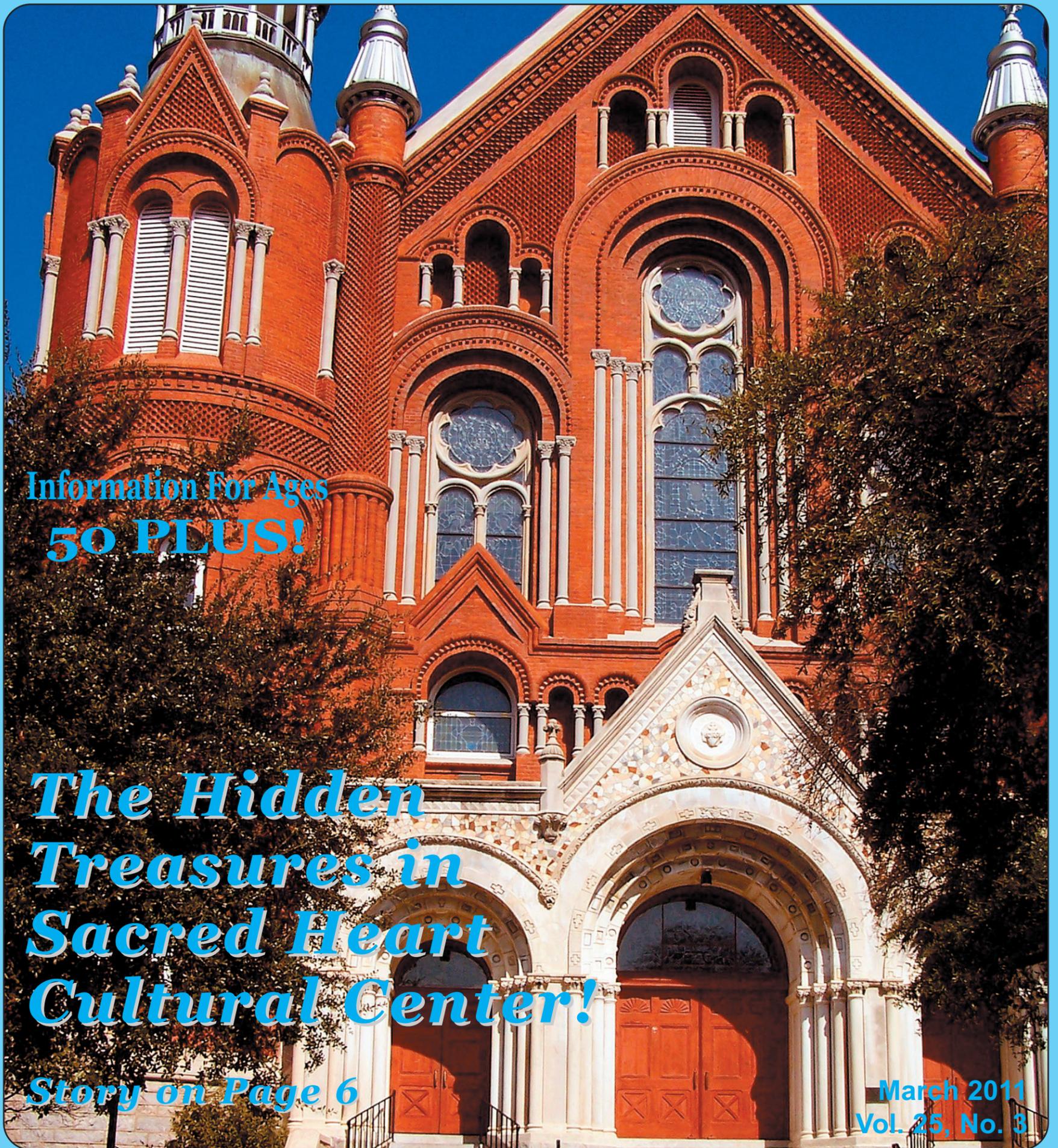


Senior News

Serving AUGUSTA & the CSRA



Information For Ages
50 PLUS!

*The Hidden
Treasures in
Sacred Heart
Cultural Center!*

Story on Page 6

March 2011
Vol. 25, No. 3

Taking Care

Plan ahead for positive medical visits

by LISA M. PETSCHÉ

When the relative you are caring for must attend a medical appointment, planning ahead is crucial, especially if they have special healthcare needs. You need to be prepared not only for the appointment itself, but also for the travel and wait time involved.

Follow these tips below to minimize stress and maximize success.

Before you go

- If accessible transportation is required, book it well in advance.
- Do not schedule anything else

on the appointment day.

- If you are driving to an unfamiliar location, call in advance to get directions and information about parking options. Also inquire about the accessibility of the premises in terms of parking, entrances and washrooms, and whether transport chairs are available.

- Complete any forms received at a previous appointment or by mail – for example, questionnaires or pre-op paperwork

- Review any literature received in advance regarding how to prepare for the appointment and what to expect.

- Ensure your relative wears loose-fitting, breathable clothing and comfortable walking shoes. Layer garments to make it easy to adapt to warm or cool temperatures.

- If the weather is inclement or

you are anxious about parking, plan to take a taxi so you and your relative can be dropped off and picked up at the medical building's entrance.

- Make a list of everything to bring along. Read on for items you may want to include.

What to bring

- Tickets for accessible transportation, disabled parking permit, parking pass or sufficient money for parking lot fees.

- Mobility aids

- Nourishment. Snacks are especially important if you or your relative is diabetic. If your appointment is near lunchtime, pack a sandwich and drink for both of you. If your relative resides in a care facility, request a bag lunch a day in advance. Bring an apron or towel to protect their clothing while they eat, and wet wipes for clean up afterwards.

- Sufficient prescription and over-the-counter medications to cover the time you expect to be away. Bring an extra dose in case the wait is unusually long.

- Extra incontinence pad or brief.

- Change of clothes and a plastic bag for soiled garments.

- Facial tissues.

- Hand sanitizer (travel size).

- Medical insurance information.
- List of all health conditions and medications, including dosages and frequency of use.

- List of questions and concerns.

- Pad of paper and pen to record information and instructions.

- Cell phone or coins for a pay phone.

- Reading material or other

diversionary items, to keep your relative pleasantly occupied during waiting periods. Bring something for yourself, too.

When you arrive

- Make use of the hand sanitizers at the building and office entrances.

- If it's your first time in the building, orient yourself. Consult any layout plans or directions, typically found by main entrances. Find out where washrooms are located, and whether there is a cafeteria, coffee stand or tuck shop for purchasing drinks and snacks. The latter is good to know for future visits.

- Have health insurance information ready when you check in at the office or clinic. Let the receptionist know of any special needs your relative may have – for example, behavioral issues that may be exacerbated by noise or a long wait. Also advise of special circumstances – for example, if your relative has another appointment in the same building or elsewhere, such that time is a concern.

Before you leave

- If your relative resides in a care facility: ask the healthcare provider to make a brief note regarding any findings, recommendations and plans. This is important information for you to take back for the charge nurse and the physician overseeing your relative's care. Also inform staff of any tests or follow-up appointments that are scheduled or require booking.

- If a referral is being made to another healthcare professional, ensure you are clear about their name, area of expertise and location, and the purpose of the consultation.

- If your relative is being booked for a test, inquire about the typical amount of time involved and whether special preparation is required.

When you get home

- Note any further consultations or tests on your calendar right away. Attach appointment cards with a paper clip, so you have phone numbers handy should you have any questions or need to reschedule.

- Keep any forms or information sheets you have been given in a labeled file folder for easy access.

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



Lisa Petsche

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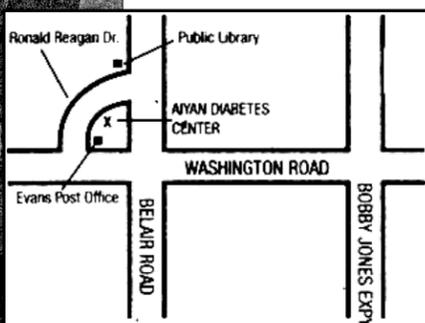


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Area Agency on Aging... Your One-Call Connection to Aging & Disability Services

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

Have you ever been aggravated by trying to find the right help for yourself or a loved one? Did you know that there is one number that you can dial to connect you to the services you need? One call - one number - 706.210.2018 can connect you to information and assistance.



Jeanette Cummings

The CSRA Area Agency on Aging (AAA) is your "one call connection" to aging and disability services and programs. The information and assistance team is ready to help. Perhaps you are a caregiver feeling overwhelmed by the day-to-day stresses associated with caregiving. You are not alone. The AAA staff has a wealth of knowledge that can provide you with relief, ranging from assistance with personal care to assistance with basic household chores. Missing your own medical appointments or church because you have no one to stay with mom or dad while you are away? The AAA has the solution for that as well. Consider respite care or a companion-sitter provider. Ever thought about an emergency response button or lifeline system for the loved one

or family member who is capable of being alone but has a history of falls? Information about these services and thousands of others is right at your finger tip - your local Area Agency on Aging.

The AAA is available to handle almost every need or concern you may have. If not, the request does not stop there. Staff is equipped with the statewide resource database titled Enhanced Services Program (ESP) which is a database of service providers. Its broad scope allows staff to locate requested services with ease. Callers get a lot more than a name and telephone number. They can get general information about the cost of a particular service and whether private insurance, Medicaid or Medicare will pay for the service.

Though the AAA is a vessel of information and assistance, the Agency works with many other community partners to ensure seniors, persons with disabilities and caregivers get the help they need. One such agency is the United Way of the CSRA. United Way/211 staff often transfer callers seeking in-home care or disability services to the AAA. Likewise, the AAA makes appropriate referrals to the United Way. Together, they make a difference. Both strive to meet the basic needs of the consumer.

Do not waste valuable time worrying. Rely on your local Area Agency on Aging. Simply dial 706.210.2018 or toll free 888.922.4464 for information about services, volunteer opportunities or requests for presentations.

2010 Georgia Golden Olympics Qualifies 400+ For National Event

Special to Senior News

The 2010 Georgia Golden Olympics held in Warner Robins in September was a successful event with over 500 athletes competing and over 400 qualifying for the National Senior Games in June 2011. The National competition will be held in Houston, Texas. The results of the 2010 were sent to the National office and registration packets have been sent to qualifying athletes. Deadline for registration with no late fees is March 15 and final registration is March 31, 2011. The results of the games are list-

ed on the Golden Olympics website: www.georgiagoldenolympics.org.

2011 Georgia Golden Olympics

The 2011 games dates are September 21-24, 2011. The games will be held in Warner Robins, GA and will be hosted by the Warner Robins Recreation Department. The schedule and registration form will be available by mid May. The form will be on the website to download and will be e-mailed to previous athletes and interested persons. Please share this information with friends and family and plan to attend the games in September.



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.
- 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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Senior News & Views of Georgia

Times Not Forgotten

We're still alive and well

by CHRISTINE COLEMAN

A few weeks ago I received an interesting E-mail from a friend that I'd like to share with you, and then I'd like to make some comments of my own. The E-mail reads like this:

HOW DID WE SURVIVE?

Looking back, it's hard to believe that we have lived as long as we have.

As children we would ride in cars with no seat belts or air bags.

Riding in the back of a pickup truck on a warm day was always a special treat.

Our baby cribs were painted with bright colored lead based paint. We often chewed on the crib, ingesting the paint.

We had no childproof lids on medicine bottles, doors or cabinets.

When we rode our bikes, we had no helmets.

We drank water from the garden hose and not from a bottle.

We would spend hours building our go-carts out of scrap and then ride them down the hill, only to find we forgot the brakes.

After running into the bushes a few times, we learned to solve the problem.

We played dodge ball and sometimes the ball would really hurt.

We ate cupcakes, bread and butter, and drank sugar sodas.

But we were never overweight. We were always outside playing.

Little League had tryouts, and not everyone made the team. Those who didn't had to learn to deal with disappointment.

Some students weren't as smart as others or didn't work hard. So they failed a grade and were held back to repeat the same grade.

That generation produced some of the greatest risk-takers and problem solvers.

We had freedom, failure, success and responsibility – And we learned to live with it all.

AUTHOR UNKNOWN

As I was reading this, I smiled often. Much of it applied to my family and me when I was growing up. Of course, just as much applied to folks and their kids who lived in town.

Now that I'm older, I realize

how much we have for which to be thankful. While many of us marvel at how we survived some of the old ways and consumed such products as sugary soft drinks, there's much we have to be thankful for today. For example, we are living longer because sugar-free soft drinks and other products are helping cut down on obesity and diabetes.

Restrictions of tobacco sales and advertising and warning labels on cigarette packs are cutting down on lung cancer and dozens of other diseases (but, sadly, not sufficiently yet).

Seat belts are helping people survive auto accidents. Better and more accessible parental care is helping babies survive and become healthier. There's mammograms, prostate screening, etc.

The point is: It's nice to reflect on the good old days – and after all, that's what *Times Not Forgotten* is all about.

But the fact is, we're living in the best days, and some day these will be the "good old days!"

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

Spiritual Notes

Dealing with difficulties!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

At some point in life every person faces some kind of trouble – illness, financial reverses, frustrations on a job, problems in marriage, shattered dreams, and the death of a loved one – and on the list goes.

Almost weekly I have friends asking for prayer who are experiencing life changing difficulties. Frequently, I hear, "How can I survive this unexpected tragedy?"

The Apostle Paul faced one difficulty after another, but he wrote to the church at Philippi: "I thank God upon every remembrance of you." Instead of complaining, he wrote: "The things which happened to me have turned out for the furtherance of the gospel." How could he be so optimistic?

Difficulties can be a chal-

lenge. They can change our view of things and cause us to see that some of the matters we have considered major in our lives are not as important as we thought. Paul explained that he experienced a switching of values when he was converted. The Damascus Road experience caused him to realize there was something even more valuable than the life he was living.

Troubles can cause us to either sink or swim. They can be a stumbling block or a stepping stone.

One of the greatest comedians in the world, Sir Harry Lauder, heard that his son had been killed. Here is what he said: "In a time like this there are three courses open to a person. One may give way to despair, sour upon the world, and become a grouch. One may endeavor to drown his sorrows in drink or by a life of waywardness and wickedness. Or a person may turn to God. It may

be that he cannot overcome the pain but find the power to endure it."

Not everyone can deal with difficulties as the Apostle Paul and Sir Lauder did, but faith in God can help us get through the dark hours of life.

Horatio Spafford wrote the following words to a song after he received the message that most of his family was lost in a ship wreck. "When peace like a river attendeth my way, when troubles like sea billows roll, whatever my lot, thou has taught me to say, It is well, it is well with my soul."

Difficulties are certain. No one is exempt from them. How we deal with them is the key. It is not easy to sing songs in the night of trouble, but it is possible.

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

AGENCY ALERT: Power of Attorney/Legal Documents

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

Recently, I have had numerous calls asking about power of attorney documents to help an older individual understand and deal with the increasing financial decisions. Here are a few considerations you and your loved ones should review and consider before making any decisions. Both the older individual and the person who assumes this



Kathleen Ernce

responsibility should consider several points before making the decision to give this important aspect of daily life to someone else. The person to whom the authori-

ty is to be given should be someone whom you trust to be honest and one who has your best interest at heart. They should be loyal to the parent or loved on, should be able to seek out and obtain additional resources for the parent, and understand and have the ability to carry out the wishes of the person needing the help or assistance.

Considering this **BEFORE** a crisis is important because you will have the time necessary to digest how having these documents in place can provide a safety net or peace of mind for future situations. We urge you to discuss these options with family members, loved ones, and/or your personal physician.

A General or Durable Power of Attorney document allows management of financial or property issues for the older or frail individual, within the guidelines established by that individual, and requires a great amount of trust. The document can be completed without the involvement of an attorney but should be used with great care. The document requires two witnesses and, if it deals with property, must be signed in the presences of a notary.

The Representative Payee Program provides financial management of income payments which is used by the Social Security Administration to aid those individuals without family support and who are incapable of handling financial affairs.

The Durable Power of Attorney for Healthcare allows for decisions concerning health-

care, the management of health-care issues including admission or discharge from a healthcare provider (hospital, nursing home, etc.), gives access to medical records, and names or nominates a Guardian in the event one is needed. This document also requires a great amount of trust because when this document becomes important is when the older individual is no longer able to communicate their needs or wishes.

The Last Will and Testament provides for the distribution of assets upon death and does not enter the picture until death. Remember: after your death, **IT IS TOO LATE TO ASK YOU ABOUT YOUR WISHES!!** Your Last Will and Testament document requires the legal knowledge of an attorney. You may limit the amount of time spent with an attorney by having your thoughts and wishes written out **BEFORE** your appointment. The Advocacy Programs Department has a "Will Intake Form" that is available to help you begin this process; if you would like we can mail one to you.

Once these documents are completed, copies should be given to the agent, to co-agents (if applicable), to your physician(s), to the executor of your estate, and to any other parties who need to know the existence of these documents.

Other much more restrictive legal options include Conservatorship and Guardianship. An attorney is needed to begin these processes

Conservatorship may also be used as a means of providing sup-

port. A Conservator is appointed by Probate Court, when a person is no longer able to care for themselves, either physically, financially, or both. The Court investigates conservatorship cases, appoints conservators at hearings, oversees conservatorships, and handles the elder's funds.

Guardianship provides for a court-appointed person or agency to act for or in place of the care receiver. This person who is giving up their rights is known as a "Ward of the Court." The process is easy to begin (only requires two (2) signatures,) but the proceedings can be expensive because of the various steps involved including a court-appointed medical examination, a court-appointed attorney to represent the potential Ward to ensure his or her rights are protected during the proceedings, and other individuals as the Probate Court Judge may feel necessary. The powers of a Guardian includes deciding where the Ward lives and/or managing the Ward's assets and income. Guardianship should be the last resort to be considered, but in cases, when the Ward is deemed to be incapacitated, Guardianship may be the best way to protect and care for the Ward. You will need an attorney to file the request for you in the county and state where the Ward lives. The Probate Court reviews the available information before making the decision to appoint either a Conservator or a Guardian.

A much less restrictive avenue is to obtain a Money Management service from a creditable, long-standing agency. This

service gives you – the client – the decision of how much control you are giving to the Money Manager. The Money Manager is bonded and insured against theft or misuse of your money. If you would like to know more about the Money Management Service offered through The Senior Citizens Council, please call us at 706-868-0120. We will arrange a visit with you in your home and discuss with you and your family (if available) the options that are available to you to ensure your bills are paid in a timely manner and help ensure that your assets remain safe and protected. This service is especially helpful when the elder person is confused about recent financial obligations.

If you are needing more information about these or other issues regarding caring for senior citizens or just need to know what resources are available to help senior citizens, plan to attend the **FREE SENIOR EXPO** that will be held on Saturday, March 26, 2011 at the Pine View Baptist Church at 119 Pleasant Home Road in Martinez.

Representatives from many area organizations will be on hand to answer your questions, as well as provide directions for questions. You may visit with the representatives from 10:00 a.m. until 2:00 p.m. Admission is Free; however, we are requesting that you help support an area food bank by bringing non-perishable foods items that will be donated to help the local food banks. As always, if you are needing assistance or have questions, please call us at 706-868-0120.

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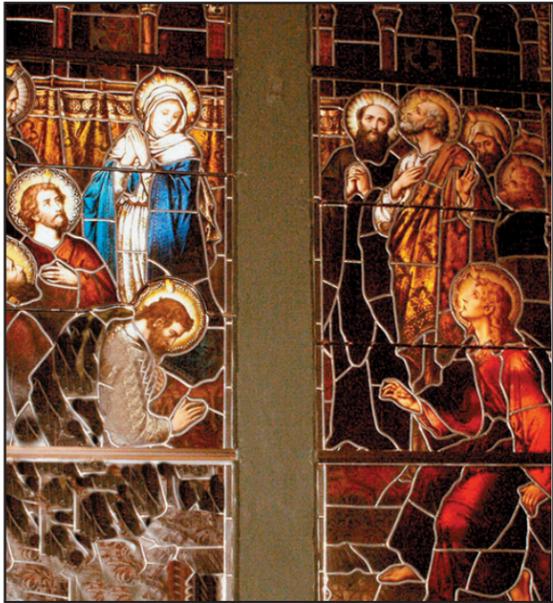
The Hidden Treasures in Sacred Heart Cultural Center

by CAROLYN BRENNEMAN

Photography by Carolyn

COVER
Outside of Sacred Heart Cultural Center, Downtown Augusta

In Western history, the most pronounced visual element associated with church architecture is



Intricate design and art work

stained glass. It is the intricate pattern of glass segments in various designs with vividly bright color held in a window. And here in our own Augusta, we are privileged to view 94 beautiful stained glass windows at Sacred Heart Cultural Center.

Built by Jesuit priests in 1898, the former Catholic Church is a very large basilica type building with 15 different styles of brickwork around the exterior as well as several exceedingly tall rounded towers with decorative white granite on the front porch and attached columns. The building in itself, creates a sense of power and strength as well as displays stunning beauty. And even more so, inside the cultural center, we find a creamy white interior, carved Italian marble altars, a barrel vaulted ceiling with a dome filled with angels, and the 94 magnificent stained glass windows.

There is, of course, a

story to the stained glass windows as they were manufactured by two different studios over a century ago. Those over the altar and in the transepts were created by Riordan Stained Glass Studio. The windows over the altar display several key figures: St. Francis Xavier, the Jesuit missionary to India; St. Patrick, the patron saint of Ireland; St. Ignatius Loyola, the founder of the Society of Jesus; Jesus and God the Father; and St. John the Evangelist. In the West Bay of the church, the large windows show the Angelic Annunciation to Mary as well as her Coronation and in the East Bay, several windows honor St. Joseph including the Flight into Egypt as well as his death.

Several other windows were commissioned by another company, Franz Mayer Company of Munich. In the nave aisles of the church, the large double lancet windows present in great and vivid detail, the story of the life of Christ. On the west side, this story starts near the church entrance and proceeds down through and to the altar with the Presentation in the Temple to the Wedding at Cana and to Christ Giving St. Peter the Keys to the Kingdom. On the east side, we witness the events leading to the end of Christ's life, including the Transfiguration, Agony in the Garden, Ascension and the Pentecost as the Holy Spirit descends on the apostles.

Of course, as we walk the circular stairs up to the choir loft, we see the stunning windows showing St. Peter Claver, the Jesuit missionary to the slaves in South America; St. Rose of Lima, the first saint to be canonized; St. Agnes and St. Catherine from the early Christian era as well as St. Cecilia, the patron saint of music. In the center of the loft, is the window showing several saints around the New World Jesuit missions.

Today the mission of Sacred Heart Cultural Center is to preserve and maintain the Sacred Heart Building, as a National Register Historic Site. In addition, the Center offers the CSRA many cultural opportunities to participate in including art exhibits, garden festivals, holiday



Windows on the West Bay display Mary

events, weddings, tours and choral concerts. It is now home to the business offices of seven arts groups including the Augusta Symphony. The Center, located in Downtown Augusta, is open to the public, free of charge. That is correct, its free. So let us take a day to visit this remarkable center and discover the beauty it holds. Call 706.826.4700.

Credit to: "Glory in Glass, Stained Glass in the United States" by Virginia Raguin and Sacred Heart Cultural Center.



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
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Inside the Cultural Center showing marble and column design



A view of the East Bay showing several windows

Poets' Corner

A Few Of My Favorite Things by Geri Noel

A hot bath with a lavender scent
A tall glass of ice tea with a sprig of
mint
Dave Brubeck and Al Jarrear's Take
Five
Al Hibler and Roy Hamilton singing
Ebb Tide

Elephants with their trunks turned
up or down
CSI... but I'm missing Wardwick
Brown
The way my grandson... Juvon
laughs
Marvin Gaye's autograph

Key Lime Cheesecake
The Black Walnut Butter Cookies
that I bake
To see my granddaughter Ciara
dance
To have a meal cooked for me by my
son Lance

To sip a Strawberry Daiquiri
To remember old friends at the
factory
Watermelons... cantaloupe and
seedless grapes
Being a senior citizen and getting
lower rates

The voices of Nancy Wilson...
Phoebe Snow and Little Ester
Old TV shows like The Adams
Family With Uncle Fester
It Takes Two... E-Z Rock and Rob
Base
My 6-year old granddaughter Jade
saying grace

On the computer playing Spider
Solitaire
A good pair of Granny Underwear
I could go on and tell you more
Let's turn it around... you tell me
yours

Between His Shoulders by Renee Kozlicki

(Deuteronomy 33:12: "Let the
beloved of the Lord rest secure in
Him, for He shields him all day long,
and the one the Lord loves rests
between His shoulders.: (NIV)

There's a verse I've found in the
Bible,
Which brings a lovely memory to
mind;
It's associated with the joys of
childhood,
Where one of the best places I could
find
Was being lifted up and put between
the shoulders
Of my father, who helped me to see
All that was going on
From a perch of security.
I knew he would not let me fall.
He'd make sure my view was just
right,
So I could "take it all in,"
Because he made sure I'd have clear

sight.
This positional experience is again
mine
In the twelfth verse of Deuteronomy
thirty-three,
Where "the one the Lord loves rests
between His shoulders" –
What a secure place of love to be!
"Let the beloved of the Lord rest
secure in Him,
For He shields him all day long;"
Experiencing His love and protection
Is a place where I want to belong.
By positioning me between His
shoulders,
He helps me to better see
Life from His vantage point,
Which is the perspective I want for
me.
Amongst so many verses in the Bible,
I'm glad this one provided the
mental vision
Of being between my Father's
shoulders,
Dwelling in His love and constant
provision.

***** What I Believe by Doris Charnock

I believe in a God of love, so pure
and infinite, that mortal men, while
on this earth will never be able to
comprehend his grandeur.
I believe in a God whose intellect is
so profound that he can sense
man's feeble attempts at
cleverness, even before man
commits the act.
I believe in a God whose eyesight is
so penetrating that he can see
what I do, be it light of day or
dark of night.
I believe in a God whose hearing is
so keen that he can hear every
whisper, and the sound of every
tear that falls.
I believe in a God whose touch is
strong enough to move mountains,
yet soft enough to soften the

hardest of hearts.
I believe in going to church to
worship God, renew my spirits
and gain strength to combat
temptations.
I believe in reading the Bible, to find
new insights into God's plan for
me and to be reassured of his
great love.
I believe in prayer, to unburden my
soul and enjoy a closer
communion with God.
I believe that for every hour I spend
going to religious meetings and
reading the Bible, I must spend
time helping those less fortunate
than I; otherwise, I will become a
selfish hypocrite – a favorite
servant of the Devil
I believe in standing up for the truth,
at all times and in all places,
regardless of the consequences; for
the truth shall set men free.
I believe that with God's help, I can
walk across this earth with peace
and joy within my heart and spend
eternity in heaven.

THANKFUL by Angela Johnson

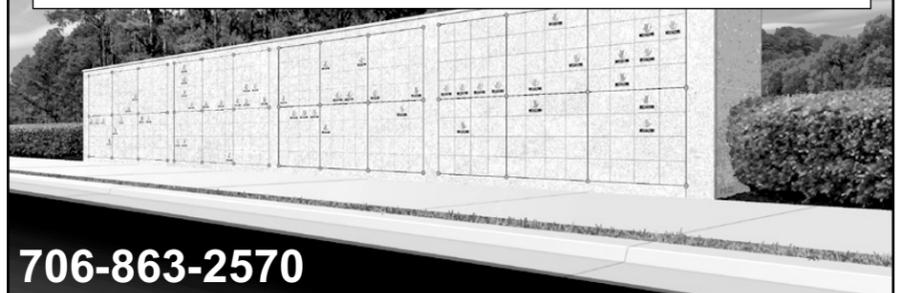
Lord, I am so thankful for Your
wisdom,
Thankful for Your grace,
Thankful for Your holiness,
Thankful for Your heavenly face,
Thankful for the blessings that You
bestowed on me,
Thankful for showing me the way to
follow Thee,
Thankful for helping me to overcome
trials and tribulations of life
every day,
Thankful for Your presence in my life
overcoming toils and strife,
Thankful for my family and all the
people I know because without
you, Lord
I would not know which way to go,
Going to give praise to Your holy
name every day,
Write and sing the songs of glory in
my own small way,
Thankful for Your spirit, truth and
light,
Thankful for Your presence in my
humble life.

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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 –

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

Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

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

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

changing my everyday living with the 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.

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The Next Chapter

A Walk in the Woods: Rediscovering America on the Appalachian Trail and The Devil in the White City: Murder, Magic and Madness at the Fair That Changed America

Book Reviews by ANNE B. JONES, PhD

A Walk in the Woods: Rediscovering America on the Appalachian Trail
Bill Bryson, Anchor Books, New York, 2007

The Devil in the White City: Murder, Magic and Madness at the Fair That Changed America
Erik Larson, Crown Publishers, New York, 2003

This is a double feature book review, reaching to the past for popular books you can now buy on a budget. In the first, *A Walk in the Woods: Rediscovering America on the Appalachian Trail*, Bill Bryson sets out with a friend to walk the Appalachian Trail, not realizing the enormity of the obstacles lying and rising ahead of them. This telling of their adventures departs from the usual "I did it" books to explain why they "didn't do it." In *A Walk in the Woods*, Bryson recounts numerous trail adventures and misadventures, coming to an end with the realization that his friend almost came to an end himself, lost for an unnerving period of time on the trail.

This is a companionable book, one a reader can pick up and put down at will, knowing he or she will always enjoy continuing. That said, it was not what I thought it would be. Put forth as humorous, which I admit at times it was, I found the book overall very sobering. Although he is appreciative of its beauty and grandeur, Bryson erases any glamorous illusions one might have about walking the trail. At the same

time, he inserts information about the exploitation and lack of preservation of America's wilderness areas with a subtlety that makes the message all the more shocking. I recommend *A Walk in the Woods* for nature enthusiasts and environmentalists, especially those considering a journey along the AT.

The Devil in the White City: Murder, Magic, And Madness At The Fair That Changed America is quite a contrast. Erik Larson also takes us on a journey, this one back in time to the Chicago World's Fair of 1893, nicknamed "The White City." The book is a fascinating exploration of the tremendous amount of planning, effort and energy that went into the fair. Fraught with challenges, financial, geographical, and human, the fair's success was nothing less than a miracle. Larson's probe of the personalities and events involved gives insight into an era that changed our nation forever. In particular, the book highlights events that brought America architectural fame.

In counterpoint to the fair, Larson presents the story of one of the most diabolical and cruel serial killers ever encountered. The story of Henry H. Holmes and his torture palace makes CSI tales of today look tame. As the book jacket acclaims, "What makes the story all the more chilling is that Holmes really lived." That he was eventually caught is testimony to the importance of reliance on "gut instinct," in this case the instinct of Philadelphia Detective Frank Geyer. Interwoven with the story of the fair, the events related to Holmes and his capture make *The Devil In The White City* all the more engrossing.

Feedback and comments welcome;
annebjones@msn.com; annebjones.com.

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C'mon, let's eat

by FAYE JONES

Isn't it strange how our habits and tastes change over the years? As a child I had breakfast whether or not I wanted it. As a teen I didn't take time to eat since putting on make-up took precedence. For 30 years as a young matron and mother I lost my taste for early morning treats. Now! Oh, wow, I get to dying age and I want to eat everything on the table. I love breakfast! Presently I am living with my daughter and she sets a lovely table. Most mornings she adds fresh fruit and never forgets those wonderful blueberries and strawberries that I love so much.

I said all that to say this, we have a collection of great recipes to start your day with a bang and a smile on your face.

Read on.

PUFFED FRENCH TOAST

2 whole eggs
2 1/2 Tbsp sugar
1/2 tsp salt
1/2 tsp vanilla extract
1/4 tsp nutmeg
2 cups milk
1 cup flour
2 1/2 tsp baking powder
12 slices thick Texas style or BBQ bread cut in half diagonally
Cinnamon sugar, maple syrup or fresh fruit topping.

Mix eggs, sugar, salt, vanilla and milk until well blended. Slowly add flour, baking powder and nutmeg and mix until smooth. Dip bread slices in batter, letting excess to drip off. Fry in a hot skillet with 1-inch of oil until golden brown on both sides. Drain on paper towel and sprinkle with topping of your choice and serve immediately.

ROAST BEEF HASH

1 medium onion, finely chopped
2 Tb butter
1 cp prime rib meat, cooked, finely chopped
1 medium potato, peeled, finely chopped
1 cup strong beef stock or broth
1 egg, poached or fried

Preheat oven to 350 degrees. Saute onion in butter until tender, not browned. Combine onion, beef and potato. Spoon into a buttered 1-quart baking dish and bake for 1 hour. Remove from oven and shape into an oval patty. Place in a hot buttered skillet. Saute until lightly browned on both sides. Top with a poached fried egg.

CREAMED EGGS ON TOAST

3 hard boiled eggs, peeled and coarsely chopped

1/3 stick butter
2 1/2 Tbsp flour
2 1/2 cups milk - or more
Salt and pepper to taste

Boil and chop eggs. Set aside. Melt butter in saucepan. Do not brown butter. When it bubbles, add flour and stirring constantly, cook about 1 minute. Do not brown the flour. Add milk, stirring constantly. Boil 1 minute. Add chopped eggs, salt and pepper and stir for 1 minute. Adjust thickness of white sauce. Serve on toasted bread.

Enjoy!
 ©2/24/11

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.

Social Security's Final Four

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

This time of year basketball fans are gearing up for March Madness – a time when the final four teams in the NCAA fight for the title of national champion. While basketball fans are excited about March Madness, Social Security already has a winning "final four" of online services to cheer about: the Retirement Estimator, Benefit Application, online Extra Help application, and Business Services Online.

1. The Retirement Estimator is an easy way to get an instant, personalized estimate of your future Social Security benefits. Just key in some basic information and the Estimator will use information on your Social Security record, along with what you input, to give you a benefit estimate on the spot. You even can experiment with different scenarios, such as changing your future earnings and retirement date. Check it out in English at www.socialsecurity.gov/estimator or in Spanish at www.segurosocial.gov/calculador.

2. The Benefit Application is the most convenient way to apply for Social Security retirement benefits. You can apply from the comfort of your home - it's fast,

easy, and secure. It's so easy, in fact, that it can take you as little as 15 minutes to apply online. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. Try it out when you're ready to retire at www.socialsecurity.gov/applyonline.

3. The online Extra Help application is an easy way to save about \$4,000 a year on your prescription drug costs. To qualify for the Extra Help, you must be on Medicare, have limited income and resources, and live in one of the 50 states or the District of Columbia. Learn more about it at www.socialsecurity.gov/prescriptionhelp.

4. Business Services Online is our one-stop shop for small businesses. Visit Business Services Online at www.socialsecurity.gov/bsa.

In the American Customer Satisfaction Index, Social Security received the highest ratings in both the public and private sectors.

To learn more about our winning services, visit www.socialsecurity.gov/onlineservices. Or, read our publication What You Can Do Online at

www.socialsecurity.gov/pubs/10121.html.

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and all of our online services. When you do, you will be the winner.



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Augusta/CSRA CALENDAR

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The Senior Citizens Council

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

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

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

For additional information or to make an appointment for a needed service, call 706-868-0120 from 8:30 a.m. to 5:00 p.m.

CSRA Senior Centers

Over 60? Enjoy socializing, parties, cards, crafts, Bingo and travel? Interested in staying healthy and active? Tired of

eating lunch alone? If you answered YES to these questions, then you need to check out a Senior Center near you!

- Blythe Area Recreation Department Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668
- Carrie J. Mays Recreation Center Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
- East View Community Center Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302
- HH Brigham Senior Center Pat Jenner; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
- Sand Hills Community Center Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
- New Bethlehem Community Center, Inc. Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center Jeff Asman; 5913 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 Vaucluse Rd., Aiken, SC 29801; 803-642-7559;

www.aikencountysc.gov/tourism

Courtney Senior Center

49 Roy St., Wagener, SC; 564-5211

• Senior Bingo: 3rd Fri., 2 p.m., Free

• Canasta Club: Wednesdays, 12 noon, Free

Harrison-Caver Park

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

Aiken County Recreation Center

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

• Coffee Corner: Tues., March

8 & 29, 11 a.m., Free

• Trash or Treasure Appraisal

Fair: Wed., March 16, 10 a.m.

Call for complete details

Roy Warner Park

4287 Festival Trail Rd.,

Wagener, SC; 564-6149

Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

Hearing Loss Association of Augusta

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

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community Center, Windsor Spring Rd., Hephzibah. For additional information contact Lion David Usry, President, at 706-592-2752.

Morris Museum of Art

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

continued on page 11

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CALENDAR

from page 10

• The Godfather of Soul, Mr. James Brown: Ongoing

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

“Dance with Us”

The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our **FIRST SATURDAY** social dance at the Elks Lodge #205 on 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 Area Newcomers Club

The Augusta Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out.

For 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.

Phinizy Swamp Events

706-828-2109

Find Your Voice

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

Senior Volunteers Needed

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

DBSA (Depression Bi Polar Support Alliance)

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

Volunteers Needed

The Retired and Senior Volunteer Program (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.

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 volunteerrcas@uh.org for complete details.

Junior League of Augusta 59th Annual Attic Sale

Sat., March 5, 7 a.m.-1 p.m., Augusta Exchange Club Fairgrounds, 303 Hale St. For complete details call 706-736-0033 or visit www.jlaugusta.org.

Auditions for *The General and His Lady*

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OR CSRA: 706.790.5350

To find a location near you, visit
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by CAROLYN BRENNEMAN

Photos by Carolyn

Catch the Wave! Change your life. That is the byline for New Wave Life Coaching owned by the delightful Rev. Dr. Lynda D. Sims. A native of Chattanooga, Tennessee, Lynda has been in ministry for over 35 years. In 2005, she received her Doctor of Ministry degree from Christian Life School of Theology and was ordained as a non-denominational chaplain by Chaplain Fellowship Ministries that same year. Lynda was employed by Alliance Hospice for 4 years as one of the chaplains until she opened New Wave Life Coaching last March of 2010.

Just what is life coaching? Life Coaching is a profession that is often compared to traditional counseling or psychotherapy but differs in that its focus is not the past but the future. The coaching process addresses specific issues that are important to the person seeking the life coach. Lynda says that clients come in needing help with personal changes and needs, business and career development, health, aging, family and parenting issues, personal growth and spirituality, as well as general conditions and transitions that are going on in his or her personal life.

Clients who come to New Wave range from children to retired adults and come from different life styles and socioeconomic backgrounds. Usually a client contracts for 5 to 10 sessions or more as each client is working on specific areas of his or her life. Well, are they affordable? You bet, and there are even discounts available.

“Coaching takes you from where you are now to where you want to be,” says Lynda. “It is all about taking care of your needs. It is discovering what your obstacles or challenges are and finding tools and action steps to achieve your goals and make your life more fulfilling,” says Lynda.

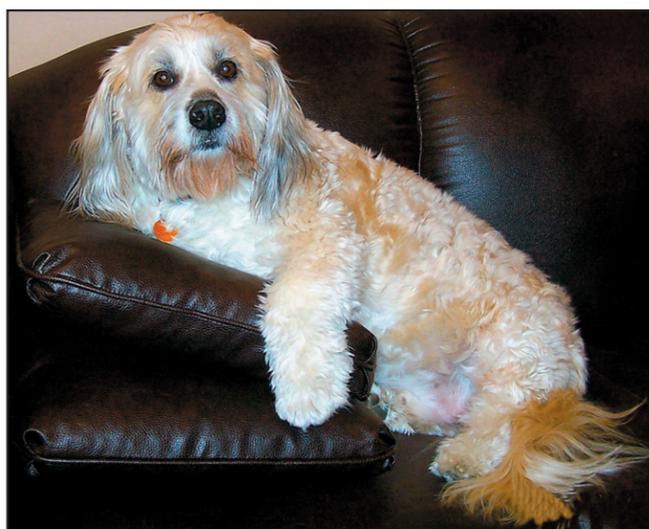
Lynda says that life coaching

represents her philosophy on how to really help people. “Coaching is very non-judgmental,” says Lynda. “It is about helping a person find their way based on their own value system. When we work together, we can achieve our goals and accomplish our dreams.”

Lynda recently added 4 specialty coaches and a counselor to her practice. Scott Story, is an ADHD coach for children, adolescents and adults and Colonel Al Jackson treats post-traumatic stress disorder as well as other military-related issues. Tara Tanksley-Stallings helps with



Lynda Sims, owner of New Wave



Cody is the hospitality host at New Wave

marriage, divorce and family relationships; and, Percival Galloway has a juvenile justice background working with teens and young adults. Counselor, Carolyn Yerezian will help with any general relationship issues or spiritual counseling which may be needed.

So, stop on by to receive a com-

plementary one-hour coaching session and meet Lynda and Nell, her assistant. You will be greeted by the hospitality host, Cody, a gentle, warm and affectionate canine. New Wave Life Coaching is located in Le Pavillon, in Martinez, next to Dippin Dots. The telephone number is 706.513.3683. What are your passions, your inspirations, or your deepest hopes? Let New Wave Life Coaching help you find your way and fulfill some of your dreams!

Give yourself some credit – Social Security Credit

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

Sometimes people don't give themselves enough credit. But if you work and pay Social Security taxes, you're earning credit for yourself every payday – credit that will pay off later in life when it comes time for retirement, or in the event that you become disabled and are unable to work; credit that can help your family if you die early and need to provide for those who depend on you.

You qualify for Social Security benefits by earning Social Security credits when you work in a job or are self-employed and pay Social Security payroll taxes. In 2011, you receive one credit for each \$1,120 of earnings, up to the maximum of four credits per year. Most people need 10 years of work (40 credits) to be eligible for retirement benefits.

The number of credits needed for disability benefits depends on how old you are when you become disabled. For example, if you become disabled before age 24, you generally need 1 1/2 years of work (six credits) in the three years before you became disabled. At age 31 or older, you generally need at least 20 credits in the 10 years immediately before you became disabled.

In most cases, about 10 years of work is needed for a worker's family to

qualify for survivors benefits. Survivors of very young workers may be eligible if the deceased worker was employed for 1 1/2 years during the three years before his or her death.

You can find a detailed chart that shows exactly how many credits you

would need in the online publication, How You Earn Credits, available at www.socialsecurity.gov/pubs/10072.html. You also may want to read Understanding the Benefits for more information about Social Security and how it works. You can find it online at

www.socialsecurity.gov/pubs/10024.html. Next time you feel like someone else is taking credit for your hard work, just remember that your hard work is earning you credit in ways you probably don't even think about - Social Security credit.



21st Anniversary

Delta International Series 2010-2011

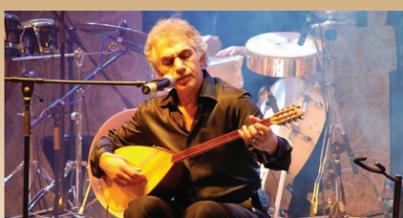




Tango Buenos Aires
Fire and Passion
from Argentina
Monday, February 28 at 8:00 p.m.



Russian National Ballet Performing
Chopiniana & Romeo and Juliet
from Russia
Monday, March 28 at 8:00 p.m.



Omar Faruk Tekbilek
and His Ensemble
from Turkey
Monday, May 9 at 8:00 p.m.

TICKETS AVAILABLE AT:
The Fox Theatre Box Office • Ticketmaster 800.745.3000 • www.ticketmaster.com • Ticketmaster Outlets • For groups of 10+, call group sales at 404.881.2000 or visit foxtheatre.org





