

Senior News

Serving AUGUSTA & the CSRA

Information For Ages
50 PLUS!

*A Visit Back
to Colonial
Times!*

Story on Page 5

October 2014
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Taking Care

Supporting a relative in long-term care... there are ways to stay connected!

by LISA M. PETSCHÉ

When a person moves into a long-term care facility (commonly known as a nursing home), he or she experiences numerous losses. These may include: a house or apartment that holds many fond memories, possessions, pets, live-in companions and supportive neighbors, along with autonomy and privacy.

If you have a loved one who has been admitted to residential care, you can help with their adjustment by reinforcing their identity and ensuring as much continuity in their life as possible. One way to do this is by sharing information with staff, to help them get to know the person.

Valuable personal information includes birthplace and other places lived; family of origin; education; work history; successes, disappointments, losses and other challenges; significant relationships (past and present); pastimes and skills; personality and coping style; cultural and religious background; values and beliefs; routines and habits; likes and dislikes; and what brings comfort when they are upset.

Such information can help staff maximize your relative's quality of life in several ways. It assists them in viewing the person as a unique and interesting individual rather than simply someone with a set of physical needs. This is especially valuable if your loved one is unable to communicate or their disease has caused behavioral changes.

It also guides staff in individualizing your relative's care plan. As well, staff can use psychosocial information to engage the person in conversation – putting your relative at ease and building rapport with them; introduce them to residents with similar backgrounds or interests; and match them to recreation programs.

There are also many direct ways you can help your relative feel valued and connected to their pre-admission life:

- Bring in possessions to personalize their room – for example, a piece of furniture (get approval first), bed comforter, photographs, handcrafts, knick-knacks, plants, grandchildren's artwork, window clings, a wall calendar with special occasions marked.

If the person shares a room, inquire about private areas for visiting.

- Develop a regular pattern of visiting so your relative knows when to expect you and can anticipate your next visit. Telephone between visits if transportation issues, other commit-

ments or your own health prevent you from getting in as often as your loved one would like.

- When you visit, bring flowers from your garden or favorite foods. Change room decorations to reflect the seasons and holidays.

- Actively listen to what your relative has to tell you. Show interest in their daily activities, and allow them to express their feelings about their situation. Assist them with problem-solving if necessary.

- Keep them informed about current events by supplying a radio or television, arranging for a newspaper subscription or sharing news when you visit.

- Re-create routines from home, such as playing cribbage, watching a favorite TV program together or sharing a meal.

- Encourage your relative to try some recreational programs (offer to accompany them the first time if they're reluctant) and attend a resident council meeting. Join them for special events.

- Encourage their participation in care planning. Ask staff to enable them to do as much as possible, to help maintain their abilities and self-esteem.

- Keep your relative up-to-date on news about friends and relatives, and involve them in family decision-making.

- Notify relatives and friends of the

new address and phone number (get your relative their own extension) and encourage them to call, write or visit. Offer to join them for the first visit if they express anxiety.

- Plan activities outside the institution. Go for a walk around the neighborhood or to a nearby park, or take a drive. If your relative uses a wheelchair, get them registered with the local accessible transportation service so you can take them to a restaurant, the mall or community events (inquire about accessibility before making plans).

- Continue to include the person in family celebrations. If members, homes aren't accessible, choose a restaurant or banquet hall that is, or ask staff to help you plan a gathering onsite. Videotape or photograph events your relative isn't able to attend.

- If feasible, arrange for them to come home for a few hours – for special occasions or perhaps Sunday dinners. Check with staff regarding the facility's temporary leave of absence (TLA) policy; you may be able to take your relative out overnight or for a weekend if their care needs can be met.

Lisa M. Petsche is a 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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AGENCY ALERT: Medicare counseling can help reduce your health insurance costs

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

In the event that you have not picked up a newspaper or tuned into a favorite radio or television show in the past few weeks... **IT IS TIME TO**



Kathleen Ernce

REVIEW AND REEVALUATE YOUR MEDICARE PLANS! For beneficiaries on Medicare or Baby Boomers who are about to sign-up, the Medicare open enrollment period begins Oct. 15 through Dec. 7 this year. It's important

to re-evaluate your plans annually because coverage options change, your medications may have also changed, and shopping around for the best Medicare and prescription Part D plans can save you money!

The Medicare counseling program operated by The Senior Citizens Council – a non-profit senior community service agency – routinely helps clients save amounts ranging from a few hundred dollars up to several thousand dollars annually on their health insurance costs. I remember one woman who wheeled in boxes of health information she received from insurance carriers when she turned 65 and said, "I'm overwhelmed, can you help me to make sense of all of this." We were able to do that for her.

Of course, many people never think about Medicare until they are about to retire because of the anxiety-producing complexities of the programs. Factor in the phone calls and mail from businesses pitching their own insurance products, and the consumer can be left confused and bewildered by the many available choices.

Medicare counseling enables you to ignore the telemarketer sales pitches and provides seniors and their families an unbiased resource. The Medicare counseling is available by phone or in person for any Medicare beneficiary. In fact, the counseling program just completed a 2-day "Navigating Medicare" community education class. All counseling is on a pre-arranged scheduling.

The staff counselor helps seniors and caregivers find the most appropriate coverage from Medicare, Medicare supplements and Part D plans. The staff can even help resolve outstanding health insurance claims that pose a financial burden for many seniors.

Counselors help seniors weigh costs and identify the very best plan and supplemental plan – if one is needed – for them. Sometimes a plan will have a lower premium, but the co-pays may be a budget-buster. So a pricier premium may be cheaper in the long run if there are fewer co-pays. We can help the consumer figure out what's best for them.

Additional Help for Low Income Seniors

An increasing number of Georgia's low-income elderly are at

risk of sliding down the slippery slope toward financial crisis because these senior Medicare beneficiaries do not qualify for Medicaid and are frequently unable to pay the balance of their health care costs after Medicare has paid. They typically can not afford supplemental insurance. To make matters worse, many avoid seeking medical attention because of the costs and then end up using the emergency room or delay seeking treatment until they have to be hospitalized.

However if these Georgia seniors, meet certain income and resource eligibility requirements, we can submit an application for additional help to have certain health care costs and additional out-of-pocket costs waived. We encourage you to call 706-868-0120 for an appointment today! It's just another way The Senior Citizens Council continues to serve its increasingly aging population.

The Senior Citizens Council recently celebrated another milestone in its long history. The agency, founded in 1968, begins its 47th year of services to seniors and caregivers to help them to maintain their independence through free or low-cost services. Several meeting highlights included naming the current Board of Directors and Officers for the upcoming year and honoring several long-time volunteers within the Senior Corps Department's programs.

We congratulate Dr. Jean L. Embry who was named President of the Board, Brian Mulherin, Vice President, and Hester Bliven as Secretary/Treasurer and look forward to a great year of increasing funding our various programs and projects under their leadership.

We also paid special recognition to two very special volunteers for their many years of devoted service to the agency and it's mission:

- Mrs. Gladys Chaneyfield who is retiring after 18 years of services as a Foster Grandparent assigned to the Richmond County Board of Education Special Education Department. Ms. Chaneyfield has worked in several Richmond County schools, assisting developmentally-delayed students meet their academic and social goals. Thank you to Mrs. Chaneyfield from all of the students who have received your love and attention for these past 18 years!

- Mrs. Louise Jones, deceased, would have been our longest serving active Foster Grandparent with 19 years of service to the Burke County EOA Head Start Program. Unfortunately, Mrs. Jones passed away before we could announce her honor. We thank Mrs. Jones for her many years of service to the youngest members of our future generation. Her family will receive her award certification.

Want to become a member of the Senior Corps?

Want to join the ranks with these two special individuals? That is the easy part – pick up the phone and call us at 706-868-0120 and ask about the Senior Corps programs. We will tell you how to become a member, the benefits of membership, and allow you

to become a more complete person by volunteering to help meet critical community needs. Someone is waiting for you – please call us today!

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

Area Agency on Aging Advisory Council Openings

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 is seeking individuals interested in planning for the needs of older adults in a fourteen-county area to serve as Advisory Council members. Council members act in an advisory capacity to the Area Agency on Aging staff. The Council assists in determining priorities, identifying problem areas and needs and defining agency goals. Advisory Council meetings are conducted in March, June, September and December.



Jeanette Cummings

Potential members should be

interested in programs for persons over 60 years of age and people with disabilities. Interested parties should contact Jeanette Cummings at jcummings@csrarc.ga.gov; 706-210-2013.

The Area Agency on Aging is a division of the CSRA Regional Commission created for the purpose of improving the quality of life for older Americans. The specific objectives of the agency are threefold: to enable older adults to live in their own homes as long as possible with appropriate supportive services; to remove individual and social barriers to economic and personal independence for older persons including the provision of opportunities for employment and volunteer activities; and to act as an advocate for older persons in developing community resources for the aged throughout the fourteen county area while providing a comprehensive service network. Counties included in the agency's jurisdiction are: Burke, Columbia, Glascock, Hancock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Taliaferro, Warren, Washington, and Wilkes.

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Senior News & Views of Georgia

Poets' Corner

OCTOBER

by Thomas A. Garman

Starburst – red, gold, brown and fading green

Drips down silently from Roman-candle trees.

A crazy quilt of leaves from the loom of autumn

Lays underfoot... cinnamon spice of the seasons –

My October.

Harvest – food for bodies, food for souls

Spills over the countryside to wean us from summer.

Old gold mornings, evenings with bon-fire eyes,

Days full of yesterdays gush from God's cornucopia –

My October.

Wanderings – through cornshocks standing like

Tired sentinels outside winter's door.

Life's month of hayrides through these jeweled days

Splashes brilliantly on the canvas of the land!

My October.

Pain – because in days like these we loved

And lived together. Bittersweet these scenes are

Without my love. My heart waits the fulfillment

When we love and live again in God's October.

SUMMER MEMORIES

by Beverly Bryson Norton

As Summer comes to an end,

And Fall is set to begin;

Childhood memories of days gone by

flow through my mind like a warm

summer breeze in a Summer sky.

Happy, sunny thoughts of adventures and many plans were made in hopes that Summer would never end.

As imaginations were put to the test, we always, somehow, came up with the best.

Toys were not the only thing enjoyed; secret hiding places to explore and fun games always gave us joy.

Books were read and stories enacted as if we were on stage as actors and actresses.

Lightning bugs were caught at night to make our jars sparkle with light.

Yard sprinklers, too, will not be forgotten as we ran through the water with laughter and excitement!

Days were too short and the nights too long as we tried to make the most of our Summer fun.

Childhood Summers are here to stay in our memories forever and a day.

A CHEERY HOPE

by Olga Angela Chapman

Wish I had a chocolate biscotti... Hmmm... and some orange blossom honey for my spiced tea.

Yeh, yeh, yeh... Wish I had a lot of money... Wish I had the winning ticket of tonight's lottery... Wish I had a home pretty to my eye but for the rest of me, comfy and wish privacy on a deserted island in the sea... Wish I was a good man's

only woman who loves only me...

Wish foods with rich tastes are all calorie-free.

Forever to forsake me from the label "fatty."

Okay, back to reality. "They" say positive thinking makes wishes come to be. Yeh, close your eyes, click your heels and count to three, just like "Dorothy."

Only "in my dreams" am I the mistress of a sexy male genie granting me my every wish freely.

Wishes of the mind are formed in a world of fantasy. A wish is a hope that's cheery that might come to be.

Wishing is my mind's editing ability; adding more pizzazz to my life as I see.

Why good events happened unexpectedly and why others that are planned won't probably.

And why unrequested blessings were bestowed upon thee and yet others were denied even though I begged for pleadingly; are all part of life's unpredictability.

I'm just the main character of my story and the writer is "God Almighty."

I won't be greedy. I think the key is content to be... with my possessions earthly... for better or for worse.

For whom is ME... for better or for worse.

My contentment of spirituality I can keep for eternity!

So for now, I'll just be happy with my lightly buttered toast and black coffee.

"The Most Deadly Virus"

by DANIEL W. GATLYN, USN Ret. Minister/Journalist

Humanity has weathered the likes of the Bubonic Plague, influenza, malaria, yellow fever, polio, measles... and the "pox!" We have survived the effects of a hundred different "bugs" that have showered us with disease, discomfort, and threatened annihilation. Many of these messengers of alien descent have inflicted death; or, misery on multiple levels! The most recent is the Ebola virus which brings us to consider an extinction of the human race! There is no debate... Ebola should "crank up"

your emotions on a genuine threat to survival! But as bad as it is reported to be, Ebola is not the most deadly emissary of "the badlands" ...for an unthinkable, unbelievable, unseen messenger of havoc is in the wings! It is the monster of all ages! Let me explain!

Webster's two fold (primarily) definition of a virus is, first of all, an "ultra-microscopic infectious agent;" and, secondly, "an influence on a moral stance." Both are described as dangerous (some exceptionally so) to the health and welfare of the individual. While we count the vast millions who succumbed to the various physical plagues, they are moot compared to the throngs who become victims of the "influential thrust."

The first definition, a physical one, has gained far more attention than the most debilitating "attack" the world has ever known. A daily dosage of "profane babbling" is wrecking our individual character! An amplification of such dangers is in order.

The plague of "philosophical influence" is difficult for most people to understand; for such is cunning in approach... diplomatic in methodology...

and, filled with pseudo accolades. Unbridled rationale is a prime tool of this virus; as each liability (or set back) is explained as an academic process. The flowery phrase is spiced with intimidation – with the basics for practicality left adrift. The infection of a glamorized agenda attacks your constitutional values; and, will honor the day with only self aggrandizement. Moral instruction is continually subsidized with the provision that such pursuits leave no place for experimentation or personal enlargement. Vital spiritual precepts are relegated to antiquity; with sound judgement (or proven paths), thrown to the winds. Biblical proclamation invariably takes the path of "individual interpretation" – as revision or "fine tuning" enters the equation! In the finale, every person is launched into secularistic oblivion – feeling unknown, unattached, or disenfranchised; with all semblance of faith utterly destroyed! Such is the root cause of widespread crime, disenchantment, and suicides. The virus is universal and emanates from the Satanic pit! There is only one antidote! You will find it in the pages of Holy Script!

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On the Cover

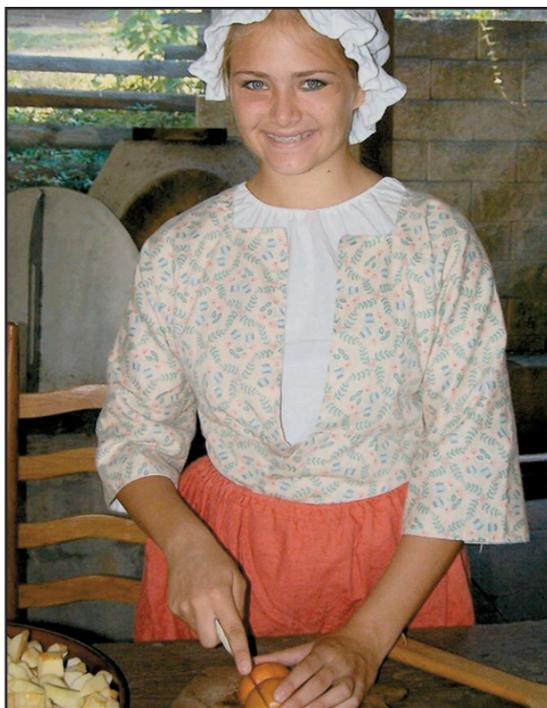
A Visit Back to Colonial Times!

by CAROLYN BRENNEMAN

Photos by Carolyn
(Photos from previous shows)

Cover: "Colonial Times: A Day to Remember" at the Living History Park in North Augusta

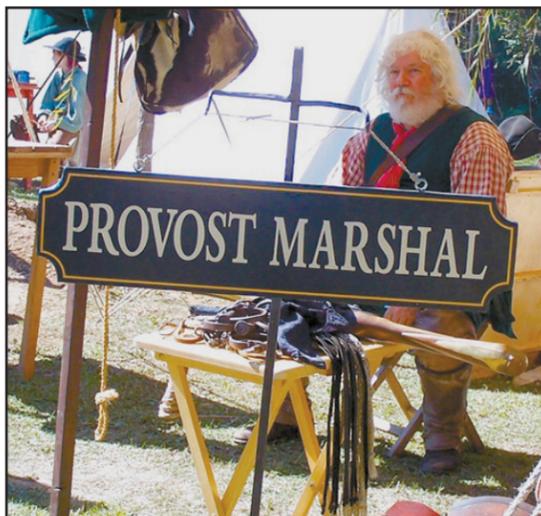
Get ready for the next exciting event at the Living History Park



The baker preparing fruit



An attendee comes to the festival



Provost Marshal watching over the town

in North Augusta. On October 18th and 19th, the Olde Towne sponsors in North Augusta, will host "Colonial Times: A Day To Remember." This event draws people from all over the Southeast as well as other states. The reputation of Olde Towne re-enactments and living exhibits have spread beyond the limits of Aiken County over the years. Members have participated in such varied events as the grand opening of the Augusta-Richmond County Museum, the reenactment of the Battle of Guilford Courthouse in North Carolina, and the Beech Island Heritage Day.

A Day to Remember provides an educational experience about life in colonial times, in the 1700's. On October 18th and 19th, showcases will include, some of the best weavers and spinners, Indian traders, backwoodsmen, quiltmakers, calligraphers, candlemakers, gold and silversmiths, woodcarvers, bakers, and much, much more! Children are invited to participate in colonial children's games or even enlist as volunteer militia, allowing them the opportunity to drill with the military units.

It will truly be a Day to Remember. This entertaining and educational event is attended yearly by thousands including our esteemed retired citizens around the area, several families with young children, and baby boomers who come from afar to experience the remarkable times and days of the 1700s. Colonial Times offers us the chance to experience and see exactly how daily life was like for our early settlers through demonstrations and live exhibits. Each colonial character used precise detail, including language and dress, for the reenactment, and the very detail of all of the mannerisms was precise and deliberate. Every audience of any age, appreciated the personality of the people portrayed and the culture of the time depicted.

Take time to spend the day enjoying, participating in and talking to the Indian traders, the Backwoodsmen, and the Tavern Keeper. Our children can pet the animals and learn what life was like in the 1700s. We can enjoy the colonial dance which will spring into action on

both days with dance master Dana Cheney. We can learn how to do the Duke of Kent waltz and the Hole in the Wall. How fun is that!

This yearly event is entertaining and educational and for everyone in the family. Mark your calendars and

plan on attending October 18th and 19th. The Living History Park is located at 299 West Spring Grove, at the corner of Lake and West Spring Grove in North Augusta. Admission is free. For more information, visit www.colonialtimes.us.



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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

continued on page 7

Fort Gordon Thrift Shop “First Saturday” Event

Special to *Senior News*

The Fort Gordon Thrift Shop returns to its “First Saturday” event October 4th from 9:30 to 2:00. The thrift shop will feature its popular, “Quarter Sale,” on all TSP clothing, shoes, and formals (*sale excludes military uniforms and boots, coats, etc.). This is a great time to stock up on jeans for the fall and summer

items for next year.

Consignments can be brought in between 9:30-12:00 and the thrift shop will be accepting winter items to include long sleeves, sweaters, jeans, boots, and winter outerwear, as well as Halloween décor. Consignor documents can be accessed from www.fgsc.com, “Thrift Shop” tab. For more information, visit: www.facebook.com/ftgordon.thrift or call 706-791-2779.

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Senior News newspaper is adding to its team of advertising sales representatives!

Work Full or Part-Time calling on businesses in the Augusta & CSRA area. Excellent communication and organizational skills, creative thinking, positive attitude, and being computer savvy a must. Advertising sales experience very helpful and preferred.



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Going Beyond Caring

CALENDAR
from page 6

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

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>.

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.
• Southern Soul & Song Concert Series: Robin & Linda Williams, Fri., Oct. 10

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: *Women and the Family*: Wed., Oct. 8, 12:30 p.m.
• Fourth Annual Augusta and the Civil War Symposium - *The War Comes to Georgia*: Nov., 6-8

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
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.

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.

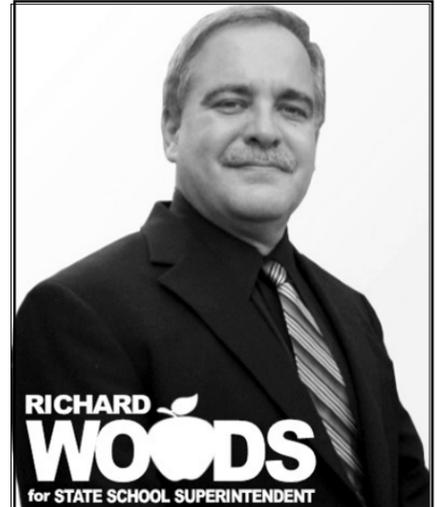
Alzheimer's Caregiver Support Group
Meets 3rd Tues., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 or 706-854-3501.

CSRA Parkinson Support Group
Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

ENOPION Theatre Company's Eli's Bethlehem Inn

Tickets go on sale Oct. 6. Show dates & times: Fri., Nov 28, 7 p.m.; Sat., Nov. 29, 5 p.m.; Thurs., Dec. 4, 6 p.m.; Fri., Dec. 5, 7 p.m.; and Sat., Dec. 6, 5 p.m. Ticket Prices: \$16. For details and tickets call 706-771-7777.

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.



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AARP Foundation Tax-Aide seeks Georgia volunteers for 2015 Season

Special to Senior News

AARP Foundation Tax-Aide, the nation's largest free, volunteer-run tax preparation and assistance service, is seeking volunteers across Georgia to help taxpayers who are seeking assistance preparing and filing their 2014 tax returns.

Whether you're handy with a calculator, can organize to perfection or have a ready smile, AARP Foundation Tax-Aide needs your skills.

Volunteers do not need to be an AARP member or retiree to participate. Tax-Aide is particularly in need of volunteers who are bilingual in English/Spanish to support the increasing number of Spanish-speaking taxpayers seeking assistance.

Qualified AARP Foundation Tax-Aide volunteers receive free tax training and are reimbursed on a limited basis for qualified program-related expenses. They help taxpayers at sites around the state, learning new skills while giving back to countless communities. While some tax preparation and computer expe-

rience are needed to prepare tax returns, other positions are available which do not require this experience.

"Last year, nationally, our 35,000 volunteers assisted 2.6 million people in preparing and filing their tax returns," said Georgia Recruitment Specialist Helen Lowenthal. "We could not do it without our volunteers, who make an indelible mark on the communities they help."

For more information on how you can join the AARP Foundation Tax-Aide team, visit our Web site at



AARP Tax-Aide Volunteers

www.aarp.org/taxvolunteer

AARP Foundation Tax-Aide is offered in conjunction with the IRS.

AARP Foundation is a charitable affiliate of AARP. Learn more at www.aarpfoundation.org.

Medicare Open Enrollment

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

If you or a family member is eligible for Medicare, mark your calendar for Medicare open enrollment October 15 through December 7. This annual period is an opportunity to review, com-

pare and select your healthcare plan, including your Medicare Part D prescription drug plan.

Each year, new healthcare plans become available and existing plans may make changes. Be sure to review your options as different plans may offer better coverage or save you money. With average monthly premiums for Medicare Part D at about \$31 in 2014 and with an average 90 percent satisfaction rate, why

wouldn't you take advantage of open enrollment to find the right plan for you?

Visit the Medicare Plan Finder at Medicare.gov to learn more about plans available in your area that best fit your financial and individual health needs.

If you need a local speaker to update your group, please contact the Area Agency on Aging at: 706-210-2029 or 1-888-922-4464.



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