

# Senior News

Serving AUGUSTA & the CSRA

Information For Ages  
**50 PLUS!**



*Fitness and  
exercise are  
for everyone!*

February 2011  
Vol. 25, No. 2

*Story on Page 6*

## Taking Care

# Simple improvements can make home safer... some tips to avoid a potentially serious spill

by LISA M. PETSCHÉ

**F**alls are the primary cause of injury and hospitalization for older adults, and half of those injured do not regain their former level of independence. Even more sobering, falls are the seventh leading cause of death in people aged 65-plus.

The majority of falls by seniors take place at home while they are carrying out everyday activities. Most often they occur in the bathroom, bedroom or a stairwell.

Health and age-related changes

that contribute to falls include arthritis, decreased sensation in the feet (known as peripheral neuropathy), loss of strength, visual impairment, balance problems and the use of certain medications.

The other major cause of falls is hazardous conditions in the home environment. Fortunately, there are numerous ways to reduce these hazards for yourself or a loved one. Many of them involve little or no cost.

### In the kitchen

- Keep regularly used pots, dishes, staple foods and other supplies within easy reach. Ensure the heaviest items are stored in the lower cupboards.

- If you must reach high places, get a step stool that has a high

handrail and rubber tips. Never use a chair.

### In the bedroom

- Situate a lamp within easy reach of your bed. Also keep a flashlight on hand in case there is a power failure (don't forget to regularly replace the batteries).

- Keep a phone at your bedside. If your bedroom does not have a phone jack, get a cordless phone and keep the receiver with you at night. (Don't forget to place it back on the base in the morning, so it can recharge during the day.)

- Ensure there is a clear path from your bed to the bathroom.

### In the bathroom

- Have grab bars installed by the toilet and in the bathtub or shower area. Ensure they are placed in the proper location and well anchored to the wall.

- Use a rubber mat (the kind with suction cups) in the tub or shower, and a non-skid bath mat on the floor.

- Get a bathtub seat or shower chair.

- Obtain a raised toilet seat if you have trouble getting on and off the toilet.

- Get a hand-held showerhead so you can shower sitting down.

### In stairwells

- Steps should be in good repair and have a non-skid surface.

- Have solid handrails installed on both sides of stairways – ideally these should project past the top and bottom steps.

- Keep steps free of clutter.
- Ensure stairwells are well lit. (If necessary, get battery-powered dome lights that easily attach to the wall.)

### General tips

- Wear slippers or shoes that fit snugly, offer good support and have a non-skid sole (avoid a sticky sole like crepe, though).

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they are one of the most common causes of falls.

- Keep walkways clear of electrical and telephone cords.

- Avoid clutter in rooms and hallways.

- Post emergency numbers by the telephone for easy access. If vision is a problem, get a phone with a large, lighted keypad.

- Sign on with a personal emergency response service, whereby you wear a lightweight, waterproof pendant or bracelet that has a button to press if you run into a crisis and need help. (Studies have found that getting help quickly after a fall reduces the risk of hospitalization and death.)

- Use night-lights in the bedroom, hallway and bathroom. Get the kind that have a built-in sensor that automatically turns the light on in dim conditions. Also consider getting one or more plug-in, rechargeable flashlights that automatically come on when the power goes out.

- Spend some time browsing in medical supply stores or perusing their catalogs to discover the many items available – for example, reachers and electric-lift armchairs – that can increase household safety and make everyday activities easier.

- Consider a cane or walker if balance is an ongoing problem. Make sure you are fitted with the appropriate type of aid and receive instruction on proper usage.

- Arrange for a home assessment by an occupational therapist if you would like more information about identifying potential safety hazards and successfully addressing them. The therapist may point out areas of risk and make recommendations that would not have occurred to you or your family.

\*\*\*\*\*

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



Lisa Petsche

## Why get regular medical checkups?

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

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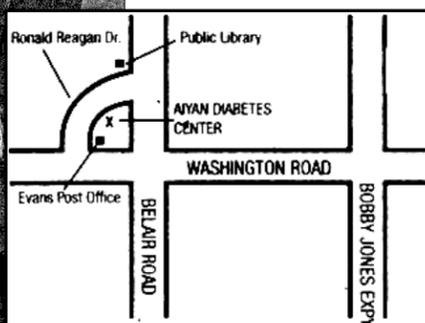


## Do you have a leg wound that just won't seem to heal?

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

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# Poets' Corner

## The Computer Is Now My Friend by Fred Holland, Sr.

*I use to be intimidated by computers  
and the associated technology;  
But with the urging of my children, I  
have changed my ideology.*

*Taking a few classes... and trial and  
error;  
Has eliminated my once perceived  
terror.*

*The complexity is not at all like I  
first predicted;  
And now I'm on the verge of being  
addicted.*

*My computer is my link to the world  
since my pension and advanced  
age limit my travel;  
I've found that many a question the  
computer can unravel.*

*I Google this and Yahoo that;  
I can even do an Online Chat.*

*I keep in contact with family and  
friends who are far away;  
And wow, There are so many games  
you can play!  
You have to be careful, 'cause the  
computer can consume your day,*

*I do my banking and shop online;  
The computer can save you so much  
time.*

*Now my children are urging me to  
join Facebook, My Space and  
other social networks that are pop-  
ular.*

*But I told them that's going a little  
too doggone far;  
I'm not ready yet to raise the bar.  
\*\*\*\*\**

## A Prayer For Your Life by Mrs. Renee Kozlicki

*I pray the eyes of your heart be  
enlightened,  
So that you may know the hope of  
His call.  
I pray His incredible love be so real  
That you're willing to give Him your  
all.*

*I pray the surpassing greatness of  
His power  
Toward the believer you come to  
know.  
I pray the wisdom He constantly  
provides  
Is with you wherever you go.*

*I pray the Lord of Peace, Himself,  
Continually grant to you peace;  
So whatever circumstance you find  
yourself in,  
The completeness of His peace does  
not cease.*

*I pray your spirit and soul and body  
Be preserved complete without  
blame;  
That many acts be accomplished by  
you*

*To the glory of His name.*

*I pray when this earthly life is over,  
And you stand before the Son,  
He'll gently gather you in His arms,  
Delighted with all you have done.  
\*\*\*\*\**

## Love Has No Eyes by Esther Thomas

*Love has no eyes,  
Love is often disguised.  
Love feels no pain,  
Love should never be in vain.*

*What's love to you?  
Caring for many or caring for a  
few?  
Search your heart and you will know,  
Love is never for show.*

*Love is as bright as the morning sun,  
Love started long before you were  
borne.  
Love turns your frowns into smiles,  
Love makes your living worthwhile.*

*Love is never tied in a knot,  
Love keeps on ticking just like a  
clock.  
Love is the twinkle in a star,  
Love is like the light of a June bug in  
a jar.*

*Love takes you through this life's  
journey on earth,  
Love restores you for your rebirth.  
Love teaches kindness and truth.  
Love laminates the spirit of Jesus  
Christ in you.*

*Love creates peace in the time of  
war,  
Love reaches near, wide and far.  
Love never sleeps,  
Love is always visible and deep.*

*Love has no eyes!  
\*\*\*\*\**

## Light My Life by Vera King

*Friendships after fifty-five  
It's true they keep you more alive*

*By then you've had your ups and  
downs  
Usually you've "made the rounds"*

*Your expectations have diminished  
You feel you're heading for the  
finish*

*Not true I tell you for a fact  
You find the things your life has  
lacked*

*The pleasure of a shared content  
An unexpected compliment*

*Or maybe some forgotten aim  
You can pursue and now reclaim*

*So readjust your status quo  
There's so much more to get to know*

*Family's fine I must admit  
But friendships keep the candle lit.*



## Notice to Lower Income Families

### Augusta Housing Authority Public Housing Program

- Quality, Independent Living For Seniors
- Must Be At Least 55 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Elevators For Your Convenience
- Free Laundry Rooms On Each Floor
- Walk-in applications will be accepted from Elderly/Disabled customers for the Public Housing Program between the hours of 9:00 a.m. and 5:00 p.m. at 1435 Walton Way, Augusta, Georgia 30901.
- Applications from Elderly/Disabled Families for the Public Housing Program will also be accepted by completing information at [www.augustapha.org](http://www.augustapha.org).
- Applicants will be placed on the waiting list and notified in writing for a scheduled appointment to bring relevant information to qualify for assistance.
- The Augusta Housing Authority does not discriminate in admission or access to its federal assisted programs. Any potentially eligible individual who has a visual or hearing impairment will be provided with information necessary to understand and participate in the Augusta Housing Authority's programs. Richard Arfman has been designated as the responsible employee to coordinate the Augusta Housing Authority's efforts to comply with the nondiscrimination based on handicap regulations.

Equal Housing Opportunity



**The Housing Authority of the  
City of Augusta, Georgia**

**By: Jacob Oglesby, Executive Director**

# Senior NEWS

Serving Augusta & the CSRA

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## Times Not Forgotten

# Thrashing and Winnowing Peas

by CHRISTINE COLEMAN

Well, Christmas and New Years have come and gone. They are now only faint memories. February is here and we're looking for Valentine's Day. There will be goodies, gifts, cards and love notes sent and received by many. February 14th is THE day for planting Irish potatoes and several other veggies.

As I think about planting, I remember how my folks saved dried peas from the end of one season 'til the beginning of the next. When our peas had dried on the vines, my brothers would go to the garden and gather them in sacks. They'd bring them home to Mama so that she could begin the thrashing and winnowing procedure. Mama would have us spread a cotton sheet on the ground and then pour peas on the sheet. The only type peas I can remember were the red hulled speckled peas and LadyFingers. They were kept separated, of course.

Mama would take our battlin' stick (which was used when we

washed clothes) and start thrashing the dried peas. She allowed us children to try our hand at the thrashing bit. I tend to think this was a way she had of letting us vent our anger or frustration. Anyway, when the hulls had been beaten and the peas had dropped out, Mama would have us stop and have two children hold up the sides of the sheet. Then we'd bounce the sheet up and down on the ground, causing the peas to drop to the bottom and the hulls stay on top. She'd have us let down one side of the sheet, and she'd reach in and lift off the top layer of hulls. Then, we'd bounce the sheet of peas again for more hulls to come to the top. She would lift off another layer of hulls. Of course, there were bits and pieces of hulls left, but that would be taken care of at winnowing time.

Papa always talked of winding peas instead of winnowing. It was in my later years that I learned the word was winnowing, but the same ritual was used. We waited for a day when there was a stiff breeze blowing, and my folks would exclaim this was a good day to wind peas. Mama

would take her pan of peas, a dishpan with a soft cloth inside and a sheet spread out on the dirt. She'd hold that pan of peas over her head and slowly let the peas fall into the pan below. The chaff that had been left would blow away. She might repeat the task until the peas looked to suit her. The soft cloth in the pan below would keep the peas from bouncing out.

Papa and my brothers would take all the peas and put them in croaker sacks to be hung in our barn from the rafters. They'd tie the sacks with wire and put the wire over the rafters up high. In this way, rats would be unable to get to the peas and eat them.

I doubt that people do that today, but "back then" it was necessary to save money for other things. But we had peas for planting when the time came. By the way, isn't Spring right around the corner?

\*\*\*\*\*

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

## Spiritual Notes

# Be Happy!

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

As we begin 2011 instead of making New Year's resolutions in which you may or may not be successful, I recommend you resolve to be happier. It is one we can all strive to keep! Happiness is contagious and our world needs more of it. I would like to share an article I particularly enjoyed that was posted by Dr. Mercola on March 27 on msnb.com.

### Things That Can Make You Happier

1. Be Grateful – People who we asked to write letters of gratitude to people who had helped them in some way reported a lasting increase in happiness – over weeks and even months – after implementing the habit. Even when people wrote letters but never delivered them to the addresses, they reported feeling better afterwards.

2. Be Optimistic – People were asked to visualize an ideal future and describe the image in a journal entry. After doing this for a few weeks, these people too reported increased feelings of well-being.

3. Count Your Blessings – People who practice writing down three good things that have happened to them every week show significant boosts in happiness. The act of focusing on the positive helps people remember reasons to be glad.

4. Use Your Strengths – Another study asked people to identify their greatest strengths, and then to try to use these strengths in new ways. This habit, too, seems to heighten happiness.

5. Commit Acts Of Kindness – It turns out helping others also helps ourselves. People who donate time or money to charity, or who altruistically assist people in need, report improvements in their own happiness.

Happiness makes us healthier Physically, Mentally, and Spiritually. In the book of 1 Peter, Chapter 4, verses 8-11, the Apostle reminds us, "Above

all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each one should use whatever gift he/she has received to serve others, faithfully administering God's grace in its various forms."

Trust that God will grace your life in a special way this year as you resolve to be happy.

\*\*\*\*\*

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

## Letters

# Like a conductor on a train

We should be like a conductor on a train. Whenever an accident occurs the conductor gets off the train to investigate what happened. He/she collects all the necessary evidence to report to his/her immediate supervisor. After gathering the evidence and taking a few precious minutes to recompose, the conductor gets aboard the train again.

Whenever we are confronted with various obstacles in life (financial stress, serious illness, death of a loved one, unemployment, etc.) we, too, must collect/take the evidence

(earthly problems) to our boss... the Creator. After coming to sensible/logical conclusions concerning our hurt emotions, and often malice thoughts against those who have sinned against us, we must dust ourselves off, and become productive, again. No matter how rough or severe the storm, whether it be a tornado, earthquake, or hurricane, hang on! Life goes on! For we are just like a conductor on a train; none of us have reached our final destination.

Ms. Eddie M. Brooks

# AGENCY SPOTLIGHT: "Placing the individual first"

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

**A**dvocacy is defined as "working to make sure individuals have access to appropriate social services by helping them navigate the system by providing current, updated, accurate information or providing needed assistance as we strive to build a health and social care system that respects and values the older and/or disabled adult." For the next year or so, once a quarter, I will



**Kathleen Ernce**

highlight either a new agency or explain how new legislation will affect older Americans. This quarter we will focus on SarahCare Adult Day Center, a new Adult Day Center, located in Evans, Georgia.

Family or unpaid caregivers are beleaguered, tired, and feel the community is not recognizing the extraordinary value of what they are doing. SarahCare Adult Day Center is a new option for older folks to have fun and receive compassionate care while caregivers receive a well-deserved respite from caregiving.

Adult day care is a most affordable option with the median daily cost of \$60 as compared with nursing home cost at \$220 per day.\* Other benefits that can positively affect both the participant's well being and the cost of providing health care are:

- Reduced use of emergency rooms by 7.5%
- Reduced hospital stays by 5.4%
- Reduced use of nursing home days from 7.6% to 0.7%
- Combat isolation and potentially reduce the possibility and severity of chronic conditions
- Improved diabetes and reduced levels in a home-based nurse directed system of care
- Reduced risk of developing Alzheimer's when the participant scored low for loneliness

The Evans center can accommodate up to 50 participants and is staffed by Registered and Licensed Nurses, Social Workers, Activity Professionals, Nursing Assistants, and Dietary Consultants who provide daily observations; health monitoring; therapeutic diets; personal care; administration of medications; and both group and individual activities. The Center is open Monday through Friday from 7:00 a.m. to 6:00 p.m. Contact Dorothy Grady, Director, at 706-364-7430 to schedule a tour or to investigate what financial assistance is available to you and your loved one.

SarahCare is located at 801

Oakhurst Drive, Evans, Georgia, 30809 or visit them on the web at [www.sarahcare.com](http://www.sarahcare.com).

\*2010 Genworth national study  
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## ADVOCACY ALERT

### "BOOMERS TURN 65 IN 2011!"

The oldest baby boomers have begun to turn 65 this year. High on their agenda should be signing up for Medicare and making sure they understand their options through Social Security.

Here's a look at how the Social Security program will be tweaked this year:

#### Lower Social Security taxes

The amount workers pay into the Social Security trust fund will temporarily drop from 6.2 percent of taxable wages to 4.2 percent in 2011 only. The Social Security system's finances are not expected to be harmed because the trust fund will be reimbursed for the full amount of the tax break from the general fund of the Treasury.

#### Free loan option eliminated

The Social Security Administration announced that individuals will not be able to begin payments at age 62, pay back all the benefits received at age 70 without interest, and then reclaim at a higher rate due to delayed claiming.

#### Retroactive benefit suspensions discontinued

Retirees will still be allowed to temporarily suspend their benefits and restart them later, which can result in larger benefit checks to account for the months or years in which payment was not received. However, beneficiaries will not be able to retroactively suspend benefits and pay back money already received in exchange for higher payments going forward.

#### Paper checks retired

Retirees who apply for Social Security benefits on or after May 1, 2011, will no longer have the option of receiving a paper check in the mail. Seniors can have their entitlement payments directly deposited into a bank, credit union account, or loaded onto a prepaid Direct Express Debit MasterCard. Retirees already receiving paper checks will need to switch to direct deposit or the prepaid debit card by March 1, 2013.

Unsure what all of this means for you – we have the answer! The Senior Citizens Council is hosting a "Social Security and You" workshop on Thursday, February 17, 2011; beginning promptly at 9:30 a.m. at the Augusta Federal Metro Credit Union located at 205 Davis Road, Augusta, Georgia. Admission is non-perishable food items that will be donated to area

food banks. Please call us at 706-868-0120 by Friday, February 11, 2011 to reserve your seat.

\*\*\*\*\*

Make your plans now to participate in and attend the 2011 Senior Art and Craft Bazaar that will be held on Saturday, February 26, 2011 at Pine View Baptist Church, 119 Pleasant Home Road, Augusta. Many different artists will display their arts or crafts from 10:00 a.m. to 2:00 p.m. Admission is a non perishable food item(s) that will be donated to area food banks. To participate, show, and/or sell, your creations. Please call us at 706-868-0120 to obtain an application form. We want to dispel negative thoughts about aging by displaying creative, active seniors who continue to paint, carve, sculpt, or sew. Come join the fun!

## AARP offers free tax help for seniors

Special to *Senior News*

**D**uring this tax season, over 700 IRS-certified volunteers will be assisting Georgians in preparing their 2010 tax returns through AARP's Tax-Aide program. The service is offered at many libraries and senior centers around the state.

Tax-Aide is the nation's largest free, volunteer-run tax counseling and preparation service. Assistance is provided to limited and moderate income taxpayers with special attention to those age 60 and older. It is not necessary to be a member of AARP to take advantage of this service.

Tax-Aide's volunteer counselors are trained to address situations that apply to seniors, such as taxable and non-taxable pensions, Social Security income, estimated tax payments, and many other issues which can be confusing and difficult. This

program reduces errors that often come about as taxpayers attempt to deal with perplexing tax matters. Taxpayers who have more complex returns will be advised to seek paid tax assistance.

Completed returns are electronically filed for the taxpayer at no cost. E-filing assures much quicker processing and greatly speeds up refunds.

Community volunteers give many hours each year performing this valuable service. Most of the men and women return year after year, ensuring an experienced core of certified volunteers. Last year, Tax-Aide volunteers assisted more than 60,000 Georgians with their tax returns and 2.6 million nationwide.

Taxpayers can find out if they qualify for this service by visiting one of the sites. To locate the nearest Tax-Aide site, taxpayers can call the toll-free number, 1-888-AARP-NOW (1-888-227-7669) or visit the website [www.aarp.org/taxaide](http://www.aarp.org/taxaide).

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## On the Cover

# Fitness and exercise are for everyone

by CAROLYN BRENNEMAN

Photography by Carolyn

COVER: Carmen Woodlief at The Family Y Wilson Branch

**D**id we know, that according to the National Institute on Aging,

millions have discovered the fountain of youth! Yes, that secret we all desire to feel better and live longer and healthier lives. It is elegant, can be performed anywhere and everywhere and is necessary for feeling good. It is simple – do some type of exercise daily and stay active. Think about it, there are many ways we can do some type of activity – even a little just a few times a week.

The National Institute on Aging tells that finding a program that works for us and sticking with it can pay big dividends. The Institute has a new exercise and physical activity campaign called Go4Life, that can help us fit exercise and physical activity into our lives. According to the National Institute on Aging, anyone over 50 plus needs to engage in some endurance activities, strengthening exercises, balancing exercises and stretching. We can accomplish all of this by joining a group, club, or fitness center to keep us motivated for the long term. Well, let us get

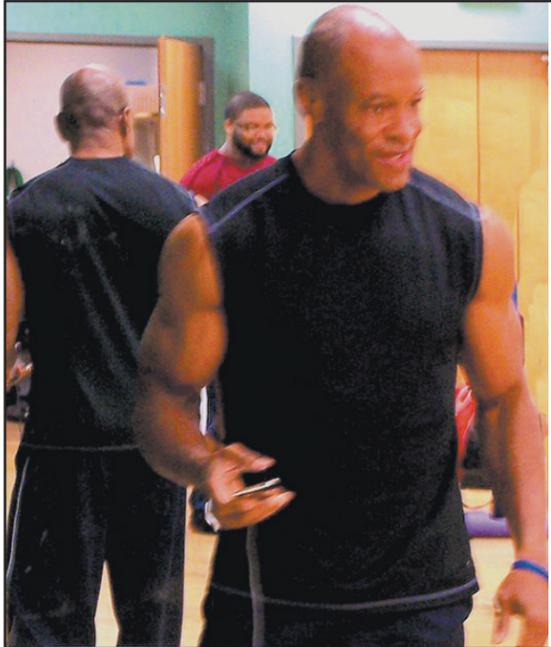
started by looking at 1 of the most popular places here in the CSRA, The Family Y. Let us take a look at two very popular teachers at the Wilson Branch, Carmen Woodlief and Cedric Wright.

Carmen teaches several fitness classes at the Wilson Branch. She is known as one of the most dynamic and energetic instructors at the Y. In fact, Carmen recently received a Certificate of Appreciation in recognition for her outstanding services at the Wilson Family Y. It stated, “It would be difficult to find someone who exudes as much enthusiasm, passion and energy as Carmen.” Carmen loves to meet new people and encourages us to keep up with our exercise routine. She, herself, enjoys many activities including square and ballroom dancing, Mexican folkloric dancing, bowling, walking and, of course, teaching aerobics. And not only is she fluent in Spanish and English, she can read and understand Italian and Portuguese. “Her Cardio Blast training class is my favorite class,” says Angie Reese. “And as a senior, I feel like I really am getting more energy and I feel so refreshed after class,” Angie states.

Or take Cedric Wright, another favorite fitness instructor at the Wilson Branch. Cedric teaches many popular classes including strength training. He says he enjoys his fitness specialties such as being a personal trainer, teaching conditioning, cross-training, flexibility development, boot camp, treadmill and teaching us about weights. “I like his philosophy on exercise,” says Gretta, “and it shows up in his classes that he teaches. I feel stronger and more energetic every time I finish a class,” she says. Cedric’s ideal is that training deals with the human spirit and human emotions, not just with routine. “I like having this group of peo-



Carmen teaching the Cardio Blast class



Cedric Wright getting ready for strength training



## 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

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ple together as I feel motivated to come every week and I like the social interactions also,” say Margie Atikison. “Also I like to keep active as I can do the things that I enjoy doing.”

So let us all join in some type of physical activity and put exercise into our lives. Take on the challenge and try one of these programs out. Remember – it is the secret to feeling better.



Four friends out for a brisk walk

# Maestro Zkuwahara & Symphony Orchestra Augusta present second concert of the Columbia County Music Series

Special to *Senior News*

On Saturday, February 5, Maestro Shizuo Z Kuwahara and Symphony Orchestra Augusta present the second concert of the Columbia County Music Series featuring the Ying Quartet. The 7:30 p.m. concert presents the dynamic string quartet, featuring Ayano Ninomiya, Violin, Janet Ying, Violin, Philip Ying, Viola and David Ying, Cello at the Jabez S. Hardin Performing Arts Center located in the Columbia County Library on 630 Ronald Reagan Drive, Evans, GA.

The program will include of Barber's, String Quartet, Op. 11, Novák's, Three Rags, and Beethoven's, Quartet in B-Flat Major, Op. 130, with the Finale. Barber's String Quartet, Op. 11 is the basis for his famous Adagio for Strings (used in the sound track for the award-winning film, "Platoon.").

Individual concert tickets are \$20 and can be purchased by calling 706-826-4705 or online at [www.soaugusta.org](http://www.soaugusta.org). Full-time students and military personnel with valid I.D. may purchase \$7 tickets (special price - concert night only) beginning at 6:30 p.m., subject to availability.

The Ying Quartet occupies a position of unique prominence in the classical music world, combining brilliantly communicative performances with a fearlessly imaginative view of chamber music in today's world. Now in its second decade as a quartet, the Quartet has established itself as an ensemble of the highest musical qualifications in its tours across the United States and abroad. Their performances regularly take place in many of the world's most important concert halls, from Carnegie Hall to the Sydney Opera House. At the same time, the Quartet's belief that concert music also can be a meaningful part of everyday life also drawn the foursome to perform in a wide range of settings such as the work-

place, schools, juvenile prisons, and the White House. In fact, the Ying Quartet's constant quest to explore the creative possibilities of the string quartet has led it to an unusually diverse array of musical projects and interests.

The Ying Quartet's recordings reflect many of the group's diverse musical interests and have generated consistent and enthusiastic acclaim. Their 2007 Telarc release of the three Tchaikovsky Quartets and the Souvenir de Florence (with James Dunham and Paul Katz) were nominated for a Grammy Award in the Best Chamber Music Performance category. In addition, their much-heralded collaboration with the Turtle Island Quartet, "Four + 4," explored the common ground between the classic string quartet tradition and jazz and other American vernacular styles, and won a Grammy Award in 2005. "Dim Sum" (Telarc) is the Ying's most recent recording, featuring music by Chinese-American composers that merges the Western string quartet with the aural world of traditional Chinese music. The Quartet has also documented its noteworthy LifeMusic commissioning project in its recorded work. Released by Quartz, "The Ying Quartet play LifeMusic" was named Editor's Choice by Gramophone magazine and is the first in a continuing series.

In addition to appearing in conventional concert situations, the Ying Quartet is also known for its diverse and unusual performance projects. For several years the Quartet presented a series called "No Boundaries" at Symphony Space in New York City that sought to re-imagine the concert experience. Collaborations with actors, dancers, electronics, a host of non-classical musicians, a magician and even a Chinese noodle chef gave new and thoughtful context to a wide variety of both traditional and contemporary string quartet music. They have also worked with composer Tod Machover and the MIT Media lab in the use of Hyperscore, innovative musical composition software. Other musical partners range from pianists Menahem Pressler and Gilbert Kalish and cellist Paul Katz to folk musician Mike Seeger, jazz pianist Billy Childs, and the Turtle Island Quartet.

For additional information, email [marketing@soaugusta.org](mailto:marketing@soaugusta.org) or fax 706-826-4735. Located on the second floor of Sacred Heart Cultural

Center on the corner of 13th and Greene Streets, the Symphony

office is open Monday through Friday, from 9 a.m.- 5 p.m.



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# Georgia eye doctor helps legally blind to see again

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

Atlanta, Georgia –

**E**ver 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 bioptic 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](http://www.IALVS.com).

\*\*\*\*\*

– Paid Advertisement –

## *The Next Chapter*

# With the Stroke of a Pen

Book Reviews by ANNE B. JONES, PhD

*With the Stroke of a Pen*  
A Louise Staman, Thomas Dunne Books, St. Martin's Press, New York, 2002

**I** never dreamed as book reviewer for *Senior News*, I would retrace the steps of true crime through the streets of Paris, with an author whose research solved a murder. While working on *A Light on Peachtree*, my friend and fellow author George B. Mettler urged me to read A. Louise Staman's *Loosening Corsets*. The book relates the story of Rebecca Latimer Felton, the nation's first female senator. Felton was from Georgia and I found the work both interesting and usable as a reference for my book. A question came up and I decided to email the author.

By fateful coincidence, A. "Louise" Staman lives nearby so we decided to meet. Louise is a Fulbright scholar and talented writer with dual masters in French history and language. She is also a fascinating woman who is an expert on the circumstances surrounding the murder of the famous French publisher, Robert Denoel. After years of intensive research, she wrote *With the Stroke of a Pen*, a biography of Denoel which tells of events leading up to his death. Having met Louise and learned about her research, I decided to read the book.

Set against the background of early 20th century France and the outbreak of World War II, her vivid descriptions of Paris and tales of Denoel intrigued me. I

decided I must go to Paris, and see the city and sights for myself. Unbelievably, Louise agreed to go with me.

A highlight of the trip was meeting Louise's friend Henri Thyssens from Belgium. Also a researcher of Robert Denoel, Henri met Louise through the internet when he discovered St. Martin's Press had published the English version of *With the Stroke of a Pen* and then sold the rights to the French translation to E-dite (a Parisian publishing house). Louise shared her research with Henri and they became fast friends. Both are now involved in research related to Denoel's publishing partner Bernard Steele, who was an American Jew and decorated spy for the U.S. Navy.

Because of the research I'd done in writing my thriller, the two decided to take me to the scene of the crime and solicit my opinion as to how the murder occurred. This was an experience dreams are made of, to be relived in my mind for years. Coming to the same conclusion as Henri and Louise, I leave it up to you to read the book and do the same. I recommend *With the Stroke of a Pen* for those who appreciate history, those who like to solve crimes, and those who just love to read. Who knows? The next time we go to Paris, we may see you.

To order *Loosening Corsets* or *With the Stroke of a Pen*, go to [www.TigerIronPress.com](http://www.TigerIronPress.com) or Mail \$18 plus \$3 shipping and handling per book to Tiger Iron Press, Box 27705, Macon, GA 31221.

\*\*\*\*\*

Feedback and comments welcome; [annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](http://annebjones.com).

# Vintage Gardens At Sweetwater



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## C'mon, let's eat

by FAYE JONES

**W**e may be a hair late with our salutation, but Happy New Year! We hope all is well with all you dear readers.

If my guess is correct, I'll betcha we have a lot of good cooks who don't want to see a kitchen for the next six months. Cooking is not easy on an everyday basis; it is a double whammy during the holidays. And we're not through yet. We have Valentine's Day, Easter and July 4th. We are so lucky.

If you need a little help, read on and let's have fun putting smiles on the faces of our family members.

Read on.

### **BEEFSTEAK TOMATO AND BERMUDA ONION SALAD**

**4 large beefsteak tomatoes (or other large tomatoes)**  
**2 medium Bermuda onions**  
**1 head butter lettuce (may substitute mixed baby greens)**  
**Mustard basil vinaigrette dressing (recipe follows)**

Slice tomatoes into 1/2-inch slices. Peel and slice onions into

about 1/4-inch slices. Separate lettuce leaves and wash thoroughly. Pat dry on paper towels. Place 2 lettuce leaves on a salad plate and top lettuce with alternating slices of tomato and onion. Evenly distribute the tomato and onion among four salads. Serve with Mustard Basil Vinaigrette Dressing.

### **MUSTARD BASIL VINAIGRETTE DRESSING**

**2 Tbsp Dijon mustard**  
**1/2 lemon, juiced**  
**2 Tbsp red wine vinegar**  
**1 whole egg**  
**2 Tbsp fresh basil, finely chopped**  
**1 cup olive oil**

In a small mixing bowl, combine all ingredients except oil and mix well. Slowly add oil in a steady stream while mixing to incorporate. Spoon over salad.

### **BAKED GROUPEL WITH HERB BUTTER AND PARMESAN GRITS**

**4 6-ounce grouper fillets**  
**8 ounces herb butter (recipe follows)**  
**Salt and pepper to taste**

Prepare herb butter. Preheat oven to 325 degrees. Grease a baking

sheet with about 1-ounce herb butter. Wash grouper fillets in cold water and pat dry with paper towels. Place fillets on prepared baking sheet. Lightly season each fillet with salt and pepper, then evenly brush top with about 1 ounce herbed butter. Bake 20-25 minutes or until flesh is firm to the touch. Remove from oven. To serve, place a serving of grits in the center of a plate. Top grits with 1 fillet, then top fillet with about 1-ounce of herb butter. Garnish with parsley and a wedge of fresh lemon.

### **PARMESAN GRITS**

**2/3 white grits**  
**1 1/2 cups water (or more)**  
**Salt to taste**  
**1/2 cup Parmesan cheese**

Boil grits in salted water until smooth, lower heat and cook about 25 minutes. Add Parmesan cheese just before serving. Sprinkle fish fillet with a bit of the cheese.

### **DEEP DISH APPLE PIE**

**4 large apples**  
**3/4 cup sugar**  
**1/4 tsp cinnamon**  
**1 1/2 Tbsp cornstarch**  
**Pinch salt**

### **1 Tbsp butter, softened** **Pastry for a 9-inch, 2 crust pie**

Preheat oven to 350 degrees. Core and peel apples. Cut each apple into 16 slices. Finely chop apple peels in a food processor with a steel blade. Arrange sliced apples in a buttered 2-quart baking dish. Combine sugar, cinnamon, cornstarch, salt, and apple peelings. Sprinkle with apples. Dot with butter and cover baking dish. Bake for 20 minutes until apples are tender but not soft. Remove baking dish from oven and turn heat up to 425 degrees. Spoon apples into bottom crust of a 9-inch pie shell. Roll out to crust and cover apples, crimping edges and cutting two small vent holes in top of pie to allow steam to escape. Return pie to oven and bake another 15-20 minutes or until crust is brown. Serve hot or cold, with or without ice cream or whipped cream.

Enjoy! ©1/25/11

**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.*

## Child support services kicks off "Bearable Hugs for Georgia's Children" Campaign

Submitted by the Georgia Department of Human Resources

**T**he Division of Child Support Services (DCSS) and the Fatherhood Program are collecting teddy bears and other stuffed animals for children as part of their "Bearable Hugs for Georgia's Children" campaign. The toys will be given to children receiving care at pediatric facilities throughout Georgia, women's shelters, law enforcement agencies and other children's organizations.

"Our mission at Child Support is to put children first," said David Harris, manager of the Fatherhood Program. "We hope the teddy bears will bring comfort and put a smile on the face of a child who may be facing illness, domestic upheaval or some other uncertainty."

Individuals, churches, businesses, schools and other organizations may par-

ticipate in the "Bearable Hugs for Georgia's Children" campaign by dropping off donations of teddy bears and other stuffed animals at any DCSS location. Collection boxes are located at all DCSS locations throughout the state. The stuffed animals will be distributed the week of February 14, 2011.

"Last year we collected over 17,000 stuffed animals which benefitted children served by 90 different organizations around the state," said Harris. "We hope to collect even more stuffed animals this year."

The Division of Child Support Services helps Georgia's children by enforcing the parental responsibility to financially support children. The Fatherhood Program serves non-custodial parents who are unable to pay their child support by helping them find employment and other services that promote self-sufficiency so they can support their children.

For more information about the Division of Child Support Services or

the Fatherhood Program, go to [www.ocse.dhr.georgia.gov](http://www.ocse.dhr.georgia.gov).



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## ATTENTION Senior Artists and Crafters

The Senior Citizens Council will present the first ever **Senior Artists and Crafters Show and Sale** on Saturday, February 26, 2011. **Mark your calendar and start making, fashioning, creating, shaping, manufacturing, constructing, and producing beautiful works of art for the world to enjoy!**

# Augusta/CSRA CALENDAR

## Augusta State University Continuing Education

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

\*\*\*\*\*

## The Senior Citizens Council

218 Oak Street North, Suite L  
Augusta, GA 30907; 706-868-0120  
[www.seniorcitizenscouncil.org](http://www.seniorcitizenscouncil.org)

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

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

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

\*\*\*\*\*

## 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 Eucler 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.,

- Sylvania, 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

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## 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 Vacluse Rd., Aiken, SC 29801; 803-642-7559; [www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)

### Courtney Senior Center

- 49 Roy St., Wagener, SC; 564-5211
- Senior Bingo: 3rd Fri., 2 p.m., Free
- Canasta Club: Wednesdays, 12 noon, Free
- DNR Hunters Education Class: Feb. 12, 9 a.m.-5 p.m.

### Harrison-Caver Park

4181 Augusta Rd., Clearwater, SC; 593-4698

### Aiken County Recreation Center

917 Jefferson Davis Hwy., Graniteville, SC; 663-6142

- Rolling with Aiken County PRT: Tues., Feb. 8, to Columbia, SC
- Cancer Education: Tues., Feb. 15. Call Anne at 803-268-7374
- Coffee Corner: Tues., Feb. 22, 11 a.m., Free

### Roy Warner Park

4287 Festival Trail Rd., Wagener, SC; 564-6149

### Boyd Pond Park

Aiken, SC

- Boyd Pond Park Day: Sat., Feb. 12. For details call 803-642-0314.

\*\*\*\*\*

## 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.the.morris.org](http://www.the.morris.org).

\*\*\*\*\*

## 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.
- 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: *Collecting History, One Perspective*: Wed., Feb. 2, 12:30 p.m.
- Voices of the Past Museum Theater Series – The Other Tubmans: Sat., Feb 5, 12:00 noon, 12:30 p.m., 1:30 p.m. Free with Museum admission.
- Voices of the Past Museum Theatre – A Petersburg Boat Pilot: Sat., Feb. 19, 11:30 a.m., 12:30 p.m., 1:30 p.m. Free with Museum admission.

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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**  
  
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**Pineview Gardens**  
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**706-437-0113**

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

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

### Augusta Christian Singles 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 meeting throughout Georgia call 800-568-1615.

### Augusta 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 coffee for new

members on Tues., Dec. 7, 11 a.m., at the home of one of our members. We will have a Tea starting at 10:30 a.m. on Thurs., Dec. 16, to celebrate holiday cheer.

For reservations or additional information 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.

### Phinizz 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 (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 loca-

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

### Augusta Chapter Of The Embroiderers' Guild Of America

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

### Alzheimer's Caregiver Support Group

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

### CSRA Parkinson Support Group

Meets monthly, 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 volunteer-rcsas@uh.org for complete details.

### Italian-American Club of the CSRA 27th Annual Pasta Festival

Fri., Feb. 25, The Hellenic Center of the Greek Orthodox Church, Corner of 10th & Telfair Streets, Augusta. Lunch: 11 a.m.-2 p.m.; Dinner: 4:30-8 p.m.; Take-outs available for both meals. \$8 per person. Meal includes: Pasta, meatballs and/or sausage, bread, salad and tea. Homemade Italian cookies and pastries are sold separately. Additional information: call 706-228-5471 or email: jimdigieso@comcast.net.

## BUSINESS CARD SECTION ADVERTISING INFORMATION

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# General Business Directory For Seniors

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Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.  
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To find a location near you, visit  
**www.goodwillworks.org**

# It is never too late to learn

by CAROLYN BRENNEMAN

Photos by Carolyn

Augusta State University Continuing Education offers several



Flower arranging classes are offered in continuing education

short and long term classes for the CSRA population by providing many types of educational programs for personal, cultural and professional development. We can learn and participate in classes on the campus, off campus or even online. Every class is taught by well-qualified instructors and offers us an opportunity to learn something new or to improve our existing skills.

Some great courses include basic floral design where you can learn all the basics of flower arrangements. Each session provides for hands-on experience with different flowers and accessories. We can learn to make gorgeous table arrangements and pick up home decorating tips.

Want to learn how to play golf or improve your game? We can learn basic golfing skills including the correct golf grip, stance, and alignment from a pro. We will also learn how to properly select clubs and learn the terminology that goes along with the game as well as short and long shot.

Classes are held on the golfing range at Wedges and

Woods driving range on 3731 Wrightsboro Road. Or, for the ladies, there are the Ladies Only Morning Monday golf sessions.

Planning a trip to Italy, Japan or Latin America? We can get our first introduction to the languages in one of the several classes offered. In the Italian class, we will learn relevant and meaningful phrases for traveling, dining, and shopping. Five major cities in Italy will be featured as we learn all about Italian history, art, culture and customs from a native speaker. Or, if we want Japanese, also taught by a native Japanese speaker, we can learn very useful conversational phrases and the hagana Japanese style alphabet for traveling in the beautiful country of Japan. Interested in Latin America? We can engage in the Hoyos Method to learn Spanish. We will learn songs in Spanish and practice speaking in relevant and practical situations related to travel or business in Latin America. This is the best way to learn language.

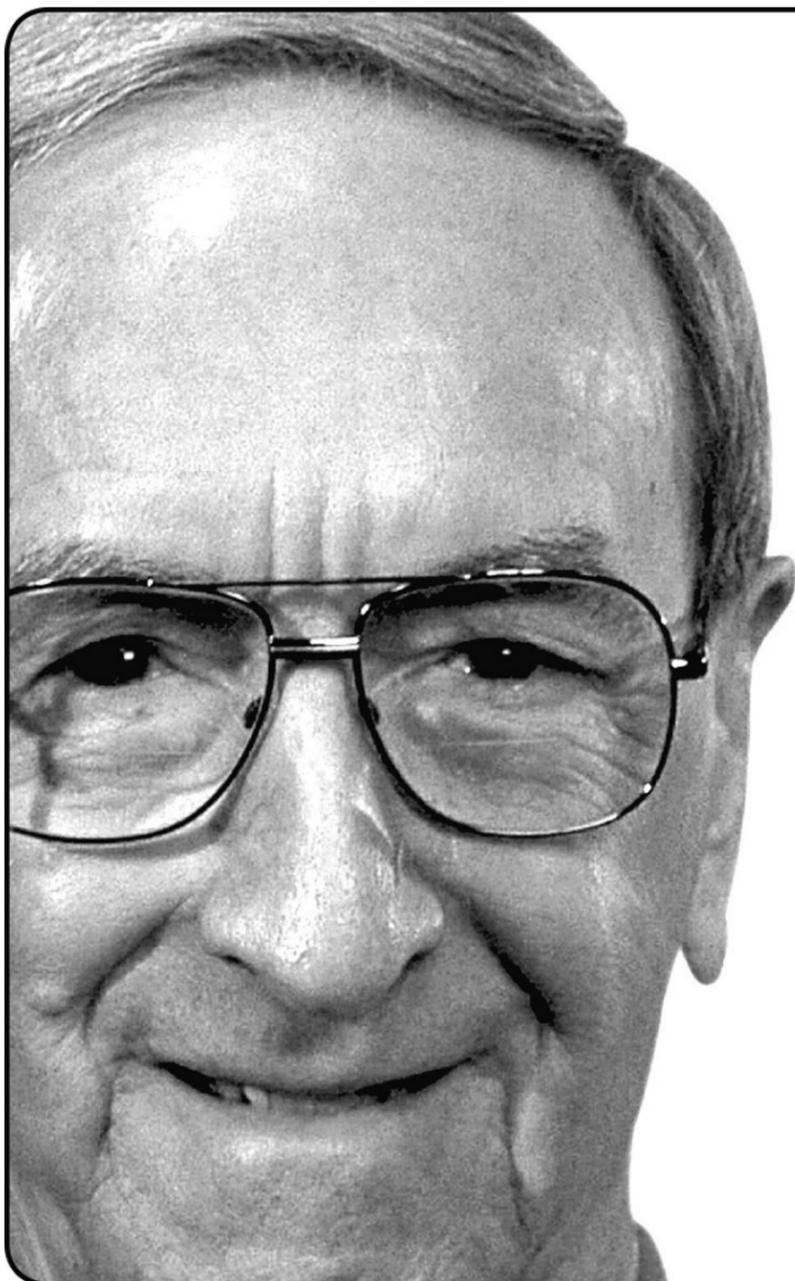
Interested in learning about useful functions of the major computer programs? Popular classes include learning Microsoft Word to make



Four friends enjoying learning on the computer

writing easier using that tool Office Assistant and several different types of drawing tools. Or we can learn to create spreadsheets and perform calculations, make workbooks for budgets or our own address lists with Microsoft Excel. Either class will teach us the practical basics and advanced techniques that we can use in our everyday lives.

So sign up for a class. For more information on the Continuing Education classes or to request a brochure, contact Byron Widener at 706.667.4215 or visit the website at [www.ced.aug.edu](http://www.ced.aug.edu). There is definitely something for everyone.



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

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