

Senior News

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Artists' Guild
of
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Creativity in Columbia County



Welcome to the Artists' Guild of Columbia County!
Story on Page 6

SILENT
June 2012
AUGUST
Vol. 26, No. 6
PROCEEDS GO TO

AGENCY ALERT: Yes, You Can Save Thousands in 15 Minutes or Less

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

You'll be surprised how much you can pocket in so little time with these easy tips on everything from credit cards to audio books.



Kathleen Ernce

Annual fees for airline-specific credit cards can run as high as \$95. Apply for a no fee travel cards where you earn points good on dozens of airlines – ANNUAL SAVINGS: \$95 (based on one credit card change)

Avoid bounced checks and costly overdraft charges by linking your checking account to a savings account or a home-equity line of credit to cover checks when your balance is too low, saving you overdraft fees of up to \$35 each – ANNUAL ESTIMATED SAVINGS: \$210

Set up bank alerts to avoid fraud and unexpected fees by setting your online banking account to send alerts to your e-mail or cell phone, or both. You'll avoid

insufficient-funds fees that can be as high as \$35. Other alerts notify you if your online ID, password or mailing address is changed so that you'll know if someone is trying to steal your money or your identity – ANNUAL ESTIMATED SAVINGS: \$210 (assumes six overdraft fees avoided)

Switch to the latest generic drugs by asking your health-insurance plan about switching to generics for the drugs you take and how much you could save. Then ask your doctor if it's safe to switch – ANNUAL SAVINGS: \$720 (assumes savings with generics on two drugs within a health plan)

Switch to energy-efficient lighting by using Energy-saving light bulbs by identifying your five most-used lights and replace them with Energy Star-qualified bulbs. Such bulbs cost more but last much longer. The price is about \$2 to \$26 for a LED, bulb – ANNUAL SAVINGS: \$70

Install a water-saving shower head that reduces water use but still delivers a spray with enough oomph to wake you up. Check with your local water utility to see if you can get a rebate on your purchase (typically \$5 to \$10 per

unit) – ANNUAL SAVINGS: \$44

Put in a programmable thermostat – ANNUAL SAVINGS: \$180 (net savings using the thermostat's preprogrammed settings)

Lose your landline; however, before ditching the provider, be sure to have an alternative residential phone service in place.

Options include a cell phone with reliable coverage in your home, or a low-cost internet phone service such as MagicJack, Ooma Telo, Skype or Vonage – ANNUAL SAVINGS: \$516 (net savings based a phone bill of \$43 per month)

Improve your fuel economy by eliminating every 100 pounds of extra weight in your car which reduces your fuel economy by 2%, so ditch the junk in your trunk. After you've cleaned out your car, hop behind the wheel, drive to your local gas station, and inflate your tires to the recommended pressure (shown in your owner's manual or on the doorjamb). Low tire pressure can cost you 3% in fuel economy – ANNUAL SAVINGS: \$195 (for a typical midsize sedan)

Raise your deductibles by asking your insurance company to

increase your deductibles for auto and homeowners insurance. Raising your deductible from \$200 to \$500 can reduce your collision-and-comprehensive auto premiums by 15% to 30%. Boosting your deductible for home insurance from \$500 to \$1,000 could reduce your premiums by up to 25% - shaving \$202 off an average premium of \$807 – ANNUAL SAVINGS: \$584 (assumes 30% savings on auto and 25% savings on home insurance)

To the entire CSRA for your overwhelming support of the annual "Shoebboxes for Seniors" campaign.

From the staff of Channel 6, the Giving Your Best Partners, the volunteers from the RSVP of The Senior Citizens Council, to various business groups, religious organizations, and area school and scouting troops...

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THE WAY I SEE IT

{ Jerry Buskirk | Corneal Endothelial Transplants, both eyes }



Books are Far Better than Computers.

What did we do before computers? We read books. Books have set imaginations on fire for centuries; they entertain and educate. Books inspired our nation's independence and we still read about those early heroes who were moved to action by what they read. Even the computer Guru and marketing genius, Steve Jobs' life story is ultimately told... in a book. If you want to be inspired, don't sit in front of a computer

screen or even an iPad. Get a great book, hold it and read it.

For me there came a sad day when I could not see the words on a page. I had FUCH's Dystrophy, a hereditary disease of the cornea affecting 1 in 3000. My doctor referred me to the Eye Guys. In four months, I was seeing well enough to read again,

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Poets' Corner

IMPORTANCE OF A FATHER

by Frederic Holland, Sr.

Having never known my father, I often have many wonders; If he had been around would I have committed as many blunders?

Sometimes I get a little angry because his presence I was deprived;

But because of a God and a dedicated, loving mother, I not only survived, but in some areas ...thrived.

As a boy I had no one to teach me how to throw a football, tie a tie or punch with a left hook.

But it made me go to the library and learn things from a book.

I never saw the correct way to relate to a woman or the importance of fidelity in marriage;

I didn't really understand that the father's role is the family's support carriage.

Being fatherless however, helped strengthen my boyhood resolution; In order to be like my friends with fathers... problems on my own, I learned how to find a solution.

Growing up, my self-esteem was pretty low; Partially because of the father, I didn't know.

As I began to mature and develop, my confidence began to grow; Maybe it was because of the interest in me the girls began to show.

But how to talk to and treat girls, I didn't have a clue; When it came to courting, I didn't know what to do.

I had no knowledge of how a

relationship was supposed to grow;

I could only relate to what I had seen in the picture show.

I think as a result of my father's DNA...

I have made some of the same mistakes he made... so sad to say.

So I continue to wonder how much different my life would have been if my father had been in my life some way;

Cause there are a lot of things a mother just can't convey.

MY DOG

(For Mary)

by Bobby Cline

She was just a little puppy, full of love and happiness,

And all that love she gave to me, I was surely blessed.

She would run and romp and play all day, until she needed rest,

Then jump into my lap at last and lay upon my breast.

As she lay there quietly sleeping, I held her close to me.

I'd stroke her head and rub her fur so slowly and gently.

Just a small sweet puppy, with only love to give,

But she gave it so completely, to those where she did live.

As time went by she lived with me, we found our love would grow.

She seem to know I needed her, and this was truly so.

For years we walked together, we learned each other's ways,

All my needs were know by her and things that made my day.

Each day as dawn was breaking, she would wake me with a bark,

She would smile and wag her tail; she seemed to be so smart.

I'd rise and say good morning, it seemed to thrill her so.

She'd run and jump around the bed and grab me by the toe.

When at last we rose together, my every step she'll trace.

I'd pick her up so gently, and hold her to my face.

"You are my dog," I told her, "I love you heart and soul.

But now it's time to leave you for it's off to work I go."

I'd hurry home to see her; she would meet me at the door.

She would run around and in circles and slide about the floor.

In my lap she would jump and play, and back and forth did dart,

And I ask myself in silence, how this dog could steal my heart?

She was just a flop-eared puppy that often got her way.

And if she did a wrongful thing, she didn't have to pay.

I'd scold her for a moment, she'd bow her head in shame.

But later she would win my grace, no more would there be blame.

So often we did have great joy. The love between us grew.

I never thought that it would end; the years, they seemed so few.

But she had lived a dog's full life, and then her time did come.

The Lord reached down His holy hands and took my little one.

Of course my heart was broken, it hurts some ever day.

But I must hold her memory dear, it must not fade away.

As time goes by my heart will mend, but never will it heal.

Because the dog I loved so well, I will but love her still.

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Ten Warning Signs that an older loved one may need assistance

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

Changes in physical and mental abilities that may occur with age can be difficult to detect for older adults and their family members, friends, and caregivers too. To help in determining when an older adult may need assistance in the home, the Area Agency on Aging is promoting the Eldercare Locator's list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these physical or psychological behavior changes.



Jeanette Cummings

- appetite, or missing meals?
- Neglected personal hygiene, including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth, or sores on the skin?
- Neglected their home, with a noticeable change in cleanliness and sanitation?
- Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours?
- Changed relationship patterns, causing friends and neighbors to express concerns?
- Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were once important to them, such as bridge or a book club, dining with friends, or attending religious services?
- Exhibited forgetfulness, resulting in unopened mail, piling of newspapers, not filling their prescriptions, or missing appointments?

- Mishandled finances, such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements?

loved ones can get connected with information on local aging resources that offer assistance for aging in place, enabling older adults to continue living independently in their homes and communities.

For additional information on programs and services for older adults and their caregivers, contact the Area Agency on Aging at 706-210-2018, Toll Free: 1-866-552-4464 or www.AreaAgencyonAging.com.

Through the Area Agency on Aging, older adults and their

Has your loved one:

- Changed eating habits, resulting in losing weight, having no

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On the Cover

Welcome to the Artists' Guild of Columbia County

by CAROLYN BRENNEMAN

Photos by Carolyn.
Photo of Flower Stall
courtesy of Ruth Pearl

COVER
The Artists' Guild at
Art in the Park

The Artists' Guild of Columbia County is a group of professional and talented amateur artists using different media to create art, as well as devoted art aficionados who promote and encourage the development of the guild. The Artists' Guild is located in beautiful Columbia County and promotes the visual arts, sponsors exhibits throughout the area, and offers interesting projects to artists and patrons of the arts.

The guild allows its talented members to show and sell their artwork by displaying it in several different businesses around town.

Several of the artists display their work at Queensborough Bank, ASU's Reese Library, Evans Government Complex, the Inner Bean Coffee Shop, and Gallery on the Row in downtown Augusta. The artists' works are rotated to these various locations throughout the year. There is a listing of the members on the guild's website, at www.artistguildcc.org, as well as more information about the guild.

"I really enjoy the guild because it gives us a great venue to show our work and provides camaraderie," says Emily Shipe, a member of the guild since 2011. "Also the guild participates in events throughout the year including Art in the Park, which



Herman Kunis working on his creations

displays several works by different artists and holds a silent auction. This year, Art in the Park was held in May in the beautiful park behind the Columbia County library.

Another member of the guild, Herman Kunis, who has been in the lapidary arts for years, makes gorgeous jewelry for all ages. "I started making jewelry in my 20s," he says, "and later when I became an engineer I continued creating pieces as it quickly became my hobby." Herman describes himself as self-taught, and a member and past officer of the Augusta and Aiken Gem and Mineral Societies. Indeed, his creations are stunning.

There are many artists in the guild, including very talented artist, Ruth Pearl, whose work will soon be displayed at Gallery on the Row. To learn more about the Artists' Guild, check out the guild's Facebook page as well as their website.



Tracey Barton displays Herman Kunis' stunning jewelry



Flower Stall, Barcelona, acrylic on canvas, by Ruth Pearl



Emily Shipe standing next to her art creations



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2012 Georgia Golden Olympics Scheduled for September 19-22

Special to *Senior News*

The 2012 Georgia Golden Olympics will be held September 19-22 in Warner Robins. The games will be hosted by the Warner Robins Recreation Department.

The 2012 event is a qualifying game for the 2013 National Senior Games scheduled for July 21-August 5, 2013 in Cleveland, Ohio. The Ohio Local Organizing Committee is working hard to provide the best national games to date, so plan to come to the 2012 Georgia Golden Olympics and qualify to attend the 2013 National competition.

For complete details and registration information call 770-867-3603 or Fax 770-867-3640; E-mail goldenolympics.ga@gmail.com; or, visit website: www.georgiagoldenolympics.org.

Items of interest included in *Senior News*' Calendar Section monthly... such as Phinizy Swamp Nature Park!

by CAROLYN BRENNEMAN

Photos by Carolyn

Have you checked out the monthly Calendar Section of *Senior News*? It's in the back of the paper. There are many ongoing events and volunteer opportunities listed in this section every month. This month, how about checking out the great outdoors at Phinizy Swamp Nature Park? Here is one such great place to take a nature walk, view some wildlife, or find fun volunteer jobs.

Phinizy Swamp Nature Park, is part of Southeastern Natural Sciences Academy campus, a large

complex that offers classrooms, laboratories, and research facilities to focus on aquatic and ecology-based research projects and programs in the area. Located only a few minutes from downtown Augusta, Phinizy has over 1,100 acres of natural beauty. It includes many miles of trails, nature walks, wetlands, streams, swamps, river bluffs, and bottomland forests. There are picnic pavilions, educational kiosks, a caretaker cottage, and a visitor's center. Visitors may get a chance to see turtles or alligators in the water, and perhaps blue herons, or red shouldered hawks in their natural habitat. Well, to view these critters, how about taking a nice leisure nature walk?

usually a group consists of anywhere from 12 to 30 people. The hikes are leisurely-paced walks through wetlands, over picturesque trails and scenic outlooks. "Each volunteer leading the hike speaks about the ecological aspects of the park, shows the points of interest and may point out interesting facts about tree species, bird species or ecological aspects of interest to the group," says Jeanne.

Want something to do this July 3rd? Be sure to come on out for the Firecracker Full Moon Hike at 9 pm on July 3rd! The light from the moon will make this event spectacular.

Want to volunteer some time at the Visitors' Center? Phinizy Swamp Visitor Center is a charming facility staffed entirely by volunteers and is open Saturdays and Sundays from 10:00 am to 4:00 pm. Volunteers generally answer questions, sell merchandise and hand out maps and literature about Phinizy Swamp. All



Walking trail at Phinizy Nature Park

volunteers participate in a training session before working one of the shifts on Saturday or Sunday according to Jeanne. "All volunteers, ranging in age from the 30s to the 60s, are trained to lead a group of hikers or are trained to participate and assist in the visitor's center," says Jeanne. "It is also a great way to meet new people and get involved in a fantastic organization."

If you are interested in volunteering or finding out more about the nature walks, please contact the office at 706-828-2109 for more information. And don't forget to check out the monthly events in the Calendar Section of *Senior News*!



Turtle resting on a log

On the 1st Saturday of every month, at 9:30 am, there is a pleasant nature walk at Phinizy Swamp. The trained volunteers of the Academy lead an hour hike through the park which is for anyone and everyone to enjoy. According to Jeanne of Phinizy,

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ADVOCACY ALERT: Summer Heat is Dangerous for Seniors

by DIANA CUTRIGHT, RN
Elder Rights Team of Augusta

Nearly 400 Americans die from heat related illnesses each year. Most of them are elderly people who don't realize they are overheating and in danger.

Extreme heat places the older person at risk for developing hyperthermia. Older people can't handle the heat as well as younger ones, because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions compound the risk. Medications also make older people at higher risk, especially diuretics, medications for hypertension and Parkinson's Disease.

Two common problems related to the heat are heat exhaustion and heatstroke. Heat exhaustion is caused by loss of normal fluids and salts in the body and results from exposure to heat, either indoors or outdoors. Some of the symptoms of heat exhaustion include cool, clammy skin; a body temperature up to 103 degrees; weak, rapid pulse, shallow and quiet respirations; and muscles that may be tense or contracted.

Treatment includes keeping the individual quiet, resting in a cool place and increasing the intake of

cool nonalcoholic, non-caffeinated fluids. Seniors should notify their physicians if they think they have heat exhaustion.

Heatstroke is more serious. It occurs when the body is unable to control its temperature. The body's temperature rises to 106 degrees or higher. The person no longer is able to sweat so they can't cool their body down. Heatstroke symptoms include headache, confusion, delirium and hallucinations. Heat stroke can cause death and kidney failure. This person needs to seek medical treatment immediately.

Tips for keeping Seniors safe in summer heat:

- Drink eight or more 8 ounce glasses of water per day to stay hydrated.
- Avoid caffeinated and alcoholic beverages.
- Wear loose-fitting, light-colored clothes in natural fabrics.
- Protect your skin by wearing hats, sunglasses, and sunscreen, if outside
- Stay indoors during extreme heat.
- Do not wait outside for a bus in extreme heat - call a friend or a taxi.
- Take a cool bath or shower to lower your body temperature.
- Keep curtain or blinds closed to help keep house cooler.
- Apply cool wet cloths to the

wrist, neck, armpit, and groin

- Place a bowl of ice in front of the fan and let the air blow over you.
- Open windows in the home to allow for cross ventilation.
- Use portable and ceiling fans in frequently used rooms

Anyone suffering from a heat-related condition should be brought to a shaded or air conditioned location, and encouraged to lie down and cool off by using a sponge and cool water, or a shower or bath. If heat stroke is suspected, call 911.

One of the most important pieces of advice is that seniors should drink plenty of liquids during the hot summer months to make up for the loss of fluids due to sweat. Dehydration is a dangerous problem that can easily lead to hospitalization and become life-threatening to an elderly person.

By the time an elderly person feels thirsty, he or she may already be dehydrated. Common signs of dehydration included confusion, poor skin elasticity, cracked lips, a dry mouth and a furrowed tongue.

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Legislative Wrap-Up... A Statewide Concern with a Local Approach

Submitted by FRANCIS YELTON
Secretary/Treasurer, CSRA
Coalition of Advocates for the
Aging and also the Account
Executive for HomeChoice
Partners of Augusta.

The CSRA Coalition of Advocates for the Aging celebrated 25 years of community involvement and advocacy for the Aging population of the CSRA. We will be hosting a Legislative Wrap-Up on June 25th, from 2pm until 4pm at Trinity Hospital in the Sister Mary Louise Conference Room. Please plan to join us.

With the current economic concerns that face the state of Georgia, it also raises concerns for the populations that are served and cared for by Georgia's state dollars. During the 2012 Legislative session there were a number of issues that were chosen by the members and attendees of the COAGE – Coalition of Advocates for Georgia's Elderly, to be championed for the benefit of the aging populations of the state. Please note the following:

Budget Priority: Funding for Home and Community Based Services

Community Care Services Program (CCSP) provides the option of remaining in their homes or community to older Georgians and individuals with physical disabilities who are eligible for nursing home care. CCSP Medicaid services include: Adult Day Health, Alternative Living Services, Emergency Response Services, Home Delivered Meals, Home Delivered Services, Personal Support Services, and Out-of-Home Respite Care. SFY 2010 data shows that CCSP services delay more costly nursing home placement by an average of 48 months, supporting consumer choice to remain in the community. The CCSP average Medicaid expenditure per consumer of \$8,569 is \$19,917 less than the nursing facility Medicaid cost.

Non-Medicaid Home and Community Based Services (HCBS) provide supportive services to older adults, their caregivers and families, to enable them to remain at home and manage their care, promoting health, independence and self-reliance. HCBS programs target persons 60 years of age or older who are in the greatest social and economic need, and most are in their mid to late seventies. The program includes Home Delivered Meals, Transportation, Respite Care, Adult Day Care, Homemaker Services, Personal Care Services, Senior Center Meals/Programs, Wellness Program Services and Minor Home Repairs.

Further reduction in state funding for these critical services will result in older adults being placed on growing waiting lists and premature institutionalization of many at a significant cost to the state.

In the CSRA there are approximately 816 persons served by the CCSP program and 2007 unduplicated persons served by the Non-Medicaid HCBS program, through March 2012. Further reminding us of the importance of these programs to our Aging community members. These are members of your community and because of CCSP and HCBS, they are able to remain where they want to live, many of them, in their homes.

Budget Priority: Increase Personal Needs Allowance for Nursing Home Medicaid Recipients

In 2006, the Georgia General Assembly increased the personal needs allowance from \$30 to \$50 for residents of nursing homes. The Personal Needs Allowance has an important role in assisting residents to meet incidental and other needs that contribute to their quality of life such as paying for glasses, dentures, hearing aids, snacks, haircuts, supplemental health insurance, burial insurance and clothing.

In addition to these needs, the increased Personal Needs Allowance makes it possible for nursing home residents to participate in some of the little things of life that give each of us pleasure, such as affording not only the cost of a birthday card for a loved one, but also the postage to send it. Without an automatic cost of living feature to the Personal Needs Allowance, it does not keep up with rising prices, and periodic increases are larger than they would be incrementally.

Residents of personal care homes who are eligible for Community Care Services through the Medicaid program, are permitted to keep at least \$95 of their monthly income and VA residents keep at least \$90.00 per month. This disparity between Medicaid programs places nursing home residents at the bottom of the ladder for basic supplemental assistance. Adding a cost of living feature to the Personal Needs Allowance would help nursing home residents be more on par with other long-term care residents.

States have the option to subsidize the personal needs allowance. Some states provide for automatic annual increases based on Social Security cost of living increases or the Consumer Price Index. (CT, IA). An appropriation for a cost of living increase to the Personal Needs Allowance would permit approximately 35,000 Medicaid nursing home residents to keep slightly more of their income each year.

This issue affects a large number of individuals that reside in Nursing Facilities across the CSRA. Even though this issue did not pass for 2012/2013, many advocates will be watching and advocating for an increase in the funds that Nursing Home Residents will have available to meet their personal needs.

Legislative Priority: Department of Aging

As stated in the Georgia Council on Aging's Georgia for a Lifetime Interim Report, "While the total population in Georgia is expected to grow by 46 percent between 2000 and 2030, the older adult population will grow by over 140 percent, the ninth highest increase in the nation. This change affects state and local budgets, development patterns, transportation spending, healthcare services, parks and recreation – almost every facet of community life. It also offers Georgia, its cities and counties and the private sector tremendous opportunities and some potential challenges."

The 2009 reorganization of the Department of Human Resources kept the Division of Aging Services in the Department of Human Services (DHS) as the only division that does not focus on children's services. As a result, the needs and concerns of the burgeoning older adult population are often overshadowed by the divisions that serve children.

"The Facts"

- By 2025 the number of Georgians over age 65 will increase 77%
- By 2030, one in four people in Georgia will be over the age of 55
- Four of Georgia's counties have a pre-senior population that ranks in the top twenty nationally in terms of growth.

This legislation would transform the Division of Aging Services into a separate Department of Aging as the hub for identifying opportunities to utilize the talents of older adults and for administering programs and services.

As we continue to see the influx of individuals to Georgia as well as to the CSRA, we need to be mindful of the need of a consistent and continual focus on meeting the needs of the Aging members of Georgia. Whether we want to admit it or not, that is all of us! Our "age group" changes rapidly and we should focus on having the best practices in place for the best utilization of services for all of Georgians.

Legislative Priority: Regional Transportation Governance

Transportation is one of the most frequently requested and most necessary services for older adults as well as other transportation disadvantaged populations. It has been deemed to be in the top five issues facing older Georgians, according to a survey conducted by Georgia Department of Human Resources (DHR) Division of Aging Services (DAS). With the increase in Georgia's aging population and persons with disabilities, transportation needs are growing rapidly.

Due to the myriad transportation entities, roles and responsibilities, in 2010 Georgia established a Transportation Governance Study Commission under the Governor's leadership. The Commission has been looking at transportation issues and is seeking to identify the merits of establishing regional governance entities.

Various governance models exist across the country and were developed specifically for coordinating transit services. The Georgia Coordinating

Council legislation was based on models found in Florida and North Carolina legislation, where coordinated transportation has been a reality for several years. The Kansas Department of Transportation has also passed a model for regional transit coordination.

The Preliminary Report of the Joint Transit Governance Study Commission has just been published and presented to the Governor and Legislature.

It is anticipated that there will be a recommendation for state legislation to create Regional Transit Governance entities. Among other trans-

portation projects and improvements, this will likely bring forth opportunities to better serve transit-disadvantaged individuals, including older adults.

This Legislation is an example of utilizing resources to the best of the resources ability. Why would we as a state not want to make sure that we do not waste our funds? The CSRA recipients need to have services available and it is imperative that we make the most intelligent use of resources.

The statistical information was taken from the Georgia Council on Aging 2012 Budget and Legislative Priorities fact sheet. It can be further accessed at www.gcoa.org.



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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 Vacluse 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.

continued on page 11

**BUSINESS CARD SECTION
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CALENDAR

from page 10

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.
• Brown Bag History Series Lecture: *The Unusual and Bizarre: Collections in the Early Years*: Wed., June 6, 12:30 p.m.

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 Elkdom 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.

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.

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, Cumbie 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

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

West Augusta Alliance Meeting

Mon., June 11, 7 p.m., Warren Road Community Center, 300 Warren Rd. The six candidates vying for Richmond County Sheriff have been invited to speak. Meeting is open to the public. For details call Lori Davis at 803-292-4170.

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People volunteer because they care

by TAMMIE SMITH
Volunteer Coordinator for Hospice
Care of America, Augusta

“My friend Betty always looks so peaceful when she’s taking a nap. Of course, we have had a busy day. We had a picnic in Betty’s backyard. The whole family came over and Betty asked me to join them and take pictures. Through our “girl time” as we like to call it, she learned that I have always loved to take pictures. She thought I would enjoy photographing her day with her family and friends. We had just finished looking back through the pictures I took on my new digital camera when she told me she felt like she needed to rest a bit.

You see, my friend Betty is battling a life limiting illness and she is a hospice patient, and I am a hospice volunteer. Today’s picnic was on her recently revised “bucket list”. She wanted to spend a day in her beautiful yard that she has spent years tending with her family and friends. What a blessing it was to be able to be part of such a special time. Actually, when I think about it, my friendship with Betty has been a true blessing. I never realized that I would be the one receiving when I decided to become a hospice volunteer.

As it turns out hospice isn’t what I thought it would be either. People are not knocked out on pain medication like I thought. They are not isolated from their family and friends. Many of the people I see are not even bed bound. For the most part they are people that have realized they may not be able to add more days to their life, but they can certainly add life to their days. If Betty had not been sitting in that wheelchair today, you would have never known she was sick.

There are times I will visit with a family and the patient is near death and there isn’t a lot I can do other than sit with them and offer power of presence. Sometimes I will sit with the patient while the caregiver runs errands and read to them. Some patients like to prepare

things for the future like videos, cards, and special letters for certain events that will happen after they are gone.

People ask me if it’s hard and of course it is. You grow attached to people and then they are gone, but the rewards are far greater than the sorrow you feel at their loss. I will miss my friend Betty when she

is gone, but I will know she is at peace and no longer in pain. I will have the memories of the good times and laughter we shared. I signed up to be a volunteer because I care, but the gift I have received is beyond words.”

The above story is from a hospice volunteer. Hell-o, my name is Tammie Smith and I

am the Volunteer Coordinator for Hospice Care of America in Augusta, GA. Want to know how this story could be your own? We are currently seeking volunteers in the CSRA. If you think you or someone you know may enjoy volunteering, please contact me at 706-447-2626. The next unexpected gift may be yours!

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