

Senior News

Serving AUGUSTA & the CSRA

Information For Ages **50 PLUS!**

Enjoy Crossword & Sudoku Puzzles
at www.seniornewsga.com/games!

*Save the Date
for this Fabulous
Open House!*

Story on Page 5

November 2014
Vol. 28, No. 11

Taking Care

Reduce the Risk of Life-Altering Falls

by LISA M. PETSCHÉ

One in three seniors experiences a fall each year according to the National Center for Injury



Lisa Petsche

Prevention and Control. While taking a spill may primarily hurt one's pride in their young years, falls are the primary cause of injury and hospitalization for older adults. Half of those injured do not regain their former level of independence. Even more sobering, falls are one of the top ten causes of death in people aged 65-plus.

The majority of falls by seniors take place at home during everyday activities. Most often they occur in the bathroom, bedroom or a stairwell.

Follow the tips below to help preserve your physical functioning, well-being and independence or that of someone for whom you are providing care.

Physical Health

- Get regular medical checkups,

including vision and hearing tests.

- Take medications as prescribed. Fill all prescriptions at one pharmacy. Ask the pharmacist about available aids for organizing and remembering to take medications.

- Stay physically active and exercise regularly to help with posture, flexibility, muscle strength, bone mass, cardiac health and overall wellness.

Safety

In addition to health and age-related changes, hazardous conditions in the home environment are a major cause of falls. Here are some ways to reduce these hazards for yourself or a loved one:

- In Stairwells: Ensure steps are in good repair and have a non-skid surface. Keep them free of clutter. Have solid handrails installed on both sides of stairways and ensure adequate lighting.

- In the Kitchen: Keep regularly used pots, dishes, staple foods and other supplies within easy reach. Ensure the heaviest items are stored in the lower cupboards. If you must reach high places, get a step stool that has a high handrail and rubber tips.

- In the Bathroom: Have grab bars professionally installed by the toilet and in the bathtub or shower area. Use a rubber mat in the tub or shower, and a non-skid bath mat on the floor. Consider getting a raised toilet seat, a bathtub seat or shower chair and a hand-held shower attachment.

General Tips

- Wear slippers or shoes that fit snugly, offer good support and have a non-skid sole.

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them.

- Keep walkways clear of electrical and telephone cords.

- Avoid clutter in rooms and hallways and on stairs.

- Use night-lights in the bedroom, hallway and bathroom. Get the kind that has a built-in sensor that automatically turns the light on in dim conditions. Also get plug-in, rechargeable flashlights that automatically come on when the power goes out.

- Sign on with a personal emergency response service, whereby you wear a lightweight, waterproof pendant or bracelet that has a button to press if you run into a crisis and

need help.

- Visit a medical supply store and check out the many products available – such as reachers and electric-lift armchairs – that can make daily activities safer. If you are caring for someone at a high risk for falls – due to physical frailty or poor judgment stemming from cognitive impairment, for example – inquire about bed alarms and chair alarms that alert you when the care receiver attempts to get up.

- Consider a cane or walker if balance is an ongoing problem. It is important to be fitted with the appropriate type of aid and receive instruction on how to properly use it.

- Arrange for a home assessment by an occupational therapist if you would like more information about identifying potential safety hazards and successfully addressing them. The therapist may point out areas of risk and make recommendations that would not have occurred to you.

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.

GEORGIA DERMATOLOGY & SKIN CANCER CENTER

WELCOMES...

Chris Thompson, PA-C
to our practice

SKIN CANCERS
SKIN EXAMS
MOLE REMOVAL

(706) 733-3373

2283 Wrightsboro Rd - AUGUSTA

WE WELCOME NEW PATIENTS



GaDerm.com

TOUCHING LIVES



Services & Programs

- Short-Term Rehabilitation
- Physical, Occupational, & Speech Therapy Services
- Cardiac Recovery Program
- Orthopedic Program
- Post-Stroke Care / Neurological Program
- Dysphagia Program
- Specialized Wound Care
- Specialized Alzheimer's / Dementia Care
- Palliative / Respite Care

Come tour our newly renovated Short-Term Rehabilitation Wing!

Thomson Health and Rehabilitation
511 Mount Pleasant Road • Thomson, GA 30824

706-595-5574
www.thomsonhealthrehab.com

AGENCY ALERT: THANK A VETERAN ON NOVEMBER 11, 2014!

by **KATHLEEN ERNCE**
Executive Director
The Senior Citizens Council
Augusta, Georgia
kernce@seniorcitizenscouncil.org

Each November 11, our nation commemorates Veterans Day. Veterans Day is intended to thank LIVING veterans for dedicated and loyal service to our country. November 11 of each year is the day that we ensure veterans know that we deeply appreciate the sacrifices they have made in the lives to keep our country free. In 1954,



Kathleen Ernce

President Eisenhower signed a bill proclaiming November 11 as Veterans Day, and called upon Americans everywhere to rededicate themselves to the cause of peace.

At exactly 11 a.m., each November 11th, a color guard, made up of members from each of the military branches, renders honors to America's war dead during a heart-moving ceremony at the Tomb of the Unknowns in Arlington National Cemetery. The President or his representative places a wreath at the Tomb and a bugler sounds "TAPS." The balance of the ceremony, including a "Parade of Flags" by numerous veterans service organizations, takes place inside the Memorial Amphitheater, adjacent to the Tomb.

What does Veterans Day mean to you? Here is what the day means to two individuals:

"Veterans Day is one of the most significant and memorable days of the year. It causes me to reflect on my own service time, my buddies whom I miss all the time, my family's collection of Veterans, and thanking all those who have ever served to protect this country. Veterans day is even more significant when we have young men and women on the line fighting in remote regions of the world. An entire new generation of Veterans is coming up through the hard fought wages of war. Veterans Day to them will mean as much if not more than it does to us... for their world, their time, their wars are truly global in nature. God bless all who have served and shall serve in the future."

R.A. Gerle

"To me, Veterans Day means Honor, Respect, and the price we pay or have paid to keep our country free. Those who serve have a great respect for our country or they would have never volunteered to protect those who have been left behind. I know many who have served in the Armed Forces of the United States who are now retired and who would gladly do it all over again to help protect and serve our great country. GOD BLESS those who have served and are now serving. HAPPY VETERANS DAY to each and everyone."

W.O. Williams

This November, The Senior Citizens Council will host several workshops on the Improved Pensions for Veterans and their eligible spouses. To learn more about this Improved

Pension, please call us at 706-868-0120 to register for one of these FREE workshops. The workshops are scheduled for November 3 and 7, 2014 and will be held at 4210 Columbia Road, Suite 13-A, Martinez, Georgia from 2:00 p.m. until 4:00 p.m. each day. You must call us to register to receive the valuable information regarding being eligible for and submitting your application for these benefits. Space is very limited; therefore, no walk ins allowed.

News You Need To Know

"Social Security benefits get another tiny increase."*

Millions of older Americans who rely on federal benefits will get a 1.7 percent increase in their monthly payments next year, the government announced Wednesday. It's the third year in a row the increase will be less than 2 percent.

The annual cost-of-living adjustment, or COLA, affects payments to more than 70 million Social Security recipients, disabled veterans and federal retirees. That's more than a fifth of the country. The increase amounts to about \$20 a month for the typical recipient. People on Medicare, the government health insurance program for older Americans, usually have their Part B premiums deducted from Social Security payments. The premiums, which cover outpatient care, are scheduled to stay the same next year – \$104.90 a month. However, federal retirees face a 3.8 percent increase in their health insurance premiums next year.

*Social Security recipients will receive 1.7 percent INCREASE the Social Security Administration announced today. Also, some groups of workers will begin receiving benefit statements in the mail with a list of taxes paid and an estimate of their future retirement benefit. Here's a look at the new Social Security benefits, taxes and services workers and retirees will experience in 2015:

Social Security beneficiaries who are under age 66 can earn as much as \$15,720 in 2015, before \$1 in benefits will be withheld for every \$2 earned above the limit. Retirees who will turn 65 in 2015 and have signed up for Social Security can earn up to \$41,880 before every \$3 earned above the limit will result in one benefit dollar being withheld. However, once a retiree turns age 66 there is no limit on earnings and Social Security payments are recalculated to give the retiree credit for the withheld benefits and the maximum possible Social Security payments for a worker who signs up at full retirement age will be \$2,663 per month in 2015, up \$21 from \$2,642 in 2014.

Your statement might be in the mail. If you will turn age 25, 30, 35, 40, 45, 50, 55 or 60 next year and don't have a Social Security online account, you can expect to receive a paper Social Security statement that lists your earnings history, taxes paid and expected benefit about three months before your birthday. And after age 60 workers will receive a statement annually. The SSA expects to send nearly 48 million Social Security statements each year.

As always, should you have questions or concerns, please call us at 706-

868-0120.

Also, please note The Senior Citizens Council will be closed Thursday, November 27 and Friday, November 28, 2014 to celebrate Thanksgiving with our families. We wish each of you a safe and healthy

Thanksgiving!

The Senior Citizens Council is located at 4210 Columbia Road, Suite 13-A, Martinez, Georgia 30907. Our telephone number remains the same at 706-868-0120

Pearl Carter Oliphant selected as Retired Educator of the Month

Special to *Senior News*

Pearl Carter Oliphant was recently selected by the Richmond County Retired educators Association as the Retired Educator of the Month.

Mrs. Oliphant retired in 1992 after teaching for 33 years. She began work in Richmond County in 1976 teaching at A. C. Griggs and Bungalow Road elementary schools. Previously, she taught at Wrens Elementary School in Jefferson County. After retiring and having a desire to continue teaching, she served as a substitute teacher mostly at Copeland Elementary School.

She keeps very busy through her church and several community organizations, including RCREA. She enjoys traveling and spending time with her grandchildren, other

family, and friends.

Pearl stated, "I am deeply honored to have been selected as your Retired Educator for the Month. It is such an honor to be recognized among so many amazing educators."



Pearl Carter Oliphant

Vintage Gardens At Sweetwater



Senior Living at its best! Enjoy the quiet gazebo with flowers, horseshoe pit, individual gardening areas, and a community center with planned activities for everyone.

Residents must be 55 and over.

Apartment Features

- Washer/Dryer Connections
- Heated/Cooled Sunrooms
- Fully Equipped Kitchens
- Oversized Bathrooms
- Large Walk-in Closets
- Water and Sanitation Included
- Garbage Disposal
- Mini Blinds
- Single Story, No Stairs
- Handicap Accessible

Community Features

- Community Center w/planned activities
- Individual Gardening Areas
- Gazebo with Flower Gardens
- Horse Shoe Pit

COME ON HOME!

Section 8 vouchers accepted and transferable from Georgia to South Carolina!

Equal Housing Opportunity

Vintage Gardens

At Sweetwater

3 Murrah Road Extension
N. Augusta, SC 29860

(803) 819-3139

Monday-Friday, 9 am-3 pm
Saturday, by appointment

Senior NEWS

Serving Augusta & the CSRA

Website

www.seniornewsga.com

Editor

Ann Tunali

Email: seniornews@msn.com

Advertising Account

Executives

Carolyn Brenneman

706-407-1564

seniornewsga@att.net

Wayne DeLong

803-257-1455

803-624-0903

waynedelong8@gmail.com

Columnists

Carolyn Brenneman

Kathleen Ernce

Lisa Petsche

Dr. Anne Jones

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Approximate Monthly Readership: Metro Atlanta, 65,000; Augusta, 27,000; Macon/Central Georgia, 21,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logos, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636

FAX: 478-929-4258

www.seniornewsga.com

E-mail: Seniornewsga@cox.net

Copyright 1987

Senior News & Views of Georgia

Poets' Corner

TO OUR HONORED VETERANS

by Marjorie A. Gillis
(From the book: Reflections)

*You pledged allegiance to the flag as
under God it stands.
You fought for freedom for all men,
both here and foreign lands.
You flew the planes and manned the
guns, kept the enemy at bay;
While others bound up all the
wounds and sent men on their way.*

*But no one knows the price you paid
for the privilege to serve –
The heart it takes to fight for peace –
the bravery; the nerves;
Those memories that never die yet
cannot be expressed;
The fact that you are here today and
know you have been blessed.*

*So we are here to say to you that we
cannot forget
The sacrifices made for us whom
you had never met.
And there are those who fight on still
for those same great ideals:
Freedom and the rights of man
before our God to yield.*

*Our thanks and prayers for what
you've done are mentioned here
today –
We're glad to have a special time to
honor you this way;
But every day you can be proud, for*

*we are proud of you,
And grateful for the chance to give...*

**HONOR TO WHOM HONOR IS
DUE**

**THANKSGIVING IN OUR
SENIOR CITIZEN HOME**

By Frederic Holland Sr.

*This month we celebrate Thanksgiving
day*

*An opportunity to show that we are
alive and functioning not by chance;
Without our higher Powers love and
mercy we could be gone and only a
remembrance.*

*So after you carve that turkey or ham
meat;
Say a prayer to your Higher Power
before you eat.*

*Be thankful that He allows us to wake
each day;
Be thankful that through hard times He
made a way*

*Thank Him for your precious children
and grandchildren who comfort you
in the Fall of life's golden year.*

*Thank Him for your partner, good
friend, or neighbor, the ones who
bring you good cheer.*

*Thank Him for this lovely place in
which we dwell;
Thank Him for the management & staff
that treat us oh so well !*

Happy Thanksgiving to all!

FAMILY TIES

by Jackie Smith-Thrasher

*The ties that bind us, Oh so close,
The ties that we all cherish most.*

*On some we see a smile from
Mother.
And Daddy's eyes are on another.*

*A "bad attitude" or a sweet, sweet
Spirit.
A laugh just like Auntie... Can't you
hear it?*

*Many traits we all know are passed
down to each one.
They bind those passed on, to those
yet to come.*

*But, Love... most of all, is what ties
us together.
Love from the Father above and our
Love for each other.*

*So, let our family's ties grow strong
Like the roots of a tree – winding
and long.*

*With Love at the root of our
Family's tree,
The ties that bind us will Forever
be!!!*

I LONG FOR INDIANA

by Shirley Floyd

*I long for Indiana
Now that Autumn is here
I miss familiar places
I knew in yesteryear*

*I see the towering maple trees
Their leaves of red and gold
Little squirrels scampering all about
Preparing for the cold*

*Fleeting days bring November winds
Blowing from the west
For some, a chill – for me, a smile
It's the time of year that's best*

*Childhood days of long ago
Once more I'm there, but then
I open my eyes and realize
I was dreaming once again*

*Someday I know I will return
Nevermore to roam
I'll rest where my heart has always
been
In Indiana – my home*



THE LEDGES APARTMENTS

- Quality, Independent Living For Seniors
- Must Be At Least 62 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Utilities Included In Rent
- One Bedroom and Efficiencies (Perfect For One)
- Smoke-Free Building
- Service Coordinator Available
- Added Safety Features In Bathroom
- Elevators For Your Convenience
- Coin Operated Laundry Rooms On Each Floor

**INDEPENDENT RETIREMENT LIVING IN THE HEART OF
NORTH AUGUSTA WITHOUT LEAVING FAMILY, FRIENDS,
COMMUNITY AND CHURCH AFFILIATIONS**

Applications Taken at 550 Sikes Hill, North Augusta, SC

803-279-1776

theledges@comcast.net



**Missed your copy
of Senior News?**

It's Still Available...
...“ON THE WEB”

Just visit us at
www.seniornewsga.com
and click on “ARCHIVES”

On the Cover

Save the Date for this Fabulous Open House!

by CAROLYN BRENNEMAN

Photos by Carolyn and Sacred Heart

Don't miss this year's fabulous annual gift shop Holiday Open House at Sacred Heart Cultural Center on Thursday, November 13th. This event, held at the Gift Shop, has been in the past few years, a huge success and has allowed CSRA residents to enjoy cooking demonstrations, browse the fabulous gift shop, attend a book signing, and purchase some delicious home-baked goodies from the Guild Bake Sale. "The Bake Sale, which we

have every year, helps raise monies for the Guild which is used for the preservation of the Cultural Center including the display cases in the historical room," says Judy Evans, the manager of the Gift Shop and Art Hall. "Everything that is raised from the events at Sacred Heart, goes into funding to perpetually care for this historic center."

The open house will also feature Tara Rice Simkins, author of *The Dream*, who will have her book signing from 10 to 11:30 am, followed by a life-lesson class at 12:00 pm. Then at 1:00 pm, there will be a cooking demonstration by Charleen Tinley of Culinary Connections.

Complimentary coffee will be served by Buona Caffè, starting at 12:30 pm and the Guild will offer free gift wrapping for all purchased items from the Gift Shop.

Sacred Heart's Gift Shop, tucked away downstairs at Sacred Heart Cultural Center, offers local artisans many opportunities to show and sell their works. This holiday season, the gift shop features many beautiful wall plaques, unique Christmas ornaments, wall hangings, attractive wreaths and Nativity sets, homemade jams and jellies, memorable collectibles, limited edition prints, original art, and beautifully crafted and colorful gift items, as well as the collection of souvenirs and regional books. Are

you looking for something unique to the CSRA? Come to this fabulous and unique shop for browsing and purchasing gifts for your family and friends.

While you are shopping in this fabulous gift store, stop by and check out the upcoming events held at Sacred Heart including, a very special presentation which includes a traditional English Christmas program, A Festival of Nine Lessons and Carols, held in December.

The Gift Shop is open Monday through Friday, from 9 am to 5 pm; and, for more information call 706.826.4700.



Judy Evans, Manager of the Gift Shop



Jennifer Shuford's cooking demonstration from 2013



Christmas gifts for your friends and family



Goodies for sale



Beautiful Christmas ornaments and gifts on display at the Gift Shop

Alliance Hospice



a plan for living

~ SERVICES PROVIDED ~

- Coordinated care driven by the patient and family's wishes
- Case management and care in the patient's setting
- Symptom management with primary focus on physical comfort
- Covered under Medicare, Medicaid and many private insurance plans
- Intensive support services – psychosocial, spiritual and bereavement care – for the family

Serving 14 Counties in the CSRA!

3685 Old Petersburg Rd.
Suite 145, Augusta, GA 30907
(706) 447-2461

802 East Martintown Rd.
Suite 200, North Augusta, SC 29841
(803) 441-0174

GA License: 036-239H
SC License: HPC-109

TOLL FREE: (877) 440-2461

Augusta/CSRA CALENDAR

AUGUSTA/CSRA METRO AREA Opportunities Directory

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

The Senior Citizens Council
 4210 Columbia Road, Suite 13A, Martinez, 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 4210 Columbia Road, Suite 13A, Martinez, 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 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 Euchee 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 Vaucluse Rd., Aiken, SC 29801; 803-642-7559;
www.aikencountysc.gov/tourism
Courtney Senior Center
 49 Roy St., Wagener, SC; 564-5211
 • Senior Bingo: 3rd Fri., 2 p.m., Free
 • Canasta Club: Wednesdays, 12 noon, Free
Harrison-Caver Park
 4181 Augusta Rd., Clearwater, SC; 593-4698
Aiken County Recreation Center
 917 Jefferson Davis Hwy., Graniteville, SC; 663-6142
Roy Warner Park
 4287 Festival Trail Rd., Wagener, SC; 564-6149

continued on page 7

Volunteers needed for GeorgiaCares Medicare Information Program!

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 will train volunteers to provide senior health insurance counseling. Volunteers are required to attend two days of training to be fully certified. The training will be held at the Area Agency on Aging located at 3023 River Watch Parkway, Building 200, Suite A, Augusta, GA 30907.
 GeorgiaCares is a free program

that uses trained volunteers to answer questions about Medicare and other insurance issues. Volunteers receive training on Medicare, Medicare prescription drug insurance and other health insurance subjects.



Jeanette Cummings

For more information, contact Kerrie Sirmans, GeorgiaCares Coordinator, at 706-210-2029 or ksirmans@csrarc.ga.gov.

General Business Directory For Seniors

True Care Personal Care Home
 1909 Central Avenue • Augusta, GA 30904

- We're Located in Downtown Augusta Close to all the Hospitals
- We Provide Transportation to and from Doctor Appointments
- We Offer Activities and Outings
- We Speak Spanish (Hablamos Español)

Call 706-364-1412
 Email: truecare2013@yahoo.com

SCOTT ANTIQUE MARKETS
 Second weekend of every month!
NOVEMBER 6, 7, 8 & 9
 3,500 Booths!

\$100 OFF ADMISSION
 Atlanta Expo Centers Atlanta, GA
 • Show Hours: Thurs. 12:45pm-6pm, Fri. & Sat. 9am-6pm, Sun. 10am-4pm
 • Directions: 3 miles East of Atlanta Airport, I-285 at Exit 55 (3650 & 3850 Jonesboro Rd.)
 740-569-2800
 ONE coupon per person. Expires 11-10-14
 www.scottantiquemarkets.com

Do you Need Glasses, Dentures or Dental?

If you have Medicare, Call me.
 I Might be able to Help.
Bill Phillips
 706-284-1635

CASKETS & MORE STORE
 Now In Our New Location
 1819 Walton Way • Augusta

Great Savings on a Large Selection of Caskets, Monuments and Grave Markers!
 Direct to the Public!

706-738-2999
 “Specializing in all types of grave markers and coping”

BIBLE BY PHONE
 FREE DAILY BIBLE READINGS -- NKJV
706-855-WORD

Augusta 706-855-9673
 Aiken 803-442-9673
 Thomson / Lincolnton 706-541-3639
 Daily Word • P. O. Box 1234 • Evans, GA 30809

GUARDIAN ADLTIEM HEALTH SERVICES, LLC
 Specializing in Private Home Health

Main: 706-793-0971
Fax: 706-793-0950
Direct: 706-793-0960
 3350 Peach Orchard Rd.
 Suite 807
 Augusta, GA 30906

Going Beyond Caring

CALENDAR
from page 6

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.morris.org.
• Mart Stuart and His Fabulous Superlatives, Fri., Nov. 14

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: *Georgia Battles and Skirmishes, 1864*: Wed., Nov. 5, 12:30 p.m.
• *All Aboard the Polar Express!* Sun., Dec. 7 & 14, 1 & 3 p.m. Call for details

"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

Don't sit home another Saturday night!!! Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission: \$10 guests; \$8 members. Dance Lessons: 6:30-7:30 p.m. Dance: 7:30-10:30 p.m. Refreshments. DJ. Casual Dress. All ages (18 years old and up). Visit www.christiandances.org; like us on www.facebook.com/augustachristiansingles.acs; or, call 762-233-1978.

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.

Al-Anon and Alateen Groups

Al-Anon and Alateen Groups meet in various locations in the CSRA Mon-Sat. For information or a listing of meeting in the area call 706-738-7984. To locate meeting throughout Georgia call 800-568-1615.

Friday Night Dance

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

Find Your Voice

Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

DBSA (Depression Bi-Polar Support Alliance)

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

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.

Parkinson's Moving Day Walk
Nov., 8, 9 a.m., Wilson Family Y Track, 3570 Wheeler Rd., Augusta. For details or to sign up your team visit www.parkinson.org.

Crossword Puzzles Sudoku Puzzles Informational Articles

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19					20			21	22		
25	26	27	28	29	30	31	32				
35		36	37	38	39						
40			41		42		43				
44			45	46			47				
48			49	50			51	52			
57	58	59	60			61					62
64				65	66		67				
69				70			71				
72				73			74				

		4		7		9					
	9	2	3			8					
		1	8			7					
	8			6	1						
		3				6					
			5	3					2		
		6				5	4				
		8				3	5	7			
	3		1			8					

**Available for your enjoyment
on our website at**
www.seniornewsga.com/games
~ PLEASE VISIT OFTEN ~

General Business Directory For Seniors

Goodwill NEEDS YOU!



YOUR DONATIONS
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

YOUR TIME
Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.



**CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350**

To find a location near you, visit
www.goodwillworks.org

ADVERTISING INFORMATION
Call
Carolyn Brenneman
706-407-1564
Wayne DeLong
803-257-1455

SarahCare®

Adult Day Care Centers

801 Oakhurst Drive
Evans, GA 30809
www.sarahcare.com/evanstolocks
Phone: 706-364-7430
Fax: 706-364-7854
Cell: 706-399-7169
dgrady@sarahcare.com

Dorothy Grady, RN
Owner/Executive Director

We are Comfort Keepers



Comfort Keepers®

Comforting Solutions for In-Home Care®

Comfort Keepers® provide in-home care such as:

- Companionship
- Personal Care
- Meal Preparation
- Transportation
- Your Local EEOICP Provider

Services are provided for as little as a few hours a day up to 24/7. Call today to schedule a complimentary in-home assessment.

803-279-7100

Independently owned and operated since 2002

WWW.COMFORTKEEPERS.COM

Announcing the 2015 Porter Fleming Literary Competition

Special to *Senior News*

The 2015 Porter Fleming Literary Competition, now in its twenty-second year, recognizes outstanding fiction, nonfiction, poetry, and plays. Writers age 18 and older who reside in Georgia, Florida, Alabama, South Carolina, and North Carolina are invited to enter. The deadline for submissions is February 2, 2015.

The competition awards cash prizes totaling \$7,000. Entry forms and guidelines can be found on

www.themorris.org/porterfleming.html. The competition is administered by the Morris Museum of Art, with the support of the Porter Fleming Foundation.

"The Trustees of the Academy of Richmond County are honored to have sponsored the literary competition since its founding by Augusta author and artist Berry Fleming," said Cobbs Nixon, a trustee of the Academy of Richmond County. "Our hope is that this competition will foster more great writers within our city, state, and region."

"We are, of course, very pleased to be associated in this important endeavor with our friends at the Porter Fleming

Foundation," said Kevin Grogan, director of the Morris Museum of Art. "It serves as an extension of our broad interest in Southern cultural studies and is a perfect compliment to the museum's work in the visual arts."

The writing competition is held in memory of Porter Fleming, a prominent citizen of Augusta, Georgia. In 1963, Porter Fleming's son, Berry Fleming, who had himself achieved renown as a writer, artist, and philanthropist, established a charitable foundation in honor of his father. To this day, The Porter Fleming Foundation contributes to the educational, literary, artistic, scientific,

historical, musical, and cultural enrichment of the lives of the residents of the City of Augusta and the geographical area immediately adjacent to it in Georgia and South Carolina.

Porter Fleming Literary Competition winners receive cash awards, which will be presented in a special literary ceremony on Saturday, April 18, 2015, from 5:00 to 7:00 p.m. in the Morris Museum of Art auditorium.

The Porter Fleming Writing Competition Entry Form is available for download on www.themorris.org/porterfleming.html.

Hello NEIGHBOR

Need someone that speaks fluent Medicare?

Personal attention is everything, which is why I'll work with you to answer your Medicare questions. Let me help you become fluent in Medicare and together we'll find a plan that may fit your needs.

Georgia RESIDENT

**PROUD SPONSOR OF AREA
YOUTH** Atlanta Community Food
Bank

Call now for a personal consultation.

There are a number of reasons that allow for enrollment in a Medicare Advantage plan throughout the year. Call me today to find out if you qualify.

Your Local UHC Agent

866-868-4294, TTY 711

Contracted, independent licensed agent authorized to sell products within the UnitedHealthcare® Medicare Solutions portfolio.



Plans are insured through UnitedHealthcare Insurance Company and its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

Y0066_131206_162246 Accepted

SPRJ9530
C4A10C33