



# AGENCY ALERT: Is your house burglar proof?

by **KATHLEEN ERNCE**  
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**A**s the weather warms and folks are getting ready for visitors, safety is not always on our minds. Here are 13 THINGS YOUR BURGLAR WON'T TELL YOU



**Kathleen Ernce**

- Of course I look familiar, I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
- Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
- Love those flowers. That tells me you have taste... and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.

- Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
- If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
- A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom – and your jewelry. It's not a bad idea to put motion detectors up there too.
- It's raining, you're fumbling with your umbrella, and you forget to lock your door – understandable. But understand this: I don't take a day off because of bad weather.
- I always knock first. I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
- Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.

Here's a helpful hint:

- I almost never go into kids' rooms.
- You're right: I won't have enough time to break into that safe where you keep our valuables. But if it's not bolted down, I'll take it with me.
- A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35

device that works on a timer and simulates the flickering glow of a real television. (Find it at [faketv.com](http://faketv.com).)

Sources: Convicted burglars in New York, Carolina, Oregon, California, and Kentucky; security consultant Chris McGoey.

If you have questions or comments, please call The Senior Citizens Council at 706-868-0120.

## Area Agency on Aging Information Sessions Schedule

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**F**amiliar with your local Area Agency on Aging and what it has to offer? If not, this 30-minute session is for you.

Join the CSRA Area Agency on Aging staff for just 30 minutes at KROC Center Augusta, 1833 Broad Street, Augusta, to hear about resources to keep your loved ones and you happy and healthy in your own homes and

communities.

### Session Dates

- November 9th at 2:00 PM
- January 28th at 1:00 PM
- February 21st at 12:30 PM
- March 18th at 1:00 PM
- April 25th at 12:30 PM
- May 20th at 1:00 PM

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## Taking Care

# Meeting the challenges of Alzheimer's caregiving

by LISA M. PETSCHKE

**A** diagnosis of Alzheimer's disease is devastating for both the affected person and those close to them. A myriad of emotions are experienced by the diagnosed person, including denial, anxiety, fear, anger and resentment, embarrassment, loneliness, sadness and despair. Depression is common.

Family and friends provide most of the care that people with Alzheimer's require. Like their loved one, these informal caregivers experience a wide variety of distressing feelings. They are at risk for burnout due to the physical, mental and emotional toll of caregiving.

It is common to feel that no one understands what they and their loved one are going through. Even if friends and relatives have a good understanding of the disease, they may withdraw out of discomfort, fear or a sense of helplessness. Caregivers become further isolated because they cannot leave the affect-

ed person alone and therefore do not get out much.

### Caregiving tips

If you are a caregiver, you might find the following tips helpful in looking after your loved one.

- Simplify tasks. Break them down into manageable steps to maximize your loved one's independence, and communicate them one at a time. Repetition may be needed, and demonstration is often helpful.

- Use a low-pitched voice to convey calmness and reassurance. Keep words simple and sentences short. Also keep questions to a minimum and try to avoid open-ended ones, especially those that begin with "why" or "how." Offer limited choices, for example, "Would you like coffee or juice?" to allow your loved one some control without overwhelming them.

- Buy clothing that is easy to put on and can be mixed and matched. If your loved one is prone to layering clothes, limit access by storing only a few items at a time in their dresser or closet, and the rest in another location. Alternatively, you may want to try childproof safety latches on drawers, however, these may end up causing frustration for your loved

one.

- When self-feeding becomes difficult try adaptive utensils, plates and drink cups – found in medical supply stores – and use finger foods as much as possible. If spills are frequent, stick to easy-care clothing and purchase extra tops and pants (if money is tight, shop at secondhand stores). You may find it worthwhile to use an adult bib or apron, ensuring coverage of the torso and lap. Do not serve hot foods or beverages until they are cooled down enough that they will not burn you or your loved one should an accident occur. Since people with dementia are easily distracted and confused, clear off the table and offer one item at a time.

- If your loved one is prone to wandering, consider getting extra locks on exterior doors, or have door alarms installed. You should also register them with Safe Return, a national program of the Alzheimer's Association. For more information or to register, contact the local chapter or go online to [alz.org/Services/SafeReturn.asp](http://alz.org/Services/SafeReturn.asp).

- Keep in mind that social situations involving more than a few people tend to be over-stimulating and are best avoided. Otherwise, keep your loved one in a separate room –

with accompaniment – and have people come in to socialize with them one or two at a time. It is preferable to entertain at home rather than take your loved one out to an unfamiliar environment to visit with others. If you would like to accept an invitation, arrange for a friend or relative to stay with your loved one so you can go solo and have a stress-free time.

- Accept that it is impossible to reason with someone who has dementia: this will prevent power struggles that can lead to escalation of unpleasant behaviors. When your loved one is fixated on a certain idea or activity, try distraction instead of confrontation.

- Use humor to deflect a tense situation.

- Learn to recognize early signs of escalating behavior and be prepared with some calming strategies to head it off – for example, putting on soothing music or serving your loved one a favorite snack.

\*\*\*\*\*

*Lisa M. Petschke is a 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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## The Next Chapter

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

- Gone Girl*, Gillian Flynn, Random House, 2012
- Dark Places*, Gillian Flynn, Random House, 2009
- Sharp Objects*, Gillian Flynn, Random House, 2006

**B**rilliant, multi-faceted, multi-layered riveting and original. Those are a few ways of describing Gillian Flynn's best-selling *Gone Girl*. The story is solid entertainment, embellished by unexpected twists and filled with insightful looks at our culture's media, gender roles, unrealistic expectations and criminal justice system. The book is a thinker's thriller, but one no reader can easily put down. This is my kind of thriller, one superbly crafted by a knowledgeable talented author, non-formulaic and fresh.

According to the publisher's apt description, "Marriage can be a real killer." One of the most critically acclaimed

suspense writers of our time, New York Times bestseller Gillian Flynn takes that statement to its darkest place in this unput-downable masterpiece about a marriage gone terribly, terribly wrong."

The story centers around Nick and Amy Dunne's fifth wedding anniversary and Amy's disappearance. Did Nick Dunne kill his wife or is a sociopathic genius blocking the path of justice with red herrings?

Two other popular books by Flynn are *Dark Places* and, her debut work, *Sharp Objects*. *Dark Places* focuses on a long ago mass murder saga that may have sent the wrong person to prison. The story is about the slaughter of Libby Day's mother and two sisters and her incriminating testimony that sent her brother to jail. Years later, in desperate need of cash, Libby hopes to avoid impending financial ruin by agreeing to meet with members of the Kill Club, a secret society of true crime investigators. Her plan is to reconnect with the crime's major players and turn over her findings to the Club for a fee. What she learns puts her in the path of a killer and, this time, she may not survive. Flashbacks provide insight although, until the end, the

truth remains a mystery. Even the most astute reader is unlikely to predict the story's conclusion and the effects the investigation will have on its characters.

*Sharp Objects* is another non-formulaic page-turner and a true psychological thriller. This highly acclaimed work revolves around a beautiful female reporter's very troubled past. Upon emerging from a stay in a psychiatric hospital, Camille Preaker is assigned a story that forces her back to her hometown, her estranged family and memories she's tried to forget. As she attempts to learn the truth about the murders of two young girls, she is forced to confront what happened to her in her childhood and solve the mystery of her past.

Flynn's books can be both physically and psychologically brutal. They are the opposite of the comforting mystery cozy. These works are written for the thinking reader, one who is fascinated by twists and turns of plot and an unusual author who writes "outside the box."

\*\*\*\*\*

You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](http://annebjones.com).

## Spiritual Notes

# Let's Pray!

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

**E**very four years we elect new leaders for our country. Soon the polls will open to elect a President and Vice President of the United States along with a number of other leaders throughout different states. There have been thousands of dollars spent on campaign slogans and all the trappings that go with a political campaign.

For many reasons this season of campaigning has been one of the most brutal I have witnessed in my lifetime. Those selected by their parties have traded all kinds of accusations and sometimes slanderous comments at each other. Many of their remarks would bare close scrutiny.

We have the freedom of voting

our conscience. It is incumbent on each of us to listen to the candidates, review their record, and make a decision as to which one is more capable to lead our country.

America was founded on a belief in God. Many of our national monuments, currency, and Constitution reflect this fact. In 2 Chronicles 7:14 God speaks to King Solomon: "If my people who are called by my name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive

their sin and heal their land." Like King Solomon, it is obvious that our forefathers had a strong faith in God as is evidenced in these founding documents.

If you haven't prayed about this election, consider asking God for His leadership. We should bath this election in prayer. God will hear our prayers and hopefully heal our Land.

\*\*\*\*\*

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

## Medicare Counseling at KROC Center Augusta

Special to Senior News

**T**he CSRA Regional Commission Area Agency on Aging (AAA) is providing

Medicare counseling at KROC Center Augusta every second Tuesday of the month from 11 a.m. to 1 p.m. in the Senior Lounge. The agency's highly trained GeorgiaCares team will be available to help consumers better understand their choices of prescription drug plans and supplement insurance, provide knowledge of their healthcare rights and protections and alert them of fraudulent activities and scams.

Medicare Open Enrollment ends December 7th. A counselor will be available every Thursday. Due to the high need of assistance, it is recommended that consumers make an appointment by contacting the AAA at 866-552-4464, option 4.

For more information regarding services provided by the GeorgiaCares program, contact the AAA or long onto [www.mygeorgiacares.org](http://www.mygeorgiacares.org).

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# Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.  
\*\*\*\*\*

## MY WARRIOR by Bill Howerton

We fight like King David, we love  
like St Peter,  
We hate like the devil, we find  
comfort in hell.  
We are fathers, sons, husbands, and  
lovers who want  
Normal lives, have children, go to  
mass, watch movies

However we are empty inside, rage  
dominates us,  
Sometime hate overwhelms us,  
Our spirit shackles us, flashbacks  
are normal to us,  
Tears are forbidden, loneliness is  
normal –  
Why, because we experience death  
thru our scents –  
Sight, hearing, smelling, sometimes  
daily.

We want help – we are afraid to ask,  
why?  
Because warriors are strong, not  
weak,  
Emotions evade us, prayer is  
beneath us,  
Folks cannot help us because they  
don't understand us.  
I do not trust them, because they will  
not protect me.  
Our mouths are our worse enemy  
and best ally.

Please humble yourself –  
We have other brothers and sisters in  
this fight.  
Who – 1st responders, ER nurses  
(Angels of Mercy),  
Doctors, inter-city school teachers,  
Saints, missionaries, veterans from  
other wars,  
Your family

These folks give us hope,  
I want to make it and will help me  
make it.  
\*\*\*\*\*

## "ME"

by Dorothy Grimes Perry

I look in the mirror and what do I  
see?  
Can this old lady really be me?  
Inside my body I feel so young and  
vibrant.

What ever happened to those really  
great years?  
They brought so much laughter and  
then the tears.  
You loose those you love and cared  
for  
Life deals a hand you cannot  
account for.

Then... there is the blessed birth of a  
new Baby!

Please, God, don't let me grow old  
and crabby.

I know I will not grow old  
gracefully.

Life is for the living, loving and  
caring.

That old rocking chair is not yet to  
claim me.

I am old!!! Why was I not prepared  
or told?  
I cannot believe this has happened to  
"ME."  
\*\*\*\*\*

## SUPERMAN SYNDROME by Frederic Holland

When I was younger and full of  
vitality;  
I didn't have much concern about my  
mortality.

I thought I was bullet proof, I had no  
fear;  
I did foolish things, even when the  
risk was clear.

The more the risk of the thing;  
The more the high it would bring.

I drove cars fast after drinking too  
much booze;  
Because that superman feeling made  
me feel like I couldn't lose.

I had a swag that said I was the  
best;  
And dared you to put me to the test.

I got in many a fight;  
If I lost... it wasn't because I didn't  
use all my might.

You would think that after awhile I  
would come to my senses at last;  
But because I had lived on the edge  
for so long,

I thought danger could not catch me  
cause I was too slick and fast.

After a while, my stupidity, I finally  
saw;  
After frequent brushes with the law.

Thank God, the tangles with the law  
were all small;  
And never did prison, a home I had  
to call.

Kryptonite finally came with the  
birth of my first child;  
The infant so tender and mild,  
I had to let go of things that were  
daring and wild.

I thank God for saving me from  
myself and keeping me safe and  
well;  
Cause on many occasion I could  
have died and gone to hell.

Now the "S" on my chest is not for  
superman;  
It's to praise my Savior.

I try to give back by spreading His  
word and by helping my fellow  
man;  
Still I'm only human, mistakes I still  
make, but I do the best I can.  
\*\*\*\*\*

## THANKSGIVING DAY by Mrs. Geri Noel

The Thanksgiving Turkey  
Our household's scrumptious center  
piece  
Family and friends gathered around  
Oh what a most glorious feast

We joyously join hands in prayer  
We solemnly bow our heads  
We give thanks to the Lord  
No truer words were ever said

Sweet potatoes, candied yams  
Baked macaroni and cheese

They say that gluttony is a sin  
God forgive us our transgressions,  
please

Roast beef, honey baked ham  
Grandma's deep dish apple pie  
String beans, collards greens  
Another mouthful and I'll just die

As this day has come to an end  
I think of loved ones lost through  
the years  
On my knees I bow my head in  
prayers and  
In my heart I shed silent tears

God bless our friends and families  
God bless the veterans, the homeless  
The sick and the poor  
May the wind be at their backs  
Blowing through an open door  
\*\*\*\*\*

## TAKE THE TIME TO NOTICE by Frankie Lee

Open up your eyes and see  
The beauty of it all  
The sunlit sky up so high  
The golden leaves that fall

The buds that open up into  
A beautiful gift of its own  
The red cardinal as it flies by  
In a yard too big to roam

The squirrels as they run and play  
From tree to tree  
Makes you smile as so much beauty  
You suddenly see

You wonder why didn't you notice  
before  
When you went to work each day  
And when you came back home  
Tired and inside to stay

It's all of this that makes life great  
The things that we can't ever buy  
It's the free beauty God gave us  
Beneath the glorious sky

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# The Remarkable Veterans History Project!

by CAROLYN BRENNEMAN

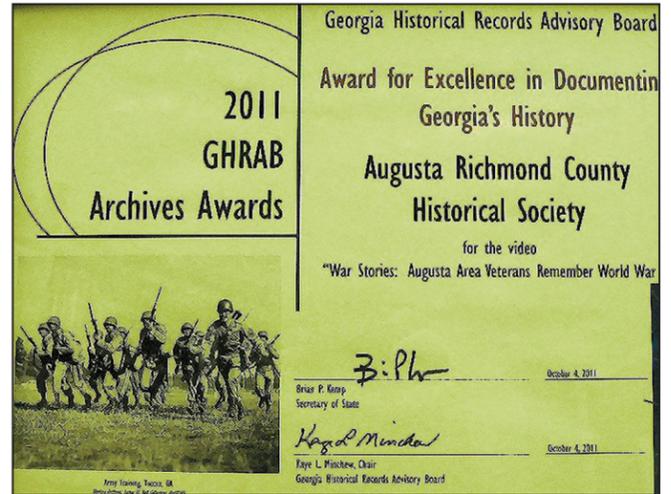
Photos by Carolyn

**H**istory is being preserved as we speak. The Augusta

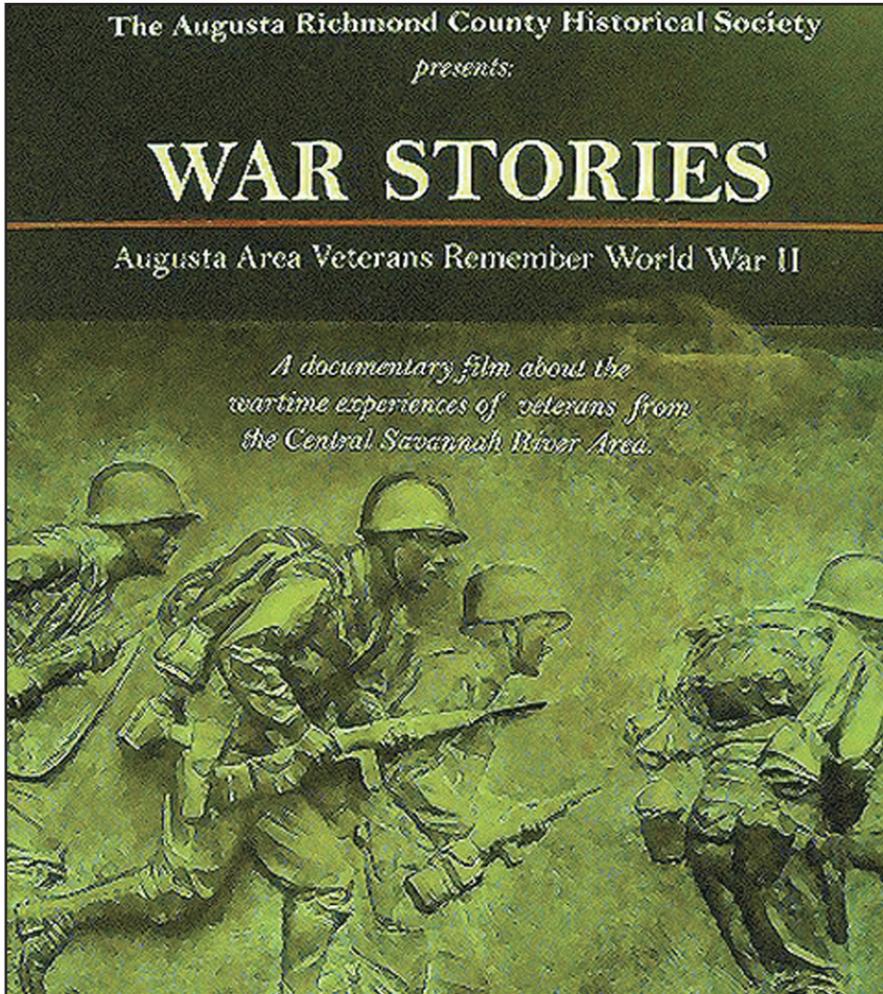
Richmond County Historical Society (ARCHS), over the last five years, has invited veterans in the Greater Augusta and surrounding areas, including S. Carolina, who served during World War II, to record on video their war experi-

ences and stories for the nationwide Veterans History Project. The ARCHS collects and preserves on video the accounts of hundreds of World War II veterans, so that future generations may learn and benefit from these remarkable war stories. Phase I is now near completion, and phase II involves producing a publication of select stories which will be made available to the general public.

Approved by the U.S. Congress in October 2000, the Veterans History Project involves collecting stories from veterans of all wars as part of the nationwide program tied to the Library of Congress in Washington, D.C. Here in Augusta, ARCHS has focused on World War II veterans. Nearly 800 veterans from the war have been interviewed, and articles have been collected including copies of photos, manuscripts and diaries. A DVD is produced preserving the unique experiences of each veteran. One DVD will go to the Library of Congress, one goes to the veteran, and two DVD's will remain at the Reese Library at Augusta State



Award for the DVD "War Stories"



Poster of the DVD "War Stories"

University for possible use by historians, students and the general public.

In Phase II, the Society will review the veterans' stories and put together a publication of portions of the significant interviews. They hope to publish this manuscript in the next few years; it will contain the stories of about 125 veterans as part of ARCHS' efforts to make this valuable information available to the general public.

Fred Gehle, Project Coordinator with ARCHS, a non-veteran, is an active participant in this project. "I grew up with news and radio reports of World War II and I've carried this interest and passion throughout my lifetime." Mr. Gehle stated that there was tremendous interest in this project from the start in 2007; he has had the participation of over 50 volunteers assisting with the interviews, in the last five years. "It's the concept of oral history," says Mr. Gehle, "that makes this project so worthwhile." Mr. Gehle, a most deserving recent recipient of the "Giving Your Best" award, twice weekly spends time with Ms. Judy McAlhany, the Executive Director of ARCHS, at Reese Library, on matters relating to overall coordination of the project.

At an early stage in the project, ARCHS contracted Mark Albertin of Scrapbook Video Productions to produce a separate DVD video entitled "War Stories." It is a 70 minute production with samples of 23 stories of veterans of all services. The video received an award from the Georgia Humanities Council and copies are for sale at the ARCHS office: contact Judy McAlhany at 706.737.1532.

An annual ceremony on November 12th will take place at Heroes' Overlook, at 10th Street and Riverwalk, to honor veterans who served in all wars. The program begins at 1:00 p.m. and is open to the general public. Plan to attend.

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## On the Cover

# Enjoy fine live music on Tuesday afternoons!

by CAROLYN BRENNEMAN

Cover Photo by Carolyn

**Cover**  
Via Romen plays Russian and Slovak Folk Music

**T**uesday afternoon is the ideal day to enjoy classical or jazz music with America's largest lunch-eon concert series in Augusta. This seven month series features thirteen 30-minute concerts which began in September and run through March, twice a month. They are open to the public at no charge and held in the

nave of Saint Paul's Church in downtown Augusta.

Known as Tuesdays Live Music, this partnership between private donors, the business community and Saint Paul's Church, is well attended and showcases top-notch talent. The next performance is November 6th and will showcase the D'Amore Duo with William Feasley on guitar and Yeon Jee Sohn on oboe. The Washington Post has referred to the Duo as a "perfect partnership of sound" and lauded their performance as a most uniquely satisfying concert. The group was founded in 1991 to bring to the public the wealth of chamber music of oboe and guitar.

On November 20th, the concert series will present Emil Altschuler, one of America's finest virtuoso violinists. He has performed in many venues, and is acclaimed as "a very gifted violinist who possesses the talent to become a truly outstanding violinist of his generation." He displays dazzling energy and a brilliant technical style. As a recording artist, he released his debut album "Emil Altschuler – Violin" in 2008, arranged with a gypsy jazz style.

This concert will be well attended, so arrive early.

Lunch is available after the concerts by advance reservation and is served in the River Room. We look forward to welcoming you to a Tuesday's Music Live concert soon! For more information go to [www.tuesdayslivemusic.com](http://www.tuesdayslivemusic.com)



Concert is at St. Paul's Church in downtown Augusta



Violinist Emil Altschuler (photo from [www.emilaltschuler.com](http://www.emilaltschuler.com))



The D'Amore Duo with William Feasley and Yeon Jee Sohn

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Double Oven\* Double Offer...  
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\*Via Mail-In rebate. Rebate is a Visa Prepaid Card subject to terms and conditions. See in-store sales associate or [Frigidaire.com](http://Frigidaire.com) for qualifying model numbers and details. At participating retailers.

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# Is money tight? Don't ignore your retirement plan!

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

**D**uring challenging economic times, it can be tempting to forego contributions to your retirement account, or even to pull money out of an existing account to cover other expenses. Some plans allow you to withdraw money for certain hardship reasons (to prevent eviction or foreclosure, for instance), but there can be some pretty tough financial consequences for tapping or ignoring your retirement plan.

The FINRA Investor Education Foundation offers the following good reasons to keep your retirement savings intact:

1. **Tax Liability:** Unless you're over the age of 59 1/2, you will not only have to pay income taxes on the amount you withdraw, but you will also be subject to a 10% tax penalty. In most cases, your employer will withhold 20% in federal taxes,

so the amount you receive will be significantly lower than the amount you requested.

2. **Opportunity Costs:** The repercussions of withdrawing funds from your 401(k) could be enormous in terms of lost growth opportunity. For example, let's assume you are 30 years old, and have a 401(k) balance of \$20,000. If you leave that money alone, and your account averages a 6% rate of return over the next 32 years, your balance at retirement will be \$129,068 when you're 62 – even if you do not make any additional contributions during that time. If you take it out, you'll have nothing. Even if you have a shorter time horizon, you will forgo significant savings opportunities by taking money out of your 401(k). For a 45-year-old, that \$20,000 will grow to \$53,855 in 17 years.

3. **Opening Assets to Creditors:** Under the Bankruptcy Abuse Protection and Consumer Protection Act of 2005, your creditors cannot touch your

401(k) balance or similar retirement savings account – even if, as a last resort, you file for bankruptcy protection. Balances in traditional and Roth IRAs are also protected up to a limit of \$1 million. But if you take money out of your retirement plan through a loan or a hardship or regular withdrawal, your creditors can go after that sum.

Another warning: watch out for products that allow you to withdraw your retirement funds and reinvest them elsewhere. FINRA warns that 72(t) withdrawals from an IRA and 401(k) debit cards can deplete your retirement savings and damage your retirement security.

It's best to look at other ways to save or borrow – tightening your belt on expenses, taking advantage of employer match programs to keep funding your IRA or 401(k), contributing pre-tax dollars to a retirement plan, etc. You may also be able to borrow from your 401(k) without actually taking a with-

drawal; this would reduce your tax burden and would likely come with a lower interest rate than a bank loan. Check with your plan administrator on whether or not this option is available.

For more information on this and other financial topics, check out [www.saveandinvest.org](http://www.saveandinvest.org) and for more consumer tips that you can trust, visit [www.bbb.org](http://www.bbb.org).

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

## Mom's Favorite Recipes

**W**e invite you to send us your Mom's favorite recipe to be considered for publication in *Senior News'* monthly *Mom's Favorite Recipes* column. *Senior News* will choose two recipes at random for publication in each month's edition. You can also view published recipes, along with additional recipes submitted, on our website at: [www.seniornewsga.com](http://www.seniornewsga.com). By submitting your recipe(s), you thereby give *Senior News* authorization to publish your recipe(s) in *Senior News'* newspapers and on *Senior News'* website. For consideration, please submit your recipe by email to: [seniornews@msn.com](mailto:seniornews@msn.com).

### Dr. Charles Stanley's Mom's BLACKBERRY COBBLER

Preheat oven to 350 degrees. Melt 1 stick of butter or margarine in a baking dish.

Make batter as follows:

- 1 cup self rising flour
- 1 cup sugar
- 1 cup milk
- 1 tsp. vanilla

Pour batter into melted butter – do not stir. Add 1 pint of blackberries. Cut into small pieces and sweeten with a little sugar. Pour

blackberries over the batter – do not stir. Bake for 45 minutes

\*\*\*\*\*

### Billy Tucker and Ann Tunali's Mom's INDIAN RELISH

- 12 medium-sized ripe tomatoes
- 9 medium-sized tart apples,

- cored
- 8 medium-sized onions
- 3 cups brown sugar, firmly packed
- 2 cups vinegar
- 2 Tablespoon salt
- 1 teaspoon each ground cinnamon, allspice, and nutmeg
- 1/2 teaspoon ground cloves

Finely chop tomatoes, apples, and onions. Put into a large saucepan. Blend in sugar, vinegar, salt and spices. Bring to a boil and simmer slowly, uncovered, until thick; about two or three hours. Seal in hot, sterilized jars. Process in boiling water bath five minutes. Yield: 8 pints. Makes a nice holiday gift.



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# University Hospital mourns the passing of legendary Dr. Watson



Dr. W. G. Watson

## Special to Senior News

**“D**r. W.G. Watson, a legendary figure in the history of University Health Care System, passed away Oct. 24 leaving behind a wonderful family, friends and more than 15,000 lives that he brought into this world. Dr. Watson was a great man and wonderful physician who dedicated his life to the service of others. For many years, he walked the hallways of our hospital tending to patients and rounding on the staff to ensure they were doing well. He was truly respected as the leader of our OB/Gyn Department where he led our physicians to become the market-leading provider of these services. Something I truly admired was his humility. We will all certainly miss Dr. Watson's physical presence here at University, but he will live on in our memories and the culture of our organization. Often he would in his own simple way sum up what I believe our mission here at University is: 'Service and Kind Words.' We will honor Dr. Watson and continue to dedicate our lives to the service of others, maintaining a humble spirit and providing Service and Kind Words to those who seek care from University. Please keep the Watson family in your thoughts and prayers.”

James Davis, President/CEO of University Health Care System

Walter Gamewell Watson, M.D. Former Chief of Obstetrics and Gynecology, University Hospital Born: Feb. 25, 1910, Ridge Spring, S.C. Family: wife, Audrey; four daughters and one son

Education and training: Bachelor of Science – The Citadel, Charleston, S.C. (1931) ; Medical School - Medical College of Georgia (1943); Internship - University Hospital-Augusta; Residency - University Hospital-Augusta; Specialty Board Certifications - Obstetrics & Gynecology Distinctions: Delivered more than 15,000 babies; Oldest living graduate of The Citadel; Named the Georgia Hospital Association 2010 “Hospital Hero;” On his 100th birthday, recognized as the oldest known working physician in the United States;

Namesake of University Hospital's W.G. Watson, M.D. Women's Center dedicated in 1999

One of three children, this only son of a farmer/postmaster and school teacher was born in 1910 in Ridge Spring, S.C. As a young man, he milked cows, plowed fields and studied agriculture under the legendary South Carolina statesman Strom Thurmond, who was then a teacher. After high school, Dr. Watson attended The Citadel, where he played football and excelled academically. At the age of just 22, Dr. Watson became principal and football coach at Edgefield High School. He worked as an educator for seven years, saving the money to attend medical school. After serving as a U.S. Army physician from 1945 to 1947, Dr. Watson came to Augusta and joined the medical practice established by the late J.W. Thurmond, M.D.

During the more than 60 years Dr. Watson practiced at University Hospital, he ushered more than 15,000 babies into the world, including two of his fellow physicians. At the height of his career in the 1950s and 1960s, Dr. Watson was delivering as many as 60 babies a month. He is a local celebrity, having delivered at least three generations of many families in the CSRA.

Up until two years ago, Dr. Watson arose at 6.45 a.m. every day and headed to University Hospital where he ate breakfast in the hospital cafeteria with some of his colleagues, rounded on patients and then settled into his office by 8:30 a.m. to see his scheduled patients.

It sounds like another ordinary day in the life of a hospital physician, except that Dr. Watson at 100 years old was the oldest working doctor in the United States.

The hospital honored Dr. Watson by naming its women's center after him. Visitors and patients there see a bronze statue of him cradling a newborn.

He witnessed many advances in medical technology in his time, but always insisted that, "New technologies are amazing and absolutely necessary

for taking care of patients, but without the human touch, they don't mean much."

Work, family, church and community were the foundations in his life, he said. Dr. Watson created a creed that he shared with many: "Always do your best. Never give up. Room is at the top. Be a lady. Be a gentleman."

Dr. Watson's life was eulogized and celebrated on Oct. 27 at the church he served for many years, Grace United Methodist Church in North Augusta, S.C., with standing room only. He was buried at nearby Pineview Memorial Park.

Godspeed, Papa Doc. Your rest is well deserved.



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Columbia County – 706-210-3891

McDuffie County – 706-595-4170

Richmond County – 706-860-3835

Burke County – 706-554-4189

South Carolina – 803-641-6953

# Augusta/CSRA CALENDAR

**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.

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**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  
Robertta 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  
William 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 Vauluse 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

\*\*\*\*\*

**Augusta Area Libraries**

- Headquarters Library: 706-821-2600; TTY: 706-722-1639; 823 Telfair St, Augusta, Mon-Thu, 9-9; Fri-Sat, 9-5:30. Sun, 2-5:30

- Talking Book Center: 706-821-2625; 823 Telfair St., Augusta, Mon-Fri 9-5

Augusta-Richmond Co. Branches

- Appleby Branch Library  
2260 Walton Way, Augusta, 706-736-6244; Mon, 9-7; Tue-Fri, 9-5:30; Sat, 10-5:30

- Diamond Lakes Branch Library  
101 Diamond Lakes Way, Hephzibah, 706-772-2432; Mon & Wed, 9-8, Tue, Thu & Fri, 9-5:30; Sat, 10-5:30

- Friedman Branch Library  
1447 Jackson Rd, Augusta, 706-736-6758; Mon & Wed, 9-8; Tue, Thu, & Fri, 9-5:30; Sat, 10-5:30

- Maxwell Branch Library  
1927 Lumpkin Rd, Augusta, 706-793-2020; Mon, Wed, & Fri, 9-5:30; Tue & Thu, 9-8; Sat, 10-5:30

- Wallace Branch Library  
1237 Laney-Walker Blvd, Augusta, 706-722-6275; Mon & Wed, 9-5:30; Tue & Thu, 9-8; Fri-Sat, 12:30-5:30

**Burke County**

- Burke County Library  
130 Highway 24 South, Waynesboro, 706-554-3277; Mon, 9-8; Tue-Fri, 9-6; Sat, 9-1

- Midville Branch Library  
149 Trout St., P.O. Box 428, Midville, 478-589-7825; Mon & Wed, 12-6; Fri, 10-6

**Burke County**

- Sardis Branch Library  
750 Charles Perry Ave., P.O. Box 57, Sardis, 478-569-4866; Mon & Wed, 12-6; Fri, 10-6

**Columbia County**

- Columbia County Public Library  
7022 Evans Town Center Blvd, Evans, 706-863-1946; Mon, Tue & Thu 10-8; Wed, Fri, & Sat 10-5; Sun, 2-5

- Eucler Creek Branch Library  
5907 Eucler Creek Dr., Grovetown, 706-556-0594; Mon-Tue, 10-8; Wed, Thu & Fri, 10-5; Sat, 10-4

- Harlem Branch Library  
375 N. Louisville St., Harlem, 706-556-9795; Tue, 9-7; Wed & Fri, 1-6; Thurs., 1-7; Sat, 9-1

- Lincoln County Library  
181 North Peachtree, P. O. Box 310, Lincolnton, 706-359-4014; Mon & Thu, 9-6; Tues, 9-7; Wed, Fri & Sat, 9-4

- Warren County Library  
10 Warren St., Warrenton, 706-465-2656; Tue, 10-8; Wed-Fri, 10-6; Sat, 9-3

\*\*\*\*\*

**Academy for Lifelong Learning, USC-Aiken**  
Information: 803-641-3288

\*\*\*\*\*

**Hearing Loss Association of Augusta**  
Meetings are held on the 3rd Monday, continued on page 11

## General Business Directory For Seniors

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**404-668-2420**

# CALENDAR

from page 10

September to April, at University Hospital, 1350 Walton Way, Dining Rooms 1-6.. For information on the organization please contact Gayle Tison, President, at <http://emptyg3@knology.net/>.

### Hephzibah Lions Club

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

### Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum's website at [www.the.morris.org](http://www.the.morris.org).

### Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta. Call 706-722-5465 for information.

### Caregiver Support Group

Are you caring for a spouse or parent? Join other caregivers to share experiences, gather practical resources and find the support you need. The group meets the 3rd Monday of each month at 6:30 p.m. at the Friedman Branch Library located at 1447 Jackson Road in Augusta. For more information contact Georgia Jopling, Caregiver Specialist, Area Agency on Aging, 706-210-2000 or 888-922-4464.

### Augusta Museum of History

560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.  
 • Brown Bag History Series Lecture: *Augusta and Aviation History*: Wed., Nov. 7, 12:30 p.m.  
 • Holiday Gingerbread Village: Nov. 15-25, 10 a.m.-5 p.m.; Nov. 18 & 25, 1-5 p.m., Augusta

Museum of History Rotunda. Free

### "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 Elks 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](mailto: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 Millege 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](mailto: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.

### 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).

### 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 [volunteercsas@uh.org](mailto:volunteercsas@uh.org) for more information.

### Enopion Theatre Company

Tickets & Information: 706-771-7777 or [www.enopion.com](http://www.enopion.com)  
 • "Eli's Bethlehem Inn," a musical dining experience, Kroc Center, 1833 Broad St., Augusta. Fri., Nov. 30, 7 p.m.; Sat., Dec. 1, 5 p.m.; Thurs., Dec. 6, 7 p.m.

# General Business Directory For Seniors

**Jerry Brigham & Associates**  
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