

Senior News

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*Meet One of CSRA's
Finest Artists!*

Story on Page 6

August 2012
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Ruth Pearl

AGENCY ALERT: Do I have enough money?

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

Do I have enough money? It is terrifying not to know where you stand.

I hate to say it of my gender, but females often do not pay enough attention to the details of family money. Most of the time, the female spouses are enabled by the male spouse who like to manage everything themselves. However, both spouses need to wake up and realize that family money is everybody's business!

Over the last few months, I have witnessed new widows (from traditional marriages) gasp when they realize they must now make all family decisions without their spouses. Regardless if the spouse says, "I will handle that for us – you do not have to worry about it" – both spouses should know the how, when, why, and where of all financial business of the family. Even young wives also need to know about the family's investments, the sources of income for now and retirement, will the spouse's pension continue, as well as where do I find all of this information.

Our Advocacy Programs Department helped a similar situation

recently. An older couple lived in the community together until he became quite ill. The family knew the wife was not able to care for him, due to her own physical and medical condition and decided to place him in a nursing facility near their house. As the wife was preparing to have cancer surgery, she reviewed insurance policies and mistakenly canceled the spouse's retiree health plan prescription coverage. After her return from the surgery, she noticed a mountain of bills for medications that was given to her husband in the nursing home and wondered why? She asked her children to help figure out why and what happened to the policy. The company told her she had cancelled the policy and sent her a copy of the cancellation notice that she had signed and mailed the day before her surgery. Even though, we all discussed and explained the situation with the company representatives, they refused to reinstate the policy. Her family filed an appeal - on the advice of our case manager and applied for Medicare Part D coverage.

She recovered from the error and the company eventually reinstated the policy, if she had know for sure about the policy, perhaps this error would not have happened.

This situation is why both partners need to have a broad understanding of the family finances and the best way of learning is by doing; such as, the wife handles the investments and the husband pays the bills. You may each handle finances separately or together.

However, many individuals may not know where or how to begin. You and your spouse will be better prepared to begin dealing with family finances by answering these five questions:

What is your annual income and what does it cost to live? The first question most widow or widowers ask once they realize they are responsible for the household is: "Do I have enough money?" It is terrifying not to know where you stand. To forestall this shock, you and your spouse should create a budget file together. Be sure to include all sources of income including the current annual amounts, subtract all living expenses including taxes and automatic withdrawals from bank accounts. The net amount should show how much money you will need for the next phase of your life. You may, also, consider signing up for one of the free money-management services.

Did your spouse leave a life insurance policy with a lump sum? Do you know how to handle this money? Attach a note to the policy or will to help you remember.

How to handle exiting investments? Investing and learning about investments is not difficult. Some investments hold some of the money in the bank or in a money fund, while others help pay expenses over the next 3 to 5 years, and invest the rest in low-cost mutual funds that own stocks and bonds. Others, however, may never feel confident managing money. Husbands do them a favor by having a trustwor-

thy, tested financial advisor.

What about drug coverage, long-term insurance for the surviving spouse? Discuss what to keep, what to update (be sure to include correct beneficiaries), and what to cancel (for example, the survivor might now need life insurance). Be sure to attach a reminder note on each policy.

Where are all the financial records? Gather all information into labeled folders: bank records, keys to and who has authorization to enter a safe deposit box, passwords to online accounts; Social Security numbers; funding retirement plans and other investments, insurance policies; legal documents (wills, trusts, power of attorney for health care documents, and other power of attorney documents); loans; deeds; employee benefits (if still employed); records of any money you are owed or that you owe; personal papers (marriage certificates, divorce decrees, birth records, other death certificates); recent tax returns; bankruptcy records; and the names and contact information for your attorney(s), accountant(s), tax advisor(s), and insurance agent(s).

After a period of sheer terror and finally adjustment, most survivors get their minds around their money.; however, if you plan as a couple, you should be able to skip the terror phase and move directly to peace.

Information source: Jane Bryant Quinn, *Making the Most of Your Money Now.*



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Taking Care

The value of respite – enjoy personal time

by LISA M. PETSCHÉ

While the days of summer offer most of us the chance to enjoy a well-deserved break, sometimes caregivers are reluctant to take one. They know their responsibilities are constant, regardless of the season. But breaks from caregiving duties – commonly known as respite – are essential in order for caregivers to be able to provide optimal care over time. These can take place at home or away, and involve anywhere from a few minutes or hours, to several days or weeks.

The goal of respite is to refresh caregivers physically, mentally and spiritually. The change of pace – and often environment – can renew their energy and restore their perspective. When practiced regularly, respite helps keep the stresses of caregiving manageable, preventing physical and emotional burnout.

While respite is a year-round need, the dog days of summer are the perfect time to begin the habit of taking time out from caregiving.

If you are a caregiver, read on for some seasonal self-care tips.

Lighten your load

- If finances permit, hire a yard maintenance service or a neighborhood youth to cut the lawn. Otherwise, get a mulching mower so you do not have to bag grass.
- Buy low-maintenance outdoor plants or consider container gardening.
- Make double batches of meals and freeze half so you do not have to cook on hot days, or stock up on pre-cooked foods that only require warming. Better yet, order takeout food during a heat wave.
- When summer sun and heat keep you indoors, research options for day care, which would allow you a significant break and your loved one additional stimulation. You might also locate a suitable caregiver support group in your area. Many take a summer hiatus, but you can learn about options for the fall.
- Contact your local office on aging or the organization associated with your loved one's disease.
- Do not pass up an opportunity for a vacation, with or without your loved one, whether to a friend's cabin, a resort, an out-of-town wedding or other special event, or to visit relatives at a distance.

Enjoy personal time

- Get a portable baby monitor or two-way radios to allow you to engage in outdoor pursuits worry-free while your loved one is resting or involved in indoor activities.
- Read a magazine about a favorite summer pastime – gardening or golf, for example.
- Have a picnic in your backyard on a nearby park.
- Plan an outing to a sporting or cultural event, such as a baseball game or summer festival.
- Listen to relaxation tapes that feature your favorite summer sounds – for example, a waterfall, gentle rain, birds or other wildlife.
- Sit on your front porch or balcony or go to a park and people-watch.
- Go to the local farmers' market and marvel at the offerings. Pick up a variety of fresh fruits and vegetables, as well as favorite meats, cheeses and baked goods.
- Take a drive in the country.

Pamper yourself

- Buy toiletries in a favorite summer scent, such as lily of the valley or peach.
- Grill your favorite meats and vegetables. Try some new marinades or salad dressings, for variety.

- Stock up on refreshing drinks, such as lemonade and iced tea, or the necessary ingredients to make your own, if you prefer.
- Buy a box of favorite ice cream treats the next time you are at the grocery store. Or head out to your local dairy for an ice cream cone, sundae, milkshake or float.
- Bring in flowers from your garden and display them in an attractive vase.
- Purchase something seasonal for your enjoyment – for example, an indoor plant, an additional to your wardrobe, wind chimes, a bird feeder or an outdoor lounge chair. Shop by catalog or the Internet if it is hard to get out.
- Invest in a set of satiny smooth bed sheets.
- Buy votive candles in floral or fruit scents and place them in decorative holders.
- If you do not have central air conditioning, get a window air conditioner, or oscillating fans for the rooms you use most. Keeping cool will help to prevent irritability and maintain your energy level.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior issues. She has personal and professional experience with elder care.





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Serving Augusta & the CSRA

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Senior News & Views of Georgia

Symphony Orchestra Augusta presents 58th Season

2012-2013 Season: insaisissable episodes

Special to *Senior News*

Symphony Orchestra Augusta commences the 2012-2013 and 58th concert season with Maestro Shizuo Z Kuwahara in his fourth season as Music Director on Saturday, September 29, 2012. SOA enthusiastically announces our season, and theme "insaisissable episodes" – English translation: elusive episodes. Maestro Kuwahara explains:

What is the meaning of life? Holocaust survivor and psychologist, Viktor Frankl came up with a formula through his experience, perhaps giving us a clue to answering this question:

Hopeless = Suffering – Meaning

Does this suggest that the meaning is suffering plus hope? As we take an eternal musical journey, we might better understand the meaning of life through

Spiritual Notes

There is plenty of work for love to do

by **Dr. Bill Baggett**
Minister to Seniors
Dunwoody Baptist Church

Recently I read the story of two mature ladies who worked in the same office and were having a discussion regarding the work habits of a fellow employee. One of the workers observed that the employee in question was lazy and worked very little. In response her fellow employee suggested that he was young and needed encouragement and support. As a follow up statement she said, "There is plenty of work here for love to do." Her response was urging her friend to be patient and work at loving this young man. In other words, she was suggesting you have

illusive and elusive episodes.

SOA continues the tradition of presenting great musical entertainment to our audiences by introducing one new event, and bringing back a family favorite. The new event is a Composer Festival in February. This season, the Maestro has elected to celebrate Ludwig van Beethoven, father of classical music and the most influential of all composers of our time. Festival week features the grand chamber and orchestral works of Beethoven. The Perlman, Quint, Bailey Trio initiates the festival at the Bank of America Columbia County Music Series (Jabez S. Hardin PAC, Tuesday, February 19th at 7:30 pm), and also performs at the Georgia Health Sciences Symphony Series concert (First Baptist of Augusta – Saturday, February 23rd at 7:30 pm). Festival ends with the *Family Concert (Maxwell PAT – Sunday, February 24th at 3:00 pm), – an all-Beethoven concert designed especially for the family (SOA's Family Series was suspended a few years ago). SOA will be partnering with other arts organizations to provide community events throughout the week, including lectures,

master classes, visual art projects and much more. SOA is offering a special price of \$30 to attend all three concerts or a family four-pack for \$100.

Georgia Health Sciences Symphony Series, SOA's "signature series," is a six-concert series with performances on Saturday evenings at 7:30 at First Baptist of Augusta. Each classical music concert features an episode exploring the season's theme of elusive visions. Series Ticket prices are \$300, \$250, \$125, \$110, and \$65. Detailed program notes and audio of each concert performance are available online at soaugusta.org.

Season Tickets for all Series are available for purchase online at www.soaugusta.org or by phone at 706-826-4705 Single Tickets are available after August 1, 2012. To request a season brochure, simply request by email at marketing@soaugusta.org or call 706-826-4705. Located on the second floor of Sacred Heart Cultural Center, the Symphony office is open Monday through Friday from 9 a.m. to 5 p.m.

Follow us on Facebook & Twitter; <http://www.soaugusta.org>; www.facebook.com/SOAExperienceThePassion.

a lot of "love work" to do.

The world we live in today, with all the negative attitudes that one encounters and perhaps harbors, we have forgotten what Jesus said when asked in Matthew 22:36-39:

"Teacher, which is the great commandment in the Law? Jesus said, you shall love the Lord your God with all your heart, with all your soul, and with your entire mind. This is the first and great commandment. And the second is like it; you shall love your neighbor as yourself."

Regrettably, so many of us are like the negative worker, we find it easy to censure and/or blame those around us, friend or foe, for any number of faults. In contrast, if we follow the commands of Jesus there are no exceptions to the prescribed actions we are to take toward our

neighbors. I believe Jesus included all those we encounter each day as neighbors.

I love the old hymn, "Love Lifted Me." One of the verses states: "But the Master heard my despairing cry; from the waters He lifted me; now safe am I. Love lifted me! Love lifted me! When nothing else could help, Love lifted me!"

Yes, "There is plenty of work for love to do." Love does lift us to act beyond our human capacities. Love is God's benevolence and mercy toward man. May we all practice the feeling of benevolence, kindness, and brotherhood toward others.

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



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THE WAY I SEE IT

{ Sandra Moses | Blepharoplasty }



Life is an Organic Apple.

I've beat the odds. I've survived breast cancer twice. The way I see it, many of the diseases people struggle with today are a bi-product of their diet. Food additives, hormones in the milk we drink and preservatives I can't even pronounce are having a profound affect on our bodies. And not just adults. I see 11 year old girls who look like they're 16! What will their bodies say about them when they are 45?

Our eyes are equally affected. My late husband, Keith Moses was an ophthalmologist. He knew the importance of eye health so when my vision was affected by a medical condition, I saw the Eye Guys. I can say it was a wonderful experience. As one who has experienced disease, let me encourage you to modify your diet. I suggest eating organic and natural foods and beverages as much as possible. Put the odds back in your favor.

Sandra Moses

"Sandra's upper vision field was limited by her eyelids. The answer was Blepharoplasty. Not only did it improve her peripheral vision, but she feels awake and refreshed. Aging eyelids can make a person appear older than they are. Surgical Blepharoplasty heals in a relatively short time and is often covered by medical insurance. Staying Vision-Fit™ means regular check-ups and timely attention to issues affecting your eyes." - **DR. BRUCE BROWN**



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On the Cover

Meet One of CSRA's Finest Artists!

by CAROLYN BRENNEMAN

Photos by Carolyn

Cover

Cosmos And More, acrylic. Inset: Ruth Pearl standing next to *Messy Jessay*, acrylic.

Meet Ruth Pearl, one of CSRA's outstanding artists. As the

newest partner at Gallery on the Row on Broad Street in Augusta, Ruth now has a permanent venue to display and sell her magnificent art pieces. Ruth's passion is painting vibrant and colorful gardens and nature scenes, using acrylics, pastels, watercolors, inks and sometimes charcoals. She has several new paintings at Gallery on the Row and also has had her work exhibited in several other

locations including Gertrude Herbert Institute, the MACK, Sacred Heart Cultural Center, and the Etheridge Center of Aiken.

Born in England, when Ruth was in kindergarten her older brother critiqued one of her paintings, which gave her a new perspective on her art. When her artwork received much praise from her teachers, she just knew she wanted to pursue art as a career. Attending college in England, she received her degree in Art and Design, concentrating on print-making and silk-screening. "I enjoyed every aspect of it, from the process of mixing inks to seeing the layered effect of one color on



Painting from Ruth's Majestic Sky Series



Waterfall in Mary-Alice's Garden



Ribbon-Like Quality of Loropetalum, acrylic.

another," says Ruth.

Ruth married after college, and she and her husband Ken eventually relocated from England, moving to Kenya for three years. "The intensity of the African landscape had an exciting impact for me, and I visualized the beauty of it in theatre sets and at the elementary school where I taught art," Ruth says. Later moving to South Africa, Ruth continued work on set paintings for amateur dramatics for seven years.

Ruth and Ken came to the United States in the 1990s, and Ruth continued teaching and learning new techniques. Ruth has a real passion for gardens and the natural world and reflects this in her art.

Upon settling in Evans, Ruth had the pleasure of learning from and working with local gifted artists. "The natural world is my motivation and I am able to combine my passion for gardens in my art, sometimes using photographs I have taken for that purpose. I try to convey an essence with the use of color, and more recently, light," says Ruth.

So check it out! Come by the exquisite Gallery on the Row on Broad Street in Augusta to view the magnificent works of Ruth Pearl, one of our best local artists!

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Indications and Usage

NovoLog® Mix 70/30 (70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin]) is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Important Safety Information

Do not take NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or if you are allergic to any of the ingredients in NovoLog® Mix 70/30. If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia). NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject it up to 15 minutes before you eat a meal. If you have type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.

Check your blood sugar levels regularly. Ask your health care provider what your blood sugars should be and when you should check your blood sugar levels. Do not make any changes to your dose or type of insulin unless your health care provider tells you to. Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog® Mix 70/30.

NovoLog® Mix 70/30 is a prescription medication. If you need assistance with prescription drug costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Talk to your doctor about the importance of diet and exercise in your treatment plan.

*Intended as a guide. Lower acquisition costs alone do not necessarily reflect a cost advantage in the outcome of the condition treated because there are other variables that affect relative costs. Formulary status is subject to change.

Before using NovoLog® Mix 70/30, tell your health care provider about all medicines you take and all of your medical conditions, including if you have kidney or liver problems or if you are pregnant or breastfeeding. It is not known if NovoLog® Mix 70/30 will harm your unborn baby or pass into breast milk. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Do not inject NovoLog® Mix 70/30 with any other insulin products or use in an insulin pump. Do not share needles, insulin pens or syringes with others.

The most common side effects of NovoLog® Mix 70/30 include skin thickening or pits at the injection site (lipodystrophy), weight gain, swelling of your hands and feet, and vision changes. Serious adverse events may include low blood sugar (hypoglycemia), low potassium in your blood (hypokalemia), local allergic reactions at the injection site (like redness, swelling, and itching), and whole body reactions. Get medical help right away if you have any of these symptoms of an allergic reaction: a rash over the whole body, have trouble breathing, fast heart rate, sweating, or if you feel faint. Ask your health care provider or pharmacist for more information.

Please see Brief Summary of Prescribing Information on adjacent page.

†For patients with type 2 diabetes.

*Partial LIS beneficiaries are required to pay up to 15% of drug costs up to the out-of-pocket threshold of \$6,657.50. After this threshold, LIS beneficiaries have co-pays of \$2.60 for generic drugs and \$6.50 for brand name drugs. Note that human insulin is not a generic drug.

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NovoLog® Mix 70/30

70% insulin aspart protamine suspension and 30% insulin aspart injection, (rDNA origin)

Patient Information

NovoLog® Mix 70/30

(NŌ-vŏ-log-MIX-SEV-en-tee-THIR-tee)

(70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin])

This is a BRIEF SUMMARY of important information about NOVLOG® MIX 70/30. This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

What is NovoLog® Mix 70/30?

NovoLog® Mix 70/30 is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Who should not use NovoLog® Mix 70/30?

Do not take NovoLog® Mix 70/30 if:

- Your blood sugar is too low (hypoglycemia)
- You are allergic to any of the ingredients in NovoLog® Mix 70/30. See the end of this leaflet for a complete list of ingredients in NovoLog® Mix 70/30. Check with your healthcare provider if you are not sure.

What should I tell my healthcare provider before taking NovoLog® Mix 70/30?

Before you use NovoLog® Mix 70/30, tell your healthcare provider if you:

- have kidney or liver problems
- **have any other medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog® Mix 70/30.
- **are pregnant or plan to become pregnant.** It is not known if NovoLog® Mix 70/30 will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant. You and your healthcare provider should decide about the best way to manage your diabetes while you are pregnant.
- **are breastfeeding or plan to breastfeed.** It is not known if NovoLog® Mix 70/30 passes into your breast milk. You and your healthcare provider should decide if you will take NovoLog® Mix 70/30 while you breastfeed.

Tell your healthcare provider about all medicines you take, including prescriptions and non-prescription medicines, vitamins and herbal supplements.

NovoLog® Mix 70/30 may affect the way other medicines work, and other medicines may affect how NovoLog® Mix 70/30 works. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers and pharmacist when you get a new medicine.

How should I take NovoLog® Mix 70/30?

- Take NovoLog® Mix 70/30 exactly as your healthcare provider tells you to take it.
- Your healthcare provider will tell you how much NovoLog® Mix 70/30 to take and when to take it.
- Do not make any changes to your dose or type of insulin unless your healthcare provider tells you to.
- **NovoLog® Mix 70/30 starts acting fast. If you have Type 1 diabetes, inject it up to 15 minutes before you eat a meal.** Do not inject NovoLog® Mix 70/30 if you are not planning to eat within 15 minutes.
- **If you have Type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.**
- **Do Not mix** NovoLog® Mix 70/30 with other insulin products.
- **Do Not** use NovoLog® Mix 70/30 in an insulin pump.

- **Inject NovoLog® Mix 70/30 under the skin (subcutaneously) of your stomach area, upper arms, buttocks or upper legs.** NovoLog® Mix 70/30 may affect your blood sugar levels faster if you inject it under the skin of your stomach area. Never inject NovoLog® Mix 70/30 into a vein or into a muscle.
- **Change (rotate) injection sites** within the area you choose with each dose. **Do not** inject into the exact same spot for each injection.
- **Read the instructions for use that come with your NovoLog® Mix 70/30.** Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog® Mix 70/30 before you start using it.
- NovoLog® Mix 70/30 comes in:
 - 10 mL vials for use with a syringe
 - 3 mL NovoLog® Mix 70/30 FlexPen®
- **If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (loss of consciousness).
- **If you forget to take your dose of NovoLog® Mix 70/30, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like passing out (loss of consciousness), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
 - increased thirst
 - frequent urination
 - loss of appetite
 - high amounts of sugar and ketones in your urine
 - nausea, vomiting (throwing up) or stomach pain
- Do not share needles, insulin pens or syringes with others.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

- illness
- stress
- change in diet
- other medicines you take
- change in physical activity or exercise

See the end of this patient information for instructions about preparing and giving your injection.

What should I consider while using NovoLog® Mix 70/30?

- **Alcohol.** Drinking alcohol may affect your blood sugar when you take NovoLog® Mix 70/30.
- **Driving and operating machinery.** You may have trouble paying attention or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright for you to drive if you often have:
 - low blood sugar
 - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog® Mix 70/30?

NovoLog® Mix 70/30 may cause serious side effects, including:

- **Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
 - sweating
 - trouble concentrating or confusion
 - headache
 - shakiness
 - fast heart beat
 - anxiety, irritability or mood changes
 - dizziness or lightheadedness
 - blurred vision
 - hunger
 - slurred speech
 - tingling of lips and tongue

Very low blood sugar can cause you to pass out (loss of consciousness), seizures, and death. Talk to your healthcare provider about how to tell if you have low blood sugar and what to do if this happens while taking NovoLog® Mix 70/30. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar.

Talk to your healthcare provider if low blood sugar is a problem for you. Your dose of NovoLog® Mix 70/30 may need to be changed.

- **Low potassium in your blood (hypokalemia)**
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you have any of these symptoms of an allergic reaction:**
 - a rash over your whole body
 - have trouble breathing
 - a fast heartbeat
 - sweating
 - feel faint

The most common side effects of NovoLog® Mix 70/30 include:

- **Skin thickening or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Weight gain**
- **Swelling of your hands and feet**
- **Vision changes**

These are not all of the possible side effects from NovoLog® Mix 70/30. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What are the ingredients in NovoLog® Mix 70/30?

- **Active Ingredients in NovoLog® Mix 70/30:** 70% insulin aspart protamine suspension and 30% insulin aspart injection (rDNA origin).
- **Inactive Ingredients in NovoLog® Mix 70/30:** glycerol, phenol, metacresol, zinc, disodium hydrogen phosphate dihydrate, sodium chloride, protamine sulfate, water for injection, hydrochloric acid or sodium hydroxide.

All NovoLog® Mix 70/30 vials and NovoLog® Mix 70/30 FlexPen® are latex free.

Helpful information for people with diabetes is published by the American Diabetes Association, 1701 N Beauregard Street, Alexandria, VA 22311 and is available at www.diabetes.org.

More detailed information is available upon request.

Available by prescription only.

For information about NovoLog® Mix 70/30 contact: Novo Nordisk Inc. 100 College Road West Princeton, New Jersey 08540 1-800-727-6500 www.novonordisk-us.com

Date of Issue: September 20, 2011

Version: 8

Novo Nordisk®, NovoLog®, and FlexPen® are registered trademarks of Novo Nordisk A/S.

NovoLog® Mix 70/30 is covered by US Patent Nos. 5,547,930; 5,618,913; 5,834,422; 5,840,680; 5,866,538 and other patents pending.

FlexPen® is covered by US Patent Nos. 6,582,404; 6,004,297; 6,235,004 and other patents pending.

Manufactured by: Novo Nordisk A/S DK-2880 Bagsvaerd, Denmark

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Poets' Corner

YOUR FOLKS MY FOLKS OLD FOLKS

by Mary P. Barrett

As I sit here with you in mind, thoughts
come to me soft and kind,
Remembering when I held you as a
tiny babe soft and sweet
No one in the world came close as
your two tiny feet,
The ones that could one day walk
anywhere he surely pleased
And would always be the apple of
Grandmas eyes indeed,
When you fell and skinned your knee
I was there to comfort you
Tear stained cheeks full of pain I
managed to make your world
unblue,
You made me feel so proud for I
raised you as my own little boy
You never had to want for things
others wanted especially toys,
As the years have turned my hair a
lighter shade of white
My memories and thoughts of happy
times come to light,
For now you are grown and have a
little one on the way
You're hoping for a boy can't tell
quite yet oh the day,
When you get to hold your child the
first time new life
Then so proudly you say my son and
smile at your wife,
Days are past Grandma's not needed
like before
Lives are way to hectic too
that's what rest homes are for,
Seems at times I feel so alone and in
deep despair
Wondering to myself really now does
anyone care?
I was there from the beginning when
I was proud to boast
Can you toss me away like this when
I need you the most?
I was young now I have given you
my life and grown old
Now you want to treat me
meaningless and so very cold,
I was your Folks you are My Folks
Now Old Folks now I see
I pray this not be last I see of My
folks through eternity...

SUMMER TIME IN THE ATLANTA

by Frederic Holland, Sr.

It's over 90 degrees in the Atlanta
and everybody's hot;
From your head down to your feet
you're sweating a lot!

To cool off, you run the AC all day;
When the Georgia Power bill comes,
a lot of cash you must pay.

Step outside the door and the heat
hits you like a hot oven blast;
In this kind of heat you better not run
or walk too fast.

The "big red" sun in the Atlanta ain't
no joke;
Don't take it lightly cause you might
have a stroke.

Young guys cruising in their vintage
"pimped up" cars full of pride;
Truth be told, the wheels and the
sound system cost more than the

ride.

Young girls wearing just enough to
cover;
Long weaves flowing, rocking a tat
too of their current lover.

We take the kids to White Water Park
and Six Flags to keep them cool
and busy;
Most of the rides make me dizzy.

Don't leave small children or pets in
a parked car with the windows up,
no matter how long you think it
might take;
Cause there is a chance that your
loved ones could bake.

I remember as a child, the heat didn't
bother me, I played in it all day;
Now looking at the kids play...
makes me say no way!

Yea, living in Atlanta you have to
deal with some summer time heat;
But I love the Atlanta, cause the year
around weather is hard to beat!

So don't do too much in the heat and
drink plenty of water;
And we will all get through the
summer without too much bother.

DIVORCE

by Ann Morris Butler

Divorce makes fathers
into uncles
And uncles into fathers
And children into half-orphans
Seeking scraps of love
Wherever they go
Looking for phantom fathers
To fill the holes in their souls

MY BEAUTIFUL

by Barbara Johnson

Your red is like a bowl of Cherries
Your blue is like the deep blue sea
Your white like the peaks of the

ocean

Your stars like the diamonds of the
night sky

You wave to the wind like a soaring
eagle
Yet you're quiet like a calming sea

Men and women have fought and
died for you
And we love you all the more
We will always honor and salute you

My beautiful flag of "The United
States of America"



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McDuffie County – 706-595-4170

Richmond County – 706-860-3835

Burke County – 706-554-4189

South Carolina – 803-641-6953

Augusta/CSRA CALENDAR

Augusta State University Continuing Education

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

The Senior Citizens Council

218 Oak Street North, Suite L
Augusta, GA 30907; 706-868-0120
www.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 Heather Kooms; 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 Eucree 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
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.
• *Strange Fruit: Lithographs by Joseph Norman*: On display through Sun., Sept. 16

continued on page 11

General Business Directory For Seniors

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CALENDAR

from page 10

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.
• Dollar Dog Days of Summer: Entire month of August admission to the Museum is only \$1 per person

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 of each month social dance at the Elks Lodge 205 Elksdom Court Martinez Ga. Members, \$7; guests, \$10. No partner need! Free dance lesson and a great food table. For a group of 6 or more first time guests we can make arrangements for you to come free.

For more information call John White at 706-595-7328 or email jwhite355@att.net.

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 Theresa Thigpen at 706-294-7195.

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.

Friday Night Dance
Every Friday, 8-11 p.m., American Legion Post 63, 90 Milledge Rd., Augusta. With band or DJ. \$10 cost. Free coffee and cake. Everyone welcome. Call 706-733-5184.

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 information please contact hospitality@augustanewcomers.net or call Beth Karimi at 706-868-3668 or Esther Hatzigeorgiou at 706-495-9064.

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@nsdiscovery.org.

DBSA (Depression Bi-Polar Support Alliance)
Meets the 3rd Tues. of every month at 6:30 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details or the Friendship Center (see Augusta phone book for number).

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

Augusta Chapter Of The Embroiderers' Guild Of America
Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a

review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

Alzheimer's Caregiver Support Group
Meets 3rd Tues., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 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.

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
Seeking volunteers for Richmond, Burke, Jefferson, and McDuffie Counties. Advocates answer crisis calls and respond to hospitals in their area within 30 minutes. Please contact 706-774-2746 or email volunteeerrcsas@uh.org for more information.

ENOPION Theatre Company Presents The Prince is Giving A Ball
Aug. 9, 10, 16 & 17 - 7 p.m.; Aug. 11, 18 & 25 - 3 p.m. Kroc Center, Augusta. For details and ticket information call 706-771-7777 or visit www.enopion.com.

General Business Directory For Seniors

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Meet The Augusta Rose Society!

by CAROLYN BRENNEMAN

Photos by Carolyn

The Augusta Rose Society is a delightful group of rosarians who gather once a month to share their experience and knowledge, and to promote the growing of roses here in Augusta and Aiken. These rosarians are a very friendly group of folks who are ready and willing to help

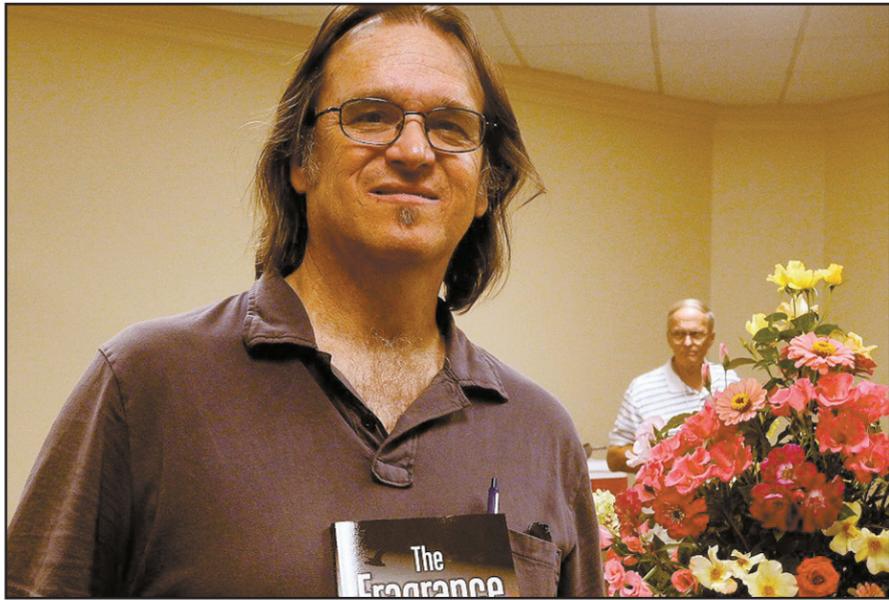
out anyone interested in roses. The gathering is educational and usually covers ideas for growing, landscaping, and exhibiting roses. The impressive meeting I attended, was Tuesday, July 17th. The program featured outstanding Rosarian Stephen Hoy, who shared his knowledge and experience on hybridizing with us.

Stephen Hoy, avid photographer and author of *The Fragrance of Paradise*, and the e-newsletter *Singularly Beautiful Roses*, discussed

rose hybridizing techniques and showed us slides of the gorgeous and colorful single flowered roses in his own garden. Single flowered roses are beautiful and delicate roses that have anywhere from 4 to 10 petals per rose. Stephen showed us many low maintenance singularly roses such as "Baby Girl," which is a mini rose plant, "Pink Drift," which is a lavish and colorful landscaping and ground covering rose plant; and, "Carefree Spirit," which is a rose with big clusters of flowers and used as a landscaping plant.

This program was one of the outstanding presentations that The Augusta Rose Society features monthly. Next month, on August 21st, the society will feature Jeff Hoffman who will discuss growing roses in containers. So rose lovers, mark your calendars for the 21st of August to attend this event. And keep in mind that the society will have their upcoming rose show on September 29th and 30th at the Augusta Mall.

For more information, visit The Augusta Rose Society's website at www.theaugustarosesociety.org.



Stephen Hoy, presenter at the July meeting



A beautiful bouquet of freshly cut roses



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WFW9470WL / WED9750WL - 27" Pair. 3.9 cubic foot capacity washer. 12 Wash Cycles, 4 Temperature Settings. 7.5 cubic foot capacity dryer. 13 Cycles, AccelerCare Drying System. Closeout, limited to supply on hand.



\$1,099.98

Front Load Washer & Electric Dryer PAIR

WCVH6800JWW / DCVH680EJWW Final pair price, after instant savings. Closeout, limited to supply on hand.



\$599.98

Washer and Dryer PAIR

NTW5100XQ / NED5100TQ - White only. 3.1 cubic foot washer. 16 cycles, 3 water levels. Extra large capacity dryer. Closeout, limited to supply on hand.



\$399.98

Dishwasher w/Stainless Steel Interior Your Choice: Black or White

MDB7749AWB / MDB7749AWW Closeout, limited to supply on hand.



\$899.98

Side-by-Side Stainless Steel Refrigerator

WSF26D4EXS - 26 cubic foot capacity. Temperature management enabled by 6th Sense Technology. Closeout, limited to supply on hand.



\$799.98

Side-by-Side Refrigerator

MSD2553WEW - Fresh-lock crispers. Catcher glass shelves. Closeout, limited to supply on hand.



\$479.98

Smooth Top Electric Range Your Choice: Black or White

WFE361LVB/Q - Self-cleaning. Eco-friendly cooktop. Closeout, limited to supply on hand.



\$449.98

Smooth Top Electric Range

FGEF3031KW Self-cleaning. Closeout, limited to supply on hand.



\$149.98

Over-the-Range Microwave Your Choice: Black or White

JVM1840DRBB / JVM1840DRWW Closeout, limited to supply on hand.

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