

# Senior News

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*Learning  
The Fine Art of  
Embroidery!*

January 2011  
Vol. 25, No. 1

*Story on Page 6*

## Taking Care

# Caregivers can thrive by reducing stress levels

by LISA M. PETSCHÉ

**F**amily caregivers provide practical assistance and enhance the quality of life for frail seniors who might otherwise require placement in a long-term care facility. Typically, they are spouses or adult children, many seniors themselves.

**Lisa Petsche**

Their role involves physical, psychological, emotional and financial demands. It can be a heavy load.

If you are a caregiver, consider the following strategies for not only surviving, but also thriving, in the year ahead. Even if you're not a caregiver, these self-care tips are worth checking out.

### Reduce your stress

- Learn as much as possible about your relative's illness and its management, and educate family and friends to help them understand. Knowing what to

expect and how to deal with challenges can go a long way to reduce anxiety and foster a sense of control.

- Accept realities you can't change and focus instead on those you can influence.

- Pick your battles; don't make a major issue out of every concern.

- Use positive self-talk. Emphasize phrases such as "I can," "I will," and "I choose."

- Practice relaxation techniques, such as deep breathing.

- Do things that bring inner peace, such as meditating, reading something uplifting, journaling or listening to soothing music.

- Create a relaxation room or corner in your home – a tranquil spot you can retreat to in order to rejuvenate.

- Develop a calming ritual to help you unwind at the end of the day. Avoid watching the news before going to bed.

- Make healthy lifestyle choices: eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

- Seek ways to streamline your life.

Set priorities and don't waste time or energy on unimportant things. Simplify necessary tasks, letting go of the need for perfection. If finances permit, hire a housecleaning service or a personal support worker or companion for your relative, to free up some of your time and energy.

- Be flexible about plans and expectations. Take things one day at a time.

- Minimize contact with negative people.

- Don't keep problems to yourself – seek support from family members, friends or a counselor. Join a community caregiver support group (some offer concurrent care), or an Internet group if it's hard to get out.

- Accept offers of help. Ask other family members to share the load, and be specific about the kind of assistance you need. Also find out about services in your community that may be of help. The local office on aging is a good resource.

- Take advantage of respite services in your community, such as day-care programs and facilities that offer temporary residential care.

### Increase your joy

- Stay connected to people who care, through visits, phone calls, e-mail or letters.

- Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom now and then, or rent funny movies. Don't take yourself or others

too seriously.

- Do something you enjoy every day, perhaps savoring a cup of tea, reading the newspaper or engaging in a hobby (revive a former pastime or try something new). Make it a priority, even if all you can manage is 15 minutes.

- Put together a pamper kit of items that give you a lift – for example, a favorite magazine or CD, scented candles, fragrant shower gel or body lotion, or gourmet coffee or tea – and delve into it when you find your spirits drooping.

- Bring a bit of nature into your home: get a plant to nurture or buy fresh flowers.

- Do something nice for someone who is going through a difficult time. It will bring joy to both of you.

- Create little things to look forward to: telephoning or visiting with a friend, watching a movie, ordering takeout food or getting something new to wear.

- Plan a special outing with or without your relative – perhaps to a restaurant or a cultural event.

- Focus on the good things in your life, such as supportive relationships, and seek beauty and tranquility through appreciation of art and nature. Learn to live in the moment, enjoying life's simpler pleasures.

\*\*\*\*\*

*Lisa M. Petsche is a social worker and a freelance writer specializing in adult care issues.*

**THE BEST DEFENSE IS A GOOD OFFENSE**

Stay in optimal health with regular visits to your doctor, even when you aren't sick. Your family physician can help you stay ahead of the game when it comes to immunizations, cancer screenings, and age-related health concerns that could save your life!

**CENTER FOR PRIMARY CARE**  
FAMILY MEDICINE

## Inaugural Jimmie Dyess Symposium presented by the Augusta Museum of History

Special to *Senior News*

**T**he Augusta Museum of History is proud to present the Inaugural Jimmie Dyess Symposium, on Tuesday, January 11, 2011, beginning at 5:00

p.m., in the Museum's Rotunda! The presentation is free to the public.

The symposium is being created and developed to recognize this native Augustan's courage as both a citizen and a soldier of the United States and to identify others who have shown similar valor or made civic contributions above and beyond the call of duty.

The symposium will include talks by Major General Perry Smith, who served thirty years in the United States Air Force flying missions over North Vietnam and Laos. He has been a military analyst for NBC TV and currently serves as secretary of the Congressional Medal of Honor Foundation.

Colonel Jack Jacobs, United States Army Retired, author of the book, *If Not Now, When* and recipient of three Bronze stars, two Silver Stars and the Medal of Honor will be discussing current military situations around the world. He will be the first recipient of the Jimmie Dyess Distinguished American Award. He also is a military and political analyst for NBC TV.

Mr. Mike Ryan of the Augusta Chronicle will be the Master of Ceremonies, Augusta State University ROTC will be doing the Presentation of Colors and the Heritage Academy choir will be performing. There are many other participating businesses, individuals, groups and sponsors who will be recognized in future press releases.

Please come and join us for this special evening! For more information on the Symposium please contact the Museum at 706-722-8454.

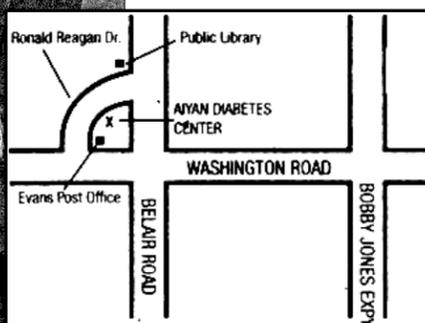


## Do you have a leg wound that just won't seem to heal?

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

## HOPE

by Vera King

*How will I spend this New Year  
To deal with pain and strife  
That has already entered  
My country and my life*

*Oh for the days of yester year  
These things seemed far away  
For someone else to settle  
But now they're here to stay*

*Perhaps I could ignore them  
Like they were not a threat  
Just pass them on to others  
Whom I have never met*

*Except I would feel guilty  
For things I've left undone  
As I played away the years  
For the sake of having fun*

*So this year let me pray for HOPE  
A light for all to see  
The beacon that can guide us  
To our final destiny.*  
\*\*\*\*\*

## Foolish Fears

by Jack Gilman

*It's always best to explore,  
Mechanics of the brain.  
When heartbreak is discovered,  
Eliminate the pain.*

*We must hear life's laughter,  
And we must feel the joy.  
Of a child lost in play,  
With life which is their toy.*

*So why not learn this lesson,  
And wipe away our fears.  
For we should always master,  
Our worthless, foolish tears.*

*Moan when it is moaning time,  
And wallow in your pain.  
Joy will mend our broken heart,  
There's everything to gain.*  
\*\*\*\*\*

## The Search For Truth

by Doris Highsmith Charnock

*I searched for truth  
in the homes,  
and found it  
packed away in the attic.*

*I searched for truth  
in the churches,  
and found it in a  
dusty Bible.*

*I searched for truth  
in the schools,  
and found it underneath the  
feet of progressive educators.*

*I searched for truth  
in the courts,  
and found it  
locked in a safe.*

*I searched for truth  
in the market place,  
and found it on the*

*balance sheet marked "Liability."*

*I searched for truth  
in the news media,  
and found it in the  
wastebaskets of the Liberals.*

*Finally, I searched for truth  
in nature,  
and found it  
EVERYWHERE!*  
\*\*\*\*\*

## On Earth

by Oliver Cantrell

*On this earth we all must be  
So why not love and harmony.  
Instead of all the war and hate  
We all deserve a better fate.  
Stamp out hunger, make air clean  
Water that's blue, grass that's green.  
A better day for you and me  
Is all that we want to see.  
But all the politics, greed and waste  
Leave you with a bitter taste.  
But trust in the Lord  
And see the light.  
And do all the things you can  
To make life right.*  
\*\*\*\*\*

## Retirement

by Fred Holland

*Retirement is so much fun!  
I wish it for everyone.  
If I had known what investing to do,  
I would have retired at fifty-two.  
No deadlines to meet,  
No traffic to beat.  
The beauty of retirement is you get  
to do whatever you please,  
I thank God for allowing me to  
Retire when I say a prayer on my  
knees.  
You get to do all those things you  
previously wished for,  
And stressful things you can mostly  
ignore.  
When you retire, don't just sit!  
In order to stay healthy, you must  
stay fit.  
So I go to the gym at least twice a  
week,  
It's not muscles, but a good cardio  
work-out I seek.  
You have time to do all those  
creative things that you always  
wanted to do,  
But while you were working the  
spare moments were just too few.  
I dabble in poetry, paint pictures and  
make homemade wine,  
And I still have idle time.  
So I spend time with my  
grandchildren, volunteer to help  
those less fortunate, and get in  
church activities.  
Fishing with the buddies is also nice,  
And some weeks I'll go bowling once  
or twice.  
With the travel club I go to  
interesting places,  
Sometimes we go to casinos, and I  
try to pair-up Jacks and Aces.  
Shake 'em up, shake 'em up! seven  
or eleven!  
Retirement is great, almost like being  
in Heaven!*



## 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

# Fantasies have occasionally come true

by CHRISTINE COLEMAN

**D**o you remember having fantasies of one sort or another when you were young? I think most of us have. The first and most important one of mine was when I was a child and saw all the different candy bars in the grocery store downtown. They were arranged so pretty on the shelves. My heart's desire was to be able to walk into the store and have the manager hand me a bag and tell me to choose whatever I desired. He would supposedly tell me there was no charge. This fantasy stayed with me until I grew older. As the years passed, I turned this dream loose. There were other things to think about.

Another fantasy of mine was to ride (or buy) a beautiful show horse. I would see them in the movies and in parades downtown. When they marched in parades with their glistening saddle blankets and saddles, they were picture perfect. Their long manicured manes and tails would flow in the breeze, and their stirrups were polished to a shine. I thought it would make my dream come true if I could ride one of these beauties. My only riding was done on mules on the farm.

My chance to ride a show horse came when I was in my late teens. A rancher in Florida (a friend of the family) had a beautiful horse that he sometimes rode in parades. One day when the caretaker of the horse was getting ready to take him out for a ride, I begged to ride. The horse (El Tovar) was bedecked in his stone studded saddle blanket and his shiny saddle. The stirrups were let out much too long for me, but I was anxious to ride. Having never ridden a prized animal as this, I didn't know you were supposed to guide the horse by laying the bridle rein on one side of his neck or the other. As you might imagine, the horse ran away with me, and the only thing that stopped him was when he approached the cattle gap at the road's end, he didn't want to jump it. That's when I dismounted, and that's when I decided I didn't really want a "show horse." When I see one, I stop and admire the beauty, but I'm done.

Another dream of mine was to ride in (or buy) a convertible car. I'd see them being driven down the highway, and I thought I'd like to ride in one. Well, the opportunity came for just that. A friend of mine was given the keys to a convertible for the day. The owner told her to drive it as much

as she wanted. She invited me to ride with her, and we drove all over town. We were waving to people and having fun, but I realized my hair was blowing, blowing badly. The wind was whipping my hair into my eyes and it hurt. Needless to say, that settled my want for a convertible. I still like to see them drive by, but I'm over that fantasy.

Last month, on December 25, I had a present under the Christmas tree. It was addressed to me from me. I opened the gift and put the contents on a table before me. There was a Baby Ruth, a Butterfinger, a Mounds, an Almond Joy, a Snickers, a Mars, a 3 Musketeers, a Hershey Bar and a Mr. Goodbar. Folks, there's no way to describe the joy. I arranged the bars just the way I remembered them on display in the grocery store.

I got myself a Christmas plate and a coffee mug. I took a tiny piece of each of the bars, had myself a cup of hot Java and just reminisced. This dream was over 75 years in the making, but mind you, sometimes fantasies can come true.

\*\*\*\*\*

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

## Spiritual Notes

# The Highest Relationship

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**D**uring Christmas we all celebrated by giving thanks for all kind of good things that have come our way over the years. They perhaps included a good marriage, wonderful family and friends, a free country, successful employment and many other special blessings.

All of us have been blessed with tangible things but have we given weight to the intangibles of life? What about relationships? We all treasure and acknowledge the importance of relationship in our marriage, children, loved ones and friends. However, many times we have given too much weight and attention to the tangibles rather than investing in relationships.

Family relationships were primary as children. As we moved into adolescents our peers took

over as we sought acceptance and we then moved to the young adult level. Marriage, family and career followed.

At certain intervals of our lives we were disappointed in a relationship that went "sour." On reflection, it was perhaps just an infatuation, a misjudgment or a misdirected assumption. This happens so often in friendships, marriages and in the work world.

Recently I read the following epitaph: "Ma loves Pa, Pa loves women, Ma caught Pa with one in swimming, here lies Pa." This is an example of a relationship that did not "make it." Making relationships work requires a concerted effort on all parties to be committed to the process.

In a recent Bible study group I became aware of a relationship that should take a higher priority in my life. The Church and spiritual matters have been a part of my life since I was in high school. I have loved the Church and became a believer at the age of thirteen. All

of my spiritual growth has been directed through the programs of the Church, which have been rewarding. However, I am convicted that I need to strengthen my personal relationship with Jesus Christ/God the Father. In Matthew, 12:30, we read: "Love the Lord your God with all of your heart and with all of your soul and with all your mind and with all your strength." Henry Blackaby has said that, "Everything in your Christian life, everything about knowing Him and experiencing Him, everything about knowing His will depends on the quality of your love relationship with God."

My desire and plan is to develop a stronger, loving relationship with God in the days ahead. This is the most important relationship of all.

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

## FOCUS ON ADVOCACY: Columbia County Citizens Law Enforcement Academy

PART II

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

Written by  
**PATRICIA WHISENHUNT**  
Information Specialist  
The Senior Citizens Council  
706-868-0120

Last month, I outlined the mechanics of the Law Enforcement Academy, this article will explain several more specific areas of the classes and the Columbia County Sheriff's Office.



**Kathleen Ernce**

Every day in the United States ninety (90) successful suicides occur and there would be more if it were not for a nationwide TEAM called the Crisis Negotiation Teams (CNT). Their mission is the preservation of human life through communication. The TEAM members are a Primary Negotiator, a Secondary Negotiator, a Scribe, Intelligence Officer, a "Float", and the TEAM Commander. In Columbia County, Captain Jim Leonard is a member of the CNT.

When dealing with a potential suicide victim or a hostage taker, the Primary Negotiator is the only person

communicating with them. Everything that is discussed, promised, or lied about by either party is written on a board by the Scribe so that if negotiations are extended and the Secondary Negotiator takes over, he can refer to the board to know exactly what is going on. The Float does whatever needs to be done; i.e., bringing in food and water, medication, blankets, etc.

In a situation where all communication has broken down and things are about to turn violent, the Special Weapons and Tactics (SWAT) TEAM is called in. Columbia County has 22 SWAT team members which include 4 long-range marksmen and trauma surgeons from the community. Lt. Mike Riley, who is a certified General Instructor and a Master Certified in Special Weapons and Tactics (SWAT) instructor provides all the training.

The first SWAT team was in Los Angeles, California, in 1968; after the tragedy at Columbine High School in Denver, Colorado when the rules changed nationwide. Once called in, SWAT teams no longer wait, they act to prevent further damage or injury.

Another focus of the Law Enforcement Academy is self-defense, which are free to any to any group who asks for the demonstrations. These classes should be of particular interest to senior citizens because self-defense is more about learning to be aware of your surroundings and how to use pressure points and leverage over physical strength.

Studies have shown that looking people in the eye is a good defense. If you consistently look down or seem

unsure or tentative, you give predators the opportunity to make you a victim. However, if you present yourself as confident, you are less likely to be attacked.

Several good tips to being more confident include:

- Being alert and pay attention!
- Have a plan of action in case you are approached.
- Always look inside the back seat of your car before you get in, even though you leave it locked; because of a little-known fact is carmakers are not able to make different locks for every car that rolls off the assembly line. One out of ever ten cars will use the same key.
- Carrying pepper spray is a good, safe defense, especially for those of us that don't want to handle a gun. You can buy the very same pepper spray that the deputies use by going on-line to galls.com. While it is personal preference, I like the ones that can clip onto your key chain because my keys are the one thing I always have with me.

In November of 1996, the Columbia County Sheriff's Office became the first Sheriff's Office in the State of Georgia to become accredited by the Commission of Accreditation for Law Enforcement Agencies (CALEA). Since then, the Communications Center has become accredited, the medical section of the Detention Center became accredited by the National Commission on Correctional Health Care (NCCHC), and the Detention Center received accreditation by the Commission on

Accreditation for Corrections (CAC). In January of 2008, Sheriff Clay N. Whittle accepted the Triple Crown Award at the National Sheriff's Association (NSA) Winter Conference in recognition of a sheriff whose agency has achieved simultaneous accreditation from CALEA, CAC and NCCHC. Of the 3,084 Sheriff's Offices in the United States, only 33 of them have achieved the Triple Crown.

I would urge everyone to become familiar with and learn to rely on your local law enforcement agencies. It is imperative that the sheriff's departments and the public work together for the safety and well-being of the community as a whole. Senior citizens of Columbia County are not alone; they are encouraged to call the Sheriff's Office not only for emergencies and criminal situations, but for a list of all classes and services that are offered free of charge. This information is also available on-line at [www.columbiacountyso.org](http://www.columbiacountyso.org).

We thank the Sheriff's Deputies and volunteers who presented the classes and by shared their time and skills in a professional manner. We appreciate you keeping us safe and secure.

The Board, staff, and volunteers of The Senior Citizens Council extend our best wishes for a successful, peaceful, healthy new year and remind you to call us at 706-868-0120 should you have questions or need services in the new year!

**Happy New Year!**

### The Next Chapter

## The Total Money Makeover impacts lives

Book Reviews by  
**ANNE B. JONES, PhD**

*The Total Money Makeover*  
**Dave Ramsey**  
Thomas Nelson, 2009

When I wandered into a *Total Money Makeover* seminar at St. Phillip's in Atlanta, I had no idea the few minutes I spent there would affect my life. I was unaware of how a small change in my perspective could lead to a major change in ideas about money and open choices I never expected to be available. Dave Ramsey's *The Total Money Makeover* is a no-risk overview of how everyone, including seniors, can increase their peace of mind and financial security.

Within the time it took to read this book, I made changes that have already made a difference. No money has gone out in get rich quick schemes, in fact, no money has gone out at all, except to a savings account. I have simply rearranged my mindset and my budget. Everyone can benefit in some way by reading this book and I highly recommend it. Please put it on your gift list for your children, grandchildren and friends. I taught economics in High School and believe me if those students had this book as a text they would be empowered.

*The Total Money Makeover* is sim-

ply written, easy to read, motivational and entertaining. The book is jam-packed with individual success stories as well as explanations of how to implement the "Baby Steps" to financial suc-

cess. My only criticism is that seniors might not be aware of how much they can benefit from the book, because it is marketed to a general audience. Steps one, two and three are safe and neces-

sary steps for any of us who want financial peace, especially as we grow older.

\*\*\*\*\*

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

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## On the Cover

# The Fine Art of Embroidery

by CAROLYN BRENNEMAN

Photography by Carolyn

**COVER:** Catherine, Christy and Libby are learning the fine art of embroidery

**E**mbroidery, gaining great popularity today, is the process of stitching designs either by hand or machine on textiles such as fabric for wear or display. It embraces both

contemporary and traditional needlework as an art form. On the cover are three friends, Catherine, Christy and Libby, who have recently become interested in the fine art of embroidery. Christy is showing her black wool sweater with intricate machine embroidery stitchery which mimics the elaborate hand embroidery from the past. Although the origins of embroidery are unknown but date back to ancient Egypt, hand embroidery stitches of the past – the chain stitch, buttonhole or blanket

stitch, running stitch, satin stitch, and cross stitch – remain the fundamental stitches of embroidery today. Anyone can learn the techniques of embroidery and make beautiful pieces to wear or for display.

There is a great group here in Augusta that will teach anyone the art of



**Mirabilia Maidens of the Seasons – Stitched by Kathy Shultz – Courtesy of Counted Stitches**



**Hand Embroidery Piece of Angel – Courtesy of Natalie Farrell**

embroidery. It is the Augusta Chapter of The Embroiderers' Guild of America, Inc. EGA is a national non-profit educational organization offering study and preservation of the heritage and art of embroidery. "The Augusta Chapter is open to anyone interested in needlework, from the beginner to the professional," says Natalie Farrell, our contact liaison. "We meet every 1st Monday of each month and currently have around 25 members, ranging in age from the 30s to 80s. Embroidery is a unique art form and fun activity. We enjoy getting together and creating the handwork." The Augusta Chapter conducts classes, stitch-ins and even has instructors from outside sources come in to teach. Visitors are welcome to attend the meetings. Just bring yourself and a needle to learn and enjoy some fun!

Members of the group display their artistic talents at public events, such as the Columbia County library, Fremont library, and the downtown

library. "The pieces range from small projects, framed pictures, pillows, eyeglass cases, carriers, needle cases, and show all varieties of stitching and how it is used," says Natalie. And where do we get our supplies? Many of the supplies are obtained from Counted Stitches, owned and operated by Nancy Bailey and cousin Sharon McCabe, 333 Edgefield Road, North Augusta, SC, 803.279.1867. "We specialize in a full line of counted cross stitch supplies and accessories," says owner Nancy, "and we have an email newsletter which described all of our activities and upcoming events." Sounds like a great monthly activity for learning needlework and socialization. Whether you are new to this fine art of needlework or are experienced in the craft, check out The Augusta Chapter which meets at First Alliance Church, 2801 Ingleside Dr, Augusta, GA 30909. Call Natalie Farrell at 706.736.5508 for more information.



## 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
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Applications Taken at 550 Sikes Hill, North Augusta, SC



**803-279-1776**



**Exquisite Hand Embroidery Piece – Courtesy of Natalie Farrell**

# Christmas magic sometimes begins long before December



(l to r) Dietetic Intern Lauren White, Jeff Asmann (Santa), Dietetic Intern Jessica Holland (back row) and Dietetic Internship Director Jeanne Lee distribute socks for seniors at the Dec 17th Columbia County Senior Center (Eucler Creek) Holiday Party.

## Special to Senior News

Christmas magic sometimes begins long before December. In this heartwarming story it was a case of University Hospital Dietetic Intern Lauren White completing a community nutrition rotation at the CSRA Area Agency on Aging which prompted a really wonderful idea. Lauren decided that age has no bearing on Christmas joy and that rather than conducting the annu-

al intern gift exchange, time and money would be better spent bringing Christmas cheer to seniors. Thus was born the socks for seniors program. Lauren went about pitching the idea to the 11 other interns and collectively they set about contacting area businesses, friends, family, and professional associations to gather useful items to fill the socks. The response from the community was so positive that they were able to spread joy in the form of 45 filled socks and treat bags for the Columbia County Senior Center partici-

# Passing the Torch... the Morris announces appointment of new Curator of Education

## Special to Senior News

The Morris Museum of Art staff is pleased to announce that Michelle Schulte has accepted the position as the Curator of Education. Schulte, the former associate curator of education at the Morris, is assuming the duties of David Tucker who retired on Wednesday, December 15, 2010. "All of us at the Morris Museum are saddened by the departure of David Tucker," said Kevin Grogan, Director of the Morris Museum of Art, "but we feel completely confident that Michelle Schulte is the ideal person to

fill his shoes. Her academic credentials and prior experience – she has been a classroom teacher and has worked in the education department at the Telfair Museum, for a time as its interim curator – and her complete familiarity with this museum, its collections, personnel, and volunteers really set her apart from the other applicants."

Schulte holds degrees in photography and art education from Armstrong Atlantic State University and the Savannah College of Art and Design, as well as a master's degree in museum studies from Johns Hopkins University. She has been with the Morris for the past three years, overseeing the museum's public programs – she was instrumental in creating and refurbishing the Morris's Education Gallery, revamping programs such as the Morris Arts Council and Artrageous Family Sunday!, rewriting museum curriculum for kindergarten through twelfth-grade students, and developing partnerships with the Medical College of Georgia and Augusta State University, where she is now an adjunct faculty member.

\*\*\*\*\*

The Morris Museum of Art was founded in 1985 and opened to the public in 1992. For more information about the Morris Museum of Art, visit [www.themorris.org](http://www.themorris.org) or call 706-724-7501.



Michelle Schulte

pants and a cash donation and filled socks (for the home bound) to the Harlem Senior Center.

Santa's honorary elves included: Ashley Baldner, Mary Righton Brown,

Jessica Holland, Holly Malcom, Ashley McLane, Desha McNear, Sara Pescoe, Kris Richman, Kelsey Rodgers, Kirsten Schlein, Matthew Taft, and Lauren White.

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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 –

## No matter how you give, give wisely with advice from the BBB Wise Giving Alliance

by **KELVIN COLLINS**  
President/CEO, BBB of Central Georgia & the CSRA, Inc.

**B**ecause of technology and the creativity of charities, there are many different ways that donors can give to a worthy cause. Whether you're giving money, canned goods, used items or your time, BBB Wise Giving Alliance reminds donors that how you give is just as important as what you give.

According to the Chronicle of Philanthropy, charitable donations to the largest charities were down 11 percent last year. Despite the tough economy and the overall decline in giving, donors are still looking for ways to help the less fortunate particularly around the holidays. According to the Salvation Army, red kettle donations in November and December of 2009 actually increased by \$9 million over the previous year.

Despite the downturn in the economy, people are still looking for creative or small ways that they can give back and support those who are even less fortunate over the holidays. However you decide to give, it's important to stop and take the

time to research the charity thoroughly to make sure that your dollar stretches the farthest it can in this tough economy.

How you give – and not just what you give – to a charity matters. Following are five common ways that people donate to charities and a few things to consider:

- Give items: Many organizations solicit for donations over the holidays including coats, toys, and canned goods. Whatever you're donating, make sure the items are of good condition and that the recipient charity is accepting such items to help further its cause.

- Give when you shop: Many charities have had great success partnering with businesses who agree to donate some amount of the purchase price from sales of items to a worthy cause. This type of cause-related marketing means that you can help while you shop. Check if the promotion identifies the actual or anticipated amount of the purchase price the charity will receive. Also some businesses, like grocery stores, ask if you want to donate to a charity and have that amount added to your receipt

which is called embedded giving. See if the embedded promotion states which specific charity will receive the collected funds.

- Give online : Giving online with a credit or debit card is among the most efficient ways to support a charity. Before you enter in your numbers, give the website a thorough review and look for the organization's privacy policy, and verify if the organization has appropriate security measures in place to protect such transactions.

- Give through text messaging: The option to give via text message took off in the wake of the disastrous earthquake in Haiti. After texting a message to a number, the donation is tacked on to your cell phone bill. While donating via text is fast and easy for the donor, the actual money can take months to reach the charity so consider donating directly to a charity through its website if there is an urgent need.

- Give your time: In today's tight economy, you may not have money, but you can always give a little bit of your time to help support a worthy cause. In addition to volunteering around the holidays, you can also be a

vocal supporter of a charity and help raise awareness among friends and family and on your Facebook page or blog.

The BBB Wise Giving Alliance reports on more than 1,200 national charitable organizations at [www.bbb.org/charity](http://www.bbb.org/charity) and determines if they meet 20 accountability standards addressing governance, finances and fund raising practices.

To review charity evaluations and get more advice on how to give when times are tight, visit [www.bbb.org/charity](http://www.bbb.org/charity).

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*Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*

# MEDICARE: General enrollment and general information

by **BOBBIE SIMS**  
**Social Security Public Affairs**  
**Specialist, Marietta, Georgia**

**N**eed Medicare Part B? If you're eligible, now is the time to sign up. The general enrollment period for Medicare Part B runs from January 1 through March 31. Before you make a decision about general enrollment, let us fill you in on some general information.

Medicare is a medical insurance program for retired and disabled people. Some people are covered only by one type of Medicare; others opt to pay extra for more coverage. Understanding Medicare can save you money; here are the facts.

There are four parts to Medicare: Parts A, B, C and D. Part A helps pay for inpatient hospital care, skilled nursing care, hospice care,

and other services. Part B helps pay for doctors' fees, outpatient hospital visits, and other medical services and supplies not covered by Part A. Part C allows you to choose to receive all of your health care services through a provider organization. These plans, known as Medicare Advantage Plans, may help lower your costs of receiving medical services, or you may get extra benefits for an additional monthly fee. You must have both Parts A and B to enroll in Part C. And Part D is the Medicare Prescription Drug Program.

Most people first become eligible for Medicare at age 65, and there is a monthly premium for Medicare Part B. In 2011, the standard premium is \$115.40. Some high-income individuals pay more than the standard premium. Your Part B premium also can be higher if you do not enroll during your initial enrollment

period, or when you first become eligible.

There are exceptions to this rule. For example, you can delay your Medicare Part B enrollment without having to pay higher premiums if you are covered under a group health plan based on your own current employment or the current employment of any family member. If this situation applies to you, you can sign up for Medicare Part B without paying higher premiums:

- Any month you are under a group health plan based on your own current employment or the current employment of any family member; or
- Within eight months after your employment or group health plan coverage ends, whichever comes first.

If you are disabled and working

(or you have coverage from a working family member), the same rules apply.

Remember: Most people are automatically enrolled in Medicare Part B when they become eligible. If you don't enroll in Medicare Part B when you first become eligible to apply and you don't fit into one of the above categories, you'll have to wait until the general enrollment period, which is January 1 through March 31 of each year. At that time, you may have to pay a higher Medicare Part B premium.

For more information about Medicare Parts A, B, C, and D, visit the Centers for Medicare & Medicaid Services (CMS) website at [www.medicare.gov](http://www.medicare.gov). Or read our publication on Medicare at [www.socialsecurity.gov/pubs/10043.html](http://www.socialsecurity.gov/pubs/10043.html).

\*\*\*\*\*

## Planer Mill Village to provide needed affordable housing for Seniors in Harlem

Special to *Senior News*

**W**alton Rehabilitation Health System (WRHS) with support from the City of Harlem has addressed the need of affordable housing for seniors in Harlem. WRHS received a \$1,607,300 capital advance from the U.S. Department of Housing and Urban Development to develop and construct units for seniors in Harlem, GA. The apartment complex is located at approximately 325 Planer Mill Road in Harlem GA. The complex will offer 15 one-bedroom units, one two-bedroom manager unit and a small clubhouse. The potential head of household must be 62 years or older and all household members must meet HUD guidelines. Rent is based upon individual/family income. Applications are reviewed on a first come first serve basis.

An open house celebration will be held on Thursday, December 16th with a ribbon cutting ceremony at 12:00 noon followed by refreshments and tours. The public is invited to attend the open house and tour the new apartments. The floor plans and amenities of the new facility include energy efficient construction, individual private entrance, washer/dryer connections, convenient lighted parking areas, community club house, on-site

management, monthly pest control, senior social activities, 24-hour emergency call system, building and landscaping maintenance, safety systems of smoke detectors and fire alarms, small pets allowed. There are also wheelchair accessible units which feature roll-in showers, wheelchair-accessible bathrooms, wheelchair-accessible kitchens, wider doorways, and curbless sidewalks.

WRHS has been working to address the need of accessible and affordable housing for people with physical disabilities since 1992 when they submitted the first capital advance request to HUD. WRHS currently sponsors and operates a total of 221 units for seniors and people with physical disabilities. Planer Mill Village is the fourth affordable housing complex WRHS has sponsored and constructed to meet the housing needs of seniors offering a total of 135 affordable and accessible senior apartment rental units in the CSRA. WRHS has also built and sponsors nine apartment complexes for people with physical disabilities offering 86 wheelchair accessible and affordable units for people with physical disabilities. WRHS has been instrumental in competing for federal funding to build these needed projects in our community and over the last 15 years has been granted \$17,285,800 from the U.S. Department of Housing and Urban Development to address the needs in the

CSRA.

Planer Mill Village (and Walton South just opened in November of this year) are the first Multi-family rental housing units in our area to be certified as an Energy Star® Qualified Home. These properties meet or exceed the strict energy efficiency guidelines set by the U.S. Environmental Protection Agency.

Walton Rehabilitation Hospital is a 58 bed, not-for-profit rehabilitation hos-

pital located in downtown Augusta, Georgia. The hospital offers adult and pediatric inpatient and outpatient programs for persons recovering from stroke, head injuries, spinal injuries, orthopedic injuries, chronic pain and other disabling illnesses and injuries. Walton's continuum of care includes Walton Community Services, Walton Options for Independent Living, Walton Foundation for Independence, and Walton Technologies.



### Senior News Newspapers

**NOW AVAILABLE ONLINE!!!**

Check us out at our new website...

[www.seniornewsga.com](http://www.seniornewsga.com)

and

[www.seniornewsgeorgia.com](http://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!

## 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  
\*\*\*\*\*

## 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
- Canasta Club: Wed., Jan. 5, 12, 19 & 26, 12:00 p.m., Free
- Senior Bingo: 3rd Fri., 2 p.m., 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., Jan. 11 & 25, 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

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

## Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community

Center, Windsor Spring Rd., Hephzibah. For additional information contact Lion David Usry, President, at 706-592-2752.  
\*\*\*\*\*

## Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum's website at [www.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
- Voices of the Past Museum Theater Series – The Other Tubmans: Sat. Jan. 8; 12 noon, 12:30 p.m. & 1:30 p.m. FREE with Museum admission
- Voices of the Past Museum Theater Series – A Petersburg Boat Pilot: Sat., Jan. 15; 11:30 a.m., 12:30 p.m. & 1:30 p.m. FREE with Museum admission  
\*\*\*\*\*

## Lucy Craft Laney

**Museum of Black History**  
[www.lucycraftlaneymuseum.com](http://www.lucycraftlaneymuseum.com)  
Call 706-724-3576 for events information.  
\*\*\*\*\*

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**  
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](mailto:www.pineviewgardens@comcast.net)

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## CALENDAR

from page 10

### "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 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.

\*\*\*\*\*

### Phinzy Swamp Events

706-828-2109

\*\*\*\*\*

### Find Your Voice

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

\*\*\*\*\*

### Senior Volunteers Needed

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

\*\*\*\*\*

### DBSA (Depression Bi Polar Support Alliance)

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

\*\*\*\*\*

### Volunteers Needed

The Retired and Senior Volunteer Program (RSVP) is seeking volunteers in the Aiken area at the Council on Aging, Social Services Offices, Health Department, Habitat for Humanity Thrift Store, Public Schools, and other Aiken Volunteer locations. Some typical duties include delivering "Meals on Wheels," light office administration, answering phones, stamping mail, making copies, visitor reception, coaching "Welfare to

Work" clients, after school programs, and more. If interested in volunteering and giving back to your community, please contact Ed Jelinek or Dorothy Moyers at 803-648-6836, ext. 224 or 223.

\*\*\*\*\*

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

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

\*\*\*\*\*

### Alzheimer's Caregiver Support Group

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

\*\*\*\*\*

### CSRA Parkinson Support Group

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

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### 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
- Widow & Widower Social: 2nd Tues., 4:30-6:00 p.m.

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### 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.

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### 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 volunteerccas@uh.org for complete details.

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### 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.

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### Inaugural Jimmie Dyess Symposium

Tues., Jan. 11, 5 p.m., Augusta Museum of History Rotunda, Free. For details call 706-722-8454.

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Beautiful Sights at Phinizy Swamp Nature Park



Walking through Beaver Dam Trail!

## Check out Senior News' Calendar Section... Phinizy Swamp Nature Park!

by CAROLYN BRENNEMAN

Photos Courtesy of Phinizy Swamp Nature Park

**H**ave you guys checked out the monthly Calendar Section of *Senior News*? There are many great events and volunteer opportunities listed in this section every month. Here is one such great place to take a nature walk, view some wildlife, or find fun volunteer jobs. How about the great outdoors at Phinizy Swamp Nature Park?

Phinizy Swamp Nature Park, is part of Southeastern Natural Sciences Academy campus, a large complex that offers classrooms, laboratories, and research facilities to focus on aquatic and ecology-based research projects and programs in the area. Phinizy is located only a few minutes from downtown Augusta, and is over 1,100 acres of natural beauty. It includes many miles of trails, nature walks, wetlands, streams, swamps, and an oxbow lake,

river bluffs, and bottomland forests. There are picnic pavilions, educational kiosks, an education center, visitors center and caretaker cottage. Visitors may get a chance to see blue herons, bobcats, red shouldered hawks, otters, turtles, and alligators in their natural habitat. Well, how about a nice leisure nature walk?

On the 1st Saturday of every month, there is a pleasant nature walk at Phinizy Swamp. The trained volunteers of the Academy lead 1.5 hour hikes through the park which is for anyone and everyone to enjoy and usually of any age. Usually a group consists of 15 people according to Chenille, of Phinizy. The hikes are leisurely-paced walks through wetlands, over picturesque trails and scenic outlooks. "Each volunteer leading the hike speaks about the ecological aspects of the park, shows the points of interest and may point out interesting facts about tree species, bird species or ecological aspects of interest to the group," says Chenille.

Want to volunteer some time

at the Visitors Center? Phinizy Swamp Visitor Center is a charming facility staffed entirely by volunteers and is open Saturdays and Sundays from 9:00 am to 5:00 pm. Volunteers generally answer questions, sell merchandise and hand out maps and literature about Phinizy Swamp. All volunteers participate in a training session before working one of the shifts on Saturday or Sunday according to Chenille of Phinizy. "All volunteers, ranging in age from the

30s to the 60s are trained to lead a group of hikes or are trained to participate and assist in the visitors center," says Chenille. "It is also a great way to meet new people and get involved in a worthwhile organization." If you are interested in volunteering or finding out more about the nature walks, please contact Academy offices at 706-828-2109 for more information. And don't forget to check out the monthly events in the Calendar Section of Senior News!



Southeastern Natural Sciences Academy Campus showing the Education Building, Visitor's Center, Administration Building and Research Building.

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