

# Senior News

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*Welcome to  
Tuesday's Live  
Music Series!*

*Story on Page 5*

Augusta 2015  
Vol. 29, No. 8

## Taking Care

# How to beat summer's heat... many ways to keep cool as temperatures rise

by LISA M. PETSCHÉ

**W**hen temperatures start pushing those summer highs, you need to do something to stay comfortable. Sure, you can crank up the air conditioning, but there are other less expensive and more environmentally friendly ways for you and the person you are caring for to feel a bit better when things heat up.



Lisa Petsche

### Choosing Clothing:

- Wear lightweight, loose-fitting clothes that allow air to circulate and perspiration to evaporate. Stick to natural fibers like cotton; or micro fiber materials with an open weave.
- Wear a hat to shade your face from sun and remember the sunscreen.

### Activities:

- Avoid strenuous activity, including exercising, gardening and mowing. If possible, stay indoors during the hottest part of the day.
- Try to schedule outdoor activities in the early morning or evening. Otherwise, rest often in the shade.

### Around the House:

- Close drapes and blinds on sunny days.
- Consider awnings, shutters or roll-up porch blinds to shade your house.
- Run an electric fan to circulate air in the room you are using. While it will not alter the room temperature, it will evaporate sweat, which will increase your comfort. Place a fan in front of an open window at night to draw in the cool evening air.
- Install ceiling fans to circulate air in the rooms you use most. They can be reasonably priced, and use relatively little energy.
- Stay on the lowest floor of your home.
- Use a dehumidifier to remove excess moisture from basement
- Hang laundry outside to dry. If you use the dryer, do so during the coolest parts of the day. The same goes for the dishwasher, to minimize the impact of its heat. Consider washing dishes by hand during heat waves.

### Cooling the Décor:

- Accessorize your home with light, bright colors. Room accents can take the form of cushion covers, tablecloths, place mats or a mantel scarf, for instance. For color inspiration, think summer flowers and tropical fruits. Do not overlook white, which

gives a crisp, fresh look. For patterns, try florals and gingham checks.

- Choose ocean blues and greens for a psychological cooling effect.
- Marine themes are always popular at this time of year. Bring out that collection of seashells and display them in a shallow bowl.
- Summer is a good time to be whimsical – have some fun with summer decorating.

### Cooling yourself:

- Try cool showers or sponge baths.
- If you do not have air conditioning (or it breaks down) and the heat becomes unbearable, visit a friend or relative who has air conditioning, or go to a cool public place such as a seniors center, shopping mall or public library during the hottest part of the day.
- Avoid extreme temperature change. For example, do not have a cold shower right after coming in from outside on a sweltering day.
- Cook meals outdoors on a grill or use the microwave in place of a regular stovetop or oven.
- Drink plenty of extra fluids even if you do not feel thirsty. Sip water or stock up on fruit juice and iced tea.
- Avoid alcohol and caffeine.
- Eat foods high in water content, like fresh fruits and vegetables.
- Eat light, more frequent meals to avoid taxing your digestive system. Go easy on protein and stay clear of foods that are spicy or heavy on calories.

### Energy Efficiency:

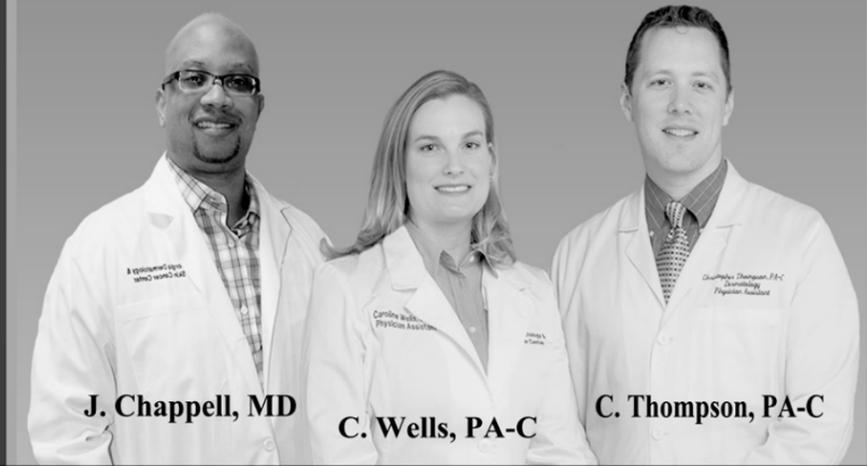
An air conditioning unit is advisable for older adults, especially those with chronic illnesses, to prevent adverse health effects when heat and humidity become oppressive. The following are some ways to maximize its efficiency.

- If you have a room air conditioner, try to shade it from the sun so it does not have to work as hard.
- If you have central air, keep your furnace and air conditioning system, which function together, properly maintained to ensure maximum air-cooling and save energy. Follow the tips below.
  - regularly check and replace air filters.
  - keep the area around your furnace and air conditioning unit free of clutter, plant overgrowth and debris.
  - keep vents free of obstructions.
  - dust around equipment, and vacuum filter and vents regularly.
  - have your system regularly inspected by professionals.
  - adjust controls accordingly when your home will be empty for several hours or more.
  - turn off air conditioning and open windows when the outdoor temperature significantly decreases at night, especially if there is a cool breeze.

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

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## Fort Gordon Spouses' & Civilians' Club announces date for 13th Expo

Special to Senior News

**T**he Fort Gordon Spouses' & Civilians' Club invites all in the Central Savannah River Area to the Fort Gordon-CSRA Community Expo on Aug. 20. The annual Expo features more than 120 local attractions, businesses and community organizations eager to connect with military personnel and civilians associated with Fort Gordon. The free event runs from 10 a.m. to 2 p.m. at Gordon Conference and Catering Center on Fort Gordon.

"Fort Gordon is continuously welcoming new personnel from all service branches and civilians," said Melissa Ebbing, FGSCC president. "The Expo is your one stop to get plugged in to the greater CSRA community and find out about activities that you otherwise might miss."

This year's Expo showcases a variety of local attractions, organizations and businesses from coffee houses to universities, to nonprofits and Fort Gordon services. In addition to gathering valuable information from vendors, attendees can win door prizes throughout the day and enjoy free Papa John's pizza and Coca-Cola beverages.

This will be the second year the FGSCC leads the event, having taken over last year from the CSRA Alliance

for Fort Gordon. The Alliance remains a sponsor of the event along with the Fort Gordon Directorate of Family and Morale, Welfare and Recreation, the Augusta Metro, Columbia County and North Augusta chambers of commerce, Papa John's and Coca-Cola. All will have program and event information available at the Expo.

Proceeds from the Expo fund the scholarship and grant programs of the FGSCC. Over the past three years, the Spouses' & Civilians' Club has awarded almost \$100,000 in scholarships and grants to military dependents and community organizations dedicated to serving those affiliated with the military.

"Serving the Fort Gordon community is our mission and the Expo has become a vibrant part of that," said Ebbing. "We are excited to watch the Expo grow."

Fort Gordon Spouses' & Civilians' Club is an active part of the Fort Gordon community, leading community service projects, operating the popular Fort Gordon Thrift Shop and providing volunteer opportunities, special events and activities. A private nonprofit organization, FGSCC is not affiliated with Fort Gordon or the U.S. Army. Membership in the club is open to anyone affiliated with Fort Gordon. For more information, please visit [www.fgsc.com/](http://www.fgsc.com/) or [www.fgsc.com](http://www.fgsc.com).

# AGENCY ALERT: Recognize, refuse, and report fraud and scams

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

**P**rotect Your Financial Information: Criminals follow the easy money. They often target older adults knowing they have spent a lifetime saving for retirement. Older adults often own their homes and have good credit in addition to their assets. Here are some tips to keep your savings:



**Kathleen Ernce**

- Be in charge of your financial affairs, keep your financial documents in a safe place for quick reference, and know how to handle your assets.
- Do not sign any document until you or someone you trust reads it.
- Consider direct deposit for any regular monthly income.
- DO NOT give your personal information (date of birth, credit card number, social security number, bank account numbers) or access to financial information to anyone unless you initiate the contact. Be safe and be particularly suspicious of telemarketers or someone you hardly know who pressures you for money or information.

### Recognize Scams That Target Seniors

- A. Telemarketing Calls are on the increase; here are some tips to keep them at bay:
- Best advice is to just say NO, it is difficult to tell if a telemarketing call is legitimate.
  - Request to be removed from the

- telemarketer's list and put your name on the National Do Not Call Registry.
- Do not give telemarketers any of your family personal information.
- Do not send money for any reason until you thoroughly investigate the request.
- You could ask the caller to send you written material with their company's name and contact information for your review.
- Talk to family or friends or someone you trust before you even consider making any large purchase or investment.
- Post a refusal script near your phone as an easy reminder of how to respond. Example: "Thank you for calling, but I am not interested. Goodbye."
- Most importantly, do not become trapped – simply hang up the phone.

### Home Improvement Scams

- These crimes are often committed by individuals wanting to do the improvements that day for a very low fee; however, when the work is completed the victim discovers the fee is much higher than originally agreed to, or the project was done using inferior materials. Need some tips? Here are some suggestions when dealing with home improvement companies:
- Be suspicious if someone comes to the door with an offer to do a home improvement. Quite often the scam artist will quote a low fee for one resident in a neighborhood to create a referral in the area to draw in other victims. Always get two or more bids from established businesses that are bonded and licensed reputable contractors for home repair work.
  - Contact the Better Business Bureau or your local Chamber of Commerce to determine whether the contractor offering to perform the home repair is licensed and reputable.

- Always insist on referrals and then check them out!
- Do not allow any work to be done without a written contract with all the pertinent information (completion date, material used, payment schedule that pays for work as it is completed, and all blanks are either completed or write N/A if you do not need to complete the blank areas in the contract).
- Be wary of any request for a large down payment before work begins. Instead request a payment schedule that pays for work as it is completed.
- Protect your possessions. Too often valuable items are discovered missing after the contractors are long gone. Never allow workmen to enter your home without securing your possessions and never leave them alone. If necessary, ask one workman to enter at a time and keep him or her in your sight at all times.

Next month, I will discuss Predatory Lending and Charity Scams and we will learn how to protect ourselves using the legal system. We will also discuss how and when to report suspicious opportunities.

As always, should you or your loved ones need our assistance, please call us at 706-868-0120 to make an appointment. We look forward to talking with you or your loved ones; however, we are not always in the office; therefore, it is always better to call for an appointment before driving to the office.

source: AARP Foundation, July 2015

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### CONFUSED ABOUT MEDICARE?

What do the different parts mean? What is covered and not covered under Medicare? When can I enroll? How much will it cost me to enroll? I have heard that some medications are covered and others are not, how do I know if my medicine is covered? What about nursing homes, someone told me their stay was paid for by Medicare while others tell me Medicare will not pay for nursing home care – where can I get the facts?

Join us on Wednesday, September 23 and Thursday, September 24, 2015 from 9:15 a.m. until 12 noon each day for the answers plus learn how Medicare works with other health care providers.

The classes are held at the August Metro Federal Credit Union at 205 Davis Road, Augusta, Georgia 30907. Please do NOT call the credit union for questions.

There is no cost; however, you MUST register by September 16, 2015 and you need to attend BOTH classes. Please call us at 706-868-0120 to register.

Classes are taught by local providers who work with Medicare daily. Bring your questions, tell your friends, let them ride to the classes with you – just be sure to call us at 706-868-0120 to register by September 16, 2015 so we will have enough training materials.

Facilitated by The Senior Citizens Council and Rabon Insurance Associates.

## Richmond County Retired Educator of the Month

Special to *Senior News*

**B**renda Jennings Hankinson retired from the Richmond County Board of Education in 2002 after 31 years of service. She worked at A.C. Griggs and Windsor Spring Elementary Schools, Sego Middle School and completed her last 18 years at Hephzibah Middle School where she taught 8th grade Language Arts.

In 2000-2001, she was selected as Teacher of the Year. Her passion for becoming a teacher started at an early age. She really enjoyed her years as an educator because she said that teaching was like a two way mirror where she was growing and developing right along with her students: academically, emotionally, as well as, spiritually. After working with and learning her students, she gained a wealth of knowledge.

She is married to Rube Hankinson, Jr., and she is the mother of two children, three grandchildren, and one great grandson. Brenda is a faithful and active member of the

Thankful Baptist Church of Augusta where she works diligently in various ministries.

Her reward as an educator has been that a number of her former students are quite successful and some of them still keep in touch.



## Vintage Gardens At Sweetwater



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- Handicap Accessible

### Community Features

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

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 N. Augusta, SC 29860  
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### COME ON HOME!

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

Equal Housing Opportunity

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# 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

**Janet Tassitano**

678-575-4184

jan@jjmconsulting.com

**Columnists**

Carolyn Brenneman

Kathleen Ernce

Lisa Petsche

Dr. Anne Jones

\*\*\*\*\*

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**CORPORATE OFFICE**

Billy R. Tucker, President/Publisher

Phone: 478-929-3636

FAX: 478-929-4258

www.seniornewsga.com

E-mail: Seniornews@cox.net

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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.

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**DREAMS**

by Sandra Schwamlein Moore

*I sat all alone as the teardrops fell,  
She has him now, he's under her  
spell.*

*She'll toss him around and have  
a little fun,  
'Cause of all the other boys she  
has none.*

*She'll laugh and be gay and drive  
him wild,  
'Till his puppy love has stopped  
being mild.*

*Then, one day, she told him  
good-bye,  
It broke my heart to see him cry.*

*I left him alone until the time came,  
When he would smile and it would  
remain.*

*As I sat and watched him with  
a tender sigh,  
He turned and spoke with a gleam  
in his eye.*

*We talked and we laughed and had  
loads of fun,  
Of the pain she had brought now  
there was none!*

*I see him now, as he sits there,  
With a smile on his face, and the  
wind in his hair!*

*The sun was warm and the sky  
was blue,  
And the twinkle in his eye, told  
me he knew.*

*We walked through the meadow  
and down by the stream,  
But even the kiss was only a dream.*

*I woke with a stare! And, looked  
at the sky,  
I remembered it all and wanted  
to cry.*

*But I held it back, for my dreams  
are few,  
And, I'm hoping someday that they  
will come true.*

\*\*\*\*\*

**WHY**

by Sue J. Shealy

(Published in 1997 in

"Searching For Soft Voices"  
The National Library of Poetry)

*Why do we hold within us:  
A song that longs to be sung?  
A prayer that years to be prayed?  
A kindness that desires to be  
expressed?*

*A deed that wants to be done?  
A smile that wants to be shown?  
A heart that seeks to be opened?  
A love that begs to be shared?*

*What a waste!*

\*\*\*\*\*

**MUSIC**

by Paul R. Goniea, Sr.

*Music says what words cannot say,  
And it pictures what eyes cannot see.*

*Like the beauty of flowers that  
blossom in May,  
It's God's heartspeak for you,  
and for me.*

*Music is God's math on display,  
A welcome buoy in life's troubled  
sea.*

*Music is God's living pulse at play,  
And it can set god's people free.*

*It can pacify a mind's tormented  
way.  
It's heaven's answer to a weakened  
heart's plea.*

## ENOPION to hold auditions for *Eli's Bethlehem Inn*

Special to Senior News

**I**t's time to get ready for Christmas.

Ahhhh.... Summer Time. It's been a nice break from the stage, but we sure miss it.

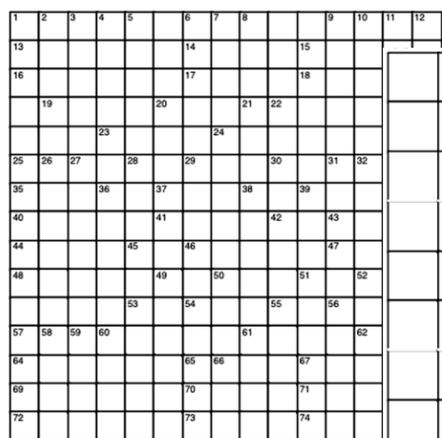
ENOPION has been busy preparing for the upcoming season with preparations for *ELI'S BETHLEHEM INN* beginning in November and the 2016 debut of *CREATION*. AUDITION appointments begin in August.

*Eli's Bethlehem Inn* is one of ENOPION's favorite Christmas productions. It blends the dining experience with theatre and lets the actors mingle with the audience. If you have ever wanted to get involved with this Bible Theatre, this is the show for you. Auditions will be held September 3-10 by appointment. We will begin scheduling in August, so put that on your calendar to give us a call at 706-771-7777.

SHOW DATES for *Eli's Bethlehem Inn*: November 28; December 4, 5, 10, 12, 17 & 18. Please make sure you can attend all Shows before calling.

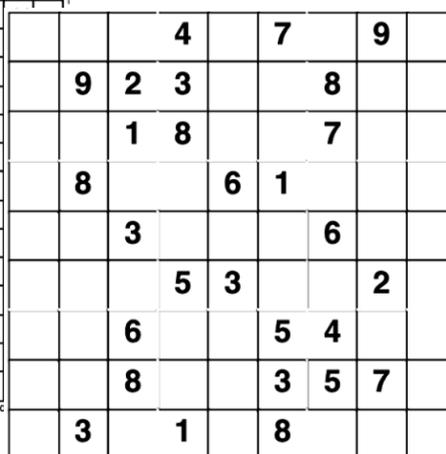
Please visit our website for all the Audition Information and Materials... [www.enopion.com](http://www.enopion.com).

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~ PLEASE VISIT OFTEN ~

## On the Cover

# Welcome to Tuesday's Live Music Series!

by CAROLYN BRENNEMAN

**COVER:**  
Tuesday's Live Music Series is held at the beautiful Saint Paul's Church located on the Savannah River in downtown Augusta.

Everyone, get ready for the upcoming 28th season of Tuesday's Live Music in Augusta. The series begins on Tuesday, September 29th, with several outstanding concerts, and the artists and groups will include many musical styles ranging from classical to jazz! They are ready to perform for us in the next few months.

Tuesday's Live Music is a unique partnership between the business community, private foundations and donors, and the historic Saint Paul's Church, located near the Savannah River in downtown Augusta. The 28th season features 13 concerts starting September 29th and continuing through March. The free concerts are 30 minutes each and start at 12:00 pm, followed by a



The UGA Accidentals ready to perform

luncheon, if you so desire, by advanced reservation and only \$12 per person. The official caterer is Sleeping Bear Kitchen and lunch is served in the elegant River and Berlin Rooms of Saint Paul's Church, overlooking the Savannah

River and the Baird Rose Garden on Augusta's historic riverfront.

Tuesday's Music Live began in 1988 and has become Augusta's largest luncheon concert series with annual audiences in excess of 5,000 people. It is at no charge to the public, first come first seated, and a delightful way to spend an afternoon! The concerts are made possible by the financial support of different foundations and individual donors.

Held at the historic and well preserved Saint Paul's Church, the season features top notch talent from around the world. For the remainder of this year, the following artists and groups will be featured.

On September 29th, Jenny Q. Chai, concert pianist, will be featured. Jenny is active throughout the U.S., China and Europe and specializes in contemporary piano music. She studied at Manhattan School of Music where she earned her Doctor of Musical Arts. You will be thrilled to hear play!

Then on October 13th, the Southern Guitar Festival

Competition Winner will showcase its talents.

Later, on October 27th, we can take in the musical sounds of Utake, an instrumental group featuring Rob Foster on shakuhachi flutes, Kurt Ellenberger on piano and Ric Troll on percussion.

Then on November 10th, we will delight in the music of Thomas Pandolfi, an outstanding pianist.

On November 24th, a group called the Continuo Collective of the South will be featured.

Then the year will end with the UGA Accidentals, showcasing their talents on December 8th. The UGA Accidentals are an all male collegiate, acappella group, and have been

around for several years. They are the oldest performance group from the University of Georgia and they specialize in a contemporary pop sound. This is talent you will not want to miss.

So get ready for the year's entertainment and check out these wonderful concerts held at Saint Paul's Church. See TuesdaysLiveMusic.com for further information.



Jenny Q. Chai plays beautiful music



An elegant lunch served following the concert



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## Georgia Writers Museum sponsors third annual contest

by SUSAN LARSON

The Georgia Writers Museum is accepting entries for its third annual amateur creative writing contest through Aug. 7. Entries must be original, unpublished literary works in the genre of a short story, flash prose, essay, biography or memoir. No poetry will be accepted. Entries, limited to 750 words, must be in the form of a word document, not a PDF. The fee is \$20 per entry, with a limit of three entries per author.

Detailed rules and entry forms are available online at [www.georgiawritersmuseum.com](http://www.georgiawritersmuseum.com).

When registration and payment are received, authors will then

receive information on where to forward an electronic copy of the work(s) as an attachment to email. This year submissions, payments, and entries can be made online. Rules are listed on the Web site under "EVENTS."

First prize is \$125 with publication in *Lakelif*e magazine and *The Eatonton Messenger*. Second prize is \$75 and third prize, \$25, with gifts awarded to the honorable mention. An awards reception is set for 6 p.m. Oct. 9 at the temporary home of the Georgia Writers Museum, 109 S. Jefferson Ave., Eatonton.

Last year, several *Senior News* readers placed in the finals. Let's hope that this year our senior population is represented at the awards reception.

**Additional  
Senior Services &  
Events Information  
Available at  
[www.seniornewsga.com](http://www.seniornewsga.com)**

**AUGUSTA/CSRA METRO AREA  
Senior Services & Events Directory**  
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**The Senior Citizens Council**  
4210 Columbia Road, Suite 13A,  
Martinez, GA 30907; 706-868-0120  
[www.seniorcitizenscouncil.org](http://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.  
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**CSRA Senior Centers**

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

- Blythe Area Recreation Department Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668
- Carrie J. Mays Recreation Center Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
- East View Community Center 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 Vaulcluse Rd., Aiken, SC 29801;

803-642-7559;  
[www.aikencountysc.gov/tourism](http://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://emptyg3@knology.net](mailto:http://emptyg3@knology.net).  
\*\*\*\*\*

**Hephzibah Lions Club**  
Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community

continued on page 7

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**EVENTS**  
from page 6

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.themorris.org](http://www.themorris.org).  
• Exhibition Opening: *The African American Voice: Works from the State Art Collection of South Carolina*: Thurs., Aug. 6, 6-8 p.m.  
• Art Now: Lonnie Holley: Thurs., Aug. 13, 6 p.m.

\*\*\*\*\*

**Gertrude Herbert Institute of Art**  
Located at 506 Telfair Street, Augusta. Call 706-722-5495 for information.

\*\*\*\*\*

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

\*\*\*\*\*

**Augusta Museum of History**  
560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.  
• Glamorous Gown of Centuries Past on Display: Through Dec. In Jan. new gowns will be displayed through June 2016. Exhibit is free with admission.  
• Area Photographers on Exhibit: Exhibit will be displayed through August. Free with admission.

Voices of the Past Museum Theater  
• *A Petersburg Boat Pilot*: Sat., Oct.

10, 11:30 a.m., 12:30 & 1:30 p.m.  
• *The Other Tubmans*: Sat., Oct. 17, 11:30 a.m., 12:30 & 1:30 p.m.  
\*\*\*\*\*

**Lucy Craft Laney Museum of Black History**  
[www.lucycraftlaneymuseum.com](http://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 THIRD 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 first time guests we can make arrangements for you to come free.

For more information call Rudy Brostrom, President at 803-442-9337 or visit [www.augustadancing.org](http://www.augustadancing.org).

\*\*\*\*\*

**Augusta Christian Singles Dance**  
Are you single and looking for a place to go in a safe alcohol and smoke free environment. If so, Come and join Augusta Christian Singles every Saturday night at the Ballroom Dance Center, 525 Grand Slam Dr., Evans. Enjoy free dance lessons from 6:30-7:30; dance from 7:30-10:30 pm with a live DJ. Refreshments, door prizes. Admission is \$10.00 guests and \$8.00 members. For more info go to our web site: [christiandances.org](http://christiandances.org) or like us on Facebook, or call 762-233-1978

\*\*\*\*\*

**Fraternal Order of Eagles #1197**  
1999 Scott Rd., Augusta. Like to dance – join us 8-12 p.m. every Saturday. Live country band. Cover charge \$5 at the door. Bingo: Sun., 1:30 p.m.; Mon. & Thurs., 6:30 p.m. Kitchen open one hour prior to Bingo. Steak supper 1st Sat. For details call 706-790-8040 or 803-270-0981.

\*\*\*\*\*

**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.

\*\*\*\*\*

**Augusta Area Newcomers Club**  
The Augusta Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out. For information please contact [hospitality@augustanewcomers.net](mailto:hospitality@augustanewcomers.net) or call Susan Salisbury at 706-814-6297.

\*\*\*\*\*

**Service Corps of Retired Executives**  
The Service Corps of Retired Executives (SCORE) provides counseling and mentoring to business people who are starting up a new business or who are expanding one that is ongoing. SCORE is a non-profit, public service organization, affiliated with the SBA. There is never a charge for our services. Call 706-793-9998, Mon. - Fri., from 9 a.m. - 12 noon.

\*\*\*\*\*

**Phinzy Swamp Events**  
706-828-2109

\*\*\*\*\*

**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.

\*\*\*\*\*

**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.

\*\*\*\*\*

**2015 Georgia Writers Museum Creative Writing Contest**  
Deadline: August 7. More info: [www.georgiawritersmuseum.com](http://www.georgiawritersmuseum.com).

\*\*\*\*\*

# General Business Directory For Seniors

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# Keep your home safe while you are away

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

**W**ith an estimated 136 million Americans going on at least one vacation this summer, safety and security precautions are a must. Proactive measures can help consumers keep their home safe from fire, carbon monoxide, and the threat of burglary while they are away.

The Better Business Bureau is offering the following safety tips for homeowners during the summer season:

Be careful about the vacation details you share via social media. Burglars can use posts on Twitter or Facebook to determine when you'll be away. In recent polls, more than one third (35%) of Americans said they believed their home is too ordi-

nary and would not interest a burglar. However, a vacant home could be enough to attract unwanted attention, so be careful about broadcasting your travel plans.

Lock your doors even when you're gone for a brief amount of time. Two thirds (67%) of Americans surveyed agree they do more to protect their homes when they are going away for a night than when they are just leaving for a few hours. But, according to the FBI, more than half (53%) of home burglaries happen during the day, so homeowners should secure doors and windows every time they leave their home.

Keep an inventory. Take the time to go through your house and make a detailed inventory of your belongings. Your inventory could be a paper list, pictures, video or a combination but be sure to notate the serial numbers or any blemishes that would make your property easi-

ly identifiable. For electronics, such as televisions, DVD players and game consoles, use a black marker to write your name, address, phone number and maybe your driver's license number on the back or bottom of the unit. This writing won't be noticed by a thief trying to get out of your home quickly but it will be noticed by the pawn shop during their inspection or the police once the criminal is caught.

Check your smoke alarms and carbon monoxide detectors every month. Summer marks the beginning of hurricane season, and if a generator needs to be used in a power outage, a quick test of your monitored life safety devices can help keep your family safe from potentially dangerous fumes.

Keep hedges and bushes around your home trimmed, so burglars don't have places to hide and ask neighbors to pick up your paper and remove the trashcan from the road.

If you want to relax on vacation, make sure your vacation planning includes securing your home while you are gone. If you choose to contract with a security company, find trustworthy companies and check out their BBB Business Review first at [bbb.org](http://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](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*

# IRS Phone Scam demanding money or jail time

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

**T**he Better Business Bureau (BBB) and many local police departments are again warning consumers about a phone scam that is demanding money and threatening jail time. Agencies are still receiving phone calls from local consumers who have been contacted by the "IRS" saying they owe money and it must be paid promptly. Consumers are instructed to buy a preloaded debit card or wire transfer funds to pay the debt. If the victim refuses to cooperate they are threatened with arrest, home foreclosure, deportation or suspension of business or driver's license. The caller often times becomes very demanding, hostile and insulting.

The BBB wants consumers to know that the IRS will never ask you for credit card numbers over the phone or request a pre-paid debit card or wire transfer. The IRS will most likely contact taxpayers via mail in regards to tax issues.

These callers are simply trying to scare consumers into paying them money they don't owe. Consumers should not be threatened into making any payments they are not certain that they owe. The scammers use these strong arm tactics because they know many people will pay the money to avoid being arrested.

Some other characteristics of this scam:

- Scammers use fake names and IRS badge numbers
- Scammer may actually have the last 4 digits of your Social Security number.

• Scammers can spoof Caller ID phone numbers making it appear the call is really from the IRS or their local police department.

• Victims can hear background noises of other calls being conducted to mimic a call site.

• After threatening jail time or deportation, scammers hang up and soon call back pretending to be from the local police, to help support their claim.

• Never trust callers who use threats and hostility to bully their targets into doing what they want. This is a scare tactic many scammers use.

The BBB recommends the following if you receive a similar type call:

• If you know you owe taxes or think you might owe taxes, call the IRS or your accountant.

• If you know you don't owe taxes, call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or [treasury.gov](http://treasury.gov).

• If you've been targeted by this scam you should also contact the Federal Trade Commission and use their Complaint Assistant at [FTC.gov](http://FTC.gov).

• Also report your experience to the BBB so we can track the activity and warn others.

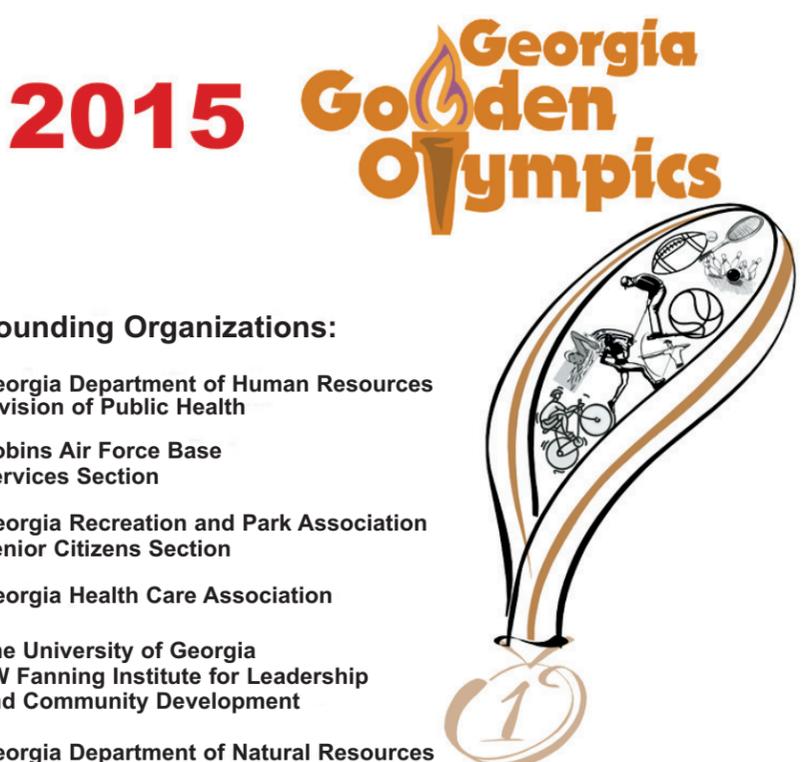
If you are not sure if the call is legitimate or not, contact the BBB at 1-800-763-4222 or at [bbb.org](http://bbb.org).

\*\*\*\*\*

*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](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*



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