

# Senior News

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*It's the New Year and Time  
for Tender, Loving Care...  
Start Exercising Today!*

*Story on Page 5*

January 2015  
Vol. 29, No. 1

## 1001+ Family Caregiving Tips - A Special Resource from Senior Care Corner®

Special to *Senior News*  
SENECA, S.C.; Dec. 15, 2014  
PRNewswire

**S**afe, healthy, comfortable and happy describe the elders years we hope for senior loved ones. Millions of family members in the U.S. play roles big and small in making that happen. They are called family caregivers and provide billions of dollars in care to older adults each year. Senior Care Corner® has published a new book, *1001+ Family Caregiving Tips* to help family caregivers be more effective in their roles while not overlooking critical time and care they need themselves.

Senior Care Corner® has been providing information, insights and resources for family members and others who care for and about senior adults for over 10 years through their online website and social media. They have informed and helped thousands of family caregivers and hope to reach even more through *1001+ Family Caregiving Tips*.

"We found little information to help us in providing care for our grandparents," says author and Senior Care Corner® Co-Founder Kathy Birkett. "Through *1001+*

*Family Caregiving Tips* we share what we have learned through our own experience, research and professional work as well as our interactions with other family caregivers."

The book covers several aspects of family caregiving, including: nutrition and seniors' health; technology for seniors and caregivers; end of life considerations for seniors and family members; caring for seniors with Alzheimer's Disease and other dementias; staying healthy despite having chronic diseases; aging in place, or senior living independently at home; support and advocacy for senior loved ones; legal and financial issues for caregivers; and, caring for the needs of family caregivers.

"The insights and information in our book provided in short, non-technical snippets, intended to quickly inform and inspire family members of seniors," according to author and Senior Care Corner® Co-Founder Barry Birkett. "When family caregivers find information that fits their needs or situation, they can quickly learn more on our website or elsewhere on the web."

*1001+ Family Caregiving Tips* is available exclusively in Kindle e-book format through Amazon.com, where it can be downloaded and read on most tablets, e-readers, computers and smartphones. More information

about the book, including a peek inside, is available at Amazon.com or via (<http://seniorcarecorner.com/family-caregiving-tips-book>).

**About Senior Care Corner®**  
Senior Care Corner® is on

online resource for insights, information, tips and resources for those who care for and about senior adults, especially family caregivers, whether they live near senior loved ones or at a distance. For additional information visit [www.SeniorCareCorner.com](http://www.SeniorCareCorner.com).

## Fifth Annual Jimmie Dyess Symposium presented by the Augusta Museum of History

Special to *Senior News*

**T**he Augusta Museum of History is proud to present the Fifth Annual Jimmie Dyess Symposium, Thursday, January 8, 2015 in the Museum's Rotunda when four individuals will be receiving the "Jimmie Dyess Distinguished American Award."

The symposium was created and developed to recognize this native Augustan's courage as both a citizen and a soldier of the United States and to identify others who have shown similar valor or made civic contributions above and beyond the call of duty.

The symposium will include remarks by Major General Perry Smith, who served thirty years in the

United States Air Force. Four individuals will be honored with the Symposium's 2015 Distinguished American Award. Medal of Honor recipient Barney Barnum, Susan Eisenhower, the grand-daughter of President Dwight D. Eisenhower, and two extraordinary citizens of Augusta: Mr. Brian Mulherin and Mrs. Neita Mulherin. Each, in their own way, has given a lifetime of service to this nation and to their fellow citizens.

There are many participating businesses, individuals, groups and sponsors who will be recognized on the Museum's web site and available in the program distributed on January 8th.

Please come and join us for this special evening! For more information on the Symposium please contact the Museum at (706) 722-8454.

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# AGENCY ALERT: How many people have your Social Security Number?

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

**A**s we begin another year – one where fraudsters are lurking in every corner – we all need to be very careful about our personal information – namely, our Social Security number (SSN). Hopefully by now, everyone knows not keep your Social Security card in your wallet! Social Security numbers are the master keys to your personal data, so it pays to be cautious about who gets to see yours.

On the other hand, there are services you can not access without surrendering that precious information. So who gets it and who doesn't? And how do you say no and do you know when you actually have to give it to someone who asks?

The easiest way to say no is passively. If a form asks for your Social Security number, see what happens if you just leave it off. For example, an agency may ask for this information and use it as an identifier, but there are often alternatives. However, if you are volunteering with children or another vulnerable population and a criminal background check is required, they will need your Social Security number.

You will definitely have to give your Social Security number when you apply for credit. That is one reason to apply at home or on a secure connection online rather than at the checkout counter when a clerk offers to let you fill out a paper application for a store card especially when there are people standing right behind you in line especially if you are telling the clerk your information for them to enter into their system.

Most of your personal financial data can be accessed with your Social Security number. That means every credit card you have, plus anyone else who has given you a loan – or turned you down for one – has your number. It's important to note that just because a lender has your SSN does not make your identity unsafe, but it is one more place cyber-criminals and other fraudsters can target to get to the cash cow that is your good name.

If you check your credit – a good habit that can help you detect identity theft – you will need to give your Social Security number. Your doctor and dentist may also ask for it, even if you have an insurance identification number that is different from your Social Security number. If your doctor's office asks for one, it's fine to ask your healthcare professional if you can instead assure them that your emergency contact has it

and will provide it if necessary. Some insurance companies still use Social Security numbers as identification numbers. In that case, you may be faced with a choice between not using your insurance and giving your Social Security number. You certainly could let your insurer know that you do not want to put your identity at risk to use your insurance.

An employer or potential employer will want your Social Security number because credit checks are sometimes part of the application process, a company you do not work for may have a copy of your Social Security card. You may also request that they shred this information. And should you lose your job, you will need to give your number to the unemployment office. Government benefits require a Social

Security number. (That includes Medicare, and Medicare cards include your Social Security number, which many regard as a major flaw.)

In fact, anyone who might need to report your income to the IRS needs your Social Security number. So add brokerages, banks and companies to the "have to" list. Most likely your landlord has your Social Security number, also because he or she needed it to check your credit before accepting you as a tenant.

And finally, when you file your personal tax return you must provide a Social Security number.

So the chances of your Social Security number falling into the wrong hands are hardly minuscule. You can keep your number from being any more widely circulated than it has to be by revealing it only

when you are required to do so. Regularly checking your credit has the additional advantage of serving as an alert that your identity may have been compromised.

So whether you are trying to build or rebuild credit or just maintain your own good credit, ensuring that the "master key" of your financial information is protected is crucially important.

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*For more information about this topic or other topics of interest to you, please call us at 706-868-0120 or come by our office at The Columbia Professional Center, located at 4210 Columbia Road, Suite 13-A, Martinez, Georgia 30907.*

source: Credit.com



**Kathleen Ernce**

## The Georgia Fund for Children and Elderly Help an Older Georgian!

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

**H**elp an older Georgian get a meal or a ride, or support a range of other causes by simply checking a box this winter. Georgia taxpayers can choose from one of eight donation options on Georgia income tax forms 500



**Jeanette Cummings**

and 500EZ to provide \$1 or more to a participating fund. Contributions support children with special needs, animals, the environment, medical research, and students.

Donating takes a few seconds, and even a \$1 contribution goes a long way when combined with the gifts of other taxpayers. Since 2004, Georgians have voluntarily contributed more than \$8.5 million to support the causes that are important to them.

The Georgia Fund for Children and Elderly is divided equally between the Georgia Department of Human Services Division of Aging Services and the Georgia Department of Public Health. The aging funds, distributed among Georgia's 12 Area Agencies on Aging, are used to give more people access to home-delivered meals and senior transportation. Funds earmarked for youth support preschool children with special needs.

The Georgia General Assembly first authorized income

tax check-off donations in 1989 and, since then, eight funds have been approved. They include the Dog and Cat Sterilization Fund, Georgia Cancer Research Fund, Georgia Fund for Children and Elderly, Georgia National Guard Foundation, Georgia Student Finance Authority Fund, Georgia

Wildlife Conservation Fund, Save the Cure Fund, and the Statewide Land Conservation Program.

Participating is simple. Just find your donation checkbox, pick an amount, and make it count. Being a great neighbor to fellow Georgians has never been easier.

Your support helps!

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# Senior NEWS

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## Poets' Corner

**RETAIL FROZEN**

by Tracie Knowles

*As a child on my mother's porch  
I would play s store.  
Cuttin' and taping pictures from  
newspapers galore.  
Merchandise on sale that I did  
adore.*

*From newspapers that were  
delivered on Sundays,  
People were so excited to buy  
on Mondays.*

*As I grew older my mind did ponder,  
How being a storekeeper could be  
such a wonder.*

*Oh, to be a storekeeper to meet  
and greet guests.  
Hoping they'd find something  
to buy in my store chest.*

*As excitement grew my very  
first plan,  
Was to manage the register and  
make the keys dance.*

*It came to be as onward I pranced,  
To secure a store; now is my chance.*

*I opened a newsstand with candy  
and such,  
Ooh, the people, they loved it  
sooo much!*

*To be greeted, admired and  
pampered galore,  
They came by the dozens to  
my store.*

*I recognized them as Mr. & Mrs.,  
This was so pleasin' to rags or  
riches.*

*I fell in love with Customer Service,  
Too many times People are ignored.*

*But do managers realize that they  
are the "dollars,"  
That "Patronize the Stores."*

\*\*\*\*\*

**THE PUREST ART**

by Henry Newton Goldman

*The lyrics sung to music now  
Are not so very clear.  
I long to understand the words,  
When music fills my ear.*

*Seems painted art does not convey  
A message to eyes not keen,  
Most often there is no one around,  
To interpret the artist's scenes.*

*And sculptured works are forms  
of art,  
I love their beauty - although,  
Their works are scattered so far  
and wide,*

*It's hard to find a show.*

*But thanks be to thinkers far  
and near,  
That make poetry the purest art,  
Their lovely words are always near,  
To fill and lift our hearts.*

*Where musical scores soon fade  
with time,  
And paintings deteriorate fast.  
Like sculptured gods of marble  
and stone,  
Poetry's pure art will always last.*

\*\*\*\*\*

**BAPTIZED AT SEVENTY-FIVE**

by Ms. Gerry Noel

*So I got baptized at seventy-five  
Now I will tell you how I feel  
You ask if the pain leaped out  
of my body  
Like a monstrous fish on Jeremy  
Wade's fishing reel*

*You ask if being baptized  
Was somewhat like a leap of faith  
I would say yes, but I know it's the  
life that I live  
That would put me closer to the  
pearly gates*

*I did think when I closed my eyes  
As I felt the water cover my face  
I wanted to snap my fingers and  
sway my neck  
And say, "Devil not this soul will  
you take!!!"*

*I would like to say the hand of God  
Reached down and touched my heart  
But even as a non-Christian  
I have always felt His light in  
the dark*

*For even as a child I saw the light  
of heaven  
I heard the angels sing  
I saw the little cherubs  
I though what a joy heaven brings*

\*\*\*\*\*

**MY LIFE BELONGS TO HIM**

by Ron Dennard

*My life belongs to Him, it's  
not mine.  
I must live it as to let it shine.  
Each breath that I take is not of  
my own power.  
It's not up to me whether I'll see  
another hour.*

*My life belongs to Him although,  
He did give me a choice  
I shall choose His love, of course.  
The trees that I see on a distant hill,  
They aren't mine, their splendor is  
part of His will.*

*It's not my doing how the stars shine  
so brightly.  
I can't control how He displays His  
strength so mighty.  
My life belongs to Him, oh what  
caretaker.  
He will be there always, a waymaker.*

\*\*\*\*\*



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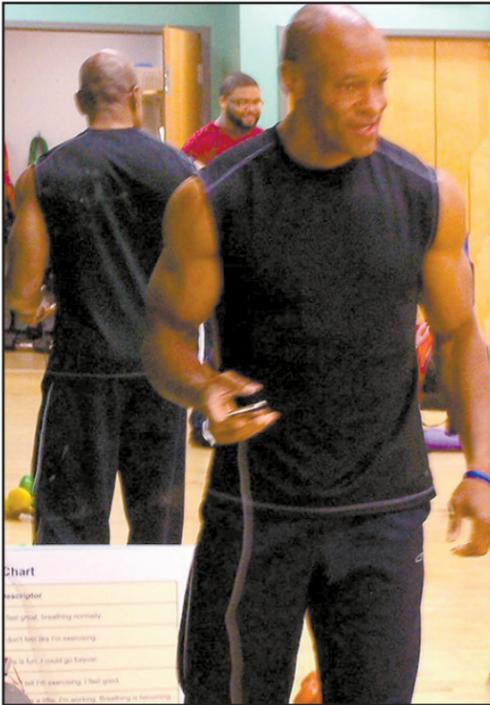
***On the Cover***

# It's the New Year and Time for Tender, Loving Care... Start Exercising Today!

by CAROLYN BRENNEMAN

Photos by Carolyn

**H**ey, everyone! Time to start off the new year with a good fitness program. And this



**Lifting weights makes us stronger**

year there are plenty of opportunities for all of us to engage in some physical movement and activity. Let's have the kids and grandkids take us out for a brisk walk, to sign up for a fitness program at The Family Y, or join a Silver Sneakers group.

To get us started, we can use tender, loving care and take the Team Lean 2015 Challenge to promote our own wellness and happiness, and shed a few pounds through some thoroughly enjoyable activities and great camaraderie. So sign up now, and this January 12th, between 3 pm and 8 pm, at all locations of The Family Y, Team Lean Challenge will kick off.

Over the last few years, The Family Y has seen many thousands of people in the CSRA participate in Team Lean. Team Lean is a year-round living awareness program that targets an

one and everyone interested in a change of lifestyle. The program equips individuals with the tools necessary for maintaining a healthy lifestyle through weekly health visits to any presentations and community events. There is lots of tender loving care through group support during the commitment, ways to exercise and learn new fitness techniques. And members as well as non members can participate. After all, it is the determined efforts of people together supporting and motivating one another that make it work.

All right, everyone out there, reach out and touch someone. Grab your partner, your family members, your church or school group and head over to any of The Family Y's. Don't miss out on 12 weeks of exciting activities, free community health presentations, and visits to any CSRA Family Y.

Most of all it is a challenge to all of us – the best investment you can give to yourself. Take on a new fitness program for the New Year.



**Carmen working out**



**Walking is a great exercise and Light weights builds strength**



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

**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 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

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**H. H. Brigham Senior Center**

2463 Golden Camp Rd., Augusta  
Contact: Patricia A. Jenner  
706-772-5456; 1 a.m.-3 p.m.

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**Aiken County Parks, Recreation & Tourism**

902 Vaucluse 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

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**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).

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**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.

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**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).

• *American Dreams: Paintings by John Mellencamp*: Opens Jan. 11

• Southern Soul & Song Concert Series: Sarah Jarosz, Fri., Jan. 9, 7:30 p.m., Imperial Theatre, 745 Broad St., Augusta.

\*\*\*\*\*

**Gertrude Herbert Institute of Art**

Located at 506 Telfair Street, Augusta. Call 706-722-5495 for information.

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**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-

continued on page 7

**Missed your copy of Senior News?**  
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Going Beyond Caring

**EVENTS**  
from page 6

210-2000 or 888-922-4464.  
\*\*\*\*\*

**Augusta Museum of History**  
560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.

**Voices of the Past Museum Theater**  
• *A Petersburg Boat Pilot*: Sat., Jan. 10, 11:30 a.m., 12:30 & 1:30 p.m.  
• *The Other Tubmans*: Sat., Jan. 15, 11:30 a.m., 12:30 & 1:30 p.m.  
\*\*\*\*\*

**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.  
\*\*\*\*\*

**Fraternal Order of Eagles Lodge 1197**  
1999 Scott Rd., Augusta. For activities and events information call 706-495-3219.  
\*\*\*\*\*

**AARP Augusta Local 266**  
There is more to AARP than a newspaper and a magazine. The local

chapter meets at the Kroc Center, The Salvation Army, 1833 Broad Street, Augusta. For additional information or to join, call Mrs. Stella Nunnally, Chapter President, at 706-724-0045.  
\*\*\*\*\*

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

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

**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 needle-

work. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.  
\*\*\*\*\*

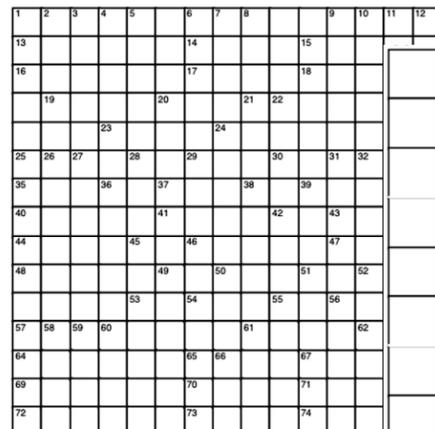
**Alzheimer's Caregiver Support Group**  
Meets 3rd Tues., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 or 706-854-3501.  
\*\*\*\*\*

**CSRA Parkinson Support Group**  
Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For

details call 706-364-1662.  
\*\*\*\*\*  
**Area Agency on Aging Offerings**  
Learn through a 30-Minute session, 3rd Thurs. each month, 1 p.m., KROC Center Augusta, Senior Lounge, 1833 Broad St. Registration not required. Contact Lee Walker, Resource Specialist, 706-922-8348 or 706-210-2018.  
\*\*\*\*\*

**ENOPION Theatre Auditions**  
ENOPION Theatre Company is conducting auditions for its newest musical "THE SUPPER." Seeking 12 men and 3 women. Through Jan. 12. Call 706-771-7777 for information and appointment.  
\*\*\*\*\*

**Crossword Puzzles  
Sudoku Puzzles  
Informational Articles**



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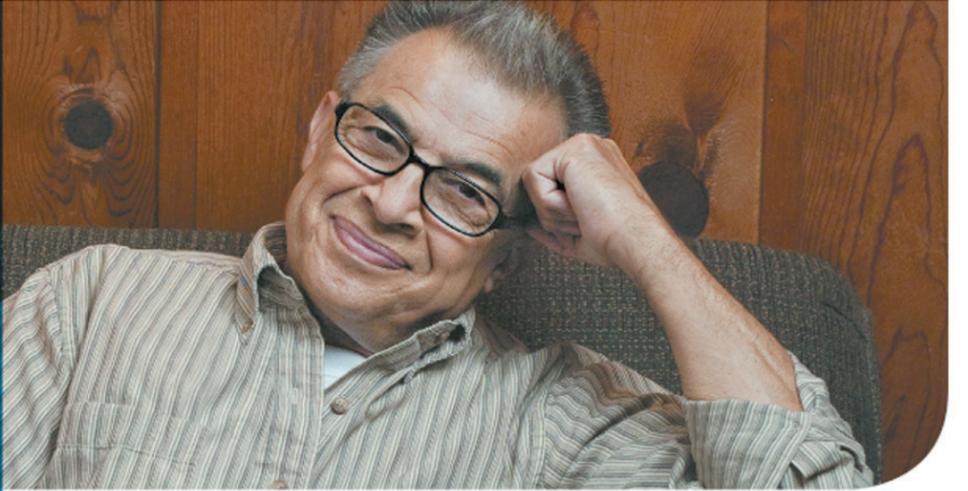
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The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the state Medicaid program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. Premiums, co-pays, co-insurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details.