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*Story on Page 5*

February 2015  
Vol. 29, No. 2

# IRS Phone Scam Demanding Money or Jail Time

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

**A**s we start gearing up for the busy tax season, the Better Business Bureau (BBB) is again warning consumers about a phone scam that is demanding money and threatening jail time.

The BBB is 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, 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 four digits of your Social Security number.
- Scammers can spoof IRS phone numbers making it appear the call is really from the IRS
- 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.
- If you've been targeted by this scam you should also contact the Federal Trade Commission and use

their Complaint Assistant at 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.

\*\*\*\*\*

*Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41*

*counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.*

## CSRA Coalition of Advocates for Aging Annual Membership Drive

Submitted by **Dina Conklin**  
**Area Agency on Aging**

community education and awareness, networking opportunities and coordination of advocacy efforts.

**T**he CSRA Coalition of Advocates for the Aging invites you to join them in sharing ideas for solutions and celebrating efforts in making a difference in the quality of life for older adults. The goal is to help them age well and live strong. The Coalition's purpose is to provide a collective opportunity for interested individuals to promote healthy aging – retirees, students, faith organizations, civic groups and clubs and community leaders. The Coalition members provide commu-

**The Annual Dues categories are:**

- Annual Organizational Dues (For-profit Business), \$50.00\*
- Annual Organizational Dues (Non-profit Business), \$25.00\*
- Annual Individual Dues, \$20.00
- Annual Associate Individual (Senior Adults age 60 or older), \$10.00

For complete details please contact Dina Conklin at 706-210-2018, The CSRA Area Agency on Aging, 3023 River Watch Parkway, Suite A, Augusta.

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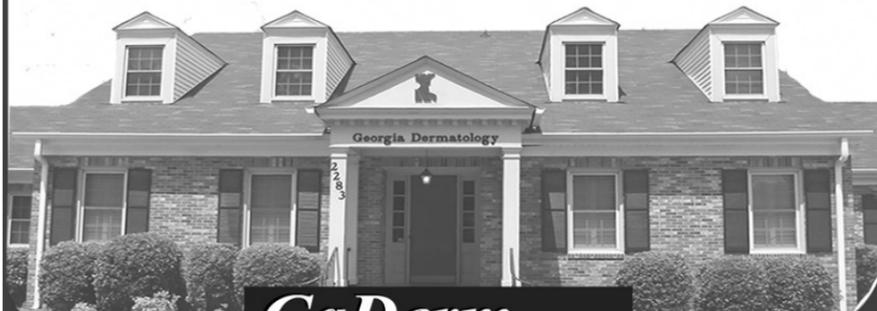
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# AGENCY ALERT: New Scams of 2015

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

**I**t's a new year, meaning people are trying to rid their lives of all sorts of annoyances and bad habits, but if there's one thing you can count on not going away, it's people trying to scam you.



Scammers are, and always have been, a threat to your security and financial stability; but, most are relatively easy to avoid. The Better Business Bureau recommends things like looking closely at emails for links, typos or anything that doesn't match the supposed identity of the sender; independently contacting a company that claims to be contacting you; and, minimizing the amount of information you reveal to strangers on social media.

To help people avoid identity theft and fraud, the BBB listed a few scams that consumers should be wary of in 2015.

## 1. Facebook Friend Requests

The BBB warned against accepting friend requests from acquaintances (or taking directions from them). A woman in Texas said someone impersonating a woman she knew sent her a friend request, which she accepted. The friend said she had seen the woman's name on a list of federal government grant winners (the friend also claimed to have won), and told her to friend a stranger to request the money. It was a scam in which the stranger asked the woman to pay in order to receive her money, a common strategy, and she didn't go for it.

The lesson here is to prudently approve friend requests and, most important, don't blindly follow instructions from people, especially when there's money involved. This sort of thing pops up in email and on social media a lot.

## 2. IRS Phone Calls

This issue has been around for a number of years; however, it requires repeating: The IRS will not call you. The IRS will not email you. First of all, they reportedly don't have the staff to answer half of the phone calls they receive, let alone make outgoing calls. Second, any correspondence from the IRS comes via the U.S. Postal Service. Don't give anyone claiming to be the IRS your per-

sonal information.

## 3. Fake Emails That Look Real

Even the least skeptical people out there can spot spammy emails, but not all email scams come ridden with typos, weird sentence structure, and absurd claims. And some emails look like real correspondence from a familiar company. The BBB reports a new round of fake emails, this one targeting USAA customers.

The email looks the part, but upon further examination, the sender's email address is a little

fishy (or phishy, if you like puns): USAA.Web.Services. The BBB warns that using variations of a seemingly legitimate domain is a sign of phishing.

In addition to these three things the BBB says you should also look out for in 2015:

1. There's the risk of data breaches and tax-related identity theft.

2. The risk of fraud is always out there, so the best thing you can do is exercise caution when using the Internet.

3. Regularly checking your accounts and credit for signs of unauthorized activity. To help with that, you can get your free credit report summary every month on Credit.com so you can monitor whether there are new requests for credit that you didn't make.

As always should you have a concern or need assistance with filing a claim for fraud, please contact us at 706-868-0120. Appointments are preferred.

source; scambuster, 2015

## Spreading our wings for the sake of science

by **SUSAN LARSON**

**A** few years ago while Googling around trying to identify a strange bird in my yard, I found myself clicked in to [www.gbcb.birdcount.org](http://www.gbcb.birdcount.org), a Web site posted by the Cornell Lab of Ornithology.

It's not just pages of pretty pictures of birds and their habitats. It's all about ways we as bird lovers can get involved with actual ornithological research. It lists about a dozen citizen-science projects anyone can participate in. Like a real scientist doing real research. OK, so you don't get paid for it like a real scientist would. But my masters degree in science and math education, which never landed me a paying job, does keep my appetite whet for science and statistics. And if I were still a Cub Scout leader, I know this is something I would do with my den. And I'm sure I'll get my new grandson Magnus involved when he's old enough.

The various projects include Celebrate Urban Birds, Nest Watch, Feeder Watch and a photo contest. There are now even apps for iPhones and iPads to help birders more easily identify species and collect data. But the easiest project of all is the Great Backyard Bird Count which runs from February 13-16 this year. All you have to do is create an online account and for at least one of those days count birds in your backyard – or anywhere – for at least 15 minutes. That's it! That's all it takes to be a scientist and contribute to this worthy cause. The more sightings you submit, the better your chances of going down in posterity as one of the top 100 e Birders in your geographic area. If you really get into it, there is an option to record your sightings all year long. So far, worldwide, nearly 18 million birds have been spotted by citizen scientists and their data had significantly contributed to Cornell's research. This year there are several educational events at Harmony Grove Church in Acworth, the Gwinnett

Environmental and Heritage Center in Buford and Skidaway Island State Park in Savannah to help participants become better acquainted with birds in their area (More info: [www.birdsource.org/gbbc](http://www.birdsource.org/gbbc) under Local Events)

Susan Coker of Lilburn is an avid bird watcher and counter.

"It's fun, and I wish more people would get involved," Coker said.

"I think it's very educational and entering your observations on the

computer is a good learning experience for kids - and adults."

And especially grand kids! I can't wait until Magnus is old enough to join us in the Great Backyard Bird Count. We might even keep him for the weekend and let his mom and dad fly the coop for a few days!

\*\*\*\*\*

*Susan Larson is a writer from Lilburn. E-mail her at [susanlarson79@gmail.com](mailto:susanlarson79@gmail.com).*

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## Poets' Corner

**"GREATNESS"**

by Brenda G. Partridge-Brown

Take the time and look around, you might be surprised at what's been right before your very eyes; For we are surrounded by greatness! They once lived very productive lives at one time or another.

They are someone's father, mother, brother, sister, Grandmother, grandfather, because of father-time many are unable to see, hear, walk or talk;

They may not remember their name, or the names of their own children, family members or closest friends.

Many need assistance with feeding, taking a bath and combing their hair

While others may need total care!

For we are surrounded by greatness!

Please, don't ever forget when they had to do these same loving things, for me and for you!

Who are these special people? I'm glad you asked!

They are homemakers who raised their children and many others... teachers, preachers, doctors, lawyers, nurses, cooks, actors, trash men, the mailman, business men and business women, bus drivers, dancers, singers or

everyday dreamers!

They gave much of themselves in order to help build greatness in each of us, So you see, we are truly surrounded by greatness!

\*\*\*\*\*

**MAKING MEMORIES**

by Mary Elliott

As I walk down this road of life with all its ups and downs, curves and straight-aways, it occurs to me, as I get older, that memories are our wonderful gifts. God has given us the ability to look back. I am amazed at the things our minds can remember. This is God's legacy.

The older we get, the more we have to look back on. Some things we love to look back on, and some we don't. But God has given us the choice to reflect on the funny, happy, restful things or the unpleasant. I wonder if creatures other than man have this gift. I hope so.

As I sit here in the today, I realize this is a memory I'm creating for tomorrow. So, regardless of what this day brings, will I remember the love and wonder of this day, or perhaps there too is a lesson in it that I'll cherish. That is my choice, to be able to create my memory for tomorrow.

Even though there are things beyond my control, I can choose to turn them into whatever I can that is pleasant or not. Sometimes I think we don't realize how important today is to our future thoughts.

God. Help me to make today a good memory for myself and others.

\*\*\*\*\*

**"LONELINESS"**

by Dot A. Jones

Everybody needs somebody. There are lonely people everywhere.

A CHILD needs a mother and father to care.

Often sad eyes reach out for somebody to love and care.

Do you have a little love to spare?

The WIDOWED SPOUSE may lose hope, as in loneliness they try to cope.

A hug by family and friend would bring a smile and help a heart to mend.

Do you have a little love to lend?

The SERVICE MAN OR WOMAN away from home, as they long for family and being with them as they have known.

Just say, I'm proud of you and give them a smile.

Let your love go an extra mile.

The HOMELESS MAN doesn't ask for much, maybe a kind look when he passes by.

We cannot know what brought his plight, but you may help him feel he's not a blight.

Will your love be a bright light?

Let's remember to share our love and spread it all around.

Everybody needs somebody. There are lonely people everywhere.

Do you have a little love to share?

\*\*\*\*\*

**KINDNESS**

by Frankie Lee

Words can make your day

Or break your heart

It's all in what you say

Think carefully before you speak

Take time to think it through

Words can determine how you look

In all you say and do

It's not always who is right or wrong

Or to make a point to shine

It's more about the words that

remain

A long, long time

Why cause hurt in someone's eye

Just to make a point

On who is wrong or who is right

Think before you speak... or don't.

## Crossword Puzzles Sudoku Puzzles Informational Articles

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~ PLEASE VISIT OFTEN ~

*On the Cover*

# Take a trip to the zoo!

by CAROLYN BRENNEMAN

Photos by Carolyn

**H**ey everyone, now is the perfect time to visit the Riverbanks Zoo and Gardens! The weather is crisp and the animals are active, energetic and waiting to create a show for visitors. The zoo is home to more than 2,000 magnificent and fascinating animals and one of the nation's most beautiful and inspiring botanical gardens. The lush 170-acre site features dynamic natural habitat exhibits and scenic river views. The zoo is also home to some of the earth's most popular and spectacular creatures! There are African lions, Amur (or Siberian) tigers and siamang apes as well as other magnificent creatures.

There are daily Penguin demonstrations at the Penguin Coast exhibit inside the Birdhouse at Riverbanks and Aquarium Drive Demonstrations several times a week at the Indo-Pacific Coral Reef Tank inside Aquarium-Reptile Complex. Check out and watch the Gorilla Feeding demonstration at the Gorilla Base Camp.

Don't forget to see the elephant exhibit at Ndoki Forest and the giraffes in the African

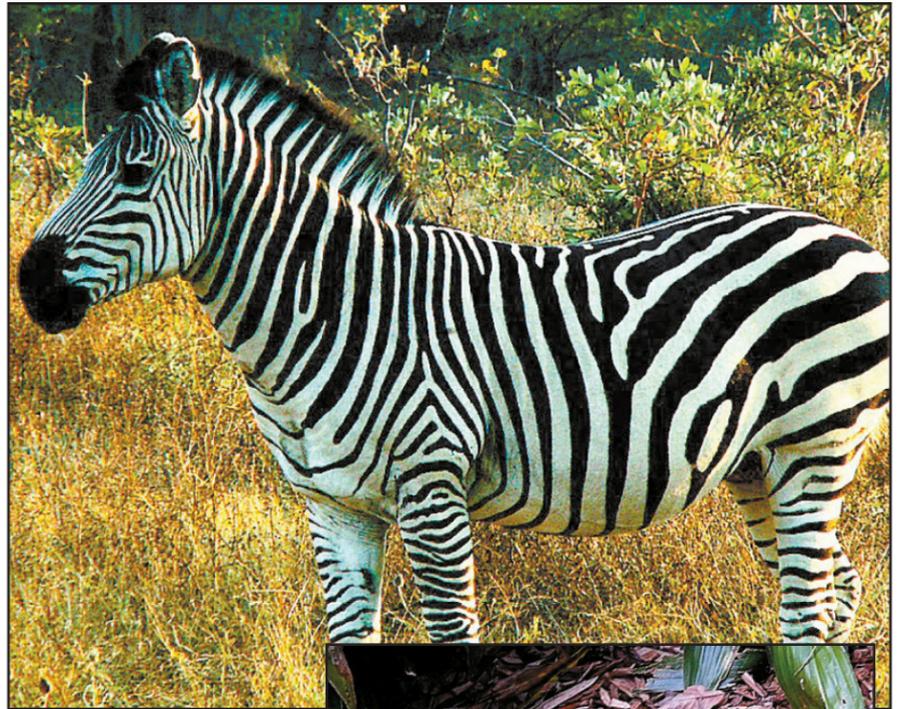
Plains. Riverbanks has recreated this part of Africa as a sanctuary for gorillas, elephants and meerkats, giving visitors the opportunity to see these wonderful animals and learn more about them and their natural habitat. Of course, Ndoki Forest would be amiss without some native birds. A stork, ground hornbill, cinerous vultures and cranes reside in the neighboring African Bird Yard, enhancing the authentic appeal of this exhibit.

Did you know that giraffes are the tallest living land animals and can reach up to 20 feet tall and that each giraffe has unique pattern spots?

Take a look at the zebras! Zebras have a narrow, mostly vertical black and white striped coat. The patterns of their distinctive stripes are as individual as a human fingerprint.

Of course, we can not miss the Australian Animals section! Koala Knockabout is home to those adorable koalas, and also to Australian fish and reptiles. So let's all head out for a day trip to the Riverbanks Zoo and Garden Directions, located at 500 Wildlife Parkway, Columbia.

You can call (803) 779-8717 for more information. Hours are from 9:00 am to 5:00 pm.



The zebra is very unique and the colorful birds are entertaining.



The elephants roam around in a natural habitat



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**The Senior Citizens Council**  
4210 Columbia Road, Suite 13A,  
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[www.seniorcitizenscouncil.org](http://www.seniorcitizenscouncil.org)  
The Senior Citizens Council is  
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Senior Health Insurance and Education  
(SHINE) - the Center for the  
Prevention of Elber Abuse, Neglect and  
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• The Senior Corps Department: Foster  
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care, governmental, and faith based  
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with meeting the needs of those they  
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Jane Colson; 466 Maurice Friedman  
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• Wilkes County  
Diana Hall; 108 Marshall St.,  
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• Shiloh Comprehensive Community  
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Elizabeth Jones; 1635 15th St.,  
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**H. H. Brigham Senior Center**  
2463 Golden Camp Rd., Augusta  
Contact: Patricia A. Jenner  
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\*\*\*\*\*  
**Aiken County Parks, Recreation &  
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902 Vaucluse Rd., Aiken, SC 29801;  
803-642-7559;  
[www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)  
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**Roy Warner Park**  
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564-6149  
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6244; Mon, 9-7; Tue-Fri, 9-5:30; Sat,  
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**Diamond Lakes Branch Library**  
101 Diamond Lakes Way,  
Hephzibah, 706-772-2432; Mon &  
Wed, 9-8, Tue, Thu & Fri, 9-5:30; Sat,  
10-5:30  
**Friedman Branch Library**  
1447 Jackson Rd, Augusta, 706-736-  
6758; Mon & Wed, 9-8; Tue, Thu, &  
Fri, 9-5:30; Sat, 10-5:30  
**Maxwell Branch Library**  
1927 Lumpkin Rd, Augusta, 706-793-  
2020; Mon, Wed, & Fri, 9-5:30;  
Tue & Thu, 9-8; Sat, 10-5:30  
**Wallace Branch Library**  
1237 Laney-Walker Blvd.  
Augusta, 706-722-6275; Mon & Wed,  
9-5:30; Tue & Thu, 9-8; Fri-Sat, 12:30-  
5:30  
**Burke County**  
**Burke County Library**  
130 Highway 24 South, Waynesboro,  
706-554-3277; Mon, 9-8; Tue-Fri, 9-6;  
Sat, 9-1  
**Midville Branch Library**  
149 Trout St., P.O. Box 428, Midville,  
478-589-7825; Mon & Wed, 12-6;  
Fri, 10-6  
**continued on page 7**

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# General Business Directory For Seniors

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*Going Beyond Caring*

**EVENTS**  
from page 6

**Burke County**

**Sardis Branch Library**  
750 Charles Perry Ave., P.O. Box 57  
Sardis, 478-569-4866; Mon & Wed, 12-6; Fri, 10-6

**Columbia County**

**Columbia County Public Library**  
7022 Evans Town Center Blvd  
Evans, 706-863-1946; Mon, Tue & Thu 10-8; Wed, Fri, & Sat 10-5; Sun, 2-5

**Euchee Creek Branch Library**  
5907 Euchee Creek Dr., Grovetown,  
706-556-0594; Mon-Tue, 10-8; Wed,  
Thu & Fri, 10-5; Sat, 10-4

**Harlem Branch Library**  
375 N. Louisville St., Harlem, 706-556-9795; Tue, 9-7; Wed & Fri, 1-6; Thurs., 1-7; Sat, 9-1

**Lincoln County Library**

181 North Peachtree, P. O. Box 310,  
Lincolnton, 706-359-4014; Mon & Thu, 9-6; Tues, 9-7; Wed, Fri & Sat, 9-4

**Warren County Library**

10 Warren St., Warrenton, 706-465-2656; Tue, 10-8; Wed-Fri, 10-6; Sat, 9-3

**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 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](http://www.the-morris.org).

- Mommy and Me: Beautiful Books: Thurs., Feb. 5, 10-11 a.m.
- Art Now Artist Talk: Brian Dettmer: Thurs., Feb. 5, 6-8 p.m.
- Morris Museum of Art Gala: Fri., Feb. 6, 7 p.m.
- Southern Soul & Song Concert Series: Sam Bush, Fri., Feb. 13

**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.

• Brown Bag History Series Lecture: *Fighting Fires Over Time*: Wed., Feb. 4, 12:30 p.m.

**Voices of the Past Museum Theater**

- *A Petersburg Boat Pilot*: Sat., Feb. 7, 11:30 a.m., 12:30 & 1:30 p.m.
- *The Other Tubmans*: Sat., Feb. 14, 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 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](http://www.augustadancing.org).

**Augusta Christian Singles 37th Anniversary**

Feb. 14, 8 p.m.-12 midnight, Ballroom Dance Center, 525 Grand Slam Dr., Evans. Catered event and semi formal to formal attire. Admission: \$16 members; \$20 guests. For details visit [www.christiandances.org](http://www.christiandances.org) or like us on Facebook.

**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.

**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.

**A Magical Morning... Storybook Brunch Presented By PotashCorp**

Sat., Feb. 28, First Baptist Church Fellowship Hall, 3500 Walton Way, Augusta. Benefits Southeastern Firefighters Burn Foundation. For information call 706-650-BURN (2876). To purchase tickets visit [www.sfbf.net/StorybookBrunch](http://www.sfbf.net/StorybookBrunch).

# General Business Directory For Seniors

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To find a location near you, visit [www.goodwillworks.org](http://www.goodwillworks.org)

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## Taking Care

# Keep spirits up to prevent burnout

by LISA M. PETSCHÉ

**C**aring for a chronically ill, disabled or elderly relative can offer many rewards, but it also typically involves physical, psychological, emotional and financial demands. It can be particularly challenging when the care receiver has heavy hands-on needs, a difficult personality or mental impairment. Caregivers may experience a variety of distressing emotions along the way, including frustration, guilt, resentment, anxiety and sadness.

If you are a caregiver, read on for suggestions on how to keep your spirits in day-to-day life, which can reduce the risk of “burning out.”

### Emphasize the positive

- Limit your exposure to the news.
- Use positive self-talk. Emphasize phrases such as “I can,” “I will” and “I choose.”
- Be generous with praise and encouragement and cautious with criticism, giving only the constructive type.
- Cultivate a healthy sense of humor. Read the comics, watch a TV

sitcom or rent funny movies.

- Accept realities you cannot change and concentrate on those you can influence.
- Focus on you relative’s abilities rather than any disabilities, and build on those strengths.
- Recognize that no matter what happens, you always have a choice about how to respond when the going gets tough.
- Stay connected to people who care. Minimize contact with individuals who are critical or self-centered.
- Find an outlet for expressing your thoughts and feelings, such as talking with a friend or keeping a journal.
- Pick your battles; do not make a major issue out of every concern.
- Do not dwell on past mistakes, hurts or other unpleasant events.
- Look for the good in people and situations. Demonstrate empathy; give others the benefit of the doubt and practice forgiveness.
- Do something you enjoy every day: read, listen to music or take up a hobby, for example.
- Identify sources of stress in your life then eliminate as many as possible and learn to manage the rest.
- Practice relaxation techniques, such as deep breathing, meditation or yoga.
- Learn to be flexible about plans and expectations. Take things one day at a time so you do not become over-

whelmed.

- Set priorities and stick to them. And let go of the need for perfection.
- Be receptive to learning new ways of doing things and try new activities. Encourage your relative to do the same.
- Be open to learning skills that will help you in your role, such as proper transferring and bathing techniques. Not only will this make caregiving safer and easier, but mastering these tasks will also give your self-confidence a boost.
- Find out about community services in your area that can help maximize your relative’s quality of life and assist you with necessary tasks. Potential sources of information include your relative’s doctor and other participating health professionals, the Internet, the non-profit organization associated with your relative’s health condition (for example, the Parkinson Foundation) and your local Area Agency on Aging.
- Develop a partnership with involved healthcare professionals. Share relevant information about your relative’s needs, abilities and preferences, and any other information that may help with care planning. Ask questions, seek advice and offer opinions and suggestions as appropriate. Never forget that you are an important

member of your relative’s care team.

- Start a book of inspiration: collect quotations, positive articles, heartwarming stories and inspirational photos and keep them in a binder or scrapbook.
- Connect with other caregivers. Join a community support group or an Internet group if it is hard to get out.
- Do not neglect your physical health: eat nutritious meals, get adequate rest, exercise and get regular medical checkups.
- Seek help from your primary physician or a counselor if you continually feel sad, angry or overwhelmed. Such emotions may be symptomatic of clinical depression, which is a treatable illness.
- Set aside some quiet time each day; it nurtures your spirituality and helps to keep you grounded.
- Schedule regular breaks from caregiving duties and plan to do something fun. This helps to recharge your batteries.
- Finally, count your blessings and learn to live in the moment, enjoying life’s simpler pleasures.

\*\*\*\*\*

*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.*

## Emily Powell honored as Richmond County Retired Educator of Month

Special to Senior News

**E**mily Powell began her teaching career in 1961 in Columbus, GA. From there she traveled to and taught in Germany for a couple of years. When she returned to the States, she was hired by Richmond County Board of Education; and, she has taught in every area of Augusta: on the hill at Weed Elementary and Copeland, on the west side at Tutt Middle, on the south side at Sandbar Ferry Elementary, and on the east side at Peter H. Craig and East Augusta



Emily Powell

Middle School. In addition, she has worked at Collins Elementary, Laney High, Josey High, Murphey Middle, Tubman Middle, Rollins Elementary, A. Dorothy Hines and Spirit Creek. She boasts to know Richmond County and every quick route to work. But most important, she knows students of all ages; and, she thinks they are rather nice people.

Her career was rewarding and a lot of fun meeting and interacting with all of those people (little, big, grown and not so grown).

In between all of these school assignments, Emily stated there were two daughters and a teaching assignment in Arizona. Through it all, her daughters – the best in the world – have been there with her. She says that being a basketball, track and cheerleading coach often meant dinner might be late.

As with her teaching and learning career, she now needs to round out her retirement with a visit to the north western part of the United States. She has already traveled to Europe and Mexico. She wonders where the last 48 years went.

She wishes to express to the Richmond County Retired Educators her thanks for the honor of being the Richmond County Retired Educator of the month.

## Alliance Hospice

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