

Senior News

Serving AUGUSTA & the CSRA

Information For Ages
50 PLUS!

*A Tea Party
with Alice!*

Story on Page 6

April 2011
Vol. 25, No. 4

Taking Care

Healthy living tips: Make your life the best it can be

by LISA M. PETSCHE

It is natural to be concerned about health issues cropping up as we age. However, with a little forethought we should be able to live active and fulfilling lives into our mature years.

That is because numerous risk factors are within our control and can significantly influence our quality of life. Here are some lifestyle tips that can help preserve your vitality.

Physical Care

• Follow a well-balanced diet that meets your body's nutrition and energy needs. If you are overweight or have a health condition that necessitates a special diet, consult a dieti-

tian for guidance around meal planning.

- Get at least seven hours of sleep each night. Practice good sleeping habits, including refraining from eating and drinking close to bedtime, staying away from caffeinated products after noon, avoiding strenuous activity late in the day and keeping to a regular schedule of going to bed and waking.
- Get regular medical check-ups. Follow doctor's orders (for example, monitoring your blood pressure) and take medications as prescribed.

• Quit smoking (ask your doctor about the best way to go about it) and avoid exposure to second-hand smoke.

• Avoid alcohol; otherwise consume no more than one drink per day.

• Limit your sun exposure and always use sunscreen outdoors. A wide-brimmed hat is also a must, as

are sunglasses that block our 100% of ultraviolet rays.

- Increase your level of physical activity, aiming for 30-60 minutes of moderate activity most, if not every day of the week. Popular exercise options include walking, bicycling, swimming and low-impact aerobics. Consult with your doctor before beginning any exercise program. Choose an activity that appeals to you and incorporate it into your daily routine; start slowly and gradually increase the duration and intensity. Find an exercise partner to help keep you motivated.

• Make your home as safe as possible, to reduce the risk of falls. For example, clear clutter, improve lighting, remove or secure scatter mats and install handrails along stairs.

Mental Self-Care

• Keep a positive attitude about life and aging, and associate with people who have a similar outlook.

• Cultivate an attitude of gratitude.

• Do as much for yourself as possible, to maintain your independence and self-esteem.

• Cultivate a healthy sense of humor.

• Do something you enjoy every day.

• Exercise your mind: Do word puzzles, play cards or board games, read, research subjects of interest, travel, learn a new skill, take up a

new hobby, sign up for an adult education course.

• Set aside daily time for relaxation.

• Do not keep problems to yourself – seek support from family members, friends or a counselor.

Social Well-Being

• If applicable, nurture your faith by attending religious services, praying, engaging in spiritual reading or attending a spiritual retreat.

• Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone you know. Get involved in your community by volunteering your time and talent.

• Do things that center you and bring you peace, such as meditating, writing in a journal or spending time in nature.

Financial Welfare

• Minimize financial stress by setting long-term financial goals, developing and sticking to a budget that will help you achieve them, setting aside money for unexpected expenses and investing wisely. Seek advice from a certified financial planner.

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

Why get regular medical checkups?

**Because staying well
is SO much better
than having to recover!**

CPC can help . . .



The Family Physicians of
**CENTER FOR
PRIMARY CARE**
Your Prevention Specialists

CPC-Crossroads
(706) 922-6600

CPC-North Augusta
(803) 279-6800

CPC-South
(706) 798-1700

CPC-Evans
(706) 650-7563

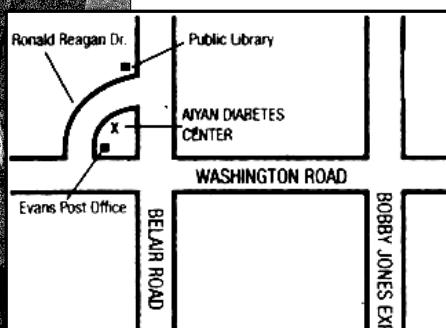
CPC-Central
(706) 868-7380

Do you have a leg wound that just won't seem to heal?

If so, you may be eligible to participate in a research study that investigates a new product that may aid in the healing process.

Diabetic Wounds • Pressure Ulcers • Venous Ulcers
Arterial Ulcers • Cellulitis • Osteomyelitis • Infections

**Now accepting new patients.
Call today for an appointment or screening.**



Ayan Diabetes Center
Center for Podiatry Care
629 Ronald Reagan Drive, Suite C
Evans, GA 30809
706.868.0315 • 706.868.0320
Mon. - Fri.: 8:00 a.m. - 6:00 p.m.
www.ayandabetescenter.com

Park and Lodge, it will be northern Georgia's only major birding festival. With more than 60 field trips, programs and hands-on activities to choose from, it is open to birders of all ages and skill levels. Ornithologist Marshall Iliff of Cornell Lab of Ornithology and Giff Beaton, author of Birding Georgia, will be among the many guest speakers.

Running April 28 through May 1, the festival includes more than 20 guided field trips to locations such as Ivy Log Gap Road, Brasstown Bald, Smithgall Woods, Anna Ruby Falls, Sosebee Cove and the normally restricted Buck Shoals. More than 60 seminar topics cover bats and butterflies as well as birds, with titles such as Binoculars 101, Warbler Identification, Bat Conservation in Georgia, Nature Photography, Tree Identification and Birding by Ear.

On Saturday, April 30, more than a dozen events will be open to the public as well, such as guided bird walks, crafts and hayrides. Most Saturday events are free.

The fee for the four-day conference is \$110 per person, and Unicoi Lodge room rates are \$59. Unicoi State Park also offers fully equipped cottages for \$105-\$150 and modern campsites for \$25-\$53. With 1,050 acres of forest, streams and a lake, as well as eight miles of hiking trails, Unicoi State Park is known for exceptional wildlife viewing. During spring, visitors may see Golden-winged Warblers, Cerulean Warblers, Scarlet Tanagers, Indigo Buntings and numerous other species. The park is two hours north of Atlanta, just outside Bavarian-themed Helen.

Georgia Mountain BirdFest is sponsored by Friends of Unicoi State Park. To learn more, visit www.gamtnbirdfest.com or call 706-878-2201 ext. 305.

Junior League of Augusta original Tea-Time at the Masters cookbook reprinted and available for purchase

Special to Senior News

The Junior League of Augusta, Georgia, a non-profit volunteer organization committed to promoting volunteerism, developing the potential of women, and improving communities through effective action and leadership of trained volunteers, is proud to announce the 17th reprinting of the original *Tea-Time at the Masters* cookbook, *Tea-Time at the Masters*.

First published in 1977, *Tea-Time at the Masters* is the leading publication of the *Tea-Time at the Masters* cookbook trilogy, which is the "Official Cookbooks for the City of Augusta, Georgia." The trilogy also includes *Second Round, Tea-Time at the Masters* published in 1988, and *Par Three Tea-Time at the Masters, Relaxed Entertaining Augusta, Georgia Style* published in 2005.

Tea-Time at the Masters originated in the mid-1970s as a new way to support the charitable organization's diverse community projects. The League had published two previous cookbooks, including the very first Junior League cookbook *Recipes from Southern Kitchens* in 1940.

The initial printing of *Tea-Time at the Masters* was released in October 1977 and included a run of 10,000 copies. The initial printing sold out within four weeks, a second printing of 10,000 was ordered and sold out again, three months later. In its own right, *Tea-Time at the Masters* has defied the ages and become a part of Masters® lore, selling more than 350,000 copies and spawning two additional titles.

The cookbook writing began in 1974, when the Junior League membership, then at 426 members, approved a cookbook project as a fundraiser. Funded with \$25,000, the League asked for and received recipes from wives of PGA Tour players. Recipes in the cookbook include Crab Casserole from Mrs. Jack Nicklaus, Zucchini Bread from Mrs. Arnold Palmer and Three-Bean Casserole from Mrs. Tommy Aaron. Two-time Masters® Champion

Byron Nelson also contributed, with recipes for Spanish Pork Chops and a Mustard Ring. The relationships the Junior League formed with the players and their families continued to strengthen over the years, and the 2005 *Par Three Tea-Time at the Masters* includes an introduction by Barbara Nicklaus, wife of six-time Masters® champion and golfing legend, Jack Nicklaus.

The 292-page cookbook contains more than 650 recipes. The cover, a then-futuristic graphic design of a golf ball on top of a red tee in a teacup, was designed by Woody Kay, a former Augusta resident and now

Managing Partner/ ECD of Arnold Worldwide, a global advertising and design company. The organization received approval from then Augusta National Golf Club Chairman, Mr. Clifford Roberts, to use Masters® in the title.

Copies of this seventeenth reprinting of *Tea-Time at the Masters* will be available for purchase Masters week, Monday 6-8 pm at the Mayor's Reception, Wednesday - Friday 9 am-noon and 5-8 pm in front of Calverts in surrey center as well as online at www.jlaugusta.org and in national and local bookstores and fine retailers. Retailers wishing to stock the book may contact the Junior League of Augusta, Georgia at 1-888-JLT-TIME or 706-736-0033. Additional information about the Junior League of Augusta, Georgia or the Tea-Time at the Masters® trilogy is available online at www.jlaugusta.org.

Proceeds from our cookbook sales support the community projects of the Junior League of Augusta, GA which include, but are not limited to, Kids in the Kitchen, the Arts Reading Program, Smart Choices, Community Enabling Grants, ACE Awards and Done in a Day projects across the CSRA.

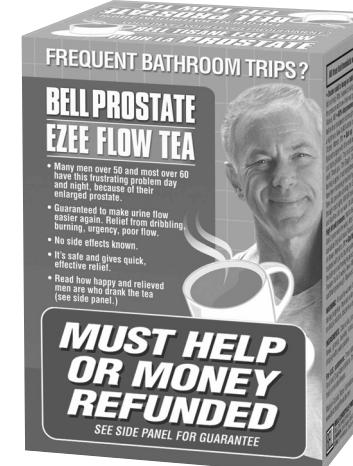
ABOUT THE JUNIOR LEAGUE OF AUGUSTA, GEORGIA

Celebrating its 81st year, the Junior League of Augusta, Georgia was founded in 1925 as the Junior Workers, and accepted into the Association of Junior Leagues International in March 1929. The Junior League of Augusta, Georgia is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. For more information about the JLA please call 706-736-0033 or visit our website at www.jlaugusta.org.

ABOUT THE ASSOCIATION OF JUNIOR LEAGUES INTERNATIONAL

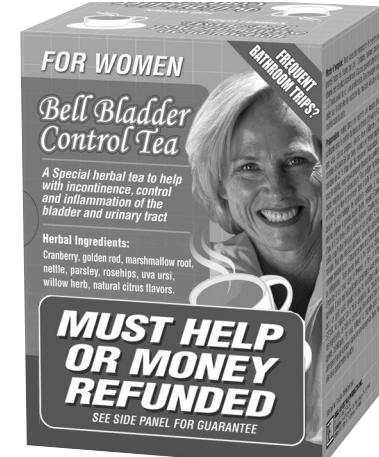
Founded in 1901 by New Yorker Mary Harriman, the Junior Leagues are organizations of women committed to voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. The Association of Junior Leagues International is made up of 293 Junior Leagues in Canada, Mexico, the United Kingdom and the United States. Together, they are one of the largest international volunteer organizations for women interested in making a positive impact in their communities. For more information, visit the website, www.ajli.org.

Frequent BATHROOM TRIPS? Bell Prostate Ezee Flow Tea #4a



■ **Relief in 3-5 days** from dribbling, burning and rushing to the toilet. If you are considering surgery, try this tea first. Must work of money refunded. 99% success rate. Helps virtually everybody quickly. The only prostate remedy that works so well that it comes with a **money-back guarantee**. Literally hundreds of delighted men testifying on our web site:

■ **Doctor said** to keep on drinking the tea. Prescribed prostate drugs did not help. Leonard Pearcey, Wassis, NB ■ **cancelled my prostate surgery.** Get up once a night. I'm so happy not to have to face the torment of a prostate operation and incontinence or impotency. Albert E. Blain, 74, Schumacher, ON ■ **Even after TURP prostate surgery** and microwave therapy had to get up many times. Now down to 1-2 times. Tea is 100% better than drugs. Robert G. Stocker, Eustasis, FL ■ **After 1st year drinking tea** my PSA went down to 4.5; after 2nd year to 2.9; after 3rd year to 2.3. I highly recommend the tea. A real life saver. Thomas M. Thurston, Forsyth, GA



Bell Bladder Control Tea for Women #4b

30 million women are suffering needlessly in North America. Avoid pain and embarrassments within days after drinking Bell Bladder Control Tea #4b. No side effects. Risk free. If your social life and love life was on hold because of leaking, this tea will help you to start living again and lead a normal life. Go shopping and traveling again with confidence. Guarantee printed on every box. Large box 120g lasts a month or two. Bell has been helping tens of thousands of women for years. Bell is the only company that supplies EVIDENCE. Literally hundreds of true statements on the Bell website from delighted women that can be telephoned for reassurance:

■ **No more wetting accidents.** Within a week I was in complete control. No side effects like with drugs I took. Deborah Haight, 49, Collingwood, ON ■ **Incredible results.** It's hard to believe a non-drug item is producing such quick relief. I suffered for 20 years with frequency and embarrassments. I now sleep through the night. Linda Kleber, 62, Milford, NJ ■ **First surgery didn't work.** After drinking tea for 12 days, Glory to God, I had relief. Cancelled dreaded second surgery. I'm eternally grateful. Gail F. Moore, 68, Round Pond, ME ■ **I had this embarrassing overactive bladder problem** for 30 years. Had countless tests and endless prescribed pills. My numerous urinary infections are gone. I'm glad I didn't have surgery. Ellen Bower, Kanata, ON ■ **After trying every medication** in the last 5 years, tea gave complete relief in 6 days. Thank you for this great product, and above all, for truth in advertising. Marina Rosa, 57, Las Vegas, NV

SNORING? SLEEP APNEA?

Most older men and many women snore and have sleep apnea (gasping for air):

To my surprise, after taking **Bell Snoring & Sleep Apnea Relief #23** I really didn't snore or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. Mark Wilson, 40, Hudson, NH ■ **Sleep apnea capsules worked first night!** For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. Karen Braun, 67, Glace Bay, NS ■ **For 20 years I was waking up frequently gasping for air.** During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. Mary C. Myrick, 62, Jackson, MS ■ **It is such a joy not having to use the CPAP machine.** I have had sleep apnea for 10 years. I was skeptical about Bell Snoring & Sleep Apnea Eze #23. After using it for 3 weeks my wife says there is no more snoring or gasping for breath or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with and can get up with no restrictions. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. Wayne Burse, 63, Beamsville, ON

■ **AVAILABLE IN AUGUSTA:** Hill Drug 1432 Monte Sano Ave.; Medical Center Pharmacy 3121 Peach Orchard Rd. #101.; Medical Villa Pharmacy 1520 Laney Walker Blvd. #C. ■ **WRENS:** Wrens Drug 206 Broad St. ■ **LOUISVILLE:** Louisville Drug 112 E. Broad St. ■ **ATHENS:** Daily Groceries Co-op 523 Prince Ave.; ■ **EVANS:** Medical Center Pharmacy West 465 North Belair Rd. #1A; Health Restoring Foods 4490 Washington Rd. Ste. 13. ■ **GREENSBORO:** Hunter's Drug Store 102 N. Main St. ■ **MADISON:** Thrifty Mac Pharmacy 218 S. Main St. ■ **THOMASTON:** English Herb Garden 200 W. Main St. ■ **BLAIRSVILLE:** Ken's Herb 1050 Aralson Drive ■ **DALTON:** Cherokee Pharmacy 1506 North Thornton Ave. ■ **FORT OGLETHORPE:** Nutrition Shoppe 112 Herron St. ■ **ALSO AVAILABLE IN MACON:** Mia's Health Foods 3105 Vineville Ave.; Powell's Pharmacy 4839 Bloomfield Rd.; The Willow Tree 497 2nd St. ■ **DUDLEY:** Classic Gift Baskets & More 1241 Pryor Rd. ■ **HAWKINSVILLE:** Cornucopia Health Food Store 313 Commerce St. ■ **FORSYTH:** Castleberry Drug Company 67 N. Lee St. ■ **WARNER ROBINS:** Natural Therapies 616 Russell Pkwy.



Bell products are available in 8,000 stores across North America. Store locations on the Bell website:

www.BellLifestyle.com
or call 1-800-333-7995

Store inquiries are welcome.

Senior NEWS

Serving Augusta & the CSRA

Website

www.seniornewsga.com
www.seniornewsgeorgia.com

Editor/Columnist

Faye Jones

Email: byronfaye1@aol.com

Advertising Account Executives

Carolyn Brenneman

706-407-1564

800-787-1886

seniornewsga@att.net

Columnists

Carolyn Brenneman

Dr. Bill Baggett

Christine Coleman

Kathleen Ernce

Lisa Petsche

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

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

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

CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037
FAX: 478-929-4258
www.seniornewsga.com
E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

Times Not Forgotten

Speeches can sometimes be too lengthy

by CHRISTINE COLEMAN

Does this title "ring a bell" or "register" with you? I'd like you to take a minute to think on this. Do you remember times when you were held captive to speakers who seized the opportunity to "get their point" across? I do.

Many times children are subjected to these speakers or instructors or politicians. The little ones are instructed by their parents to sit still and pay attention. I've been there, and I remember it well.

The same admonition held true when our adult neighbors came to visit. "Respect your elders" was the last thing we heard before our neighbors arrived. Most of the time we were attentive listeners while the grown-ups talked on and on. There were hundreds of things on our minds that we'd rather be doing.

Prisoners – or so we thought.

Back in the 1930s when I was growing up, my mother would go to town on the first Saturday of each month. That was the time when her favorite preacher would preach at a

church downtown. On the other Saturday afternoons, my mother left my sister and me in the care of our father who allowed us to attend the picture show at our local theater. Imagine our having to sit and listen to the preacher go on and on while our minds were longing for the movie we were missing.

Some memories I'd like to share

Years ago my husband and I attended revivals that were held near by on weeknights. We both worked and hoped we'd be back home at a reasonable hour. Sometimes our child would be the only youngster there. She had to be ready to board the school bus early in the mornings. Most of the time, I'd allow her to sleep with her head on my lap. I must tell you about this one and only time. Upon closing his sermon the preacher called on a lay person to give the benediction. In his closing prayer, this man went over all the text that the preacher had elaborated on. He'd pray a while and clear his throat. His prayer was beginning to be longer than the preacher's ser-

mon. Everyone became fiddgy, but on he went. His throat began to bother him more. He had to close his prayer. Had it not been for his speech problem, we'd have been there yet.

Another example of lengthy talks

Years ago my family and I attended a large reunion of friends and acquaintances. There were people there from all over. We had to drive many miles to get to our destination. Of course, we visited, renewed old acquaintances and made pictures. Then came time to eat and for the food to be blessed. The man chosen to bless the food, welcomed all visitors and friends and went on and on. Mind you, we had driven this many miles, and we were anxious to eat and start our journey home. He finally finished to everyone's delight.

Maybe, just maybe we can learn there is a time and place for all things. We certainly need to learn when to speak and when to stop speaking.

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

Spiritual Notes

Choose A Road

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Recently I re-read one of my favorite poems: "The Road Less Traveled" by Robert Frost. My guess is that many of you remember this from your school days. Read it again and I hope you will be inspired to take one step farther than you thought you could, to choose the road not taken by others, and take risks that perhaps you've been hesitant to take. As you read, ponder these thoughts: You may be only one person in the world, but you may also be the world to one person. Everything should be made as simple as possible, but no simpler. Happiness comes through

doors you didn't even know you left open.

*Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I
could
To where it bent in the under
growth;*

*Then took the other, just as fair,
And having perhaps the better
claim,
Because it was grassy and
wanted wear;
Though as for that the passing
there
Had worn them really about the
same,*

And both that morning equally

*lay
In leaves no step had trodden
black.*

*Oh, I kept the first for another
day!
Yet knowing how way leads to
way,
I doubted if I should ever come
back.*

*I shall be telling this with a sigh
Somewhere ages and ages hence;
Two roads diverged in a wood,
and I...*

*I took the one less traveled by,
And that made all the difference.*

Ask God to direct your path!

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

Poets' Corner

PLANT GOOD SEEDS by Nina Clauss (2006)

*Lord, let me plant good seeds this day,
I know you will make them grow.
For all my blessings let me say,
Jesus listens, how well I know.
My faith in God is my strong point,
On Him I can always depend.
He's been with me forever,
Like a prayer, I feel I must send.
It's the Lord I call on for comfort,
When my heart gets too heavy to bear.
Your precious words in my Bible,
I read and I know you care.
You know you have family that love you,
A friend might call and brighten your day.
But the Lord is always there when needed,
All I need do is pray.*

HERE'S TO YOU by Vera King

*Everything has been written
Everything has been said
I wonder who listened
I wonder who read*

*If I pen this poem today
Will anyone read what I say*

*Will my pebble make a ripple
In the pond of humankind
Will the message reach someone
Who may need some peace of mind*

*So I'll say some prayers for you
And give some alms as my due
For the lonely the hungry the lame
And hope that others will do the same.*

WINTER by Phyllis A. Smith

*The moon glides silent on high
as if to own the dark blue sky.*

*And feathery flakes fall from trees,
moved along by the slightest breeze.*

*Then the stars, always ready to play,
winking and blinking then hurry away.*

*Billing clouds ever changing in mass,
tumble and roll and finally pass.*

And the moon silently passes on by.

THEY TOLD ME THAT GOD IS DEAD – AND NOW I DON'T FEEL SO GOOD MYSELF by Fred Richardson

*When I was young and filled with hope, a naive, rustic lad
I saw life as a struggle, as good things versus bad.*

*For I was taught and wholly bought
that some ideas were sure,
That honor, truth and right and just
were concepts fixed and pure.*

*My early education clearly bore this sure view out.
Our very founding fathers penned those words no one could doubt,
Some truths were self-evident, some rights by God endowed.
A father felled at Omaha for reasons good and proud.*

*Then I matriculated to learn just how wrong I'd been,
Like earnest, pitied Plato and all those once great men
Who wasted all their talents, their efforts and their lives
On fruitless quests for absolutes, mere superstitious jive.*

*What one might see as good or bad or just or wrong or true
Is never fixed in any sense, it's just a point of view.
The sole surviving absolute of death of the Ideal
Is that it's always relative – what's right, what's known, what's real.*

*The only moral standard modern culture may espouse
Is that all ideas have value, and none can be cast out.
The only modern villain, one who meets with great disdain,
Is he who will make judgements, is not hip to everything.*

*And so we spend our days in endless rounds of frantic acts,
Working, spending and acquiring so we need not face the fact
That life now has no meaning, nothing sure in which to believe
It's as if we think such frenzy will our emptiness relieve.*

The path to our redemption from the

*fix that we are in
Might begin with age-old questions to be asked now once again.
Perhaps we need consider, what's right, what's just, what's true
And try to find new answers that aren't just different points of view.*

We must expect loud ridicule from

*some scientific men
Who say such questions can't be answered, please don't waste our time again.*

This humble view, however, is that such inquiries of yore Are the only ones that matter when death comes knocking at your door.

Walton Manor receives national award in Washington, DC

Special to Senior News

Monday, March 7, the National Affordable Housing Management Association honored Walton Rehabilitation Health System and Serenity Behavioral Health System with a First Place Award for Walton Manor for the Community of Quality Award for Exemplary Development for Persons with Special Needs at their Annual Winter Meeting in Washington, DC. Walton Manor is a five-bedroom group home that is ADA-compliant and fully accessible, featuring wider doorways, roll-in showers, wheelchair-accessible sinks, curbless sidewalks, low-level electrical switches and thermostats, completely accessible bathrooms and kitchens. Residents are assisted with activities of daily living such as personal care, cooking, shopping, and supportive services through the partnership with Serenity Behavioral Health staff.

Walton Manor is the third Walton property to receive national recognition and awards. Walton Rehabilitation Health System sponsors and operates nine affordable apartment complexes designed to meet the needs of individuals with physical disabilities and four affordable apartment complexes for seniors who are 62 years or older. Walton Rehabilitation Health System is an Equal Housing Opportunity Sponsor and tenants must meet HUD guidelines for occupancy.

Individuals who would like more information about Walton's Housing Options should visit our website at www.wrh.org or call 706-312-2950 in Georgia and 803-278-0353 in South Carolina.



Senator Johnny Isakson congratulates Jamel Overton, Kisha Spann and Beth Miller on receiving the national award.



Representative Paul Broun poses with Kisha Spann during a meeting where she proudly displays the award.

The area's only Stroke Rehabilitation Accredited facility

Let our experts help you regain your independence after a stroke!



WALTON
REHABILITATION HEALTH SYSTEM

1355 Independence Drive • Augusta, Georgia 30901 • (706) 724-7746 • Toll Free 1-866-4-WALTON

www.wrh.org

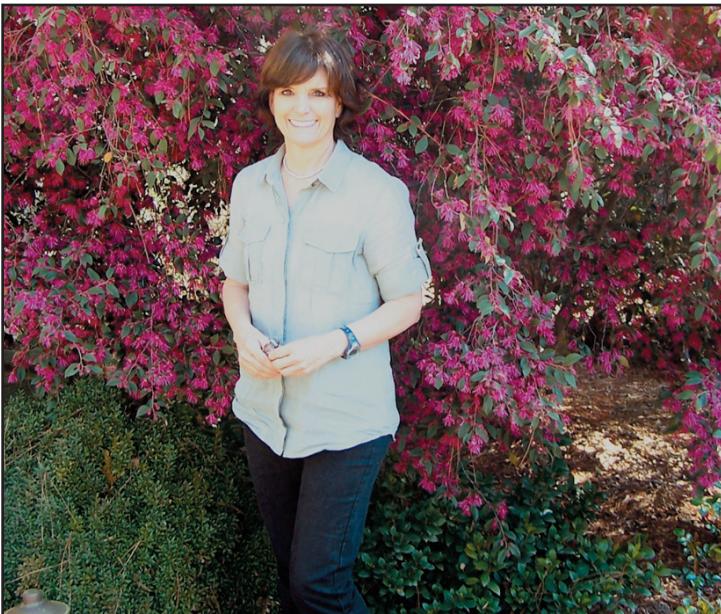
On the Cover

A Tea Party with Alice

by CAROLYN BRENNEMAN
Photography by Carolyn

COVER
Magnolia tree waking up to spring

Down the rabbit hole Alice goes. She finds the key, meets the White Rabbit, and discovers an attractive garden. After finding the bottle labeled "Drink Me," she



Patty Blanton out in the gardens

becomes the guest at a "mad" tea party along with the March Hare, the Hatter and a sleeping Doormouse. After Alice leaves the tea party, she enters the spring filled garden and comes upon the Queen of Hearts and has another adventure.

Alice's Adventures in Wonderland, was written by English author Lewis Carroll in 1865. Over a century old, this tale still remains a favorite among children as well as adults and is considered to be one of the best examples of fun and fantasy genre. And now, on Sunday, April 17th, at the lovely home of Patty and Dan Blanton, in Appling, we are invited to share in the adventures of Alice down her Wonderland journey in a fabulous Tea Party.

A fund raiser for the Sacred Heart

Cultural Center in downtown Augusta, this event will feature several skits by Alice, the Mad Hatter, the Cheshire Cat and the Queen of Hearts as well as a Mad Hatter contest. The tea begins at 4:00 with a tour of the Blanton gardens that surround their stately home. The guests

will take a leisurely stroll around the grounds while they sip Champagne from fluted crystal and enjoy cucumber sandwiches. The gardens include a koi pond, a curved walking path surrounded by running water, a Japanese garden and an organic garden filled with cabbages, garlic, spinach, onions and more. After taking a stroll through the lush gardens just waking up to spring, guests will walk through a small secret house and head toward a pathway that takes them to the festive event – the tea party.

Every year the Blantons welcome visitors to their home for a Prelude Garden Tea, the proceeds which benefit Sacred Heart Cultural Center Garden Festival later in the month. This year, the Blantons' garden will be part of the tour. "We started the tea parties several years ago and have really looked forward to this yearly event," says Patty. "I really love preparing for the event and meeting the variety of guests that attend. It is lots of fun, and also this year, we will have our gardens on the Sacred Heart Garden Festival Tour, which is two weeks later."

Patty begins preparations for yearly teas 12 months in advance, planning a theme, working on the design, decorations, booking guest speakers and planning the delicious meal. She is the artistic force behind the storybook parties, and shows her remarkable artistic talents through her themes, hand-painted teapots, matching plates, cups and saucers in colorful patterns, sugars and cream-



A serene Koi Pond at the Blanton residence



A beautiful vase hand painted by Patty Blanton

ers. Also Patty uses many of her own recipes and for this tea party, she will serve the mad hatter cake, chicken salad, egg salad, and shrimp salad, cheese scones and English tea cakes with strawberry preserves and her homemade butter. Desserts include chocolate covered strawberries decorated with red and white roses.

Patty is truly a generous hostess as well as a gifted artist. Each year she hand-paints the menus, teapots and vases and provides each of her 60 guests with a crafted and handmade recipe book. Every guest also receives homemade goat's milk soaps and homemade fig preserves leaving us with a unique and memorable experience for a good cause. A benevolent and truly gracious hostess, we look forward to this day. For more information, contact 706.826.4700, or email sheart@knology.net.



THE LEDGES APARTMENTS

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

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

Applications Taken at 550 Sikes Hill, North Augusta, SC

803-279-1776



Alice and her guests at the Tea Party

A Quaint and Exquisite Store You Will Not Want to Miss



Hannah Price, Eric Brown, and Kelsey Green from the Youth Leadership Program

by CAROLYN BRENNEMAN

Photos by Carolyn

You can find almost everything you want at an exquisite and cozy thrift store known as Making Ends Meet Bargain Center in Martinez. Here is where the community donates many items that you and I love to buy at a very reasonable price. Drop in for yourself and browse the aisles and rooms. There are good quality and fashionable brand-named clothing and shoes, purses, a children's room full of baby products, strollers, car seats, and toys for all ages. There is even household furniture including a tanning bed, exercise equipment, mirrors, draperies, couches, tables, lamps and all kinds of computer and electronic equipment. And guess what? There is a room full of good books to purchase for only \$1, and paperbacks for only 50 cents.

Since opening its doors in November 2008, the Bargain Center has expanded its facility at La Petite Plaza off Washington Road. In addition, the center provides help to community residents. "Our bargain center is also a resource center," says Pat Bourke, Executive Director. We get referrals from Columbia County RS as well as the Department of Children and Family Services to assist low-income families. Those qualified are referred to us for clothing and household items."

The center is staffed by caring and friendly volunteers who

delight in providing assistance to those who come to the center. Meet Margaret and Neville who work at the center. "I love meeting the customers and helping them shop" says Neville. "I am always here to assist the customers and help them find what they need and want."

In addition, volunteers also

come from the Columbia County Youth Leadership program. Meet Hannah Price, Eric Brown and Kelsey Green, all from the program who came today to volunteer and learn about the inner business workings of Making Ends Meet. "I really like this center," says Eric. "I didn't know they gave back so much to the community and are so involved in helping people in the area."

"It gives us a fresh point of view, and helps us realize how blessed we are to have what we do have," says Hannah.

The center is home to quality products at a bargain price. There is a tan-

ning bed and even a 17' Outboard boat for sale here. Yes, a boat! You will meet Robert and George, the drivers, who will pick up any and all items – no matter what condition they are in. "I pick up anything from Aiken, Hepbaziah, Fort Gordon and Grovetown as well as

Augusta," says Robert. It is all free pickup.

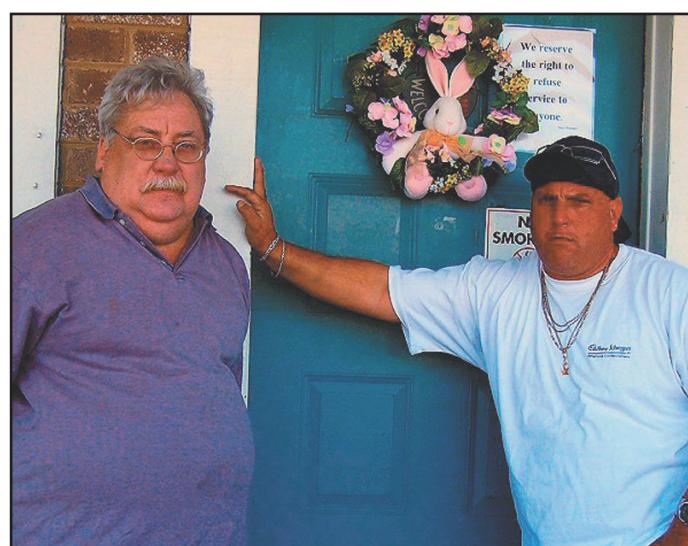
Meet Ethel, a delightful and warm hearted lady who volunteers at the center. "It is a rewarding experience for me," says Ethel. "Many customers come from N. Augusta, Aiken, Grovetown, Lincolnton, and even from Waynesboro." "In fact," says Ethel, "many of our customers saw our ad in the Senior News and came from all



Ethel and Pat at the Center

over the area!" "That is right," says Pat. "Many people who see our ad in Senior News come on by."

Yes, advertising in the Senior News works! Check out this bargain center for great buys. For store hours, call (706) 836-2781.



George and Robert, the drivers at the Center

Bellevue Memorial Pet Walk

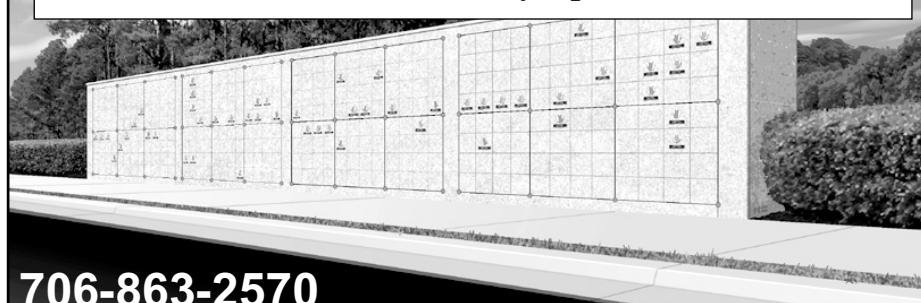
4501 Wrightsboro Road • Grovetown, GA 30813

A brand new presentation to the CSRA and the strikingly beautiful way to memorialize that always faithful companion and member of your family:

\$490.00- Includes niche, memorial plaque and cremation.

\$350.00- Includes niche and memorial plaque.

\$140.00- Includes cremation only, up to 80 lbs.



706-863-2570

WELCOME TO MAPLES FERRY IN THE HEART OF EVANS

STARTING
IN THE \$150'S



3 BR, 2.5 BA, 1837 sq. ft. Landscaped Front and Back, Olde World Style Cabinets, Yard with Irrigation System, Bonus Room, Gutters.

FEATURES

Elegant Entryways, Covered Porches, Arched Openings, Builder - Lifelong Columbia Co. Residents, Spacious Sidewalks, Street Lights, Builder Pays \$2,500 Towards Closing Costs.

BUILDER OFFERING \$7,500 INCENTIVE

Other Plans Available



Call for more information.
Patsy Rector 706-840-5704
Jackie Baker 706-831-6633

4210 Columbia Road
Martinez, GA 30907
706-364-7653

www.maplesferry.com
Located on N. Belair Rd. just
beside Grove Baptist Church.

Georgia eye doctor helps legally blind to see again

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

Atlanta, Georgia –

Ever looked 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. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for

changing my everyday living with the biopic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

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

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now



able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"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 magni-

fiers under \$100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

– Paid Advertisement –

Wallace White receives promotion

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

Wallace White, CSRA Regional Commission Area Agency on Aging GeorgiaCares Coordinator, has been promoted to Volunteer Program Manager. In this new position, Wallace is responsible for managing the volunteer components of all pro-

grams managed by the Area Agency on Aging and the CSRA network of providers and business partners.

Wallace has his Master's in Public Administration from Walden University, an Undergraduate Degree in Public Administration from Georgia State University and an Undergraduate Certificate in Gerontology from Georgia State University. He is married to a virtuous woman of God, Petonya White, and has a blessed newborn baby named Gavin Isaiah White.

He is very active in the community with many local, state, national and international organizations. Wallace is the President-Elect for the Augusta South Rotary Club, the Vice-President of the Georgia Gerontology Society, and a member of the Alpha Chi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc.

In addition, Wallace is the recipient of the 2005 AARP Georgia Power of One Statewide Recognition Award, the 2005 Wall of Tolerance Recipient from the National Campaign for Tolerance, and the 2007 N4A's Inaugural Leadership Institute.



Wallace White

Vintage Gardens At Sweetwater



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

Residents must be 55 and over.

Community Features

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

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

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

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

The Next Chapter

Senior News book reviewer brings chills in *Tides of Fear*

Special to Senior News

St. Simons Island becomes a scene of panic as bodies are washed ashore. First blaming the deaths on sharks, police realize the predator is human. A murderer stalks the tourists, luring and drowning his victims as easily as he eludes discovery. *Tides of Fear*, a thriller set on the Georgia Coast, includes a hunt for a serial killer, with water as the crime scene. Drawing upon *Senior News* book reviewer Anne B. Jones' experiences with high-risk children, criminal justice agencies and doctoral research, the book explores the dynamics of violence.

For Jones, writing is a passport to thrills and chills, and a way to educate readers about social issues. She's been in the dugout with the Atlanta Braves, in a racecar at Atlanta Motor Speedway and visited places her killer "lured" his victims. Her writing began while she was teaching in a metro school. Many students had experienced abuse and she wanted to help them, but education books weren't enough.

"To learn more, I entered the doctoral program at Georgia State University, researched the issue and included my theories in STOP, a violence prevention curriculum. The Atlanta Council on Battered Women published it and its field-testing resulted in my Sociology classes being on TV and a three-hundred page dissertation."

During the time Jones worked on her dissertation, Thomas Harris' *Silence of the Lambs* was released. "The book explored the relationship of childhood experiences to deviance. Seeing Harris' work and realizing nobody would enjoy my thesis, I decided to put what I'd learned in a thriller."

While working on *Tides of Fear*, Jones was persuaded to write NASCAR Champion Rex White's memoir. Because of time spent writing *Gold Thunder*, the two became

friends. "I've had experiences I would never have enjoyed otherwise and met interesting people in motorsports. When we finished the book, we had such writing momentum, we wrote another one." *All Around the Track*, includes people involved in racing, from drivers to broadcasters.

While working on *All Around the Track*, Jones was approached by Tony Van Victor, whose father, Walter Victor, was the Atlanta Braves photographer. Walter's story,

illustrated with his pictures and with a Foreword by Furman Bisher, became *Brave at Heart*.

Next, Jones was approached by former Atlanta Woman's Club President Karen Thomson to write the club's history. "The club's accomplishments are mind-boggling. *A Light on Peachtree: The History of the Atlanta Woman's Club* was a work of love."

"My books have drawn from the experiences and insights of people like Rex and Karen who are now friends and

a part of my life, some from where I lived on the Georgia coast and some from middle Georgia where I live now. My settings include almost all of the state. I'm a woman who fell in love with writing, a southern literary author, who bleeds red clay and salt water."

Order *Tides of Fear* through www.tigerironpress.com. Contact Anne to schedule appearances at annebjones@msn.com.

On view at the Augusta Museum of History: Celebrating a Grand Tradition, the Sport of Golf and Life-Size Bronze Statues of Golf's Greats

Special to Senior News

The Augusta Museum of History is honored to present and feature the rich heritage of golf in the region. The permanent exhibition, *Celebrating a Grand Tradition, the Sport of Golf*, explores the history of golf and its legacy in the region. Highlights include the evolution of golf equipment and technology, the extraordinary people that changed the game and the unique golf courses that helped make the region "the" golf destination.

Unique photograph's, memorabilia, and artifacts are on loan from all over the United States. Some of the unique items on display include golf cars made by E-Z-GO and Club Car, unique and unusual golf equipment and there is a special display of items from the four oldest golf clubs in the region: Palmetto, Augusta Country Club, Forrest Hills, and the Augusta National. The exhibition was made possible by the generous contributions from the Knox Foundation, E-Z-GO /Textron, Club Car, Inc./Ingersoll Rand, Mr. and Mrs. Charles Moye, Augusta Chronicle, Women's Titleholders Golf Association, Mr. and Mrs. Frank Christian, Mr. and Mrs. Lee H. Brandenburg, Mr. Billy R. Litchfield, Litchfield

Consultants Inc., and ADS Security, L.P.

Prominently displayed in the Museum's Rotunda are bronze life-like statues of Bobby Jones, Byron Nelson, Ben Hogan, Arnold Palmer, Ray Floyd and

Jack Nicklaus. The installation of the statues was made possible by Bank of America, Gold Mech and Augusta Crane and Rigging.

NOTE: Masters Week
Museum hours: Monday, April 4th through Sunday, April 10th.



**Senior News Newspapers
NOW AVAILABLE ONLINE!!!**
Check us out at our new website...
www.seniornewsga.com
and
www.seniornewsgeorgia.com

To view recent editions of *Senior News*
click on **ARCHIVES**
For advertising information
click on **CONTACT US**
or call us at 770-698-0031!

Augusta/CSRA CALENDAR

Augusta State University Continuing Education

- Online Courses: Go to classes in your pajamas, at anytime day or night. Go to www.ced.aug.edu and click on ONLINE COURSES. Contact Byron Widener for more information at 706-667-4215.

The Senior Citizens Council

218 Oak Street North, Suite L
Augusta, GA 30907; 706-868-0120
www.seniocitizenscouncil.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 706-868-0120 from 8:30 a.m. to 5:00 p.m.

CSRA Senior Centers

Over 60? Enjoy socializing, parties, cards, crafts, Bingo and travel? Interested in staying healthy and active? Tired of eating lunch alone? If you answered YES to these questions, then you need to check out a Senior Center near you!

- Blythe Area Recreation Department
Patricia Strakosch; 3129 Highway 88,

- Blythe, GA 30805; 706-592-6668
 - Carrie J. Mays Recreation Center
Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
 - East View Community Center
Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302
 - HH Brigham Senior Center
Pat Jenner; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
 - McBean Community Center
Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
 - Sand Hills Community Center
Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
 - New Bethlehem Community Center, Inc.
Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
 - Bessie Thomas Community Center
Jeff Asman; 5913 Euchee Creek Dr., Grovetown, GA 30813; 706-556-0308
 - Burke County Senior Center
Jackie Brayboy; 717 W. 6th St., Waynesboro, GA 30830; 706-437-8007
 - Glascock County Senior Center
Anita May; 568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050
 - Grovetown Senior Center
Betty Laverty; 103 W. Robinson Ave., Grovetown, GA 30813; 706-210-8699
 - Betty Hill Senior Citizens Center
Cathie Birdsong; 330 Waters Work Rd., Sparta, GA 31087; 706-444-7532
 - Harlem Senior Center
Tina Sidener; 405 B West Church St., Harlem, GA 30814; 706-449-8400
 - Jefferson County Senior Center
Marie Swint; 209 E. 7th St., Louisville, GA 30434; 478-625-8820
 - McDuffie Senior Center
Melinda Hill; 304 Greenway St., Thomson, GA 30824; 706-595-7502
 - Jenkins County Senior Center
Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213
 - Lincoln County Senior Center
Pam Parton; 160 May Ave., Lincolnton, GA 30817; 706-359-3760
 - Sylvania Senior Center

- Cathy Forehand; 209 E. Ogeechee St., Sylvana, GA 30467; 912-564-7727
 - Taliaferro County Senior Center
Allene Oliver; 119 Commerce St., Crawfordville, GA 30631; 706-456-2611
 - Warren County Senior Center
Gwanda Murray; 48 Warren St., Warrenton, GA 30828; 706-465-3539
 - Washington County Council on Aging
Jane Colson; 466 Maurice Friedman Rd., Sandersville, GA 31082; 478-552-0898 (Mon., Tues., and Thurs.) 478-552-0013
 - Wilkes County
Diana Hall; 108 Marshall St., Washington, GA 30673; 706-678-2518
 - Shiloh Comprehensive Community Center
Elizabeth Jones; 1635 15th St., Augusta, GA 30901; 706-738-0089

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

- Aiken County Parks, Recreation & Tourism**
902 Vaucluse Rd., Aiken, SC 29801; 803-642-7559; www.aikencountysc.gov/tourism
Courtney Senior Center
49 Roy St., Wagener, SC; 564-5211
 - Senior Bingo: 3rd Fri., 2 p.m., Free
 - Canasta Club: Wednesdays, 12 noon, Free
 - Harrison-Caver Park
4181 Augusta Rd., Clearwater, SC; 593-4698
 - Aiken County Recreation Center
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142
 - Coffee Corner: Tues., April 12 & 26, 11 a.m., Free
 - Roy Warner Park
4287 Festival Trail Rd., Wagener, SC; 564-6149

- Academy for Lifelong Learning, USC-Aiken**
Information: 803-641-3288

Hearing Loss Association of Augusta

Meetings are held on the 3rd Monday, September to May, at First Baptist Church of Augusta. For information on the organization please contact Gloria Ireland, President, at 706-733-3034.

- 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.themorris.org.

- Gertrude Herbert Institute of Art**
Located at 506 Telfair Street, Augusta. Call 706-722-5465 for information.
- Landmark Exhibition of Works by Contemporary Mexican Artist Rocio Maldonado: April 15 - May 27

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.

- Into the Interior: A History of the Georgia Railroad and Banking Company: Ongoing
- Augusta's Story: Ongoing
- Celebrating a Grand Tradition, the Sport of Golf: Ongoing
- The Godfather of Soul, Mr. James Brown: Ongoing
- Brown Bag History Series: *Freedom Round the Bend*: Wed., April 13, 12:30 p.m. Call for details

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 Elkdom Court. Members \$7; Non-members \$10 starting with a complimentary dance lesson at 7:15 p.m. by

continued on page 11

BUSINESS CARD SECTION ADVERTISING INFORMATION

Call
Carolyn Brenneman
706-407-1564
800-787-1886

General Business Directory For Seniors

PINEVIEW GARDENS

PERSONAL CARE HOMES
Specializing in Dementia and Alzheimer's Care!
Pineview Gardens
 4255 Hwy. 25 N, Hephzibah, GA 30815
706-437-0113
Pineview Gardens of Evans
 4393 Owens Road, Evans, GA 30809
706-651-0377
www.pineviewgardens@comcast.net

Protect: **1** Your car.
2 Your house.
3 Your bank account.


Kelley Lawrence, Agent
 4534 Washington Road, Suite 13
 Evans, GA 30809
 Bus: 706-922-9200
 Fax: 706-922-9201
kelley@kelleylawrence.com

Save an average of \$696*.
 Protect yourself with America's #1 car and home insurance company**.
 Give me a call and start saving today.

*Annual average per household savings based on 2009 national survey of new policyholders who reported savings by switching to State Farm.
**Based on A.M. Best written premium. State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL; State Farm Fire and Casualty Company - Bloomington, IL; State Farm Lloyds - Dallas, TX

State Farm
statefarm.com

Touch By An Angel Healthcare, Inc.

 2823 Deans Bridge Road
 Augusta, GA 30906

- Adult Day Care •
- Personal Care Homes •
- Respite - 24 Hour Supervision •

Five locations serving seniors and those with disabilities.

706-863-4847 • 706-790-5836
866-860-0036

CALENDAR

from page 10

different local studios.

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

Augusta Christian Singles Dance

Dances held each Saturday night, 7-11 p.m., at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission includes complimentary dance lessons 7-8 p.m., refreshments and soft drinks. Cost: Guests, \$10; members, \$8. For additional information call Barbara Nash at 803-640-2075.

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 meetings throughout Georgia call 800-568-1615.

Augusta Area Newcomers Club

The Augusta Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out. We will have a luncheon on April 21st at The Partridge Inn. The speaker is Michelle Nicholson who will speak about Safaris and Travel Adventures. For reservations please contact hospitality@augustanewcomers.net or call Susan Salisbury at 706-814-6297.

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@nscdiscovery.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 is seeking volunteers in Aiken/Barnwell/Edgefield Counties at ACTS, Aiken Area Council on Aging, Barnwell Hospital and Health Department, Community Ministry of North Augusta, Cumbee Center, Generations Unlimited, Golden Harvest, Habitat for Humanity, NHC Healthcare, Our Lady of the Valley, Public Schools, Salvation Army, Senior Net, SPCA, Trinity Mission Health & Rehab, VOICE, Women in Unity. Duties include delivering meals, office administration, crocheting, tutoring, etc. If you are 55 or older and interested in giving back to our community, please contact Dana Caines or Sherry Hajec 803-648-6836 ext. 223 or 224.

Augusta Chapter Of The Embroiderers' Guild Of America

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

Alzheimer's Caregiver Support Group

Meets 3rd Tues., 7 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3519 or 706-854-3501.

CSRA Parkinson Support Group

Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

Trinity Hospital Offerings

For details call 706-481-7604 or visit www.trinityofaugusta.com

- Joint Efforts: Thursdays, 11-11:45 a.m., Augusta Orthopaedic Clinic, Behind Trinity's ER, 1521 Anthony Rd., Augusta
- AARP Driver Safety Program: April 21 & 22, 9 a.m.-1 p.m. \$14 per person; \$2 discount for AARP Members - paid to instructor

Walton Rehabilitation Health System Offerings

- Augusta Stroke & Outpatient Support Group: 2nd Wed., Noon-1 p.m., Walton Rehabilitation Health System Board Room, 1355 Independence Dr., 706-823-5250.
- Brain Injury Support Group: 2nd Thurs., 6-7:30 p.m., Walton Rehabilitation Health System, Walton West, 2501 Center West Pkwy., 706-533-3094.
- Spinal Cord Injury Support Group: 2nd Thurs., 5-6 p.m., Walton Outpatient Therapy Center, 706-823-8504.
- Amputee Support Group: 3rd Thurs., Noon-1 p.m., Walton Rehabilitation Health System, 1355 Independence Dr., 706-823-8504.

Rape Crisis and Sexual Assault Services Seeking Volunteer Advocates

Volunteers are needed in Richmond, Burke, Jefferson and McDuffie Counties. Advocates must be able to respond to hospitals in their area within 30 minutes. Contact Dinah at 706-774-2746 or email volunteerrcsas@uh.org for complete details.

ENOPION Theatre Company...

Auditions are now Complete and the Cast List will soon be posted on the website. A BIG "thank you" for all who came and auditioned... What a talented Bunch! Just wait till YOU see them on Stage! Make sure you stay "tuned in" to ENOPION and what is happening at the Kroc Center Augusta. Show Dates are July 15, 16, 21, 22, 23, 24, 28, 29 and 30. Tickets will go on sale SOON. Visit www.enopion.com for additional information.

Augusta Mini Theatre Community Arts & Life Skills School

Tickets are now on sale for The Augusta Mini Theatre Community Arts & Life Skills School's play, "The Man, The Message, The Music: A 'Birthday' Tribute to the Godfather of Soul." May 1 & 3, 3 p.m. & 7:30 p.m. respectively. Featuring Deanna Brown-Thomas. Judith Simon Drama Studio, 2548 Deans Bridge Rd. Call 706-722-0428 for additional information and tickets or visit 222.augustaminitheatre.com. Seating limited to 100.

Doctors Hospital Offering

- Minimizing Joint Pain: Non-surgical and Surgical Treatments and Tour Joint & Spine Center: Thurs., April 21, and Wed., April 27, 12:30-1:30 p.m. South Tower Class Room. Call 706-651-4343 to register.12:30-1:30 p.m.

Ribs, Bibs & Dibs Annual Fundraiser Dinner & Auction

Tues., May 3, 5:30-7:30 p.m. Hosted by The Senior Citizens Council and Senior Corps. This year's theme is southern barbecue. Tickets are \$20. Dinner is dine-in or carry-out. Advanced tickets only!!! Advent Lutheran Church, 3232 Washington Rd., Augusta. For complete details call 706-868-0120.

General Business Directory For Seniors

BUSINESS CARD SECTION ADVERTISING INFORMATION

Call

Carolyn Brenneman

706-407-1564

800-787-1886

BIBLE BY PHONE

FREE DAILY BIBLE READINGS -- NKJV

706-855-WORD

 **Augusta 706-855-9673**

Aiken 803-442-9673

Thomson / Lincolnton 706-541-3639

Daily Word • P. O. Box 1234 • Evans, GA 30809



ams vans INC

Finally! Affordable Wheelchair Accessible Transportation!

source code SN10
FREE GA DELIVERY!

- Newly Converted vans starting in the LOW 20's
- Over 100 vans in stock and on site
- Over 25 years industry experience
- 7 year/70,000 mile warranty on all conversions

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

Local rental service available

800.775.8267

amsvans.com

Point of Need

Home Medical Equipment & Supplies

1186 Atlanta Hwy., Warrenton, GA 30828

706-465-1183

Monday-Friday • 9:30 a.m.-4:30 p.m.

Wheelchairs • Scooters • Lift Chairs • Walkers/Rollators/Canes
Diabetic Shoes/Supplies • Bath Aids • Bathroom Equipment • Medical Supplies
Sales – Rentals – Repairs
Free Delivery & Set-Up within 60 miles • Private Pay & Most Insurance Accepted
pointofneedinc@yahoo.com

\$1.00 OFF **ADMISSION WITH THIS AD!**
1 coupon per person. Expires 4-11-11

2nd Weekend of Every Month

Atlanta, Georgia
Fri. & Sat. 9-6 Sun. 10-4
3 miles east of Atlanta
Airport, I-285 at Exit 55
(Jonesboro Rd.)
Scott Antique Markets
740-569-2800
www.scottantiquemarket.com

Atlanta Expo Centers
April 8, 9 & 10 May 13, 14 & 15 June 10, 11 & 12



Goodwill NEEDS YOU!

YOUR DONATIONS

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

YOUR TIME

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

**CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350**

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

DISCOVER YOUR OWN FOUNTAIN OF YOUTH: It's the best deal in town... helping yourself while making a difference in your community!

by MARILYN GRAU
Senior Corps Project Director
The Senior Citizens Council of
Greater Augusta

You've heard the old say, "You can't teach an old dog new tricks." And how about this one? "You know you're getting old when you find yourself doing more and more for the last time and less and less for the first time." (Author unknown)

Physical changes are inevitable as we age. But unlike old dogs, people can learn new tricks and do more and more things for the first time well into their 60s, 70s, and beyond. Research tells us that although we begin losing brain cells as early as our twenties, we replace them by staying mentally active and continuing to learn. And although we may not learn as quickly as we once did, we learn as well as ever.

Does this mean we all need to rush out and register for classes next semester? Some of us may. But for most of us, it means continuing our educations where we live.

At 55, I joined the Retired & Senior Volunteer Program (RSVP) of The Senior Citizens Council, through which I volunteer in nearby state

parks. At one park, I listened to a local mountain dulcimer club perform and thought to myself, "I think I could learn to play one of those." So I bought a dulcimer and headed down a new road – not sure where it would lead. Almost ten years later, I still volunteer in the parks, where I play and teach others to enjoy the dulcimer.

I've learned other things in my volunteer work: to identify and cook edible wild plants, to write scripts and organize Murder Mystery weekends, to recognize animal tracks and droppings in the woods, and to create home decorations from nature. And while I am doing "more and more for the first time," my programs are bringing guests into the parks – very important in these hard economic times when parks with low attendance risk funding cutbacks.

Here's one new thing you can learn right now: RSVP is a part of the nationwide Senior Corps. Along with two other Senior Corps programs – the Foster Grandparent Program and the Senior Companion Program – RSVP is designed for seniors only. Foster Grandparents and Senior Companions work one-on-one with special-needs individuals, and receive a \$2.65 hourly stipend plus other benefits. RSVP volunteer assignments are as varied as the interests of its members; and, include reading to the

blind, ushering at concerts, planting gardens, stuffing envelopes, editing newsletters, leading tours, and much, much more.

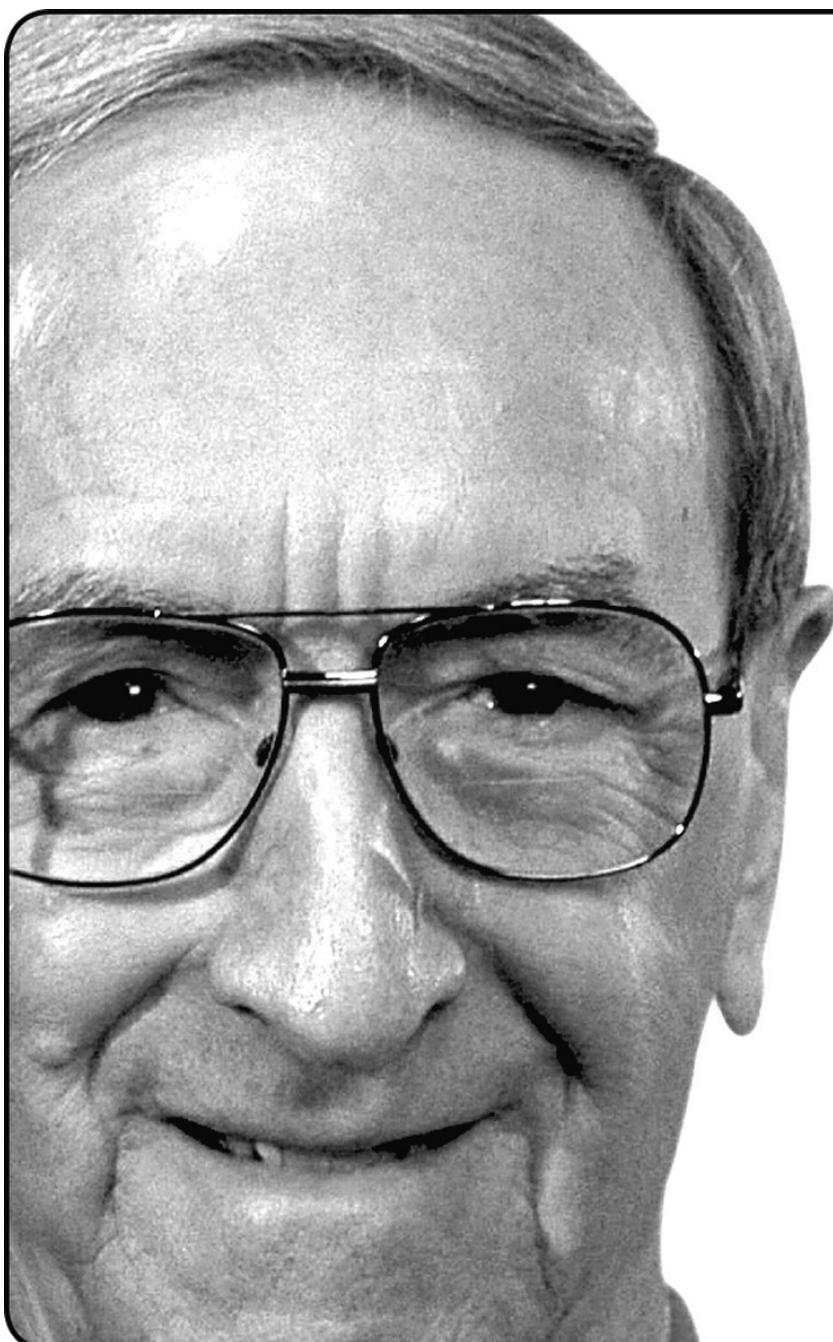
Whatever your interests, skills, or physical abilities, there's a place in the Senior Corps where you can give back to the community while learning, growing, and reversing the effects of your own aging!

If you're ready to do more and more for the first time, and you live in the CSRA, Georgia, contact us at The Senior Citizens Council of Greater Augusta, (706) 868-0120. Or check our website at <http://www.SeniorCitizensCouncil.org>. We'd love to help you get started!

RSVP is a program of the Corporation for National and Community Service, with projects throughout Georgia.



L-R: Betty Fleming and Marilyn Grau, RSVP volunteers, with mountain dulcimers at A.H. Stephens State Park.



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

Not at all. In the past patients waited because they thought risky surgery was their last option. Today cataract surgery is safer, more effective and the probability of restoring normal vision through cataract surgery is 95 percent or better. The timing of cataract surgery depends almost entirely on our patient's visual needs.

So if cataracts are causing you or someone you know to alter their lifestyle due to limited vision, it is time you made **VISION FITNESS™** a priority.

VISION FITNESS™
A healthy priority.

EYE GUYS
Eye Physicians & Surgeons of Augusta, PC
1330 Interstate Parkway | Augusta, Georgia 30909
706-651-2020 or 1-800-521-6049

EYE GUYS
BRADLEY BERTRAM, MD
BRUCE BROWN, MD
HERBERT FECHTER, MD
WILLIAM WHITE, MD
www.eyeguys.com