



Senior News

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*Pick'n Time
is Finally
Here!*

Story on Page 5

June 2014
Vol. 28, No. 6

Taking Care

Have a plan in place for medical emergencies... being prepared can help reduce stress

by LISA M. PETSCHÉ

Chances are good that the relative you care for will require medical attention at some point, especially if he or she has chronic health conditions. Trips to the Emergency Department are stressful at best, and can also be frightening in some cases.

Fortunately there are numerous ways you can prepare for a medical crisis. Then, should one arise, you will be ready to assist your relative and the hospital staff and manage your stress in the process.

At home – advance planning

- Maintain a log of your relative's medical diagnoses, medications, specialists consulted and hospitalizations.
- Be ready with the following paperwork to bring to the hospital: a list of current medications, including the dosage; health insurance information; and a copy of your relative's advance directives or living will and power or attorney.
- Prepare a list of relatives and

friends who should be notified in an emergency. Regularly review information to ensure it is up to date.

- Keep the above information organized in a file folder or binder. Store it in an easily accessible place and bring it to any hospital visits.
- Get a cell phone if you do not have one, and become comfortable with its basic features.
- Prepare an emergency kit of essential items to bring to the hospital. You may wish to include: a notebook and pen for jotting down questions and recording information provided to you and your relative; a change purse with coins and small bills for parking, payphones and vending machines; a spare cell phone charger and a phone card with extra minutes, if applicable; reading material and a spare pair of reading glasses; and, non-perishable snacks. Attach a note reminding you to bring your relative's medical file and medications.
- Keep cell phones charged so they are ready to use in a crisis.

At the hospital

- Let staff know if your relative has hearing or vision impairment, language impairment from a stroke or dementia, or a limited command of English. In the latter case, arrange for someone you know to provide

interpretation.

- Be prepared to share your relative's health symptoms and medical history multiple times, with a variety of healthcare professionals, and exercise patience.
- Give your full attention when medical professionals are speaking. Do not interrupt unless you need to correct information. They will ask questions as they feel the need. Ensure before they leave that you are clear about findings and next steps.
- Keep the volume of your voice as low as possible during conversations, for privacy reasons and because others may be trying to rest. Keep in mind, too, that even if your relative is relatively stable or becomes stabilized, surrounding patients may be in serious medical condition.

Coping tips

- The following are some suggestions to help you through this unsettling time.
- Initially take things an hour at a time so you do not get overwhelmed.
 - Call, or ask staff to call, a supportive person in your social network, especially if you do not cope well with crisis. If no one is available, ask for a visit from the staff social worker or chaplain.
 - If you anticipate significant wait-

ing periods, purchase a newspaper or magazine from the hospital gift shop. Or, if you own a personal music player, arrange for someone to deliver it to help you pass the time and manage stress.

- Make it easy to keep others informed by identifying a key contact person who can fan out updates from you.
- Encourage your relative (if able) and close family members to share in decision making. Do not unnecessarily shoulder all of the responsibility.
- Look after yourself. Step away from your relative's bedside periodically to stretch your legs, and get nourishment at regular intervals. If you are expecting a prolonged stay for your relative, arrange for family members or friends to spell you off so you can go home to rest and freshen up.
- If you do not feel prepared when your relative is being discharged, ask to speak with a social worker. He or she can discuss options and share information about community supports.

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

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AGENCY ALERT: Do you know what The Senior Citizens Council is and what they do?

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council
Augusta, Georgia
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The Senior Citizens Council is much more than our name implies. We are first and foremost – a Service Agency for and about mature adult



Kathleen Ernce

concerns: health, wellness, insurance, long-term care issues, scam and fraud prevention, social services, referral sources, and so much more. The services which we offer include the Advocacy Programs Department; such as, Caseworker Services – after completing a home assessment develops a care plan to assist the mature individual in remaining at home safely by using area resources; Caregiver Respite, Referral Information and Support (CRRIS) – providing information to caregivers on available resources to help make their caregiving less stressful; Bill and Money Management (MAP) – offers financial assistance with day-to-day personal business affairs; Senior Health Insurance and Education (SHINE) – services of a Certified Medicare Counselor explains your options, answers questions, and discusses concerns about the various Medicare Plans and options; and the Center for the Prevention of Elder Abuse, Neglect and Exploitation – that promotes awareness of abuse, neglect, and exploitation prevention through direct services, counseling, community education, and collaboration. Appointments are desired for office or home visits. We also are delighted to take our information to senior

adult meeting sites throughout the CSRA.

The other programs and services we offer include a volunteer-based programs: that we call the Senior Corps Department. Under Senior Corps, we have a Foster Grandparent Program (FGP) and Senior Companion Program (SCP) for income-eligible persons age 55 and older who “serve up to 20 hours a week with special needs children or adults.” In return for the hours of service to these special needs individuals, the FGP or “SCP volunteer receive “special” benefits; including, a monetary stipend, travel reimbursement, annual physical, and paid-time-off.

Also included in the Senior Corps Department is the Retired and Senior Volunteer Program (RSVP) for individuals looking for “fun and rewarding ways to make a difference in the community” or just get out-of-the-house a few hours a month. RSVP recruits individuals age 55 and over for the opportunity to apply their skills, expertise, and experience to help meet critical community needs while meeting other like-minded folks in our community. RSVP pairs talented volunteers with a variety of local nonprofit, health care, governmental, and faith based organizations to assist these groups with meeting the needs of those they serve. Our Senior Corps staff looks forward to meeting you soon!

Please call us at 706-868-0120 for details on any of our programs or make an appointment for a needed service. We will be happy to meet with you!

Check out our secure website at: www.seniorcitizenscouncil.org for program, staff, and Board details. We are located at near the intersection of Bobby Jones Expressway and Washington Road in west Augusta.

Our physical address is 218 Oak Street N., Suite L., Augusta, GA 30907, Monday through Friday, 8:30 a.m. to 5:00 p.m.

We look forward to an appointment with you or just stop in to say Hello! You will find our friendly staff ready to answer questions or direct you to the service which best fits your needs.

Want to win a \$100.00 Cash Card?

The Senior Citizens Council is located at 218 Oak Street North, Suite L, Augusta, Georgia 30907.

Georgia's 30-mile trail system celebrates completion

Special to *Senior News*

A collaboration of the Arabia Mountain National Heritage Alliance (AMNHA) and the Rockdale County Parks and Recreation Commission (RCPRC) presents “Try the Trails.” This is an inaugural event marking the formal opening of the completed 30-mile trail system that makes up the Arabia Mountain National Heritage Area. The AMNHA and RCPRC will host this long-awaited celebration on June 14 beginning at 8:00 a.m.

The “Rockdale River Trail” leading to the Monastery is the most

recent completed section and is open to bikers, hikers and walkers. Be sure to follow AMNHA on Facebook for the latest updates!

This breathtaking project was made possible by the hard work of the PATH Foundation and many partner organizations within the AMNHA. The partners involved in the entire project include: The City of Lithonia, DeKalb County, Georgia DOT, Georgia State Parks, The Mall at Stonecrest, The Monastery of the Holy Spirit, and Rockdale County. This event marks the culmination of the 30-mile trail system that required years of coordinated effort. Info: www.trappist.net

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Vintage Gardens

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The Numbers Don't Lie: Seniors Have More Than They Think

It cannot be denied that Americans are getting older. Here are some staggering stats that I keep coming back when considering the aging of America: Over 10,000 U.S. seniors will turn 65 years old every day for the next 20 years; every six seconds, someone turns 50 years old; 55 million people in the U.S. are now 55 or older and 34 million are 65 or older (those last two figures will double); and the over-85 age group is the fastest growing segment of our population. Wow.

A few more facts to consider: People over 50 account for 43 percent of all U.S. households, and within 10 years, the senior population of America will be around 115 million. In 1900, life expectancy in the United States was 46 years. In 2013, life expectancy is nearly 76 years.

The more interesting fact for commercial concerns is that this august group of seniors – known then, now and forever as Baby Boomers – has some \$900 billion jingling in their pockets. This is why we see what I term “serial entrepreneurs” targeting this new sector of the marketplace. It represents mass and, for some, a good bit of disposable income.

This is in stark contrast to previous decades, where members of the elder set weren't high on society's pecking order. It's almost fair to say that seniors were “shunted aside”, while nearly all consumer goods were aimed at the younger, 18-34 year-old segment.

Initially coming from a marketing background, I once had a boss tell me that “going young” is the way to sell products and build “brand-equity”. Build brand loyalties at a very early age and consumers will make buying decisions that they will carry with them throughout their lives. But with so many older Americans alive and in force, Madison Avenue has redirected some of its attention to the senior set, and not just for the “I've fallen and I can't get up” pitches.

Amazing: New York's Madison Avenue is now listening to seniors.

So, seniors, I'm going out on a limb here but making the suggestion: Start talking. With this relatively “newfound” mass-market appeal becomes buying posture. In terms of life expectancy, we've come a long way in a relatively short period of time. In addition, now seniors have the opportunity to enjoy the quality of life that they deserve, with products and services designed just for them.



Brian Carrigan
 Founder & CEO

RemainAtHomeWC.com
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 North Augusta, SC 29841



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Serving Augusta & the CSRA

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Senior News & Views of Georgia

Annual Aging Award Winners Announced

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

The CSRA Regional Commission Area Agency on Aging (AAA) held its Annual Awards & Recognition Luncheon on Wednesday, May 14, 2014 at KROC Center Augusta. The program provides the Agency an opportunity to recognize the valuable work performed by its volunteers and others who support seniors and persons with disabilities.



Jeanette Cummings

Volunteering for over 30 years, Dot Cofer received the distinguished Clara West Volunteer of the Year Award for her outstanding work with the McDuffie Medical Mission where seniors and others receive free medical checks. The late Clara W. West of Thomson, Georgia, was a strong advocate, community leader and active volunteer. Ms. Cofer, who worked very closely with Ms. West, goes "above and beyond" to enhance the quality of life by assisting the Mission with health checks such as blood pressure and glucose, height and weight, vision, bone density and dental. Additionally, she coordinates the McDuffie County Health Fair which serves over 500 participants annually.

The Volunteer Group of the Year Award was presented to the Stevens Creek Church, Small Groups Ministry titled "Food 4 Kids - Food 4 Seniors." The group received accolades for its collaboration with Columbia County Community Connections and the Area Agency on Aging in the delivery of 300 bags of food to local children and seniors in an effort to fight hunger.

CSRA Economic Opportunity Authority, Inc. received honors as Provider of the Year for its strong commitment to ensuring the needs of low-income citizens in the CSRA are met. Having recently celebrated 50 years of community work, the agency provides a broad range of services to include senior nutrition, social, recreational and educational activities, utility assistance, weatherization, financial literacy, housing counseling, homeless prevention, supportive services for Veterans and case management.

The Agency paid special tribute to the region's Centenarians – those who have reached the great milestone of age 100 years and beyond. Seven Centenarians accompanied by family and friends attended and received photographs and digital versatile disks

(DVDS) as tokens of appreciation for their contributions to the CSRA region.

If you or your loved one is a Centenarian or to learn more about volunteer opportunities, contact the Area Agency on Aging at 866-552-4464 or 706-210-2000.



Clara West Volunteer of the Year – Dot Cofer
(Left to Right) Wallace White, CSRA Area Agency on Aging; Dot Cofer, Volunteer with McDuffie Medical Mission and Coordinator of McDuffie County Health Fair



Provider of the Year
CSRA Economic Opportunity Authority, Inc.
(Left to Right) Gloria Lewis, Executive Director of CSRA EOA; Rod Barrie and Janet Baumgardner, Comfort Keepers



Volunteer Group of the Year
Stevens Creek Church, Small Groups, "Food 4 Kids - Food 4 Seniors"
(Left to Right) Stacey Lewer, Roger Cheek and Dorna Adams, Stevens Creek Church; Robin Petry, Greater Augusta Diabetes Educators

On the Cover

Pick'n Time is Finally Here!

by CAROLYN BRENNEMAN

Photography by
Blake and Carolyn

Calling all actively engaged adults age 50 and better! June is the time for some quality family recreation for ourselves, with our kids and grandkids. So let's head on out to one of the pick your own farms or take a short trip to one of our local farm markets for some fun and togetherness to taste the delicious local produce.

So, where should we find the best information for our outings? My favorite website is Blake Slemmer's website, www.pickyourown.org. He has a great list of Georgia and South Carolina farms near us where we can pick our own fruit or explore a road side market where we can get freshly picked fruits and vegetables. Be sure to check out all the exciting and useful information on Blake's website www.pickyourown.org for addresses and phone numbers of the various farms and markets.

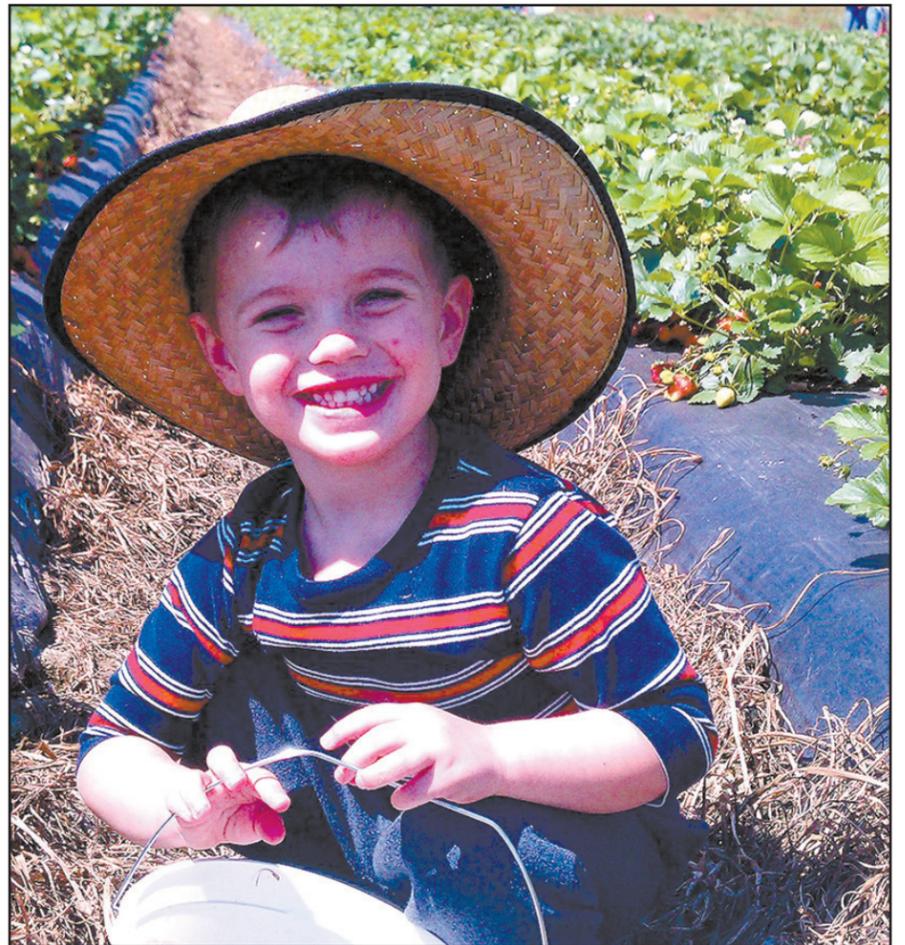
Also another, new website by Blake is www.localfarmmarkets.org. So if you are looking for healthy, fresh food, grown locally, there are more options than ever before. This website helps you to find the type of farm market you're seeking, in your own local area, whether it is a roadside stand or a farmer's market, just as long as it

is fresh and locally produced. You can find farm markets that grow organically fruits and vegetables and sell other types of produce you will want to try this summer. Blake obtains his listings from a variety of sources such as state agriculture departments, consumers writing in to recommend a market or farm stand, and also the farmers themselves. Blake told me that he updates and adds listings to his website every day. Not only will we find great farms and market stands in the surrounding area of Augusta and Aiken, we can also find locations in any state complete with crop calendar listings.

Berry picking or simply visiting one of the roadside markets is a fun family bonding activity that all ages enjoy. One of the most popular pick your own farms is Gurosik's Berry Plantation in North Augusta on Briggs Road where there are rows of strawberries, blackberries, tomatoes, herbs, beautiful zinnias and sunflowers. We can even take a walk down the rows to enjoy the sights of beautiful colors and fragrant smells as we pick.

More in the mood to just spend fun together exploring one of the roadside markets? There's the Good Earth, on Davis Road, which is opened from 8 in the morning to 8 in the evening, where we can get fresh produce such as South Carolina blackberries, strawberries, blueberries, cantaloupes, sweet smelling Edgefield County peaches, as well as butterbeans, peas, squash, peppers, zucchini, local silver queen white corn, and a beautiful assortment of plants and flowers. This stand is very popular these days and also displays gorgeous plants and flowers.

And, of course, in downtown Augusta, there is great variety every Saturday morning at the Farmers Market. And wherever we go, at one of our stands that we visit, let's enjoy some icy cold refreshments with our kids and grandkids! So let's spend some family recreation time and create our summer memories together with our families and friends. Be sure to check out Blake's website, www.pickyourown.org. Photo of the young child is provided by Blake.



Jimmy loves picking strawberries



Berries ready for eating



Giant sunflower blooming at a farm

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Poets' Corner

FATHER'S DAY by Frankie Lee

*What makes a Father special
Is not what he gives to you
But the time you spend together
In special things you do.*

*It's time when you are sick
And he touches your head
With his hand
It's the time you won the race
And he told you "Yes you can"*

*It's the hugs that are the greatest gift
That you treasure the most
It's the love he has for you
In his voice when he talks of you and
boasts*

*It's that special look he gives you
That makes you feel so good
Knowing that he watches over you
Because he wants to, not because he
should*

*Being a Father is a gift
It comes from our Father above
It makes a person become so special
Because his heart has love*

*And when he gives it to his child
He becomes much more than a man
Because he has that special power
To make that child be all it can*

*What makes a Father special?
It's not what he gives to you
But the time you spend together
In special things you do.*

RECAPITULATION 50 by Tom Garman

Written for a 50th high school
reunion in July 1995.

*I offer you my hand
because our friendship is one
that has endured for near a life
time.*

*I offer you my words
for there is much for us to share
of love and joy and hurts and loss.*

*I offer you my memories
of times when we were young and
strong, when all our skies were
blue and we feared nothing.*

*I offer you my thanks
for times you never knew
you helped me with a smile or
words.*

*I offer you my prayers
for there may be trials and sorrows
on ahead,
but prayers can somehow change*

them into joy!

GRIEF by Doris Highsmith Charnock

*Grief said, "Once again, I have you
in my grip."
Christ said, "Once again, I will
release you."*

*Grief said, "I will give you sleepless
nights."
Christ said, "Talk to me, and I will
comfort you."*

*Grief said, "I will make you cry."
Christ said, "I will dry your tears."*

*Grief said, "I will make you get
angry."
Christ said, "I will calm you."*

*Grief said, "I will make you act
irrational."
Christ said, "I will bring you back in
focus."*

*Grief said, "I will make you feel
guilty."
Christ said, "I will forgive you."*

*Grief said, "I will give you many
burdens."
Christ said, "I will lighten your*

load."

*Grief said, "I will send people to vex
you."
Christ said, "I will give you strength
to repel them."*

*Grief said, "I will be with you
forever."
Christ said, "Only while on this
earth."*

TRANSITION by Henry Newton Goldman

*Lord, let me not fear the death
That I know is imminent some day.
Just hold my hand and walk with me,
As you guide me along that way.*

*I know there may be pain to bear,
But help me suffer it through,
Until I rest in your kind arms,
And start new life with you.*

*Give me a mind that's clear to
the end,
Before my final rest.
Keep my eyes open to see 'til I sleep,
All those with me you have blessed.*

*I know that I can bear it best,
While your comforting arms enfold.
Oh, let me not turn loose your hand,
Until in heaven your face I behold.*



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Augusta/CSRA CALENDAR

For additional *Opportunities* listings, please visit our website at: seniornewsga.com.

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 Department – including: Caseworker Services - Caregiver Respite, Referral Information and Support (CRRIS); Bill and Money Management (MAP); Senior Health Insurance and Education (SHINE) - the Center for the Prevention of Elber Abuse, Neglect and Exploitation.
- The Senior Corps Department: Foster Grandparent Program (FGP) and Senior Companion Program (SCP) for income-eligible persons age 55 and older who “serve up to 20 hours a week with special needs children or adults.” Call us at 706-868-0120 for complete details. The Retired and Senior Volunteer Program (RSVP) for individuals looking for “fun and rewarding ways to make a difference in the community” or just get out-of-the-house a few hours a month. RSVP recruits individuals age 55 and over for the opportunity to apply their skills, expertise, and experience to help meet critical community needs while meeting other like-minded folks in our community. RSVP pairs talented volunteers with a variety of local nonprofit, health care, governmental, and faith based organizations to assist these groups with meeting the needs of those they serve. Please call us at 706-868-0120 for details on any of our programs or make an appointment for a needed service. Our physical address is 218 Oak Street N., Suite L., Augusta, GA 30907, Monday through Friday, 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

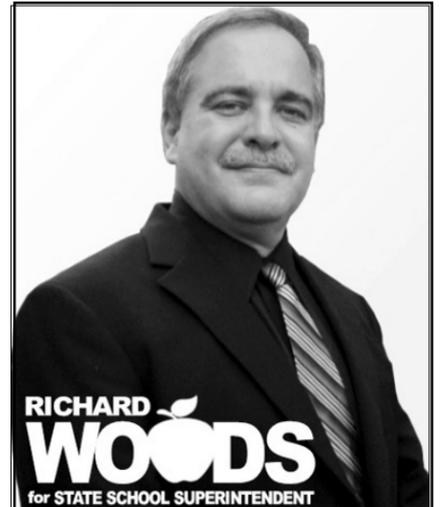
- Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
- East View Community Center
Robertta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302
- HH Brigham Senior Center
Heather Kooms; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center
Willamae Shaheed; 1155 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
Jennifer Thomas; 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;

continued on page 8



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706-407-1564
Wayne DeLong
803-257-1455

CALENDAR

from page 7

663-6142
Roy Warner Park
 4287 Festival Trail Rd., Wagener, SC; 564-6149

Hearing Loss Association of Augusta
 Meetings are held on the 3rd Monday, September-April except for December, at University Hospital, 1350 Walton Way, Dining Rooms 1-3. Social begins at 5:30 p.m. and meeting at 6 p.m. For information on the organization please contact Gayle Tison, President, at http://emptyg3@knology.net.

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.

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: *Mid-Nineteenth Photography*: Wed., June 4, 12:30 p.m.

"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 American Legion Post 63, 90 Milledge Rd., Augusta. Members, \$8; 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 Bob Anzuoni at 803-215-4010 or visit www.augustadancing.org.

Augusta Christian Singles Weekly Dance

Augusta Christian Singles meet every Saturday night at the Ballroom Dance Center, 525 Grand Slam Dr., Evans, starting at 6:30 p.m. Dance lessons, 6:30-7:30 p.m.; dance, 7:30-10:30 p.m. Guests, \$10; members, \$8. Dance lessons, refreshments. Alcohol and smoke free environment. For more information visit www.christiandances.org.

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.

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).

Pieceful Hearts Quilt Guild
 Meets on Monday nights, 7-9 p.m., and Thursday mornings, 10 a.m.-2 p.m., at St. Bartholomew's Episcopal Church, Martintown Rd., North Augusta. For details call 803-279-6456 or 706-790-4975.

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.

Area Agency on Aging Offerings
 Learn through a 30-Minute session, 3rd Thurs. each month, 1 p.m., KROC Center Augusta,

Senior Lounge, 1833 Broad St. Registration not required. Contact Lee Walker, Resource Specialist, 706-922-8348 or 706-210-2018.

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