

Senior News

Serving AUGUSTA & the CSRA

Information For Ages
50 PLUS!



September 2009
Vol. 23, No. 9

*Walk4Hearing Walkathon is
scheduled for October 10th!*

Story on Page 6

Staying safe while staying active

by DR. JOHN NICHOLSON
Aiken Physical Medicine
& Rehabilitation Center

Whether it's biking, hiking or enjoying a late afternoon swim, summertime typically encourages more and more people of all ages to head outdoors and get active.



But sometimes exercise can lead to pain and injury, especially if you're older or unused to regular activity.

Taking some extra care during exercise and making sure to immediately treat any activity-related injuries can help ensure that you stay healthy and are ready to hit the trails again the next day.

The Aiken Physical Medicine & Rehabilitation Center offers the following tips on staying safe while staying active:

- Get going, but get real. Quality of life is directly related to your physical abilities, and how well you maintain these abilities. But it's important that you respect your body's limitations. Even if you used to run everyday or take step classes three times a week, if you're older or haven't been active recently, recog-

nize that you need to learn your body for this season. Start slow and build up your activity levels.

- Be modest. Modest exercise is worth it, so incorporate activity into your daily life whenever you can. Just walking at a moderate pace improves cardiac health, bone density, glycemic control and much, much more. So next time, park in that "miles-away" parking space or choose the stairs instead of the elevator.

- Take a dip. Pool-based exercise, also known as aquatics, is a great way to begin an exercise program and is easier on the joints since the buoyancy of the water makes you lighter.

- Remember, it's not a diet, it's healthy eating. Successful weight loss is a marathon, not a sprint. It's a gradual process based on healthy foods, reduced portions and discipline – simple, and something we can all work on.

- Give your feet a hand. A knowledgeable athletic shoe seller is pure gold. After all, top-of-the-line shoes cost less than your medical insurance deductible.

- Listen to your body. As we age, warming up becomes even more important, partly because it's a good opportunity to assess how your body is doing. Pay more attention to those

little discomforts, and slow down or stop if they get worse, even if they're still tolerable—it's safer to stop and try again another day. And if these same problems keep occurring or if you experience a lingering decrease in ability, see your doctor.

- R-I-C-E your injuries. Remember R-I-C-E if you experience a minor injury:

Rest. Resting now will help you return to activity more quickly than trying to "walk it off."

Ice. Ice packs help with pain relief and swelling for acute injuries like sprains. Continue to use ice as long as swelling remains. Chronic or overuse injuries, like tennis elbow, can actually benefit from heat, which helps relax stiff, sore muscles and joints, but you may want to consult

your physician before applying heat to an injury.

Compression. ACE wraps are helpful in reducing swelling and providing support. However, they can be trickier to apply than you think and are better placed by an experienced trainer, physical therapist or physician.

Elevation. Although elevation is the last part of the acronym R-I-C-E, it actually should be one of the first things you do. Elevation helps minimize painful swelling, and is more urgent than ice or compression.

In certain cases, don't wait and see. If you experience severe pain, severe swelling, any numbness or weakness or loss of consciousness, see your doctor immediately.

National photographers descend on Georgia this September

SlowExposures:
A Juried Exhibition Celebrating
Photography of the Rural South
www.slowexposures.org
Friday, September 18th through
Sunday, September 27th, 2009
Williamson, Pike County, GA

Special to Senior News

The two-week celebration also includes cutting edge seminars, satellite shows and the traditional, black tie SlowExposures Ball on Saturday, September 26th at the new Barnstormer's Grill. This year partygoers will dine and dance surrounded by the one hundred show images from all over the United States and the museum's collection of meticulously restored antique autos and planes.

In addition to the main events in Williamson, a map featuring a driving tour of satellite shows and historic sites throughout Pike County will be available for visitors.

SlowExposures is the annual fundraiser of Pike Historic Preservation and is dedicated to supporting the historical and cultural heritage of the rural south through contemporary photography. All proceeds from the show and the dinner/dance go to the preservation of Pike County's historic buildings and landscapes.

For more information, please visit www.slowexposures.org or contact Slow Exposures, P. O. Box 489, Zebulon, GA, 30295, 770-567-3600.

Photographers from New York to Florida, from Massachusetts to Oklahoma – eighteen states total – have submitted their works for the 2009 edition of SlowExposures, the nationally recognized juried photo exhibition held annually in Pike County that realistically captures the rural South's character through fine art photography.

The seventh edition of the free photography showcase will move to the newly created Candler Field Museum in Williamson. Located one hour south of the Atlanta International Airport, SlowExposures attracts hundreds of visitors each year.



"Noni" by Owen Jones, Cultural Photography Worldwide.

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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.

Lend a Hand By Paul J. Hewitt

As a country we tend to ignore the poor.
And it is very sad indeed.
To help the poor feels so right.
That is when we see God's light.

I do not have to depend on others for food.
I am blessed, He does the rest.
But others do and it is painful for them.
Our helping hands and prayers help them see God's light.

I help the poor and I feel good more and more.
To serve like God did, is to help and not to judge.
We should help the poor every chance we get.

Of A Winter's Day By Henry Newton Goldman

The quietness of this day,
so white like deep
depression in a vacuum -
siphoning out inner
most thoughts; thoughts
caught up watching snowy
crystals twirling and falling
to a beat like dandelion seeds
quietly kissing the earth.
Silhouettes of trees
photographed on smooth
snowy hills by the sun passing
through an aperture of the clouds -
closing its shutter instantly.
Occasionally a wind gust
kicks up dry snow in granular
diamond dust, tumbling quietly like
miniature ocean waves, piling to a
final stop as dunes.
And I retreat once more to my
book of garden poems -
to bring cheer to this dreary day.

The Pulpit By Charlotte Owens Phillips

A young man stood in the pulpit.
Where the preacher would usually
stand,
An open Bible before him,
A few notes in his hand.

"Friends," he began, "I'm nervous.
I tremble as I speak.
If I falter, bear with me,
My voice is very weak.

Tonight is New Year's Eve.
I had planned somewhere to go,

But when I was asked to speak to
you
How could I say no?

Our church has many college
students.
I wish they all were here.
I'll tell you about life at college
And what Christ has meant to me
there."

Then his voice became steady.
His testimony overflowed.
He told of his own experiences,
About those who witnessed for our
Lord.

He spoke of good and evil
And the choice one has to make,
To step out on the Lord's side
Would never be a mistake.

He encouraged the high school
students
To seek a college education,
To listen to their parents and
teachers,
And go without persuasion.

Then, he read from Matthew,
"Seek and ye shall find..."
As he finished the scripture,
He had used his allotted time.

All the time that he was talking
Tears were rolling down my face.
It was my son there in the pulpit
Who stood in the preacher's place.

As I sat in solemn silence,
I unclasped a little boy's hand.
In those few minutes I realized
My son had become a man.

In a whisper of a voice,
I began humbly to pray,
"Dear Lord, I'd like
To turn him over to you today.

I cannot go with him
Through all of his life,

To college, to serve his country,
And when he takes a wife.

But Lord, you will be with him,
Here and in all places.
Bless him with faith, hope and love

No matter what he faces.

Although he is grown now,
He's still a child of thine
Take hold of that little boy's hand,
That I just released from mine.

"Bluegrass Queen" Rhonda Vincent to open the 2009 Westobou Festival

Special to Senior News

Bluegrass Queen Rhonda Vincent and her award-winning band the Rage make a triumphant return to the Imperial Theatre to open the 2009 Westobou Festival on Thursday, September 17 at 7:30 p.m. This Southern Soul & Song special concert is presented by the Morris Museum of Art and Greater Augusta Arts Council.

"Of all the people who have appeared in Augusta as part of Southern Soul & Song over the years, Rhonda Vincent has proven to be an

enduring fan favorite," said Kevin Grogan, director of the Morris Museum and founder of Southern Soul and Song. "People return to hear her - and new fans flock to her - knowing that they're going to experience a performance that is always lively and fresh. She is one of the greatest musicians and most engaging entertainers in Bluegrass. We feel fortunate to inaugurate the 2009 Westobou Festival in this way."

Tickets for this Southern Soul & Song special, featuring Rhonda Vincent & the Rage, on sale now at the Imperial box office, are \$20 each. Call 706-722-8341 or visit www.imperialtheatre.com.

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Isn't it funny to look back over the years and compare our lives then and now? When I first began thinking about it, depression set in. Then I heard a wonderful sermon by Joel Osteen about living my life to the fullest and beginning all over again no matter how old we are or the state of our health. I know that child stayed up all night writing that sermon just for me and it really hit home.

Armed with my new ambition to conquer the earth, I began with the homestead. It began with painting the living room. I soon learned that the huge wall-size window not only needed painting, it needed to be replaced. Nothing but luck was holding it in. I was appalled! Where have I been. Must have been a while since I had washed the thing or I would have noticed that the panes were about to fall out.

Onward and upward, another sweet friend answered my cry for help and in one day installed a new modern, 3-pane window that is lovely. Bad thing is the blinds don't fit anymore. Neither do the curtains. In addition, the remaining three windows in the room need replacing.

Well, there's no need to buy blinds and curtains for the big window until the small ones are replaced. At this writing they have been ordered. In the meantime, I am sitting nightly in a naked living room sans most of the furniture and nothing at the windows.

Just hope I don't get booed by a peeping Tom.

Other than being disgusted with our government at this point, life is good. Dr. Wayne Dyer advised on a recent TV program that when we think of where we are and find ourselves unhappy, we should think of where we want to be and FEEL that we are there. He says feelings bring things about. I am now thinking rich, famous, well-traveled and best dressed. If this works, you dear readers shall be the first to know.

For a bit of laughter, I thought you might possibly enjoy the following quotes from famous people. I found them hilarious.

Sometimes, when I look at my children, I say to myself, "Lillian, you should have remained a virgin."

Lillian Carter

(mother of Jimmy Carter)

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: "No good in a bed, but fine against a wall."

Eleanor Roosevelt

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.

Mark Twain

The secret of a good sermon is to have a good beginning and a good

ending; and, to have the two as close together as possible.

George Burns

Santa Claus has the right idea. Visit people only once a year.

Victor Borge

Be careful about reading health books. You may die of a misprint.

Mark Twain

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.

Socrates

I was married by a judge. I should have asked for a jury.

Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe.

Jimmy Durante

I have never hated a man enough to give his diamonds back.

Zsa Zsa Gabor

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat.

Alex Levine

My luck is so bad that if I bought a cemetery, people would stop dying.

Rodney Dangerfield

Money can't buy you happiness... But it does bring you a more pleasant form of misery.

Spike Milligan

Until I was thirteen I thought my name was SHUT UP.

Joe Namath

I don't feel old. I don't feel anything until noon. Then it's time for my nap.

Bob Hope

I never drink water because of the disgusting things that fish do in it

W. C. Fields

We could certainly slow the aging process down if it had to work its way through Congress.

Will Rogers

Don't worry about avoiding temptation. As you grow older, it will avoid you.

Winston Churchill

Maybe it's true that life begins at fifty; but, everything else starts to wear out, fall out, or spread out.

Phyllis Diller

By the time a man is wise enough to watch his step, he's too old to go anywhere.

Billy Crystal

Don't you love to laugh? It's like walking on sunshine! Have a blessed month and remember, it's almost apple pickin' time! ©8/21/09

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

Spiritual Notes

Teacher's Influence

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Even though summer is still lingering, school children and teachers have returned to the classroom. The stores have been filled with parents getting their children set for the new school year with new clothes and supplies. My grandchildren were bemoaning the fact that all the freedom they experienced from daily classes is over. I think they protested too much! There was a lot of talk of seeing good friends again, band performances, football games and other special activities.

However, kids today face so many more issues than in years past. I remember when I was in "grade" school things were not nearly so complicated. The world was a different place. In many ways, in our day, we were naive, respected authority, and knew if we got into trouble at school, it wouldn't be over when we returned home. This doesn't seem to be the case today.

While students are braving complicated issues in the school room, I am well aware of the teachers and the responsibilities that are on their shoulders. The news is often filled with distressing events that take place in schools. Teachers are attacked by students and parents, and in some instances, have been killed in the classroom. Also, they are daily besieged with

discipline problems. Teachers are expected to play the role of administrators by keeping records, direct cafeteria and bus control, completing numerous forms in addition to preparing lectures and grading papers. Teachers have spent many years in college preparing for their duties as an educator and are so often inadequately compensated for their work.

Teachers are still in the business of influencing the youth of our country. Even with all the issues mentioned above, the teacher's role is critical to the healthy development of our young people. They are in a position to inspire and motivate these youthful minds to reach their maximum potential. May they have the insight and strength to guide their students to be individuals of strong character, honesty, academic inquiry, and faith!

In the book of Proverbs 22:6 we read: "Train up a child in the way he/she should go (and in keeping with his/her individual gift or bent) and when he/she is old they will not depart from it." This familiar passage was written primarily for parents; however, teachers spend many hours a day teaching and training our children. Their influence is profound. As we pray for our children, say a special prayer for their teachers.

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

ADVOCACY ALERTS: Too Much Stuff?

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

During the last few months, I have received numerous calls about what records should be kept and for how long should they be kept. I hope this guide helps a lot of folks (like me) who tend to save far too much stuff!!

I hope this guide will help you know what to keep and what to toss! Remember when tossing out documents that contain your identifying information, always shred it to help preserve your good name.

As always, should you have questions or comments about these articles, please call me at The Senior Citizens Council, at 706-868-0120. Our staff and volunteers are ready to give you the assistance you require.

source: Consumer Reports
Money Adviser, Volume 2,
issue 7

DOCUMENT	WHEN TO TOSS	WHERE TO KEEP
Canceled Check	Generally after 1 year unless they support tax filings (then keep them for 7 years)	Fire Proof File at Home
Check registers	Generally after 1 year	Fire Proof File at Home
Check statements	1 year	Fire Proof File at Home
Loan Discharge notices	NEVER	Safe Deposit Box
Will	When updated	Safe Deposit Box, Attorney's office, County Probate Office And Executor
Power of Attorney	When updated	Safe Deposit Box, Agent, Attorney's office, Fire Proof File at Home
Stock certificates	Should not be held	Transfer paper certificates to a brokerage account; consult your financial adviser
Car Title	When you sell the vehicle	Safe Deposit Box or Fire Proof File at Home
Product Receipts	When warranty expires; after 7 years if needed to support tax returns	Fire Proof File at Home
401(k) Statements	When you get a new one	Fire Proof File at Home

I have cataracts. Don't I have to wait a while before surgery?

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On the Cover

Walk4Hearing Walkathon is scheduled for October 10th

Submitted by DEBBI ORD
Walk4Hearing Chair 2009

ON THE COVER:

JO & Si Lambert in 2007 Walk

I am currently chairing a Walkathon program called Walk4Hearing. This is a fundraising event geared to raising money for Hearing Loss Association of America. This organization is open to anyone with a hearing loss, young or old, or anyone who knows someone with a hearing loss. The monies are split between the National level and the local chapter that I belong to in Augusta, Georgia. How did I become involved with the Walk4Hearing and why?

Let me start with a brief story of my life. In 1964, I was born with a severe-profound hearing loss. I was first diagnosed at age 3 years. At that time, I was fitted with a hearing aid and started speech therapy. From then until 1st grade, I was surrounded by a small group of children with hearing losses similar to mine. We were taught to hear and speak orally. From 2nd grade all through high school and college, I was the only hearing impaired student in my classes. I had grown up in the hearing world the only way I knew how. I was often frustrated when I couldn't hear at the movies, in the auditorium, during lectures, and even at church. I had to make sure I sat near the front row – so I could lip read the speaker. That did not always help because the speakers moved around – so the voices would fade as they moved further away from me.

One day in 1995 I met a woman, who was deaf and yet spoke orally. She mentioned the HLA chapter in Westchester County, NY. With encouragement from her I attended my first meeting. I walked in the room and was surprised to see a roomful of adults – all very much like me. When it was time to sit down, I sat in the middle of the room.

I thought it should be loud and I would be fine. When the speaker came on, she told everyone who had a t-coil switch on their hearing aids to t-coil. This is what I used to talk on the phone, it blocks out the background noise and I can hear the person on the phone better. I changed the switch, the speaker started talking again and I heard every word she said as if she was sitting next to me. I was so amazed! I thought, "this is great, I can sit anywhere in the room and still hear her clearly!" It was an FM system – set up for large meeting rooms. There was a loop (wire) around the room that transmitted the sound from the microphone to the hearing aids with t-coil switches. The meeting also had CART, which is real time captioning. This was one place that I never missed anything that had been said. HLA has left such an impact on me. I learned so much through the years: how to cope with hearing loss the advances in hearing aids and technology, and captioning on TVs and movie theaters.

I became a member of National almost immediately and attended the Westchester Chapter for 5 years prior to moving to Utah. There was not a chapter nearby and I was without the benefit of HLA. Eight years later, I moved to Georgia. The first thing I did was look online to see if there was a Chapter nearby and that is how I became involved. Before I knew it, I was asked to chair the Walk4Hearing fundraising. I was hesitant at first because I have never done this. When I found out that the Walk Manager at the National level was someone that I had known originally from my former Chapter in NY. I, then, said yes.

I faced many challenges and still do as I continue to chair this Walk that will be held on October 10th. I am having fun meeting people with hearing losses, sharing with them my experiences in how to cope with our hearing losses, and in developing long lasting friendships. HLA has done so much for me that I want to give my support to them as they have given me.

Why I was involved in the 2007 HLAAG Walk4Hearing

Submitted by
NEINA THOMPSON

I am one of thousands of people in the CSRA who have experienced hearing loss. However, I have been fortunate to be a member of The Hearing Loss Association of Augusta, GA (HLAAG) which, in turn, is affiliated with The National Hearing Loss Association of America.

The 2007 Walk4Hearing provided an excellent opportunity for me to help call attention to this pervasive problem. It was an opportunity to spread the word that we are not alone and to be able to promote education, advocacy, and support for everyone who is hard of hearing. In addition, it was an opportunity to

have a morning of fun while walking with those with hearing loss as well as with family members and others who have normal hearing.

Memories of the 2007 Walk4Hearing

Thoughts that come to mind when I remember the first Walk4Hearing conducted by the Hearing Loss Association of Augusta, GA (HLAAG) in 2007 as part of the National Association of Hearing Loss' campaign to raise awareness of hearing loss are:

Dave and Carrie Welter at the helm; Willing volunteers showing up at 7:00 a.m. to help with the set-up; Enthusiastic Walkers even on a rainy Saturday morning; an entire platoon

continued on page 7

Your help and support is needed for the Walk4Hearing Walkathon

Submitted by **DONNA CONRAD**

In May of 2007 the Augusta chapter of the Hearing Loss Association of America sponsored its first Walk4Hearing on a drizzly, rainy day. This event was held at the Savannah Rapids Pavilion dance shelter in Columbia County.

Why do we do this? Since there are 50,000 hearing impaired people in the CSRA, our aim is to, number one, educate the public about hearing loss; inform them of this growing problem; and, to let them know there is a support group in the area. We hope this can be accomplished by our reach programs which include our monthly meetings from September to May of each year, new comer kits to the organization, brochures, flyers and advertising in the local media. Our latest outreach projects include audiology kits which contain information to newly diagnosed patients who receive hearing aids and hospital kits to facilitate better communication between patients and the medical staff. We have been able to use the money also to loop one room at First Baptist Church

of Augusta for T-switch wearers and to buy a closed captioning machine so as to make our meetings better understood by all.

The 2007 walk started early in the morning with set up. We had tables for refreshments, registration, money collection, tee shirts, hats and two exhibit tables. Due to generous in kind donations from area businesses and individuals, we had lots of drinks, snacks and fruit for our walkers. We had face painting, balloons and Pam Tucker, director of Columbia County Emergency Management, was our featured speaker. We set up two courses, one three mile; and, one 1 1/2 mile for the less athletically inclined. We had a platoon of soldiers from Fort Gordon, moms pushing strollers etc. In all we had 200-300 walkers. A total of \$33,000, including \$28,000 cash and \$5,000 in kind donations, was collected.

Lots of fun was had by all and the drizzly day didn't dampen any spirits.

I think this organization is a wonderful way for people who are hearing impaired to support one another by socializing, learning and sharing difficulties as well as a lot of laughs. It has helped me considerably. This walk is



Donna Conrad and Family

our way of raising money to continue this effort. We had so much fun in 2007 at the walk that I am excited to

be doing it again this year. We humbly ask the CSRA for any support they can give to us.

Thirteenth Annual Ms. Senior Georgia-Carolina Pageant slated for September 12th

Submitted by
KATHLEEN ERNCE
Secretary, MSGCP, Inc.

For those of us who have been involved with the pageant for a few years, we now realize the impact the pageant has made on each of us - the contestants, their family members,



the Board who plans the event annually, and the entire community. Yes, the Pageant promotes "Positive Aging" by exemplifying elegance, maturity, grace, and dignity, as well as showcasing active, energetic, dynamic ladies who encourage other seniors to stay active and involved, while challenging "Baby Boomers" to prepare for the approaching years by dispelling the fear of growing older; it also brings the community together into a common goal - "Promoting Collaboration and Building Partnerships."

Many of our 10 contestants agree, "In spite of aches and pains and lemons that life throws their way, they keep going. After all, age does not matter - what matters is life itself and living it to the fullest extent possible!"

The purpose of the pageant is twofold. First, it allows senior ladies to know that being labeled as "senior citizens" is based upon knowledge, experience, maturity, and a full and exciting life; a life that emphasizes inward beauty, maturity, life experiences; not always outward beauty! These ladies believe each person is

the total of all events in their life - events that allow their inward beauty to outshine an outward appearance!

The second purpose is to provide a scholarship for nontraditional students, i.e., older individuals, who are either returning to an accredited program of higher learning or who are presently attending an accredited institution of higher learning with the expectation that they are pursuing educational opportunities in the field of Gerontology.

The qualifications to be a contestant include being a lady who is at least 60 years of age, live in the CSRA, Georgia or South Carolina, exhibit good moral character, and is interested in meeting other ladies to "experience new, fun adventures." As a contestant, you will compete in the evening gown, philosophy of life, talent, and judges' interview. After the pageant, the contestants bond together for socializing, catching up with one another, and providing encouragement for one another. Since 1997, they have helped support the pageant by recruiting contestants, seeking community sponsors, and furthering the ideals of the "Age of Elegance."

Come join us and have the experience of a lifetime and meet many vibrant, senior ladies who exemplify "Aging that is Ageless" on Saturday, September 12, 2009 at 7:00 p.m. at the Grover C. Maxwell Performing Arts Theater on the campus of Augusta State University. Tickets are \$10.00 per person and may be obtained by calling 706-825-7624 or purchased at the door. We will also have a silent auction for you to bid on some framed prints from local artists and other items of interest.

INVOLVED

from page 6

of soldiers arriving to help out and to participate in the walk; Hard of Hearing People along with Hearing People - entire families, and friends walking, talking and enjoying; Pam Tucker's welcome to all; tables and tables for vendors, snacks, t-shirts,

registration; music as well.

The crowd was great - elbow to elbow in the pavilion prior to the start of the walk - I was so surprised to see so many supportive people.

Personally, the participation of so many members of my family and friends was very humbling - how gracious they were to come and support a cause dear to my heart.



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

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

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

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- ~ lino, oquero, top and ballroom dancing
- ~ free flu shot
- ~ free income tax preparation
- ~ day/overnight trips

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Georgia eye doctor helps legally blind to see again



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

by ELENA LOMBARDI

Atlanta, Georgia —

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

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

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

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

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

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

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

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

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

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people

have different levels of vision and different desires.

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

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

free at 1-877-948-7784.

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Taking Care

When caregiving ends... Tips for restructuring your life

by LISA M. PETSCHKE

It's easy for caregivers to become isolated as a result of their relative's need for continual care, whether it's practical help or supervision.



For instance, they may have to give up a career or volunteer work in order to provide full-time care. Over time they also may lose touch with friends because the heavy demands of caregiving limit their time and energy for nurturing relationships and their ability to get out of the house. All too easily, they become disengaged from supportive social networks and stress-relieving leisure activities.

When the person they have been caring for dies, caregivers are challenged with finding a new sense of purpose and new activities. They may also face the challenge of learning to live alone — some for the first time. Loneliness and feelings of emptiness may be difficult to overcome.

If you are in this situation, the following are some tips that may help.

Be kind to yourself

- Give yourself permission to feel all the emotions that surface, including resentment, relief and guilt. Recognize that there will be good days and bad days. Prepare a list of things to do on the bad days — small indulgences to give you a lift as well as tasks or projects that will give you a sense of satisfaction.

- Look after your physical health. Eat nutritious meals, get adequate rest and exercise regularly. In addition to safeguarding your overall health, these measures will also help ward off depression.

- Take things one day at a time so you don't get overwhelmed.

Nurture your spirit

- Write down your thoughts, feelings and experiences in a journal, chronicling your journey of self-discovery and growth.

- Nurture your spirit by doing things that bring inner peace, such as meditating, praying, reading something uplifting, listening to music or spending time in nature.

- Get a pet. Cats and dogs provide companionship and affection and give

you a sense of purpose.

Get busy

- Get out of the house every day. For example, go out to buy the newspaper rather than have it delivered to your home. Enjoy a cup of java or tea at a local coffee shop while you read. Space out errands over the week. Bank in person rather than online. You never know who you might meet when you're out and about. To further combat isolation, consider joining a dinner club, fitness center or exercise class.

- Offer to chauffeur grandchildren, nieces or nephews to extracurricular activities. Find out their sports schedules and attend as many games as possible.

- Sign up for an adult education course or lessons that interest you — for example, gourmet cooking, pottery or modern jazz. Be sure to check out any available programs at the local senior center or recreation center as well as those offered by educational institutions. Learning something new is energizing and boosts your self-confidence. And you might make new friends in the process.

- Get involved in your community. Volunteer for a neighborhood association, charitable or environmental cause, animal shelter or political campaign. Some former caregivers like to give back in some way to an organization that helped them and their relative, such as the Alzheimer's Association or Cancer Society.

- Look for a job if your health is good, especially if you're concerned

about finances.

- Cultivate some solitary pastimes. Take up crossword puzzles, woodworking, scrapbooking, writing or sketching. Learn to enjoy your own company.

Reach out

- Take the initiative in calling friends and relatives to talk or get together. Instead of waiting for invitations, extend them. Suggest a regular time to get together for coffee or lunch.

- Plan a trip to visit loved ones who live far away.

- Do nice things for others, especially those who are also going through a difficult time. This takes your mind off your own situation, boosts your self-esteem and strengthens relationships.

- Find at least one person you can talk to openly, who will listen and empathize with your situation, such as a close friend, spiritual leader or mental health worker.

- Join a bereavement support group. If it's hard to get out or you prefer anonymity, try an Internet forum instead.

- If feelings of isolation persist, you might take in a boarder, share accommodations with a relative or friend, move to a senior living community or relocate closer to loved ones. Don't make such a major decision hastily, though — give yourself plenty of time.

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

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C'mon, let's eat

by FAYE JONES

"The goldenrod is yellow, the corn is turning brown, the trees in apple orchards with fruit are bending down." Well, almost. We're officially moving into fall and into the holiday spirit that will keep us going until the bills come due in January.

During the coming months, let's reward ourselves with good solid food that is easy to prepare and economical, too. Start with our old friend – the chicken. Read on.

COMPANY CHICKEN SANDWICHES

2 cups cooked chicken breast
1 rib celery
1 hard boiled egg, finely chopped
1/4 tsp salt
1/2 tsp sugar
Pepper to taste
1/2 tsp thyme (fresh is better but dried will be o.k.)
1/3 cup sweet pickle relish
2/3 cup or more mayonnaise
Texas toast slices or thick sandwich bread slices

Boil chicken breast until tender in slightly salted water. When tender but not dry, remove from broth and save broth for soup of dumplings at a later date. It will freeze well. When

chicken is cool, cut in very small pieces and place in a bowl. Add all other ingredients and mix well. Butter one side on each of two slices of Texas toast. Grill in a skillet until browned. Turn grilled side to the outside and place chicken salad on the soft inside. Get ready to smack your lips!

CHICKEN CASSEROLE

3 cups boiled and diced chicken (about 1 whole breast)
1 package wild and long grain rice, cooked according to box directions
1 cup mayonnaise
1 can cream of celery soup, undiluted
1 can water chestnuts, coarsely chopped
1 small jar pimento peppers
2 cans French green beans, drained
Salt and pepper to taste

Toss chicken and rice together. Add all other ingredients. Spoon into a greased casserole dish and bake for 25 to 30 minutes at 350 degrees.

Note: When boiling chicken, add a bay leaf to the water and a pinch of poultry seasoning. It gives the chicken and broth wonderful flavor.

PEACHY PRALINE PIE

1 9-inch deep-dish pie shell, uncooked
5 cups peeled, sliced Georgia peaches
1/2 - 3/4 cup sugar
2 1/2 Tbsp cornstarch
1/8 tsp ground nutmeg
1 Tbsp fresh lemon juice
1/8 tsp vanilla extract
1 egg white, lightly beaten
1/3 cup firmly packed light brown sugar
1/2 cup all-purpose flour
6 Tbsp unsalted butter, cut into 1-inch cubes
1 cup chopped pecans

Preheat oven to 425 degrees. In a large bowl, combine sliced peaches, sugar, cornstarch and nutmeg. Set aside for 15 minutes. Stir lemon juice and vanilla into peaches. Lightly brush pie shell with a thin layer of egg white to make the crust moisture proof. Pour filling into pie shell. In a small bowl, combine brown sugar with flour. Cut in butter cubes until crumbly. Stir in pecans. Sprinkle mixture over peaches. Bake for 15 minutes at 425 degrees. Reduce oven heat to 400 degrees and continue baking for 35 to 40 minutes. Cover edges of crust with strips of aluminum foil if necessary to prevent excessive browning.

This pie will make you sooooo proud of yourself!

GINGER COOKIES

1 cup brown sugar
1/2 cup butter or margarine
1/3 cup honey
2 Tbsps sweet cream (or evaporated milk)
1/2 tsp cinnamon
1/2 tsp allspice
2 eggs
1 cup flour
2 Tsp baking powder
1/4 tsp salt
1 1/2 cups rolled oats
1 tsp ginger
1/2 cup chopped pecans

Cream butter or margarine and sugar. Add honey, cream and beaten egg yolks. Mix ell. Sift flour; measure and sift with salt, baking powder and spices. Add rolled oats and nuts. Mix thoroughly. Fold in stiffly beaten egg whites. Drop by teaspoonfuls on a well oiled baking pan. Bake at 375 degrees for about 10 minutes. Makes about 3 dozen.

Enjoy!

©8/21/09

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

Brush Arbors and Tent Meetings

by CHRISTINE COLEMAN

Did you ever attend a Brush Arbor meeting? How about a Tent Meeting? I'm happy to say I was privileged to learn about both.

When I was growing up in the early 30s, a brush arbor was constructed a few miles from where we lived. I remember going there a few times with my family. The folks who constructed the arbor used posts and pine saplings for their framework. They stretched fence wire over the assembled part and covered the wire with pine straw. For benches, they used blocks of wood under the structure and placed boards across the blocks.

A preacher from town offered to come out and preach to the country folks if they would prepare a place for him to speak. That was much to their liking, as back then everyone had to drive wagons or buggies to town to church. This arbor was used until people were able to buy cars for travel.

Tent Meetings

While I was still a small child, tent meetings were held yearly downtown during summer months. The tent was huge, and the sides could be rolled up and secured in order for cool breezes to come in. Also, people parked their cars nearby and were able to sit in their cars and hear the preacher in comfort. They'd roll down their windows and be able to hear without having to come under the tent and sit

on wooden benches. Traveling ministers would visit our town and bring their tents. There was ample help to "put up the tent" for the week or two the minister stayed. My parents would carry us children there a few times per year.

The experience of both these types of church service are still vivid in my memory, and I feel I gained a valuable lesson. Today, church services are held in comfortable buildings and many people will never know what a Brush Arbor Meeting or a Tent Meeting is all about.

A newer version of brush arbor

Several years ago, our church (under the pastorate of Elder Loren Wilson) held a few Sunday evening services under the open-air pavilion at Harmon's Park here in our city. Only recently did I associate this with a brush arbor. The roof of this structure has wooden shingles and air flows through freely. Wooden benches line the interior. Our services there were peaceful and serene. We'd have a picnic lunch afterwards.

Hopefully, you have had the opportunity to witness and participate in these two types of church service. They have gone by the wayside, as have so many of our other valuable customs

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



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The Senior Citizens Council

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

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

- Advocacy Programs including: Caseworker Services; Caregiver Support and Information; Bill Paying and Money Management; Benefits Counseling including information about the new Medicare Part D Prescription Drug Plans; and, Elder Abuse, Neglect, and Exploitation Prevention.
- Foster Grandparent Program and Senior Companion Program: Limited income persons age 60 and older needed to work from 15 to 40 hours a week with special-needs children or adults. Call for complete details.
- Retired and Senior Volunteer Program:

Are you looking for a fun and exciting way to make a difference in the community? RSVP offers persons age 55 or older an opportunity to apply their skills and experience to meet critical community needs. RSVP pairs talented volunteers with their choice of a variety of non-profit, health care, government, and faith-based organizations. Call for complete details.

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

H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta

Contact: Patricia A. Jenner

706-772-5456; 1 a.m.-3 p.m.

• Exercise: Low Pack Aerobics: Mon.,

Wed., & Fri., 8:30-9:30 a.m.

• Tai Chi, Line Dance, Chair Exercise:

Wed., 10-11 a.m.

• Senior Fitness Room with Trainer: Mon.,

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

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Aiken Parks & Recreation Department

803-642-7631

Courtney Senior Center

564-5211

Harrison-Caver Park

593-4698

Recreation Center

663-6142

Roy Warner Park

564-6149

Aiken County Parks, Recreation & Tourism

803-642-7559

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

Shiloh Comprehensive Community Center

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

Hearing Loss Association of Augusta

Hearing Loss Association of Augusta.

For meetings information contact: Debbie

Rish, President, at 706-650-2496; 624

Kingston Rd., Grovetown, GA 30813; or,

by email at hlaag.rish@yahoo.com.

Meetings are held the 3rd Monday during

Sept.-March.

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7

p.m., Jesse Carroll Community Center,

Windsor Spring Rd., Hephzibah. For addi-

tional 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

continued on page 11

General Business Directory For Seniors

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CALENDAR

from page 10

Lucy Craft Laney Museum of Black History
www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

"Dance with Us"

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

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

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 Ray Corujo at 706-434-8900 or visit www.christiandances.org.

AARP Augusta Local 266

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

Owens, Chapter President, at 706-790-4388.

Al-Anon and Alateen Groups

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

Augusta Newcomers Club

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

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

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

Service Corps of Retired Executives

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

Phinizy Swamp Events

706-828-2109

Find Your Voice

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

Senior Volunteers Needed

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

itor 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.

Fall at Savannah Rapids Regional Visitor Information Center

Sat., Sept. 12, 10 a.m.-2 p.m., Savannah Rapids. The Hearing Loss Association of Augusta GA Chapter will be participating with materials on Hearing Loss, the local chapter, and The Hearing Loss Association, National. Event is free to the public.

General Business Directory For Seniors

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