

Senior News

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*Let's visit
Congaree
National
Park!*

Story on Page 5

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Taking Care

Is it time to get help? Don't try to go it alone.

by LISA M. PETSCHÉ

If you are looking after an aging relative, chances are good that a time will come when you need help to manage all of their needs.



Lisa Petsche

Many people are aware of the signs that a loved one needs help looking after their day-to-day needs; changes in grooming and hygiene and difficulty with medication management are some examples. What is not so well known are the signs that a caregiver needs help carrying out the responsibilities involved in their role.

Read on to see if you can relate to any of the following statements.

Caregiver circumstances and needs:

Physical health

- Your own health is being neglected – for example, you are not eating nutritiously or you are long overdue for a medical checkup.
- You are experiencing sleep deprivation – due to the care receiver waking in the night or having their days

and nights reversed as can happen with dementia.

- You have frequent acute health problems, such as colds or the flu.
- You have a chronic health condition that is getting worse – for example, arthritis, or you have recently been diagnosed with a health condition that requires lifestyle changes – diabetes or heart disease, for instance.

Mental health

- You feel overwhelmed or trapped.
- Friends have noticed changes in your personality or expressed concern about your stress level.
- You have a pre-existing mental illness.
- You have recently been diagnosed with clinical depression,
- You have a strained relationship with the care receiver and it is taking a toll on you.
- You have thoughts of harming the care receiver or have been verbally or physically aggressive towards them.

Role overload

- It is difficult or impossible to stay on top of household chores or paying bills.
- If you are employed outside of home: you have had to take numerous unscheduled days off work to deal with your relative's needs. Your job

may even be in jeopardy.

- Another family member also has special needs and relies on you for assistance.

Other

- You do not have any time to yourself.
- Your relationship with a significant other is strained due to the amount of time and perhaps also resources you devote to caregiving.
- You do not see your friends anymore, or hardly ever.
- Your finances are stretched and you need to go back to work (or increase the hours you work if you are already employed).

Getting help:

There are two types of help: formal and informal. The latter involves getting other family members to share the responsibility for caregiving. It is important to be specific about the kind of help you need. If relatives live in another area and are not able to pitch in, explore whether they are able and willing to contribute to the cost of hiring help to make caregiving more manageable.

Formal help is the type of structured assistance that is offered through community programs and services. Check with the local office

on aging to find out what is available in your area, especially services that are free of charge or subsidized.

A prerequisite to seeking help is acknowledging that you cannot, and should not, do it all alone when it comes to caregiving. Accepting help is not a sign of weakness, it is a sign of strength and wisdom because it will help you to be more effective in your role and provide care for a longer period of time than you otherwise might be able to do.

If people you know have been offering help, take them up on it. Otherwise, speak up and ask, or do some research about formal support options for the care receiver, such as meals on wheels, friendly visiting, volunteer driver programs, accessible transportation, recreational programs and home healthcare services. Be sure, too, to look into caregiver respite services – including adult day-care programs and nursing facilities that offer short-term residential care – and take advantage of them. You need and deserve a break!

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

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Volunteers Recognition and Awards Celebration

Submitted by Wallace White, Aging Services Program Manager, The CSRA Area Agency on Aging

May is recognized as “Older Americans Month.” As the CSRA Regional Commission Area Agency on Aging staff embraces its theme, “Safe Today. Healthy Tomorrow,” they also prepare to host the agency’s annual Volunteers Recognition and Awards Appreciation to be held on Wednesday, May 14, 2014 at KROC Center Augusta, 1833 Broad Street, Augusta, at 11:00 AM. Packed with great food and fun, this year’s event themed “Celebrating Our Volunteer Service,” will be emceed by NBC Augusta’s Meteorologist, Jay Jefferies, and feature an amusing performance by Christian Comedian Tommy Ingram.

The AAA will recognize all volunteers and service providers and present awards in three categories: Clara West Volunteer of the Year, Volunteer Group of the Year and Provider of the Year.

Once presented as the Volunteer of the Year Award, the “Clara West Volunteer of the Year Award” depicts a legacy left by one of Aging’s strongest pillars, the late Clara W. West. Among her many acts of volunteerism was that of the Silver Haired Legislation (SHL), Senate 11, which she embarked upon in 1979. Although she was a resident of McDuffie County, she represented all counties in the CSRA with the exception of

Richmond. Ms. West strived to develop an awareness of value and concern for the SHL, promoting a functional SHL and encouraging good relationships with the Georgia General Assembly. She also served on the Advisory Council on Aging, the Advocacy Coalition, McDuffie County Council on Aging and the Georgia Council. A strong servant of her church, her memories lie in the Senior Adult Ministry she organized in the 1980’s. Ms. West transitioned in November 2004.

Another highlight of the event is the recognition of the region’s Centenarians – individuals who live to or beyond age 100. The Agency takes pride in honoring its Centenarians as they have paved the way for future generations and are distinct role models for the aging. The “young men and women” who attend the program enjoy reserved seating and special presentations which include flowers and other acts of appreciation.

Registration is \$15 for caregivers, retired persons, students and volunteers and \$20 for professionals, congregations, organizations and clergy. For more information, contact Wallace White, Aging Services Program Manager, at 706-650-5693 or wwhite@csrarc.ga.gov.

*Checks should be made payable to: CSRA Regional Commission. Mail to: Dina Conklin, 3023 River Watch Parkway, Suite A, Augusta, GA 30907. Cash cannot be accepted by mail.

AGENCY ALERT: "Estate Planning includes Reviewing Your Trust"

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council
Augusta, Georgia
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As we celebrate Older Americans Month, we urge you to begin or review an existing estate plan because we all procrastinate doing what we know needs to be done – however, estate planning is one task that should not be placed on the back burner.



Kathleen Ernce

Living trusts have soared in popularity as more people discover their benefits. Property in a Living Trust is not subject to probate, which can be quite expensive and tie up an estate for months. It is also private and does not require court supervision. A Trust is a legal relationship in which a person or trust company holds property for your benefit or that of the beneficiary. Trust can be revocable – meaning that it can be changed at any time by the person who created it - or irrevocable – meaning that it can not be changed or terminated before the time specified in the document. A Trust is one of the best ways to leave assets to your heirs; however, it must be reviewed periodically to ensure that it is current and is still keeping with your intent for your beneficiaries.

"You should also review your estate plan anytime there is a change in the family, in your assets or as you feel necessary. A good rule of thumb is to review the plan at least once every four years!

One of the aspects that needs a

review is the "trustee." This person stands in a fiduciary role and should be held to the highest standards as their role is vitally important and you need to make sure that he or she is still the right person to carry out your wishes because they have to handle record keeping, accounting, tax planning and filings, and investment decisions. Of course, If you wish you may hire a professional trustee, such as a banker or attorney, or someone with a business background.

This delicate job involves not only distributing assets from the account, but also navigate relation-

ships beneficiaries, who might be unhappy with the distribution. It can be very delicate and deals with pitting family members against each other as they deal with both what the trust says will happen and the interpretation of the distribution.

"You can give the trustee guidance – but you are not going to be able to answer every question that arise – therefore, the trustee... ends up having to exercise their discretion!" says another estate planner.

Of course, with the internet one may develop their own trust by answering a few questions; howev-

er, because a trust can be lengthy, complicated, and may deal very involved issues for both the make of the trust and the trustee, we recommend that you contact a licensed estate attorney to discuss your needs.

As always, should you need assistance or a referral, please call The Senior Citizens Council in Augusta, Georgia at 706-8768-0120. We are happy to be of service to you.

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

Sixth Annual Elder Rights Conference

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 and CSRA Elder Rights Team will host the Sixth (6th) Annual Elder Rights Conference from 8:00 a.m. to 4:00 p.m. at Trinity on the Hill United Methodist Church located at 1330 Monte Sano Avenue in Augusta on Thursday, June 19, 2014. The conference has become an annual event to help build awareness about the growing societal issues of



Jeanette Cummings

the abuse, neglect and exploitation of older and disabled adults.

The theme of this year's conference is "And Justice for All." Legal experts, public policy advocates, social service and medical professionals will present a full day of up-to-date information. This year's keynote speaker is Paul Greenwood, Deputy District Attorney and Director of Elder Abuse Prosecution Unit, in San Diego County, California. Registration is \$20 for retired persons and students and \$30

for professionals, congregations, organizations and clergy. Breakfast and lunch are included.

For more information, contact Jeanette Cummings, Director, at 706-210-2013 or jcumings@csrarc.ga.gov.

*Checks should be made payable to: CSRA Regional Commission. Mail to: Dina Conklin, 3023 River Watch Parkway, Suite A, Augusta, GA 30907. Cash cannot be accepted by mail.

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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
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Senior News & Views of Georgia

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.

SADNESS
by Mary Elliott

*As I sit here looking out my window,
At the trees and sky,
I feel sad and don't know why.
Some days are like that, you know,
As sad feelings come and go.
Then time passes to another day,
Thank God the Sadness has gone
away.
These feelings are not always bad,
There's no such thing as always
being glad.
Even though the Sadness slips in,
It doesn't mean that I'm unhappy
within.
I'm just drifting to another place in
time,
But I come back and all is fine.*

A MOTHER'S GIFT
by Kathleen Eidson

*My mother lived a life of prayer,
And I can see her now.
Each night before she went to bed
She'd kneel and humbly bow.
While yet a child I asked her why
She lingered there so long.
She answered with a radiant smile,
"Prayer keeps my spirit strong..."*

*"I couldn't face a single day
Just going on my own,
But with the presence of the Lord
I know I'm not alone.
I thank him for the gift of life,
And for his loving care.
I pray that I might know his will
And follow... anywhere..."*

*"I lift my children up to him
And ask he keep them near;
That they may lead a Godly life
And know no earthly fear.
I pray that he will bless our home
And all we strive to do.
While we believe and trust in him,
I know that we'll come through."*

*This tribute which I offer now
Is from my heart today
In honor of my mother,
For she taught me how to pray.
I try to follow as she lived
And do no conscious wrong,
For I, like her, have found it true;
Prayer keeps my spirit strong.*

LOVE, HOPE AND FAITH
by Jennifer Gallagher

*Love is the reason that keeps us
alive,
It keeps our heart beating for us to
survive.
We first know love from our mother
at birth,
From this we have one another while
on the earth.*

*With hope we have the key to keep
us strong,
Hope strengthens our heart to keep
going on.
Like a lighthouse beacon at the end
of the day,
Hope is the light that shines our way.*

*Faith is the joining of hope and love,
With faith we find comfort from
above.
Faith in Jesus shows us the way,
He gives us love and hope everyday.*

RICHES UNKNOWN
by Henry Newton Goldman

*Set your affection on things above,
not on things on the earth. Col. 3:2*

*In darkness this earth I did tread,
Walking with an unknown god.*

*Riches mine unbeknown to me,
My blindness would not let me see.
Wealth sought I down through the
years,
Knowing not that One who cares.
Who took my place on Calvary's
tree.
To die and suffer there for me.*

*But now my eyes are opened wide,
By Him from which I could not hide.
His grace over me did gently fall,
My sins fell off, forgiven all.
By faith I came to Him alone,
Giving up my god unknown.
Walking in His lighted path,
Kneeling before His throne at last.*

*Now I see through unveiled eyes,
Where true wealth really lies.
Not on this earth could ever be,
The wealth he has for you and me.
How can we from Him turn away,
To seek world's wealth from day to
day?
When here in Him is wealth untold,
All that we can ever behold.*

POET'S HEART
by Thomas A. Garman

*I have longed to have a poet's
heart...
To find the words to paint a precious
thought,
To tell of how a smile or tears can
start,
Or tell of all the joy that love has
brought.*

*How can I write of tumult deep in
me
When autumn fires the leaves to
orange and gold,
Or, standing awed and humble by
the sea,
I watch and hear the sun's new day
unfold?*

*Oh, I will seek the poet's heart
forever,
But find the words to tell you? –
I think... never.*

Spiritual Notes

Easter... A Time for Rejoicing!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Christians around the world rejoice at Easter time. The great hymns of the Christian faith proclaim the risen Lord and there are greater numbers attending church on Easter Sunday than an Sabbath except for Christmas. It is good that we celebrate this Holy time with

music, rejoicing and proclaiming the rededication of our faith. Regrettably, many are caught up in the trimmings of the season. Pretty new clothes, egg hunts, and cute bunnies are central to the celebration of Easter. When it is over, it is over until next year.

Easter should be a time of rejoicing every day! Helen Keller said, "The best and most beautiful things in this world cannot be seen or even touched. They must be felt in the heart." So many people respond only

to the external beauty of the season and never internalize the true essence and joy of Easter. The real meaning occurs in our hearts. As the hymn says, "He lives, He lives, Christ Jesus lives today. You ask me how I know He lives, He lives within my heart."

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

On the Cover

Let's visit Congaree National Park!

by CAROLYN BRENNEMAN

Cover: Congaree National Park

Taking a trip across the Georgia border to visit Congaree National Park in South Carolina is a delightful experience. This time of the year, the weather is sunny but not too hot and the waters from the rivers are flowing and ready for canoeing. Many nature lovers, photographers, and hikers of all ages are traveling to this beautiful area and enjoying the warm days and cooler evenings exploring all that the national park has to offer.

One of the great features of Congaree National Park is the abundant hiking trails all around the forest. The Bluff Trail, the Sims Trail and the Boardwalk can be traveled by the beginner hiker as well as the experienced hiker. The Boardwalk starts from the Visitor's Center and goes through diverse old growth forest. You can listen for woodpeckers hammering away in the tall trees above. The

lower part of the boardwalk passes through a primeval bald cypress and water tupelo forest. You will see hundreds of Cypress knees protrude from the forest floor. The knees, part of the tree's root system, are thought to help aerate the roots and anchor the cypress in the area's wet soil. Congaree is noted for being one of the tallest temperate, hardwood forests in the world with loblolly pines as tall as 17 story buildings, tall sweetgum trees, and beautiful cypress trees. To be in this forest, is like stepping back in time in a wilderness area.

Another great feature of the park is the free ranger guided canoe trips throughout the year. No canoeing experience is necessary and all ages are welcome. The rangers provide instruction in paddling and give us an interpretation of the park and river as we paddle away. Canoeing is a great way to encounter the diverse wildlife of the area as, depending on the season, we may see turtles, snakes, raccoons, and owls. The canoe trips are by reservation only, and are set for May 3, May 24, and several in June. You will

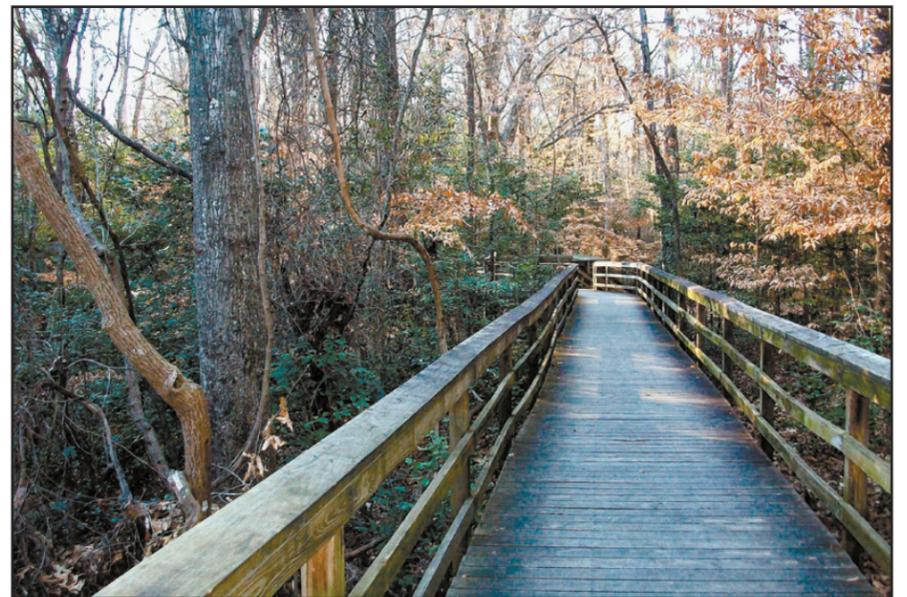
canoe in a most exquisite part of the park detailed with vivid fall colors, large cypress trees, and Spanish moss.

Wildlife and plant life photography opportunities are abundant. The large trees with their massive canopies block out a considerable amount of sunlight, yet allow

enough filtered light through to make for some interesting photos. So come to visit this great forest, take a canoe ride, and enjoy the beautiful surroundings that nature provides. For more information, visit www.nps.gov/cong/index.htm or call 803.776.4396 for more information.



Canoeing up Cedar Creek



The more familiar Boardwalk Trail



The knees of the cypress trees

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We look forward to the opportunity to provide tours and answer any questions you may have regarding short or long term care services.

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“Historic Railroads of Georgia” photography contest announced

Special to Senior News

The "Historic Railroads of Georgia" photography contest seeks photos of historic buildings or structures associated with the railroad industry in Georgia. This is the 5th-annual online photo contest held by the Historic Preservation Division of the Georgia Department of Natural Resources (HPD) to coincide with National Preservation Month in May. The contest is held in partnership with RailGA.com, an encyclopedic resource on the state's railroad history. Submitted photos may be used (with credit) to provide updated imagery for the site. Entries will be posted to the Division's Facebook page here (<http://goo.gl/YM08tJ>) as they are received.

Georgia's railroad industry dates back to the 1830s, and by the 1850s the state had more rail miles than any other in the "Deep South." The rail network spans the state and has played a key role in shaping its history and growth. Along with the construction of many miles of rail came a vast collection of supporting infrastructure: depots, office buildings, shops, signal towers, bridges, tunnels, and more. Many of these resources survive today.

Entries will be judged by a panel of experts based on creativity, choice of subject matter, and composition. Submitted photos must depict historic resources associated with the railroad industry in Georgia. This includes depots and other buildings as well as structures like bridges or tunnels. A comprehensive list of depots is available at www.railga.com/depotlist1.html.

The top entry will receive the following prizes:

- A copy of *The Courthouse and the Depot* by Wilber W. Caldwell, a narrative catalog of Georgia's nineteenth century public architecture and a complete history of the

hundreds of rural railroad lines that covered the state in this period.

- A copy of *O. Winston Link: Life Along the Line*. Link's pioneering night photography documented the Norfolk and Western Railway as it converted its operations from steam to diesel in the late 1950s.

Photos may be submitted via email to georgiashpo@gmail.com. Limit two submissions per photographer. Submissions must be received by May 25, 2014.

Photos must:

- Be 1200x800 pixels at 300 ppi (pixels per inch) or larger.
- Be the photographer's original work, submitted under a Creative Commons license.

Along with the photograph, please provide the following information:

- Photographer and hometown
- Photo location and description of the building or site depicted

Winners will be announced in a press release and on the HPD website <<http://www.georgiashpo.org/>> and Facebook page. A slideshow of contest entries will be shown on Thursday, May 29 at Rhodes Hall in Atlanta as part of the free Preservation Month Lecture Series. Details will be provided on the HPD website as they become available.

The Historic Preservation Division (HPD) of the Georgia Department of Natural Resources serves as Georgia's state historic preservation office. Its mission is to promote the preservation and use of historic places for a better Georgia. HPD's programs include archaeology protection and education, environmental review, grants, historic resource surveys, tax incentives, the National Register of Historic Places, community planning and technical assistance.

The mission of the Department of Natural Resources is to sustain, enhance, pro-

tect and conserve Georgia's natural, historic and cultural resources for present and future generations, while recognizing the impor-

tance of promoting the development of commerce and industry that utilize sound environmental practices.

Know what's involved before co-signing a loan

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

What if you were asked to cosign a loan for a family member or friend? Would you do it? Before you give your answer, make sure you understand what co-signing involves. Under a Federal Trade Commission rule, creditors are required to give you a notice to help explain your obligations. The cosigner's notice says:

You are being asked to guarantee a debt. If the borrower doesn't pay the debt, you will have to. Be sure you can afford to pay if you have to, and that you want to accept the responsibility. You may have to pay up to the full amount of the debt if the borrower does not pay. You may also have to pay late fees or collection costs. The creditor can collect the debt from you without first trying to collect from the borrower. The creditor can use the same collection methods against you that can be used against the borrower, such as suing you, garnishing your wages, etc. If the debt is ever in default, that fact may become a part of your credit record.

What are the chances that the borrower will default? Some studies of certain types of lenders show that as many as three out of four cosigners are asked to repay the loan.

Despite the risks, there may be times when you decide to cosign. Perhaps your son or daughter needs a first time loan. The Better Business Bureau, along with the Federal Trade Commission recommends that you consider the following before you cosign.

- Be sure you can afford to pay the loan. If

you are asked to pay and you cannot, you could be sued or your credit rating could be damaged.

- Before you cosign a loan, consider that even if you are not asked to repay the debt, your liability for this loan may keep you from getting other credit you may want or need and it could also hurt your credit score.

- Before you pledge property, such as your car or home, to secure the loan, make sure you understand the consequences.

- Ask the lender to agree, in writing, to notify you if the borrower misses a payment. This will give you time to deal with the problem or make back payments.

- Obtain copies of important papers, such as the loan contract, the Truth-in-Lending Disclosure Statement, and any warranties if you are cosigning for a purchase. The lender is not required to give you these papers; you may have to get copies from the borrower.

Just remember, when you cosign for a loan, you are taking a risk that the lender is not willing to take so be sure you are comfortable with all of the terms and conditions.

For more tips you can trust, please visit www.bbb.org.

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; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.



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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.

CSRA Senior Centers

Over 60? Enjoy socializing, parties, cards, crafts, Bingo and travel? Interested in staying healthy and active? Tired of eating lunch alone? If you answered YES to these questions, then you need to check out a Senior Center near you!

- Blythe Area Recreation Department
Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668
- Carrie J. Mays Recreation Center
Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
- East View Community Center

Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302

- HH Brigham Senior Center
Heather Kooms; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center
Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
- Sand Hills Community Center
Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
- New Bethlehem Community Center, Inc.
Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center
Jeff Asman; 5913 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 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-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://emp-tyg3@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 Frank Spinney, President, at 706-592-5618 or Jon Winters at 706-592-9622 or 706-833-0458.

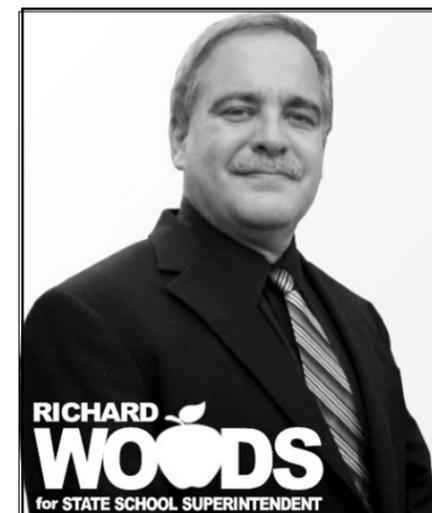
Morris Museum of Art

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 706-722-5495 for information.

continued on page 8



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CALENDAR from page 7

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.

ON-GOING EXHIBITS INCLUDE

- Celebrating a Grand Tradition, the Sport of Golf
- The Godfather of Soul, Mr. James Brown
- Augusta's Story
- One Man, Two Ships, Lessons in History and Courage
- Canteens to Combat Boots
- Timeless Toys

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 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, 7-11 p.m. Guests, \$10; members, \$8. Dance lessons, refreshments and live DJ. For more information visit www.christiandances.org.

Fraternal Order of Eagles Lodge 1197

1999 Scott Rd., Augusta. For activities and events information call 706-495-3219.

AARP Augusta Local 266

There is more to AARP than a newspaper and a magazine. The local chapter meets at the Kroc Center, The Salvation Army, 1833 Broad Street, Augusta. For additional information or to join, call Mrs. Stella Nunnally, Chapter President, at 706-724-0045.

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 Susan Salisbury at 706-814-6297.

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.

ENOPION Theatre Company Presents JACOB

Sat., May 10, 3 p.m.; Fri., May 16, 7 p.m.; Sat., May 17, 3 & 7 p.m.; Fri., May 23, 7 p.m. and Sat., May 24, 3 p.m. Adults, \$16; Children & Seniors, \$11; Groups of 10 or more, \$11. ENOPION at the Kroc Center. For complete details call 706-771-7777 or visit www.jacobonstage.com.

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