It's time to call friends to come for coffee or drop by their homes and carry a sweet bun or two to enjoy. Read good books and don't listen to sad music.

We can't change the past but with a little help from our friends, we may be able to change our future. I had an experience lately that turned my life around. I took two days off to meditate, pray and see if God and I are on the same

page regarding what small amount of future I have left. It was wonderful.

It all came about when and old friend called from LaGrange. We were neighbors and best friends 45 years ago. We still pick up where we left off. We have "commiserated" together on the advantages and disadvantages of getting old many times. She has very serious health problems but handles them with grace and dignity even though she, like the rest of us seniors, has to deal with depression and pain.

During our conversation she said, "You know Faye, I have found that when things get tough and I can't see the light at the end of the tunnel; when I'm sick and depressed, I have learned to focus on Jesus." She then asked if when I prayed I had a picture of Jesus in my mind. Just so happens I do. It has been the same vision of him that comes to me with every prayer I pray and has for as long as I can remember. He is standing outside. The sky is blue and he is standing in a field. I can see His beautiful face - or I suppose I should say the face that my mind has made of Him.

Sometimes He smiles, sometimes He is quiet and solemn. I know immediately in my soul

whether or not I am on the right track. He never leaves me during my prayers. Sometimes I stray away and usually fall asleep before I finish.

After Yvonne and I got off the phone I began to wonder what would happen if I focused on Jesus when I had health or other problems. (I have had serious reactions of late to some medication). I sat down at the kitchen table.

A verse of scripture came to mind; "Seek ye first the kingdom of God and all these things shall be added unto you." Where have I been? I became a believer at the age of 15 and although the path is shiny from back-sliding, I have always come home again to the beliefs that keep me sane.

Jesus and I talked a long time. He did most of the listening. Sometimes we get so tied up in our own selves and our problems that we can't hear His voice over our complaining. Oh, how patient He must be!

The day passed so sweetly that I forgot to eat. All was well and I was at peace. I haven't had that in a while. I turned on the TV and there was a wonderful black minister preaching on the sin of worrying. Got me right between the eyes. I realized how miserable we make ourselves by stressing over things we cannot change. Sometimes we get so bogged down we don't change the things we can.

Images sprang to my mind during his sermon. I worry about the war, the economy scares me to death, I wring my hands because our leaders have proven themselves untrustworthy. My heart breaks when I see hungry and sick children on TV. I hurt when I see parents who don't give their children the love they need to grow mentally and spiritually. I worry about where to live. Should I move at this age or just wait and drop dead on the old homestead, I grieve because I feel I can't change these situations. After all, what can one old woman do?

At times I think I just borrow things to worry about. The verse came again to my mind; "Seek ye first the kingdom of God and all these things shall be added to you."

Peace came into my mind and heart as softly as a falling snowflake. I had come home again. How wonderful it is to have friends like Yvonne! It's like walking on sunshine! ©10/26/09

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

## Spiritual Notes

# Perseverance!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**S**ome of the most difficult people we meet in life are those who have a "cause" and persevere in its pursuit with tenacity. While they may be admired for their belief, sometimes they appear to be too aggressive and unreasonable. In today's world there has been violence in many countries because of a commitment to a political and/or religious system. Conversely, there are "causes" that need people who will stand up for injustices in our society. So often we "cave in" to a popular view rather than the right view. Perseverance is defined as "an adherence to a course of action, belief, or purpose without giving way; steadfast."

Many senior adults have a tendency to give in to the aging process. Their attitude is "been there, done that," let somebody else take the baton and run with it. Perseverance and persistence has left them. However, I have met a

few senior adults who might be labeled aggressive, especially at restaurants and in post office lines. It is always encouraging when senior adults do speak out with conviction on relevant current issues and events; and, many do just that.

The Bible encourages perseverance. In the 11th chapter of Luke's gospel, verses 9 and 10, Jesus says, "So I say to you, Ask, and it will be given to you; search, and you will find; knock and the door will be opened for you. For everyone who asks, receives; and everyone who searches, finds; and everyone who knocks, the door will be opened."

Perseverance in prayer overcomes our insensitivity, not God's. It does more to change our hearts and minds than his. It helps us to understand and express the intensity of our needs. Perseverance in prayer helps us recognize God's work.

\*\*\*\*\*

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



# Early detection, treatment can help prevent Dementia onset

by DR. JEREMY HERTZA  
Director of Behavioral Medicine  
Walton Rehabilitation Health  
System, Augusta, Georgia

**Y**ou forget where you put your keys. In conversation, someone asks, "So when did you get married?" and you draw a complete blank. You can't come up with a word you are trying to think of. And you know something important is supposed to happen on Friday night, but can't for the life of you recall what it is.

What is mildly annoying when you're in your 30s can become a source of worry and anxiety when you're in your 50s or 60s. As you grow older, you are at higher risk for dementias like Alzheimer's or vascular-based impairments since age-related conditions like stroke, high cholesterol, high blood pressure, and the lifelong effects of choices like smoking can contribute to deficits in the brain.

The good news is that dementias like Alzheimer's can be detected early in their disease course. This window allows for early treatment to help ensure as long and as high a quality of life as possible.

## Early Detection

Those 65 and older can consider obtaining a baseline screening. Typically conducted by a neuropsychologist, a baseline screening exam-

ines and provides a report of brain function. A baseline screening is an extremely helpful tool since it provides a physician a view of "normal brain function" to compare against should that person begin to experience symptoms of dementia. Additionally, neuropsychological testing can be helpful in differentiating depression, something that commonly affects the elderly, from a true neurodegenerative condition.

The most common dementias include Alzheimer's disease; vascular dementia, which is typically caused by stroke or other vascular problems; Lewy body dementia; frontotemporal dementia; and Parkinson's disease and other similar diseases. Early symptoms of dementia can vary, and don't just involve memory loss. They can also include:

- Clumsiness and falling
- Shaking hands
- Visual hallucinations
- Personality changes
- Problems finding the right words

However, remember that depression in the elderly can manifest itself with similar symptoms. Depression can affect how a person thinks as well as regular sleep patterns, resulting in a vicious cycle. Family members and the elderly need to recognize the potential effects of depression on brain function.

## Prevention

It's true that knowledge is power,

so it's important to know that there are simple protective activities you can do from youth to old age to help your brain stay active and functioning at its best.

Lifestyle choices like regular exercise, a healthy diet and not smoking help not only your body but also your mind. All help increase circulation to your brain, and can help reduce your risk of developing dementias later in life.

Remember too that it's necessary to exercise your brain to keep it active. "Use it or lose it"—regular mental activity and using your brain as much as possible keeps your brain active and alert. For example, don't just watch TV, but also discuss plot points, what happened in past shows, and what you think will happen to your favorite character in the future.

Maintain or develop a network of friends with whom you can converse and share experiences. If you have a favorite hobby, exercise your memory by recalling and discussing what you saw when looking at birds out of your window or the different types of flowers you recently planted. Even simple activities like reading, crossword puzzles or Sudoku help. These are just a few examples of many simple little things you can do to help keep your mind young and active.

## Other Options

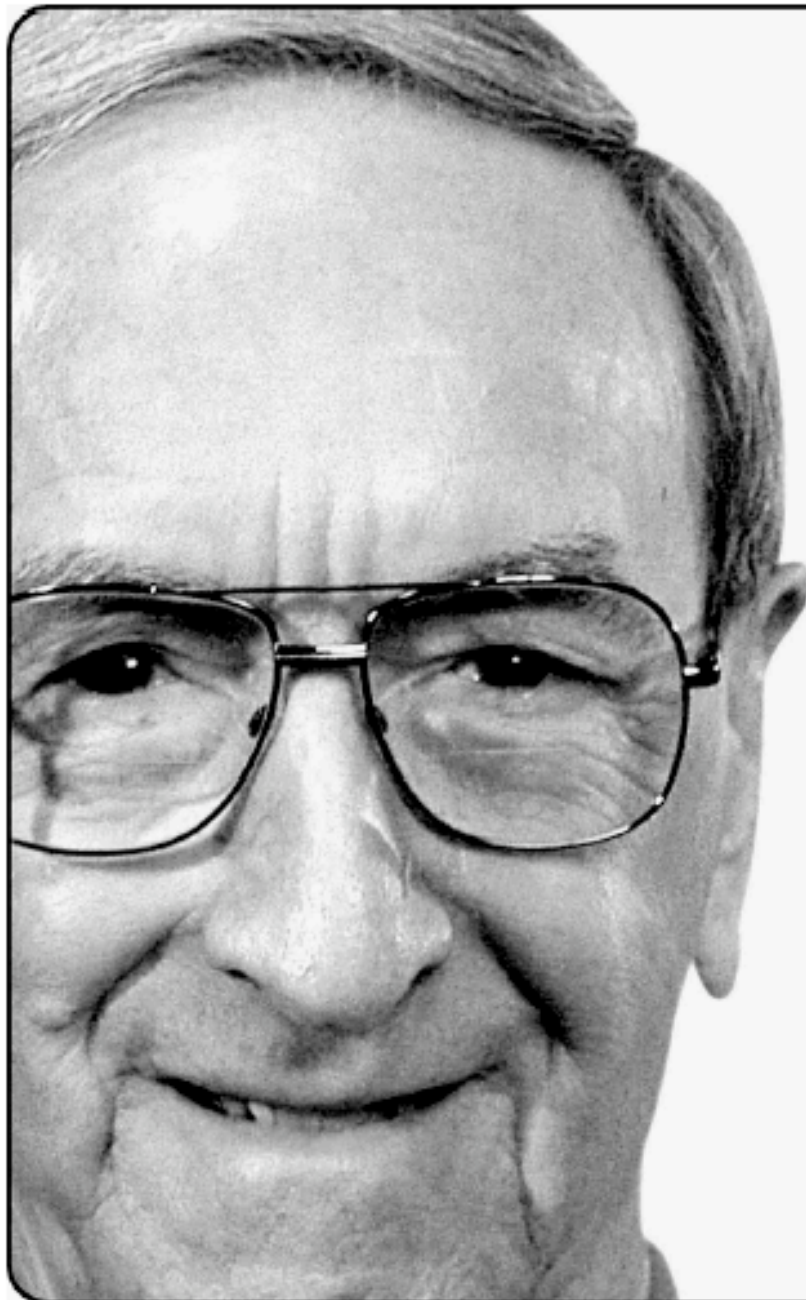
If you or a loved one has been diagnosed with a dementia like Alzheimer's, certain early treatment

options can be very helpful.

Neuropsychologists can examine functional domains of a patient's brain to help determine what parts of the brain have been affected by the disease, and what other parts are working well. They can then work with the patient to teach them how to use the part that's working well to compensate for the parts that aren't. Neuropsychologists can also help patients and their families adjust to different stages in the disease course, making sure that everyone is doing everything they can to help their loved one.

In addition, particularly for Alzheimer's, medications are available with relatively few side effects that can help patients retain memory function for a longer period of time. But it is important to note that once patients begin this course of medication, they need to remain on the medication. Should they stop, patients may experience a sharp decline that cannot be regained.

As people age, many worry about dementias. In fact, some studies show that more people worry about developing dementia than cancer or other diseases. And the worst part is that many people feel they are utterly powerless to stop it. But taking simple proactive steps like obtaining a baseline screening, having regular medical checkups and making specific lifestyle changes can not only help eliminate some of your worry but also give you back some control.



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## On the Cover

# A Celebration of Life... In "A Time to Remember"

by CAROLYN BRENNEMAN

Colonial Times is an award-winning two day event that was held at the Living History Park in North Augusta on October 17th and 18th. This entertaining, educational and enthralling event was attended by our esteemed retired citizens around the area, families with young children dressed in 18th century garb, and boomers like Ms. Handle who admits she came to taste the savory homemade apple pie and to hear a tale by Kentucky's favorite frontiersman, Daniel Boone.

During this event we are taken on a captivating journey into the 18th century where we listen to folk tales by Daniel Boone, learn how to make a candle, watch a demonstration on tin making and black-



Indian in Headdress

smithing, enjoy a slice of homemade bread with freshly churned butter, dwell on the aesthetic value of still life painting, listen to the sweet sounds of the dulcimer and witness the eloquent crafting of a tombstone.

Our first encounter is with David who carves slate tombstones as his trade. He demonstrates his unique method of carving letters with the folk-art style of lettering using his chisels and mallet on a slab of three-inch thick slate. Dressed in fashionable attire, he explains, "each letter and design is drawn by hand exactly how it was done in Colonial days." An artist and poet, he carves each letter with the greatest of ease, detail and accuracy.

Soon we encounter Chris, who enlightens us about olde world fighting for serious modern defense. In Colonial times, "the guild system was used to set a standard for fighting" Chris tells us. "The quarter staff (a long wooden pole) made of oak was used in fighting challenges," he explains as he demonstrates this fighting technique with his fellow fighters.

Even more spellbinding are the 3 Muskogee Creek Indians we encounter standing around the camp-

fire. "What are you demonstrating?" we boldly inquire. "We are demonstrating eating lunch in the 18th century," they reply in unison. However as they are enjoying the savory taste of warm corn soup right off the burning coals, I am more interested in what each one is wearing. How glamorous – a horn head set, complementary pierced dangling silver earrings, a necklace with a peace metal and easily accessible hack knife, linen shirt, and breechcloth with leather leggings. These creative Creeks are also masters of beadwork, basket making, and woodcarving.

Walking around the park, we meet an award winning artist, who paints still-life using the same unique technique that was used by our ancestors. Her art presents the serenity of pastoral settings and love of all things natural. She makes her work its own story using objects of beauty in everyday life. Her 17th century style of "modified realism" requires an intense color work. Ah, we relish in the beauty of nature.

It is a time to remember. Want to take home a remembrance of the 1700's? Well, where else can you purchase skunk hats, wolf and coy-



Lace Making

ote skins, cowhide and deer skins, powder horns, wooden bows, quivers and arrows, beeswax bars, arm guards and many more handmade items? Right here at the Living History Park as we journey through the colonial times.

For more information on the Living History Park, please contact Lynn Thompson, [lynn@colonial-times.us](mailto:lynn@colonial-times.us), phone: (803) 279-7560.

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Sword Fighters

## A Taste of Health... Saturday, November 14th

by JEANETTE CUMMINGS  
Director, Area Agency on Aging

The CSRA Partnership for Community Health invites you to share with us in our mission to improve the health status of persons in our community by attending our A TASTE OF HEALTH EVENT.

A Taste of Health will feature restaurants with samples of healthy food, educational sessions, and health screenings. A Taste of Health will be held at Tabernacle Baptist Church's Family Life Center at 1230 Laney-Walker Boulevard on November 14, 2009, from 10am-2pm. Our goal is to raise funds for projects and operations of the CSRA Partnership for Community Health.

The CSRA Partnership for Community Health celebrates its

16th anniversary this year. Founded in 1993 to explore new ways to improve indigent healthcare, the Partnership consists of six hospitals, two health departments and 36 representatives from social service agencies; educational, business and community organizations; and the governmental and religious communities.

The Partnership has been instrumental in the development of three health centers that are available to the entire community. These clinics provide access to primary health care for the uninsured and the underinsured. In addition, we sponsor programs for at-risk youth and adults.

For additional information contact Gwendolyn J. Durnell, CSRA Partnership for Community Health, Inc., 706-312-3179 or [gdurnell@augustapha.org](mailto:gdurnell@augustapha.org).

## 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.

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call Carolyn at

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# ADVOCACY ALERTS: "FACEBOOK"

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

**W**hen Bryan Rutberg first appeared on Facebook last December, he joined millions of other boomers, who are the fastest-growing users of social networking websites. A month later, the 47-year-old tech industry executive became a victim of a scam that is increasingly occurring on websites like Facebook, MySpace and class reunion sites.

On Jan. 21, Rutberg discovered his Facebook page had been hacked with this alarming message: **BRYAN IS IN URGENT NEED OF HELP!** He tried to access his page to remove the warning, but his password had been changed. When he tried to alert his friends from his wife's Facebook account that he was OK, the scammer had "de-friended" her, blocking any messages he sent. Meanwhile, Rutberg's Facebook friends who had posted "what's wrong?" messages were getting replies from the hacker, who posed as Rutberg and claimed that he had been robbed in London and needed money to get home.

One concerned friend, wired

\$1,200 overseas, which the trickster quickly collected. In e-mail exchanges, the hacker had provided enough personal details to convince his friends that he was Rutberg. "If you're looking to impersonate someone, Facebook is a good place to start," Rutberg says. "My page has the names and photographs of my wife, kids, parents, friends, where I went to high school and college — all kinds of personal information." With such details readily posted, identity thieves "are clearly investing time and resources on social networks," says Ryan Naraine of Kaspersky Lab, an online security firm.

A common ruse: tricking users into downloading a program that records their keystrokes. It's likely that Rutberg inadvertently downloaded one such program, providing his Facebook e-mail and password to the identity thief. One such virus on social networks is called Koobface (from the word "Facebook"), which infects computers when a "video" link is clicked. It can steal personal data and also prompt users to download an updated version of Adobe Flash. "By clicking on that link, it attempts to trick you into buying fake antivirus software for \$30," Naraine says.

Facebook spokesman Barry Schnitt says that in five years, less than 1 percent of 200 million users had "security issues." He says his company has bolstered

its efforts to respond quickly to such problems. However, Facebook provides no phone contact number for members, and Rutberg says e-mails to Facebook reporting his hacking went unanswered for several days.

To avoid problems on social networks — or anywhere else online:

- Don't click on links provided in messages — even from friends unless you check them with a phone call or off-website e-mail.
- Get program updates by going to the company's website, not through a provided link.
- Make your Facebook account private so that only friends can see your details.
- Scan your computer regularly with an updated antivirus program.
- Be suspicious of anyone including a "friend" who asks for money over the Internet.

Report suspicious activity on social networks to that website and to the Internet Crime Complaint Center. The Internet Crime Complaint Center (IC3) is a partnership between the Federal Bureau of Investigation (FBI) and

the National White Collar Crime Center (NW3C) to serve as a means to receive Internet related criminal complaints and to further research, develop, and refer the criminal complaints to federal, state, local, or international law enforcement and/or regulatory agencies for any investigation they deem to be appropriate. To access the IC3 goggle Internet Crime Complaint Center. As always, if you need assistance in report fraud or are interesting in making a complaint, please call us at 706-868-0120 and one of our Advocacy Volunteers will be happy to assist you.

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The staff of The Senior Citizens Council wish you and your family a blessed Thanksgiving and reminds you that The Senior Citizens Council will be closed in celebration of the Thanksgiving holiday on Thursday November 26 and Friday, November 27, 2009. We will resume regular business hours on Monday, November 30, 2009.

source: AARP Bulletin

## Caregiver Luncheon scheduled for November 11th

by **JEANETTE CUMMINGS**  
Director, Area Agency on Aging

**T**he CSRA Regional Commission Area Agency on Aging and the CSRA CARE-NET invite you to the 2009 Caregiver Luncheon to be held Wednesday, November 11th at Julian Smith Casino, Augusta, Georgia at 11:00 a.m.

This annual event recognizes all caregivers — family, volunteers, nurse's aides — and is packed with free entertainment, delicious food and door prizes. Caregivers are highly commended for their tireless efforts involving the day-to-day activities of their loved ones or care receivers. The highlight of the program fea-

tures the "Caregiver of the Year Awards" which allows for special recognition of caregivers who have been nominated for their exhibition of a strong commitment to the role of caregiving.

The Agency also invites you to a free workshop that will be held prior to the luncheon at 10:00 a.m. titled "What You Really Need to Know About Care Giving and Giving Care-Taking Care of You!" L. Monique Hillman, RN, MPH, BS Health and Wellness Coordinator of the CSRA Agency on Aging will be presenting.

To learn more about the Caregiver Luncheon or to register for the luncheon or the workshop, contact Teresa Evans, Caregiver Program Manager, at 706-210-2000, ext. 147 or toll free 888-922-4464. You may also e-mail at [tevans@csrarc.ga.gov](mailto:tevans@csrarc.ga.gov). The registration deadline is Wednesday, November 4th.

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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. Biopic 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 biopic 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 dominoes.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. "These biopic 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 biopic 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 biopic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll

free at 1-877-948-7784.

\*\*\*\*\*

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\*\*\*\*\*

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## *Times Not Forgotten*

# Letters, Telephones and E-mails

by CHRISTINE COLEMAN

**W**hen I was growing up in the 1930s, my folks corresponded with relatives and friends by way of letters sent by mail. Times were hard, and stamps were a luxury back then.

As time passed, things got better and folks were able to buy things they couldn't afford years earlier. I'm referring now to telephones. These "tellys" almost eliminated letter writing. Then came computers. I enjoy hearing from neighbors and friends by way of E-mails. We can communicate without cost and without the bother of buying stamps and mailing letters. Often, we're only passing messages, jokes and poignant thoughts other people have sent us. At the end, the sender usually asks that you forward it on to at least 10 people.

Hopefully, more than 10 of you are reading this today. But I thought I'd share with you one of the most touching e-mails I've received in a while. I don't know who wrote it or how many times it's made the rounds. But it carries a sweet message. (If you've already encountered this, please "fast forward" and catch me next time). It goes like this:

### **The Cab Ride**

Twenty years ago, I drove a cab for a living. When I arrived at 2:30 a.m., the building was dark except for a single light in a ground floor window. Under these circumstances, many drivers would honk once or twice, wait a minute and drive away. But I had seen too many impoverished people who depended on taxis as their only means of transportation. This passenger might be someone who needs my assistance I reasoned to myself. So I walked to the door and knocked. "Just a minute" answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 80s stood before me. She was wearing a print dress and a pillbox hat with a veil on it like someone out of a 1940s movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knick-knacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware. "Would you

carry my bag out to the car?" she said. I took her suitcase to the cab, then returned to assist the woman. She took my arm, and we walked slowly toward the cab. She kept thanking me for my kindness. "It's nothing," I told her. "I just try to treat my passengers the way I would want my mother treated".

"Oh, you're such a good boy," she said. When we got in the cab, she gave me an address, then asked, "Could you drive me downtown?" It's not the shortest way. I answered her quickly. "Oh, I don't mind." Then she said, "I'm on my way to a Hospice." I looked in the mirror. Her eyes were glistening. I don't have any family left, she continued. "The doctor says I don't have very long." I quickly reached over and cut off the meter.

What route would you like to take, I asked. For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow down in front of a particular building or corner and would sit staring into the darkness saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me. It was a low build-

ing, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" she asked, reaching into her purse. "Nothing," I said. "You have to make a living," she answered. "There are other passengers," I responded. Almost without thinking, I bent down and gave her a hug. She held on to me tightly.

"You gave an old woman a little moment of joy. Thank you." I squeezed her hand then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

The writer of this story went on to say how thankful he was to have known and helped a sweet old lady in need. Aren't you glad that with E-mails, we can pass his story on?

This illustration reminds me of ones my oldest brother (who was a taxi driver) often told me about when I was growing up. He was a caring, compassionate man. There's no doubt in my mind, he would have done the same thing.

\*\*\*\*\*

*Christine Coleman lives in Swainsboro. Feel free to E-mail her at [cfc@reicomputers.com](mailto:cfc@reicomputers.com).*

## Aiken Choral Society schedules Winter Concert

Special to Senior News

**T**he Aiken Choral Society will present their Winter Concert on Dec. 4 at 7:30 p.m. and on Sunday, Dec. 6, at 3 p.m. at Cornerstone Baptist Church, Hitchcock Highway (Rte. 118 Bypass). Cost: Adults, \$12; Seniors, \$10; Children, \$7. Tickets available at the door the day of the concert or contact Director Dr. Maureen Simpson at 649-6570 or Shirley Myers, PR ACS: <http://www.gabn.net/aikenchoral/>

Enjoy the rich voices of the Aiken Choral Society in their annual Winter Concert, featuring Vivaldi's Gloria, accompanied by a harpsichord that was specially built for

ACS, as well as a chamber orchestra. The program also contains engaging interpretations of both sacred and secular carols, as well as a guest performance that will take you completely by surprise!

The second oldest performing arts group in Aiken, the Aiken Choral Society has entertained audiences internationally and been featured many times at Piccolo Spoleto.

Under the direction of renowned soprano, Dr. Maureen Simpson, who has graced the finest stages both here and abroad, the ACS's concerts are always exhilarating as well as entertaining. Don't miss this opportunity to experience a memorable performance by one of Aiken's artistic treasures. And be ready for those unexpected guests!



# C'mon, let's eat

by FAYE JONES

**H**appy holidays! Isn't this just the greatest time of year? If you can't hear me... well, dear readers, it is because my mouth is full of humble pie. You see, several months ago we printed the recipe for Blueberry Cake. I made a mistake in the instructions and have been inundated with e-mails and phone calls about it. Somewhere along the way I lost my copy and found it only days ago. We are printing it again for those who would like to grab me by the feet and pound me on the pavement. Will certainly try to do better.

You can still get fresh blueberries at the super markets and frozen ones work as well. Defrost before using.

**BLUEBERRY CAKE**  
1 box Duncan Hines Yellow Cake mix  
1 cup buttermilk  
1 stick margarine  
1/2 cup sugar  
4 eggs

Mix all ingredients and pour into 3 layer cake pans. Bake at 350 degrees for 25 - 30 minutes or until

done. (all ovens are different) Cool.

## CREAM CHEESE FROSTING

8 oz bar of cream cheese  
1 pound 4X powdered sugar  
1/2 stick margarine  
1 tsp vanilla

## TOPPING. MAKE THIS FIRST BEFORE BAKING LAYERS!

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

Place all topping ingredients in a small saucepan and cook on medium heat until mixture is thickened. Remove from heat and cool completely.

Now, we stack the cake. Ice the first layer with Cream Cheese Frosting and top the frosting with a thin layer of the blueberry topping. Do the same with the second layer. On the third layer, ice the outside of cake and and ice a rim around the top of the last layer. Spoon the last of the blueberry topping in the center of the cake. Beautiful & good!

## BEST CARAMEL CAKE ON EARTH

3 cups sugar

6 eggs  
1/2 pint sour cream  
1 tsp vanilla extract  
1/2 tsp almond flavoring  
1/4 tsp soda  
2 Tbsp hot water  
1/2 pound butter  
3 cups cake flour  
1/4 tsp salt

Cream butter and sugar. Add eggs 1 at a time. Add salt and flavoring. Add sour cream and flour alternately, then add scalded soda which has been dissolved in 2 tablespoons boiling water. Mix all ingredients well but do not over-beat.

Pour into three or four prepared cake pans and bake until edges begin to pull from pan or a toothpick inserted in the center of a layer comes out clean. (350 degrees). Time varies with number of layers.

## CARAMEL ICING

1/2 pint whipping cream, whipped  
2 cups sugar  
6 Tbsps butter  
1 tsp vanilla

Mix whipped cream and 1 1/3 cups sugar in a saucepan and let come to a boil. Remove from heat and set aside.

Brown 2/3 cup sugar in an iron skillet, stirring constantly over medium heat to avoid scorching. When brown, add to the whipped cream

and sugar mixture and place saucepan back on heat. Boil icing to soft-boil stage. (Soft boil stage is reached when a few drops of hot liquid is dropped in a cup of tap water and forms a soft ball when rolled with fingers). Add 6 tablespoons butter and 1 tsp vanilla. Stir and beat until cool enough to spread on layers.

## AUNT FANNY'S CAKE

2 1/2 cups self-rising flour  
2 cups sugar  
2 eggs  
1 cup Wesson oil  
2 cups chopped cooking apples such as Rome or Granny Smith  
1 cup pecans, coarsely chopped

Mix first 4 ingredients by hand. Add next two ingredients and mix well by hand. Line an oblong baking pan with foil. Do not grease or spray the foil. Pour batter in pan and bake for 1 hour at 325. Great with vanilla ice cream or a cup of hot coffee!

Enjoy! ©10/26/09

**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.

## Law does not provide for a Social Security Cost-of-Living Adjustment in 2010

Special to Senior News

**W**ith consumer prices down over the past year, monthly Social Security and Supplemental Security Income benefits for more than 57 million Americans will not automatically increase in 2010. This will be the first year without an automatic Cost-of-Living Adjustment (COLA) since they went into effect in 1975.

"Social Security is doing its job helping Americans maintain their standard of living," Michael J. Astrue, Commissioner of Social Security said. "Last year when consumer prices spiked, largely as a result of higher gas prices, beneficiaries received a 5.8 percent COLA, the largest increase since 1982. This year, in light of the human need, we need to support President Obama's call for us to make another \$250 recovery payment for 57 million Americans."

The Social Security Act provides that Social Security and Supplemental Security Income benefits increase automatically each year if there is an increase in the Bureau of Labor Statistics' Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year to the third quarter of the current year. This year there was no increase in the CPI-W from the third quarter of 2008 to the third quarter of 2009. In addition, because there was no increase in the CPI-W this year, under the law the starting point for determinations regarding a possible 2011 COLA

will remain the third quarter of 2008.

Some other changes that would normally take effect in January 2010 based on the increase in average wages also will not take effect, even though average wages did increase. Since there is no COLA, the statute prohibits an increase in the maximum amount of earnings subject to the Social Security tax as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2010. Information about Medicare changes for 2010, when available, will be found at [www.Medicare.gov](http://www.Medicare.gov). The Department of Health and Human Services has not yet announced if there will be any Medicare premium changes for 2010. Should there be an increase in the Medicare Part B premium, the law contains a "hold harmless" provision that protects about 93 percent of Social Security beneficiaries from paying a higher Part B premium, in order to avoid reducing their net Social Security benefit. Those not protected include higher income beneficiaries subject to an income-adjusted Part B premium and beneficiaries newly entitled to Part B in 2010. On September 24th, the House passed legislation by 406-18 that would, on a fully paid-for basis, prevent abnormally large premium increases. The President is calling on the Senate to enact this legislation before it becomes too late for the Social Security Administration to update its computer systems to implement this needed change.

For additional information about the 2010 COLA, go to [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).



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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

218 Oak Street North, Suite L  
Augusta, GA 30907; 706-868-0120  
[www.seniorcitizenscouncil.org](http://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., 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 Vaulcluse Rd., Aiken, SC 29801; 803-642-7559; [www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)  
**Courtney Senior Center**  
49 Roy St., Wagener, SC; 564-5211  
**Harrison-Cover 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](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.themuseum.org](http://www.themuseum.org).

[morris.org](http://morris.org).

• Art of Beverly Buchanan: Nov. 21 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.

continued on page 11

## BUSINESS CARD SECTION ADVERTISING INFORMATION

Call

**Carolyn Brenneman**  
706-869-1877

# General Business Directory For Seniors

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## CALENDAR

from page 10

### 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
- Voices of the Past Museum Theatre - A Petersburg Boat Pilot: Sat., Nov. 7, 11:30 a.m., 12:30 p.m., 1:30 p.m.
- Family Fun Day: Gingerbread: Sat., Nov. 21.

### "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.

### Augusta Christian Singles, Inc.

Dances held each Saturday night, 7-11, at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission includes refreshments and snacks. Cost: Guests, \$8; members, \$6. For

additional information call 706-863-9262 or 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.

### 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@nsdiscovers.org](mailto:thibaultk@nsdiscovers.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.

### A Confederate Christmas

Westeria Hall Living History Presentation in 19th Century Georgia. Fri. & Sat., Nov. 13 & 14, 6 p.m. - 6:45 p.m. - 7:30 p.m., 824 Myrick St., Waynesboro, GA. For details call 706-437-1323; [westeriahall@bellsouth.net](mailto:westeriahall@bellsouth.net).

**Fifth Annual Fall Affair; Oysters On Telfair** Thurs., Nov. 5, 7 p.m. Benefits the Gertrude Herbert Institute of Art. Call 706-722-5495 for details.

# 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.

## 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](mailto:pointofneedinc@yahoo.com)

## 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](http://www.goodwillworks.org)

## 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

## 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](mailto:romjcksn@bellsouth.net) for more information.

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

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