

Senior News

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**Augusta Richmond County Historical
Society participates in Nation-wide
Veterans History Project!**

Story on Page 2

August 2009
Vol. 23, No. 8

On the Cover

Augusta Richmond County Historical Society participates in Nation-wide Veterans History Project

Submitted by
FREDERICK P. GEHLE

ON THE COVER:
Mr. C. L. Smith
World War II Veteran

Beginning two years ago, the Augusta Richmond County Historical Society began participation in the nation-wide Veterans History Project, a program introduced in the U.S. Congress in October, 2000 to collect stories of veterans of all wars. It was decided to concentrate only on World War II veterans since many are living in the Greater Augusta area, known as the Central Savannah River Area (CSRA).

Initial recruitment of volunteers to assist on interviews and video camera work led to orienting as many as 30 at Augusta State University, the continuing site of many of the interviews. To date, we have collected the names of over 600 veterans living on both sides of the

Savannah River. Interviews of over 350 veterans have already been done, with at least another year of activity projected to complete the project.

An example of a recent interview is that of Mr. C. L. Smith, whose picture appears on the front of this month's edition of *Senior News*. Mr. Smith, a Navy veteran, was stationed on the aircraft carrier Hornet early in the war. He was on board when the ship was commissioned and sailed with its crew into the Pacific with the Doolittle Raiders, made famous for their secret bombing attack on Tokyo in 1942. He described the initial surprise when they left Norfolk with B-25 bombers on board; never before had our Navy carried anything but fighter/fighter bombers on board. After this unique wartime event, Mr. Smith was on board when the Hornet was sunk off Santa Cruz Island near Guadalcanal. He jumped into the Pacific and was rescued by a nearby vessel.

All stories are not as dramatic as Mr. Smith's, but we are committed to hearing the story of all veterans liv-

ing within a 50 mile radius of Augusta. Once the interview is recorded on video, we produce a set of individual DVD's: one is given to the veteran, one will be sent to the Library of Congress and two will be retained at the Library at Augusta State University for current and future archival reference.

Ultimately, a group of faculty and lead participants will be reviewing all completed interviews towards

identifying a significant group of veterans whose stories will make interesting reading in a publication that will be developed for public consumption.

We welcome interest and participation in our activities by contacting Frederick P. Gehle, Project Coordinator, Augusta Richmond County Historical Society, at 706-738-8242 or by e-mail at fpgehle@bellsouth.net.

Georgia DCH reminds parents not to leave a child unsupervised in an auto

Special to *Senior News*

As temperatures increase and family schedules change, parents and caregivers should avoid leaving children unsupervised in or near vehicles.

"Even with the windows partly open temperatures in a vehicle can spike to 160 degrees Fahrenheit within a matter of minutes on a hot and humid day, and a young child can suffer from heat stroke," said Dr. Patrick O'Neal, director of the Division of Emergency Preparedness and Response with the Georgia Department of Community Health (DCH). "Most of these cases are preventable."

Children in vehicles under extreme heat conditions are vulnerable. Heat stroke, a life-threatening emergency, can occur in temperatures as low as 80 degrees Fahrenheit, depending on humidity levels. Body temperatures higher than 105 degrees Fahrenheit can cause permanent brain damage or

even death, especially among children.

Other serious injuries occur when children get entrapped in trunks or when they set a vehicle in motion leading to crashes. DCH is working alongside Safe Kids coalitions across the state to increase awareness about child safety.

"Injuries and deaths can be prevented through awareness, supervision and adult intervention such as locking doors and teaching children that vehicles are not playgrounds," said Lisa Dawson, director of the Injury Prevention program.

Parents and caregivers can assess and revisit these recommendations:

- Make your car safer. Always keep car doors and trunks locked, even in the garage or driveway, to keep kids out. Treat it as the multi-ton, fast-moving enclosure and piece of machinery that it is. Keep the rear fold-down seats closed to prevent kids from getting into the trunk from inside the car.

- Supervision is key. Even if the windows are down, never leave your child unattended in a car. Never leave your car keys where children can get them. Teach children not to play in or around cars. If a child is missing at home, check the car first, including the trunk.

- Adopt safety-focused behaviors. Consider placing your purse or briefcase in the back seat as a reminder that you have your child in the car. Be sure everyone leaves the vehicle when you reach your destination.

- Notification plan. Consider having your child's teacher or child-care provider call you if your child does not arrive when expected.

- Get involved if you see a child alone in a vehicle. If they are hot or seem sick, get them out as quickly as possible and call 911 or your local emergency number immediately.

For more information visit:
<http://www.safekidsgeorgia.org>

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Equal Housing Opportunity

Agency's name has changed!

Submitted by
JEANETTE CUMMINGS
Director, Area Agency on Aging

I mportant Notice – On July 1, 2009, the Central Savannah River Area Regional Development Center's name changed. The new name is Central Savannah River Area Regional Development Commission. This change includes the website which is www.csrar.gov and e-mail address, jcummings@csrarc.ga.gov.

The mission of the Area Agency on Aging is to promote dignity, safety, independence and accessibility for seniors and individuals with disabilities.

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.

Five Finger Prayer By Charles W. Cook

*The hand should be our daily guide
How each of us should pray;
Hold up your hand and have a look-
Reminding you each day.*

*The thumb is digit nearest you,
And surely you'll agree;
The most important on your list
Is prayer for family.*

*The next is finger we call "pointer"
Includes our patient teachers;
And don't forget the medical staff,
Our missionaries and preachers.*

*The middle is the tallest one
With thoughts of leadership;
Our government and president
And those on wartime trip.*

*The weakest is our finger four,
Reminding us of pain;
The sick and lonely need our love
So hope they may regain.*

*And lastly is a little "pinky,"
The smallest of the five;
When others feel the love we have,
Our blessings also thrive.*

*This order guides our daily prayer,
And gives the soul perspective;
Priorities we need each day
If heaven is our objective.*

Color Me Carefully By Vera King

*My silver locks are shining
Beneath my gold chapeau
As birthdays come in bunches*

And our age begins to show

*But opportunity exists
For the brave, the proud, the few
Of the greatest generation
Our country ever knew*

*We can instruct Boomers
The best ways to survive
And help our country prosper
As long as we're alive*

*So let your locks keep shining
As you straighten your chapeau
Keep your pep and stay in step
Let's get on with the show.*

Daddy, Tell Me A Story About Jesus Once -Upon-A-Time By Frank McCorquodale

*Two young boys, so early in their
season
Rob a store and kill a man for no
apparent reason.
They face now a life of Hell
Behind cold steel bars forever in jail.
Daddy, Tell Me A Story About Jesus!*

*A man has climbed the ladder of
success,
All the worldly things he can now
possess.
He snorts a line to ease the pressure
and strain
Now he's hooked to that "Cocaine
Train."
Daddy, Tell Me A Story About Jesus!*

*Daddy comes home drunk and mean,
Shouting and cursing sets the scene.
He slaps Mom in the face...
Small frightened kids scramble for a
safe place.
AAAH Gee, Daddy, Tell Me A Story
About Jesus!*

*A friend becomes despondent, quiet
and has little to say,
Then you get the word one tragic
day...
He blew away his precious soul to
eternal Hell
His mind taken over by some
demonic spell.*

Daddy, Tell Me A Story About Jesus!

*A young girl's life in the street
turning tricks for some parasite
pimp
Her fate too soon she will meet.
Diagnosed with some incurable
disease, humble,
She finally seeks Christ down on
her knees.
Oh, Daddy, Tell Me A Story About
Jesus!*

*A godly man finds that right
Christian girl,
They walk the aisle to bond for
the world.
When love brings forth children -
Teach them the Christian way
To read God's word and how to pray.
Home time will be short
They'll fly the nest, but in that time
you'll realize your best,
When you hear one small voice
say.....
Daddy, Tell Me A Story About Jesus!*

The Frugal Genealogist



Eight speakers will be available on Saturday, 15 August 2009 to help us learn more about ways to research our ancestors. Also find ways to combine traditional research with the innovative means now available through the internet.

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information, friends, food, and fun.**

Saturday, 15 August

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For more information:

Call (706) 722-4073

or visit the Web at

http://www.augustagensociety.org/homecoming_09.html

Registration received by 12 August guarantees
a Syllabus & helps plan space.

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www.augustagensociety.org/registration_form.htm

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Serving Augusta & the CSRA

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

The best laid plans of mice and men have certainly gone astray around the home-stead this month. All the great, grand and wonderful things I had planned to do bit the dust. I have done little more than look out the window and watch my grass curl up, turn brown and die. Shrubs are wilting and my flowers are long gone.

My two tomato plants have survived, grown to 10 feet tall, covered the bench on the patio and I haven't had a tomato yet. I thought I did. Several weeks ago I kept an eye on a red beauty low on the bottom of the plant. As it turned crimson, I bought a fresh loaf of bread and prepared to have a BLT that would be juicy and run down my elbows.

I reached down - picked my tomato - or shall I say half of my tomato. Half had rotted. I was one unhappy camper and swore (as I have every year for the past 10 years) I would never again plant anything else to eat.

That, of course, is hard to do when one is reared on a farm. Planting sort of gets in the blood and is as hard to get rid of as my present mental illness which my child and friends think is a touch of the "can't help its."

All my life I have been cursed with the ability to act first and think later. I knew before planting time that until I have my other knee replacement, there is no more kneeling to plant and pull weeds. My back operation has made it no fun at all to bend over to weed and pick. These things have also put a stop to visiting the "pick your own" farms that I dearly love.

The other day while visiting my daughter, we went to such a farm in her neighborhood in Eatonton. I walked up to the handsome farmer pushing my rolling walker and introduced myself. It wasn't long before we were talking and laughing and first thing I knew, he and my favorite daughter Susan had picked a mess of fresh blueberries for me. Aren't folks nice?

We bought fresh squash,

cucumbers, tomatoes and promised to return next day for okra. He volunteered to pick it for us. I forgot to go back for the okra and for two weeks I suffered a very guilty conscience. (Hold on, this story is going somewhere).

I just spent the last four days in Eatonton with daughter. We went to our favorite eatery on Friday night and lo and behold, who did we meet - face to face - leaving the facility but our beloved farmer Bill.

There was no place to run. I had to face him and fess up. "I owe you some money," I said. "Then pay me," he answered. Then he broke into a big smile, hugged me and we are friends again. I promised I would see him again on Saturday to pick some tomatoes. I forgot until he had closed the gates. Now I'm in for another round of apologies. I always act in haste and repent at leisure. Story of my life. I must make some changes.

The fig tree was covered with fruit this summer. I got busy watching the grass die and forgot to walk in the back yard to pick any. They're gone now and I have no preserves.

I do feel better about myself and my friends since I heard that seniors who act strangely don't always have Alzheimer's or dementia. We are now told that seniors simply "process" things slower than when we were younger.

Now I have a legitimate excuse when it takes me the length of a meal to pick what I want to eat from the menu. And if I really want to have fun, let me try to pick out a blouse I want and it comes in two colors. It's worse than deciding whether or not to get a buy-one-get-one-free root canal.

I can say in all honesty that I do not relate very well to advanced age nor do I enjoy it one little bit. I'm fighting it all the way. In fact, I have thought ahead this time and decided to get really healthy. Trotting off to WalMart, I purchased leg and arm weights - the strap on type - to begin exercising like I had to do with the spinal operation. I may get everything well oiled and working again. Exercise just may be the magic elixir needed to change my life. Shucks, I may become a ballerina after all. It would be like walking on sunshine!

Have a blessed month. You are loved. ©7/24/09

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

Spiritual Notes

The Power of Prayer

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Most every day we are overwhelmed by bad news. It may be a local or worldly catastrophe, the sudden death of a loved one, word of a terminal illness of a friend or relative, job loss; the list is endless. There are also perplexing issues that arise in our families that perplex us. In some instances we can effect a change but many times the cure is beyond our ability. When this occurs we turn to God. How often have we heard, I will pray for you?

There are thousands of documented cases of difficult situations which have been solved through the power of prayer. Not only is this true in recent times but the Bible is filled with stories of answered prayers as well as enjoining those in need to call on the Lord. In 1 Chr. 16:11 we read, "Seek the Lord and His strength, seek His face continually," and in Mt. 7:7, "Ask, and it shall be given you: seek and ye shall find; knock and it shall be opened unto you." And there are promises that He will answer our requests. Psalms 91:15 reads, "He shall call upon me, and I will answer him; I will be with him in trouble; I will deliver him, and honor him," and in Luke 11:9, "And I say unto you, Ask, and it

shall be given to you; seek, and ye shall find; knock and it shall be opened unto you."

Obviously, all our petitions and/or requests will not be answered right away or maybe never. However, God may reveal other options to us that would be more appropriate in resolving our request. I saw a poster once that said God answers prayer in three ways: Yes, No, and You've got to be kidding. Prayer is one of the most important ways of staying in touch with God. Prayer is a personal thing between God and you. I love the verse in an old song that says, "It's not my brother, not my sister, but it's me oh Lord, standin' in the need of prayer."

As a senior adult I pray the following prayer, which I read by an anonymous author, every day: "Dear God, So far today, I've done alright. I haven't gossiped and I haven't lost my temper. I haven't been grumpy, nasty or selfish and I'm glad of that. But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot of help. Thank you!"

We all need His help.
Remember, Prayer is Powerful!!!

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

Woods to run for State Superintendent of Schools

Special to Senior News

Richard Woods, a twenty-two year veteran of Georgia public education, has announced his intent to run for the State Superintendent of Schools position on the Republican ticket in the 2010 primary.

Woods graduated with honors from Fitzgerald High School in 1980. He completed his undergraduate degree with honors from Kennesaw State University in 1988 and received his degree in educational leadership from Valdosta State University in 1996. Over the past twenty-one years, Woods has served Georgia and the Irwin County community as a classroom teacher and administrator.

"I have a great passion for education. Because of this passion, I have become very concerned over the direction education is taking in our State. We continue to see a nearly 30% dropout rate, noticeable performance gaps between population groups on the State test in grades 1-8, bottom 5 SAT rankings nationally, and an overburdened teacher workforce," said Woods.

In order to address the educational issues facing Georgia, Mr. Woods has proposed to "put the heartbeat back into education" through a vision of educational CPR

(Common sense, Partnership, Relationship building).

Through the use of common sense, Woods believes that educational actions, decisions, and goals must reflect practicality. He feels that Georgia education must do more to build a solid foundation in the critical areas of reading, writing, and math during the primary years. This back-to-the-basics emphasis is based upon research that has shown a child must be on grade level in reading by 3rd grade and in math by 5th grade or face joining our unacceptable dropout population.

Woods supports a curriculum that is rigorous and challenging. Furthermore, he believes that it must also be practical, obtainable, and appropriate for all learners. He states, "Our children are not carbon copy machined parts who fit nicely into one box. Not everyone is designed nor has the desire to pursue the same post secondary experience."

In addressing partnership, Mr. Woods would like to see the Georgia Department of Education and local school systems work together to reduce the bureaucratic, redundant, and unnecessary paperwork being piled on teachers. "We must allow them to do what they do best, close their doors and teach. They should be allowed to work smarter, not harder," said Woods.

Mr. Woods believes that financial flexibility from the national and state governments needs to arrive in the form of block grants. He states, "This would allow school systems the financial freedom needed to address educational issues. We should not lose jobs or fail to purchase textbooks because funding is locked into uncompromising programs. Our LOCAL SYSTEMS, not Washington D.C. nor Atlanta, are far better qualified to judge what is needed to solve the challenges they face."

The final component of the vision plan for Georgia focuses on relationship building. Richard feels that the most important part of any relationship is "the willingness to listen." It is his desire to hear the concerns and comments of those in the field. According to Woods, "As your next superintendent, I pledge to you that I will be an individual who will listen to and represent ALL of Georgia."

More importantly, Richard has the experience that counts. He has served Georgia in the field of education for twenty-two years as a teacher and an administrator. For fourteen years, Richard taught history and government at Irwin County High School. During this time, he served as department grade chair, was elected as teacher of the year by his peers, and received statewide

recognition for his academic instruction and use of technology in the classroom.

Over the past eight years, Mr. Woods has worked in administration. He has held the post of assistant principal, principal, and K-5 curriculum director. While working together with a dedicated team of teachers, Irwin County Elementary school has always met and exceeded the testing benchmarks established by Georgia and Washington D.C. For the 2009-10 school year, Mr. Woods will serve as the Pre-K principal for Irwin County. This will give him the unique experience of having a working knowledge of public education from Pre-K through 12th grade. This experience makes Mr. Woods one of the most qualified individuals to seek the office of State School Superintendent in years.

Woods is the son of Jackie and Juanita Woods. He and his wife, Lisha, were married in 1990 and the couple resides in Tift County, where Lisha is employed with the Tift County School System. Richard is a member of Northside Baptist Church in Tifton where he serves as an ordained deacon, youth director, and writer of curriculum for various elementary age children's groups. He is also a member of the Professional Association of Georgia Educators. You may visit the campaign website at www.woodsforgeorgiaed.com.



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United Way helps families cover prescription costs

Special to Senior News

If you don't have health insurance, or need medicine not covered by your insurance plan, you need the FamilyWise prescription drug discount card being distributed by United Way of the CSRA. This card could lower the cost of your medicine by an average 20% or more. United Way is providing these cards free-of-charge to everyone in our community. There are no age restrictions, no income restrictions, no limit on how many times you can use it, and no waiting to get a card. In fact, you can cut this one out and use it today.

"Healthcare costs are one of the top concerns for people in our community," said LaVerne Gold, President/CEO of United Way of the CSRA. "Forty percent of adults don't buy the medicine they need, have difficulty affording it or reduce the required dosage because of the high cost. The FamilyWise prescription drug discount cards will help individuals and families who otherwise could not afford to buy the medicine they need. Too many people have insufficient coverage, no prescription coverage or need medications not covered by their insurance, Medicare, Medicaid or VA benefits."

People with Internet access can go to www.FamilyWise.org to print a card, look up drug prices, and get a list of participating pharmacies.

FamilyWise cards also can be obtained from all Kmart Pharmacies and many participating local pharmacies, or by calling United Way of the CSRA's 2-1-1 information and referral call center. Local businesses and employers can also get cards to give all their employees.

United Way of the CSRA has joined more than 800 United Ways in all 50 states to save people over \$50 million in the next year on the cost of their medicine. So far, more than 12 million cards have been distributed. Most pharmacies here and throughout the United States accept the FamilyWise prescription drug discount cards.

Additional information about this program is available through United Way of the CSRA 706-724-5544 and online at www.FamilyWise.org.

ABOUT UNITED WAY OF THE CSRA

United Way of the CSRA is the largest funding source of health and human services in the CSRA, but the value of United Way does not stop there.

Beyond simply providing resources for needs, your United Way is making a tangible impact by uniting the people, organizations and resources within our community to build a stronger, safer and healthier community. Uniting, focusing and mobilizing the strengths of the CSRA's finest nonprofit agencies, government agencies, companies, faith-based groups, and caring individuals is what United Way does best. For over 70 years, United Way has been the way our community has come together to invest in quality agencies, programs and initiatives that address the issues our community cares about most. United Way is uniquely how our community comes together to set an agenda for making our community safer and stronger. To invest resources. To build partnerships. To get real, measurable results.

ABOUT THE FAMILYWISE PARTNERSHIP

In the spring of 2005, Dan and Susan Barnes decided to give a supply of free prescription drug discount cards to the Family Centers in the local schools in Bethlehem, Pennsylvania. They had heard of families who were having difficulty buying the medicine they needed because of the high cost and they wanted to do what they could to reduce the cost of prescriptions for families in the Lehigh Valley. The Family Centers involved the United Way of the Greater Lehigh Valley, who asked 25 of its partner agencies to help distribute the cards to individuals and families in need throughout the area. Almost immediately, Dan and Susan received requests to provide this free assistance to other communities. As a result, they established the FamilyWise Community Service Partnership in the fall of 2005.

They invited a group of local and national companies to join together to provide this free assistance to people in need across the county. Now, more than twenty five thousand community and faith-based organizations, county and municipal agencies, doctors, pharmacies, public and private companies, and individuals across the country have joined together to reduce the cost of medicine for people in one out every three counties in the United States. One of the most common questions is how the cards can be distributed for free. The answer is that the savings on the cost of the medicine is provided voluntarily by the more than 55,000 participating local pharmacies that have agreed to accept prices for medications that are close to the prices they make available to large insurance companies.

Annual Faith & Aging Conference slated for August 14

Sponsored by the
CSRA CARE-NET

Submitted by
JEANETTE CUMMINGS
Director, Area Agency on Aging

The faith community, health-care providers and social service professionals present a full day of up-to-date information on Healing and Faith - The Interfacing of Faith & Medicine, August 14th, at First Baptist Church of Augusta, 3500 Walton Way Extension, 9:00 a.m. - 3:30 p.m. Registration begins at 8:30

a.m.

Speakers: J.Ron Eaker, M.D., Women Health of Augusta, Founder Triad Ministries; Dr. Don Berry, Director, Institute of Religion and Health; Dr. David Schisler, Chaplain, Liberty Hospice; and, Mr. Adam Butler, Outreach Representative, Care Improvement Plus

Conference registration is \$20 for professionals, clergy & organizations; \$10 for retired persons & students. Lunch is included.

Make check payable to: CSRA Regional Commission. Mail to: Teresa Evans, 3023 River Watch Pkwy, Ste. A, Augusta, GA 30907. Registration Deadline August 7.

Memory, Medications and Aging

by **ANDREA CAUTHEN BUSSEY**
PharmD, CGP, FASCP

Delirium is a medical term used to describe an acute and relatively sudden (developing over hours to days) decline in attention-focus, perception, and cognition. Delirium is probably the single most common acute disorder affecting adults in general hospitals. It affects 10-20% of all hospitalized adults, and 30-40% of elderly hospitalized patients. Delirium may be associated with confusion, altered mental status and even hallucinations. Delirium can be caused from many things including medications, illicit drugs, poisoning, infections and diseases, but is often reversible.

Increased age is a risk factor for delirium and confusion due to increased susceptibility to central nervous system effects of medications. These symptoms include balance, memory, confusion, alertness and coordination. Acute confusion can be induced by abruptly stopping certain medications, choosing the wrong medication for an older patient, combining medication with alcohol or other interacting medications and taking too much of a medication.

The effects of normal aging on memory function are modest, but many people experience some age related decline in memory. These incidences may be referred to as "senior moments" and maybe benign. Unfortunately many medications that are used by seniors may increase memory impairment, confusion and make symptoms of dementia worse. These medications include over the counter and prescription preparations in addition to herbal supplements. Certain disease states can impair memory and lead to increased confusion and forgetfulness and these symptoms may be made worse by medications prescribed for other conditions.

In an effort to avoid medication related memory impairment, there are certain medications that should be used cautiously or avoided as we age. Medications associated with memory impairment and confusion include anti-anxiety medications such as diazepam (Valium®). Pain medications and narcotics include Percocet®, Darvocet®. Medications used for sleep may include barbiturates, benzodiazepines such as temazepam (Restoril®) and quazepam or sedating antihistamines including diphenhydramine. Alcohol, herbal preparations, over the counter and prescription medications can cause memory impairment and confusion.

Published in the Archives of Internal Medicine was an article that detailed medications that are considered potentially inappropriate when treating patients over the age of 65. This medication list includes propoxyphene (in Darvon® and Darvocet®), diphenhydramine (a common ingredient in over the counter sleep medications), certain muscle relaxants and gastrointestinal medica-

tions such as cimetidine found in over the counter Tagamet®. Although certain medications may be safe and effective when used alone, combining more than one medication with the side effect of sedation may have an increased effect in the older population. This is especially true if certain medical conditions are present that may include dementia or other neurological conditions.

Although your physician must rule out conditions such as low vitamin B-12, impaired thyroid functioning and other diagnosable conditions, a senior care pharmacist is a great resource to review medications that may contribute to changes in memory and functioning. A medication check-up should be considered if you, your spouse or someone you know is experiencing confusion and forgetfulness that may be caused or worsened by the medications being taken. I have been told only too often that a loved one was admitted to the hospital for what turned out to be an avoidable medication related problem. So too have individuals been placed in assisted living facilities or nursing homes due to memory impairment and confusion that has been made worse by the medications that are being taken.

The most expensive medication is one that is not being taken correctly or is causing undesirable side effects such as impairing your ability to function. Remember Communication is Key when it comes using medications in a safe and effective manner. Senior Care Pharmacists are here to help; contact one today for the complete list of medications that are potentially inappropriate in the aging population.

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 October 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 is an officer on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care, is licensed to practice in GA and SC and is President and CEO of Pharmacotherapy for Seniors, Inc.



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.

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Georgia eye doctor helps legally blind to see again



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

by ELENA LOMBARDI

Atlanta, Georgia —

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

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

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

Imagine a pair of glasses that could improve your vision enough to change your life. Biotic 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.

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Taking Care

Road trip! Simplify trips with older loved ones

by LISA M. PETSCH

If you are planning to take an older relative on a road trip of several hours or more, thorough preparation is the key to success, especially if the person has special health-care needs.



Follow these tips for a safe and enjoyable stay.

Planning

- Set realistic expectations. Consider your loved one's needs and limitations.
- Make plans and start necessary preparations well in advance. Make lists.
- Include your loved one in the preparations to the best of his or her ability.
- Research the accessibility of accommodations and attractions you wish to visit. If you're planning to stay at a motel or hotel, make reservations, especially if you'll need specific features such as a room with handicapped facilities or a ground-floor room.
- Learn the location of the nearest hospital in any areas you plan to visit. Avoid destinations where a hospital is far away.
- Arrange a pre-trip visit to the doctor for your loved one. Share your travel plans and any health-related concerns, such as motion sickness or circulation problems.
- If your loved one has trouble walking long distances, rent a wheelchair or ensure that the places you plan to visit have some available.

- Have your car checked and serviced before departure.
- If you're going to an unfamiliar area, obtain a road map and study it. If you belong to an automobile club, take advantage of its route-planning service.

- Plan to do as much driving as possible during off-peak traffic times. Or choose the scenic route if time and your loved one's sitting tolerance permit.

Packing

- Include the following items when drawing up a packing list:
 - Loose-fitting, breathable cloth-

ing, comfortable walking shoes, a wide-brimmed hat, and a cardigan for air-conditioned environments and cool evenings,

- Sufficient prescription and over-the-counter medications to cover the time you plan to be away, plus a few extra days' worth in case your return is delayed,
- Sunscreen, insect repellent, antihistamine and motion sickness tablets,
- A list of all health conditions and medications in case of a medical emergency,
- Any necessary medical equipment and supplies, such as a walking aid, food supplements, incontinence pads or diabetic supplies,
- A cushion or two for comfortable positioning in the car,
- An extra pair of eyeglasses and spare hearing aid batteries,
- Sunglasses and umbrellas (the latter primarily for instant shade),
- A pillow and a nightlight,
- Snacks and a cooler containing sandwiches and beverages,
- Favorite music or books on tape for the car ride,
- Emergency roadside and first aid kits,
- Cell phone (Don't forget to charge it and bring a recharging unit along),
- Disabled parking permit.

Driving

- Top off the gas tank at frequent intervals.
- Stop approximately once per

hour for stretch breaks or short walks.

- Choose stops that have clean, well-lit restrooms.
- Wear seatbelts and, if your loved one is in the front seat, ensure that the headrest is centered at the back of his/her head.
- Encourage your loved one to shift his/her weight often and to do neck and shoulder stretches and foot flexes.

Lodging

- When checking in, ask for a room close to the lobby or elevator. A ground-floor room is ideal in case of an emergency in which elevators become inoperable.
- If your loved one has a back problem, request a room with a recently replaced mattress.

Recreation:

- Space out activities and allow ample time for each.
- Schedule outings for the time of day when your loved one's energy level is highest. Stick to regular meal, medication and sleep times.
- Have a flexible itinerary. Take things one day - and one activity - at a time.
- Ensure plenty of time for rest and relaxation!

Lisa M. Petsche is a medical social worker and a freelance writer specializing in eldercare issues.

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C'mon, let's eat

by FAYE JONES

August! Hot, sweaty, miserable August. What a wonderful month! Why? Because it's time to ready the plows and fields for fall planting. Can't you just taste fresh turnip greens with sweet white roots and sweet potatoes as large as a bowl? This is not to mention sugar cane that most kids know nothing about and salty boiled peanuts fresh from the earth. You guessed it. We're coming to my favorite time of year.

While we wait for fall goodies, there is work to do if you're up to it. How about making Ripe Tomato Jam, Pear Conserve and Peach Conserve for the family and for gifts during the holidays? Read on.

PEAR CONSERVE

5 cups pared, chopped pears
2 lemons
5 cups sugar
1 orange
2 cups raisins

Remove seeds from lemons and orange. Grind pulp and rind using a coarse knife or food processor. Combine fruits and sugar. Cook slow-

ly, stirring frequently, until thickened. Pour into sterilized jars and water bath for 10 minutes.

APRICOT/GINGER CONSERVE

3 cups dried apricots
3/4 cup sliced, candied ginger
1/2 cup orange juice
1/4 cup lemon juice
5 cups cold water
2 tps grated orange rind
1 tsp grated lemon rind
2 1/4 cups sugar
1/2 cup chopped pecans

Wash apricots. Add water, ginger, orange and lemon juice, grated rind, and sugar. Stir until well mixed. Simmer slowly, stirring frequently, until thick and clear. Add nuts and cook 5 additional minutes. Pour into sterilized jars and water bath for 15 minutes.

PEACH CONSERVE

1 pound peaches
1 1/2 cups sugar
1/3 of a lemon

Peel peaches. Remove pits. Cut fruit in thin slices. Add sugar and lemon which has been thinly sliced. Let stand 15 minutes. Simmer slowly, stirring constantly until mixture is

thick and fruit is clear.

So good with pork roast and chicken.

ELDERBERRY/GRAPE JELLY

3 pounds elderberries
3 pounds half-ripe grapes
(concord - but you may also use bottled grape juice)
Sugar

Wash elderberries. Remove stems. Cover with water. Cook until soft. Drain through jelly bag. Wash grapes and remove stems. Cover with water and cook until soft. Drain through jelly bag. Combine elderberry and grape juice in equal proportions. Add 3/4 cup sugar to each cup juice. Boil rapidly until jelly sheets from a spoon.

Note: There are no elderberry farms that I know of. To get them, you must pick them by the roadside. Their huge white blooms will help you locate the bushes. Later the purple/black berries of the plant will be your prize. Plants are found in low places and grow larger near water. Good luck and watch out for snakes if you go pickin'.

MINT JELLY

1/2 cup apple cider vinegar
1 cup water
1/2 bottle fruit pectin
3 1/2 cups sugar
Green coloring
Spearmint flavoring

Combine sugar, vinegar and water. Mix thoroughly. Heat rapidly to boil-

ing. Add coloring to give desired shade of green. As soon as mixture boils, add fruit pectin. Stir constantly before and while boiling. Heat to a full rolling boil. Boil hard for 1 minute. Remove from heat. Skim. Add flavoring to suit taste.

CORN RELISH

12 ears of corn
2 large onions
2 Tbsps mustard
1 red sweet bell pepper
1 small head cabbage
2 large green peppers
1/2 tsp turmeric
1/4 cup flour
1 1/2 cups sugar
4 cups apple cider vinegar
1/4 cup salt

Cut corn from cob. Chop peppers, cabbage, and onions. Mix thoroughly. Heat 2 cups vinegar to boiling. Add sugar, salt, mustard, flour, and turmeric which have been combined with 2 cups cold vinegar. Heat to boiling. Stir constantly until slightly thickened. Add chopped vegetables. Stir until well blended. Cook slowly for 1/2 hour. Pack into sterilized jars and water bath for 20 minutes.

Enjoy! @7/23/09

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.

Times Not Forgotten

I caught myself thinking

by CHRISTINE COLEMAN

Sometimes we find ourselves using words and phrases handed down to us through the years that only people in our area can fully understand and appreciate. Of course, people in other areas have their own means of communication which make us wonder "what do you mean?"

I'm reminded of my early years in grammar school (or grade school if you prefer). When our teachers began correcting our manner of speech, they had a monumental job to say the least. I remember when one of my teachers made a great impression on me. She told all of us that when we used correct English, everyone could understand what we were saying. Then she told us when we spoke with anything other than correct English, we couldn't expect to be understood by all. Her words of wisdom are still true.

Through the years, we "pick up" sayings and comments to use with friends and acquaintances without hesitation. We are aware they fully understand and can relate to those comments. However, we must remember that sometimes there may be someone present who isn't familiar with our slang or made up phrases.

I've heard or read that the English language is harder to learn than any other. We have many words that sound and are spelled the same yet have different meanings. Added

to that, we tend to substitute words or phrases for the "real thing." When someone is shouting or yelling, we say they are "raising sand." Should we have to wait for someone or something, we say "We had to fiddle around." Instead of saying we like someone, we say we are "crazy about him or her." When someone compliments us, we say "We are eating it up."

Other frequently used comments: A while back, I read an article written by author, Lewis Grizzard years ago. When he learned he was going to appear on the Johnny Carson Show, he told his mother he had been invited. She replied, "Shut your mouth." Of course we know "shut your mouth" means you've got to be kidding. But I like another similar expression, which is "Get outta here." It means the same thing.

Years ago, a teacher at our local college told us in his speech class that certain terms or sayings tend to "hurt the ear." I liked that quote, and I try hard to remember it when I hear something that isn't quite clear. I thought about that when I heard the saying, "I caught myself thinking." Who was I chasing (or who was chasing me) when I caught myself thinking? Can we (or will we) ever go back to speaking the "real thing?" I don't think so. We're having a good time the way things are now.

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



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Augusta/CSRA CALENDAR

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The Senior Citizens Council

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

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

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

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

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

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

Aiken Parks & Recreation Department

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Courtney Senior Center
564-5211
Harrison-Caver Park
593-4698
Recreation Center
663-6142
Roy Warner Park
564-6149

Aiken County Parks, Recreation & Tourism

803-642-7559

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

Shiloh Comprehensive Community Center

1635 15th Street, Augusta
Activities for senior citizens offered 9 a.m. to 4 p.m. weekdays. Activities include bridge, spades, pinochle, sewing, arts and crafts, and wellness programs. A home cooked meal is served Monday through Friday at 1 p.m. for a minimal fee. For additional information please call 706-738-0089.

Hearing Loss Association of Augusta

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

Hephzibah Lions Club

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

2752.

Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum's website at www.the-morris.org.

• William Christenberry: Photographs, 1961-2005: Opens Sept. 12

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
- History on Canvas: Ongoing
- The Godfather of Soul, Mr. James Brown: Ongoing

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 Elldom 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. Dance lessons are included for the admission price of \$6 members and \$8 guest from 7-8 p.m.. Refreshments provided. For additional information call Theresa Thigpen at 706-863-9262 or visit www.christian-dances.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

continued on page 11

BUSINESS CARD SECTION ADVERTISING INFORMATION

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Julia Bussey at 706-825-3254

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CALENDAR

from page 10

Mary Ellen Quick at 706-869-1517; hospitality@AugustaNewcomers.com; www.AugustaNewcomers.com.

Service Corps of Retired Executives

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

Phinzy Swamp Events

706-828-2109

Find Your Voice

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

Senior Volunteers Needed

Fort Discovery need your help in making visitors' experiences ones that they will never forget. To volunteer call Kathy at 706-821-0609 or email: thibaultk@nscdiscovery.org.

Fit After 40

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

DBSA (Depression Bi Polar Support Alliance)

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

Volunteers Needed

The Retired and Senior Volunteer Program (RSVP) is seeking volunteers in the Aiken area at the Council on Aging, Social Services Offices, Health Department, Habitat for Humanity Thrift Store, Public Schools, and other Aiken Volunteer locations. Some typical duties include

delivering "Meals on Wheels," light office administration, answering phones, stamping mail, making copies, visitor reception, coaching "Welfare to Work" clients, after school programs, and more. If interested in volunteering and giving back to your community, please contact Ed Jelinek or Dorothy Moyers at 803-648-6836, ext. 224 or 223.

Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

Alzheimer's Caregiver Support Group

Meets 3rd Tues., 7 p.m., Brandon

Wilde Retirement Community, Evans. For details call 706-854-3519 or 706-854-3501.

CSRA Parkinson Support Group - Augusta Chapter

Tues., Aug. 25, 6 p.m., St. John Towers, Dining Room, 724 Greene St., Augusta. Call 706-364-1662.

Get Active in Aiken! Parkinson's Support Group

Aug. 7, 3 p.m., 1501 Whiskey Rd., Aiken, SC. For details call 706-721-4895.

Learning About Essential Tremor: Diagnosis and Treatment Options

Fri., Aug. 21, 9:30 a.m.-12 noon, Marriott Hotel, Two 10th St., Augusta. Free seminar presented by the International Essential Tremor Foundation and MCGHealth. To register call 888-387-3667.

Brain Injury Support Group

Second Thurs., 6-7:30 p.m. Presented by Walton Rehabilitation Health System, Walton West, 2501 Center West Pkwy. For information call 706-829-0370.

General Business Directory For Seniors

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