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Story on Page 8

July 2015
Vol. 29, No. 7

Taking Care

How to Combat Summer Cabin Fever

by LISA M. PETSCHÉ

When we think of summer, we usually envision spending plenty of time outdoors, at home and visiting at friends, homes as well as in parks and other public places.



Lisa Petsche

Unfortunately, allergens, poor air quality, intense heat, rain showers and thunderstorms can end up keeping us indoors more often than we would like.

The following are some ideas for warding off cabin fever for you and the person you care for, when the weather is less than favorable.

Ideas for Enjoyment

- Prepare or purchase special summer treats to enjoy – for example, lemonade, iced tea, strawberry shortcake and blueberry pie.
- Buy colorful, acrylic dishes and matching placemats for serving food and beverages. You don't need to spend much: check out the

offerings at the local dollar store or discount department store.

- Snack on fresh fruit and vegetables from your garden or the local farmers, market. Or pick up pre-sliced, ready-to-serve watermelon, pineapple and other refreshing offerings in your supermarket's produce section.
- Enjoy ice cream novelties, such as popsicles and ice cream sandwiches, purchased in bulk from the grocery store or individually from the local convenience store. Or make your own ice cream floats and sundaes.
- Order take-out food for a change of cuisine. Try something different, but not too heavy, such as an apple pecan chicken salad, for example.
- Bring a bit of nature into your home: nurture some plants, keep vases filled with flowers from your garden or buy fresh flowers.
- Burn candles with novel summer scents, such as raspberry lemonade and peach Bellini.
- Read a magazine about a favorite summer pastime – gardening or golf, for example.
- Listen to relaxation CDs that

feature your favorite summer sounds – for example, waves lapping at the shore, a babbling brook, a waterfall, birds or other wildlife.

- Look through photo collections or watch home movies from past summers. Reminisce about family traditions, special people and places and humorous moments.
- Read a new book or reacquaint yourself with an old favorite you have on hand.
- Start a daily journal.
- Watch a summer-themed movie.
- Try out a new recipe.
- Work on a jigsaw puzzle or word puzzles.
- Play card games or board games together. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings on the market. For even more fun, invite friends over for an afternoon or evening of games and socializing.
- Start a new hobby, such as sketching or scrapbooking, or revive an old pastime – for example, knitting or crocheting.
- Get a bird feeder and seed, binoculars and a bird watching guide.
- Go to the mall, even if you're not looking to buy anything. Window shopping and people watching can be enjoyable pastimes. Have a snack or a meal while you're there.
- Plan an outing to a favorite restaurant or an indoor concert or play. Take a taxi – or book accessible transportation if necessary – to ensure door to door service.

Accomplishment, especially when it involves tackling long-postponed projects, brings satisfaction and a sense of renewal. Involve the care receiver as appropriate.

Some ideas for projects

- Organize your collection of photos, music or movies.
- Do some de-cluttering around your home (kitchen drawers, closets, spare rooms, basements and attics are typical hot spots). Pack up unwanted items for donation to a local charity.
- Organize paperwork – bills, medical documents and so on – in portable file boxes or three-ringed binders equipped with dividers.
- Rearrange the furniture in one or more rooms, or swap furnishings and accessories among rooms. Or start planning a major room redecorating or home renovation project.
- Make an extra effort to look after your health, including exercising regularly – good for both your physical and mental well-being. A stationary bike or treadmill is a good choice – you can use it year-round, regardless of the weather.
- Research community support services, including respite care options, and begin to take advantage of them. Information can be obtained from the local office on aging.

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

Practical Activities

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.

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 *Lakelifé* 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.

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June 19th declared Philip Morsberger Day in Augusta by Mayor Hardie Davis

Special to *Senior News*

In a stirring mayoral proclamation recognizing one of Augusta's favorite adopted sons and leading artists, Mayor Hardie Davis declared Friday, June 19 to be Philip Morsberger Day as a way of celebrating all that Morsberger brings to this community.

On the release of the proclamation, Mayor Davis noted that, "It is not just his gifts as a great painter and fine teacher that has benefited Augusta so greatly, it was his decision to remain here after his term as the William S. Morris Eminent Scholar in Art at Augusta State University (now Georgia Regents University) ended, working among us and representing Augusta brilliantly elsewhere that has really identified him as a favorite son. Whether adopted or not, he is a great Augustan and a wonderful ambassador for our city. We take great pride in his continuing presence here."

Philip Morsberger

Morsberger, a native of Baltimore, Maryland, was educated at the Maryland Institute College of Art in Baltimore, Carnegie Institute



in Pittsburgh, Pennsylvania, and the Ruskin School of Drawing at the University of Oxford in England. He has taught all over the United States – at Harvard University, Dartmouth College, the University of Miami in Oxford, Ohio, the University of California, Berkeley, and the California College of Arts and Crafts, to mention just a few. For thirteen years, he devoted himself to leadership of The Ruskin School of Drawing, his alma mater, where he served as the Ruskin Master of Drawing and led its development to international renown as a full-

fledged, degree-granting college within the University of Oxford.

He and his wife Mary Ann moved to Augusta in 1996 in retirement when he was named the Morris Eminent Scholar in the Visual Arts, a prestigious endowed professorship at Augusta State University. He held the post until 2001. Despite many opportunities to decamp, he elected to remain in Augusta where he has maintained his home and studio ever since. He has exhibited frequently over the past fifteen years, both nationally and internationally. His work is represented in numerous museum and corporate collections in the United States and England, as

well as dozens of private collections worldwide.

In closing his proclamation, Mayor Davis noted that Morsberger's presence in this community is a "continuing gift to Augusta and its residents" and lauds him as a "vital contributor" to the city's culture.

Morris Museum director Kevin Grogan, noting this occasion with pleasure, has announced that in recognition of Philip Morsberger Day and in honor of Morsberger, who once served on the museum's board, admission to the Morris Museum will be free to all visitors on Friday, June 19. He declared, "No public institution anywhere has enjoyed the support of such a staunch and abiding friend as the Morris Museum has had in Philip Morsberger. We share in the mayor's salute and wish him all the best."

The Morris Museum of Art, the oldest museum in the country that is devoted to the art and artists of the American South. The museum's permanent collection of five thousand works of art, dating from the late-eighteenth century to the present, represents every aspect of the region's visual culture. For more information about the Morris Museum of Art, visit www.themorris.org or call 706-724-7501.

Do you love art? Love talking about art?

Then consider becoming a Museum Docent!

Special to *Senior News*

Docents are an integral part of the Morris, leading tours to more than four thousand individuals a year. The museum's current fifty-member corps is ready for new associates to help with the steady

increase in demands for tour services. As a result, we are currently accepting applications for the 2015 new docent class. The intensive twelve-session training module beginning in August prepares volunteers to serve as museum ambassadors and lead interpretive tours to visitors of all ages. Candidates must commit to one year of service following the training. No prior experience is required. Call 706-828-3813 for more information.

Richmond County Retired Educator of the Month

Special to *Senior News*

Bernice T. Sanders retired from Richmond County Board of Education after 22 years of serving in the Special Education Departments of elementary, middle and high school – Hephzibah, Josey, and Butler. Although Bernice retired from Richmond County, she also taught in South Carolina and New York.

Bernice was graduated from Claflin University in South Carolina with a B.S. degree and from South Carolina University with a master's degree.

Widowed with 4 children and 10 grandchildren and 4 great grandchildren, she states, "I enjoyed every minute of my career especially the special education children."



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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.

ONCE UPON A TIME

by Mary Elliott

*Once upon a time, I was at wits end.
You came to comfort me; you were
my friend.*

*Then, as time went on, we became
more,*

I let you in; I opened a door.

*Not the kind of door you walk
through.*

*It's a door to my feelings I opened
for you.*

Will I be sorry I let my feelings out?

*I guess taking chances is what life's
all about.*

*So this is the end of this fairy tale
of mine.*

*This is what happened once upon
a time.*

MY PRAYER

by Paul R. Goniea, Sr.

Dear God...

*I deserve hell, you give me salvation.
How dare I to ask, that you save this
nation.*

*You gave your blood, to sanctify me.
Many have bled for this land, from
sea to sea.*

*Let not your sacrifice, or theirs,
be in vain.*

*Help us, to be on your side, and
always remain.*

*Many of us have wandered, and lost
our way.*

*Correct, lead, and guide us, I
fervently pray.*

*And, may we forever, in your loving
arms, stay.*

THE GOLDEN YEARS

by Dot A. Jones

*Have you ever wondered why they
are called our golden years?*

*Perhaps it's because we are blessed
with the gift of each day. A gift
from God to use in our own way.*

*We have been promised three score
and ten; and, each extra day is a
precious win.*

*We can be happy, smile and give
love to family and friends; or, we
can whine, frown and groan all the
while.*

*These dear gifts are to be treasured
each day, so don't wish the time
away.*

May others look at you and say,

*"She's a beautiful treasure of life
to behold." She is molded in God's
perfect mold.*

*Then when you are called to your
heavenly home, family and friends
will remember a life of gold, years
of beauty and faith untold.*

*Each year remains a golden
treasure. You have used the gift of
the day in a special way. The
golden years are blessing our lives
and dear beyond measure.*

AMERICAN MOTHERS

from The Writings of EMM
aka Elizabeth Magdalene Murray
Poetess

*This poem is written for parents,
grandparents, guardians and anyone
else that has influence in the life of a
child.*

*We are the American Mothers
Giving birth to the free and the
brave
Our seeds sown in the goodness of
God
And may thrive where-ever they lay*

*The young will rest upon our knee
And when older upon our hearts
Their success in life means the
world to us
And a solid foundation is their best
start*

*As the mothers of this nation
We will never cease to share
The bonds of unconditional love to
any child
That lives in physical and emotional
despair*

*We will continue to search for ways
to cure our children's ills
By not allowing an idle mind to
shorten their lives
With bullets and cheap thrills*

*As true mothers, we can never say,
"This child cannot be loved"
For there is nothing that money
can buy
To take the place of just one
sincere hug*

*We light the path that leads
To their prosperity and self-worth
A strong back they'll need
A clear head to heed
And full breasts upon which to nurse*

*The present of love, hope, and glory
Some cherished honors we bear
Blessed with the throne of mother
And ever our duty to care*

*To the Mothers of America
And mothers throughout the earth
Patience and time to listen is forever
giving birth.*

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~ PLEASE VISIT OFTEN ~

Georgia Division of Family and Children Services needs Adoptive Families

Approximately 200 Kids Need Permanent Homes across Georgia

Special to *Senior News*
Atlanta, Ga.

The Georgia Division of Family and Children Services (DFCS) is looking for adoptive families for approximately 200 children in its care. On June 3, DFCS launched a marketing campaign to recruit adoptive parents throughout Georgia for those children who have been permanently separated from their birth families. There is a particular need for “forever families” for sibling groups and teenagers.

Each week for the next six weeks, DFCS will highlight a child or sibling group that is looking for a family in the hopes that not only they will find an adoptive family but that it will also lead to the adoption of other children in foster care. DFCS believes that all children have a right to a family and a safe home of their own.

“Adoptive parent recruitment is an important initiative for the Division of Family and Children Services,” said DFCS Director Bobby Cagle. “We have so many deserving children that can spend years waiting for a family. We hope that by building awareness of the need for permanent families that Georgians will open their hearts and homes to these children.”

The Three K's: Sweet Sisters... Karina, Katelyn and Kansas

Karina, Katelyn (Katy) and Kansas are sisters who enjoy spending time with each other and look forward to becoming part of a permanent family soon.

Sixteen-year-old Karina is an

expressive, outgoing, silly, respectful and funny teen who enjoys shopping, playing tennis, socializing and trying new things. She also enjoys playing volleyball, swimming, cooking, reading, sleeping, playing Monopoly, rooting for the Miami Heat, and watching the movie “Tangled.” Her favorite foods are vanilla ice cream, apples, broccoli and, of course, candy. At

school, she enjoys learning about math and participating in drama class. Karina looks forward to decorating her new room when she gets adopted. When she gets older, she hopes to make a difference for foster children and, possibly, work in the field of criminal justice.

Katy is a smart, outgoing, silly, caring, well-behaved, funny, upbeat, responsible and mature, but sometimes goofy, 10-year-old. Katy strives to do well in all that she does. She is a go-getter who enjoys learning about math, excels in all of her subjects, consistently makes the honor roll and enjoys playing guitar in her music class and singing in the chorus. Katy loves to play cards,



Katy, Kansas and Karina are looking for an adoptive family. They are currently in DFCS care.

especially Go Fish. She also enjoys watching the movie “Frozen” with her sister, participating in gymnastics and volleyball, cheering for the Georgia Bulldogs, playing chess and checkers and watching TV. Her favorite foods are corn, strawberries, ice cream and cake. Katy hopes to someday meet her favorite singer,

Ariana Grande. She also wants to attend law school and become an attorney.

Four-year-old Kansas is a happy, perky, goofy, caring, well-behaved

and lovable little girl who interacts well with her peers and is a pleasure to be around. She enjoys playing outside, learning at school, getting attention and being active. She also enjoys watching the movie “Frozen” with her sister, playing basketball, and watching “Curious George” on TV. Kansas’ favorite foods are corn, vanilla ice cream, grapes, apples and candy. She dreams of having a family.

Karina, Katy and Kansas need a loving adoptive family who will provide them with the attention, support and nurturing environment they need to continue to thrive and reach their goals. For more information about the “Three K’s,” the adoption process and other children looking for an adoptive family, call 877.210.KIDS or visit www.itsmyturnnowga.dhs.gov.

About Georgia Division of Children and Family Services

The Division of Family and Children Services (DFCS) investigates child abuse; finds foster homes for abused and neglected children; helps low income, out-of-work parents get back on their feet; assists with child care costs for low income parents who are working or in job training; and provides numerous support services and innovative programs to help troubled families.

2015 Georgia Golden Olympics dates set

Special to *Senior News*

The 2015 dates for the 33rd Georgia Golden Olympics have been set for September 16-19, 2015. The games will be held in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department.

Information about the games, registration forms and schedules are available at www.georgiagoldenolympics.org. On the website you’ll also find information about volunteering for the event, making a financial contribution and a media kit for use by athletes and others interested in promoting the event. Also, follow the Georgia Golden Olympics on facebook and twitter for additional information and updates.

2014 Georgia Golden Olympics

The 2014 Georgia Golden Olympics was held September 17-20, 2014 in Warner Robins. Over 650 athletes competed in over 20 sports and hundreds qualified for the 2015 National Senior Games to be held in Minnesota.

2015 National Senior Games

The National Senior Games, presented by Humana is scheduled for July 3-16, 2015 in Bloomington/Minneapolis/St. Paul, Minnesota. For more information about the National Senior Games please go to www.nsga.com.

To make a tax deductible contribution to the Georgia Golden Olympics please find more information on the website: www.georgiagoldenolympics.org or send to GGO, P.O. Box 958, Winder, GA. 30680.



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**AUGUSTA/CSRA METRO AREA
Senior Services & Events Directory**

The Senior Citizens Council
4210 Columbia Road, Suite 13A,
Martinez, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org

The Senior Citizens Council is open Monday through Friday for the following services:

- Advocacy Programs Department – including: Caseworker Services - Caregiver Respite, Referral Information and Support (CRRIS); Bill and Money Management (MAP); Senior Health Insurance and Education (SHINE) - the Center for the Prevention of Elber Abuse, Neglect and Exploitation.

- The Senior Corps Department: Foster Grandparent Program (FGP) and Senior Companion Program (SCP) for income-eligible persons age 55 and older who “serve up to 20 hours a week with special needs children or adults.” Call us at 706-868-0120 for complete details. The Retired and Senior Volunteer Program (RSVP) for individuals looking for “fun and rewarding ways to make a difference in the community” or just get out-of-the-house a few hours a month. RSVP recruits individuals age 55 and over for the opportunity to apply their skills, expertise, and experience to help meet critical community needs while meeting other like-minded folks in our community. RSVP pairs talented volunteers with a variety of local nonprofit, health care, governmental, and faith based organizations to assist these groups with meeting the needs of those they serve. Please call us at 706-868-0120 for details on any of our programs or make an appointment for a needed service. Our physical address is 4210 Columbia Road, Suite 13A, Martinez,

GA 30907, Monday through Friday, 8:30 a.m. to 5:00 p.m.

CSRA Senior Centers

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

- Blythe Area Recreation Department Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668

- Carrie J. Mays Recreation Center Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831

- East View Community Center Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302

- HH Brigham Senior Center Heather Kooms; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456

- McBean Community Center Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628

- Sand Hills Community Center Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916

- New Bethlehem Community Center, Inc. Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086

- Bessie Thomas Community Center Jeff Asman; 5913 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 Vaucluse Rd., Aiken, SC 29801; 803-642-7559;
www.aikencountysc.gov/tourism
Courtney Senior Center
49 Roy St., Wagener, SC; 564-5211

- Senior Bingo: 3rd Fri., 2 p.m., Free
- Canasta Club: Wednesdays, 12 noon, Free

- Harrison-Caver Park 4181 Augusta Rd., Clearwater, SC; 593-4698

- Aiken County Recreation Center 917 Jefferson Davis Hwy., Graniteville, SC; 663-6142

- Roy Warner Park 4287 Festival Trail Rd., Wagener, SC; 564-6149

Hearing Loss Association of Augusta

Meetings are held on the 3rd Monday, September-April except for December, at University Hospital, 1350 Walton Way, Dining Rooms 1-3. Social begins at 5:30 p.m. and meeting at 6 p.m. For information on the organization please contact Gayle Tison, President, at http://emptyg3@knology.net.

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community Center, Windsor Spring Rd., Hephzibah. For additional information contact Lion Frank Spinney, President, at 706-592-5618 or Jon Winters at 706-592-9622 or 706-833-0458.

Morris Museum of Art

1 Tenth Street at Riverwalk in

continued on page 7

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EVENTS
from page 6

Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum's website at www.themorris.org.

- Mommy and Me: Mosaic Masterpiece: Thurs., July 2, 10-11 a.m.
- Artrageous! Family Sunday: Hands-On Glass: Sun., July 12, 2 p.m.
- Art at Lunch: Lampwork and Glassblowing: Fri., July 17, Noon. Members, \$10; nonmembers, \$15. Lunch included. Paid reservations by July 15.
- *The Mullet Manifesto* by Roger Pinckney: Thurs., July 23, 6 p.m.. FREE. RSVP by July 14.

Caregiver Support Group

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

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

- Augusta Bel Canto to Perform on the 4th at 1:30 p.m. in the Museum's Rotunda. Free.
- *Infrastructures Under the City*: July's Brown Bag History Series Lecture: Wed., July 8, 12:30 p.m.
- Area Photographers on Exhibit: Exhibit will be displayed through August. Free with admission.

Voices of the Past Museum Theater

- *A Petersburg Boat Pilot*: Sat., July 11, 11:30 a.m., 12:30 & 1:30 p.m.
- *The Other Tubmans*: Sat., July 18, 11:30 a.m., 12:30 & 1:30 p.m.

"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 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 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.

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.

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).

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.

Accordionist Auditions

Accofdionist auditions being held at Brandon Wilde by LaRue Mangelly until July 12. Music reading accordionists are invited to join an all accordion band performing for the community at senior homes, Arts in the Heart of Augusta, and local museum. Call 706-736-6775 to schedule an audition.

Augusta Mini Theatre Community Arts and Life Skills School's 6th Annual Sunshine's Roast and Toast

Thurs., July 16, 7 p.m., Tabernacle Baptist Church Family Life Center, 1230 Laney Walker Blvd., Augusta. Roasting Coach Ronnie Spry. For complete details call 706-722-0598 or visit www.augustaminitheatre.com.

Volunteers needed for GeorgiaCares Medicare Information Program!

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

The CSRA Regional Commission Area Agency on Aging will train volunteers to provide senior health insurance counseling. Volunteers are required to attend two days of training to be fully certified. The training will be held at the Area

Agency on Aging located at 3023 River Watch Parkway, Building 200, Suite A, Augusta, GA 30907.

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

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

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On the Cover

Let's take a trip to Hopelands Gardens in Aiken!

by CAROLYN BRENNEMAN

Photos by Carolyn

COVER:
Beautiful camellias surround Hopelands Gardens

This summer, come on out to a most magnificent area full of beautiful gardens, ancient oak trees, grassy fields, a horse stable and a doll house. Situated right in Aiken, is Hopeland Gardens, and you will get the feeling that you are in a different world when you visit the Gardens.

Right off of Whiskey Road in Aiken, you will see, on the outside a serpentine brick wall that separates the road from the splendors of this park. But enter through Dupree Road and explore the beautiful brick pathways that meander through camellias, magnolias, azal-

eas and various other southern plants. Rows of deodar cedars, tall ancient oaks, and magnolias tower over the main entrance path, where you see flower beds, magnolia trees, some grassy fields, and an old horse stable. From the entrance, many miles of paths lead around the park through a wide variety of environments. Along the way, there are fish ponds, complete with lily pads, fountains, ducks, turtles, a stage, a labyrinth, gazebos, wetlands, the Thoroughbred Racing Hall of Fame, the famous Dollhouse, and the Carriage Museum. There is even a touch-and-feel walkway with Braille signs.

Bequeathed to the City of Aiken by Mrs. C. Oliver Iselin, this estate was opened in 1969 as a public garden. It has some very interesting history. The 14 acre estate was purchased as a farm in 1897 by Mr. and Mrs. Iselin. The

family spent many winters on the land during this period with their daughter. Around the turn of the century, Oliver and Hope Iselin built their winter home here and soon afterwards, Mrs. Iselin began developing the gardens. She desired to create a peaceful haven of beauty, and an atmosphere of tranquility. It is said, that Mrs. Iselin planted the deodar cedars and magnificent live oaks that grace the area today. Finally, in 1970, after her death at the age of 102, Hopelands was bequeathed to the City of Aiken.

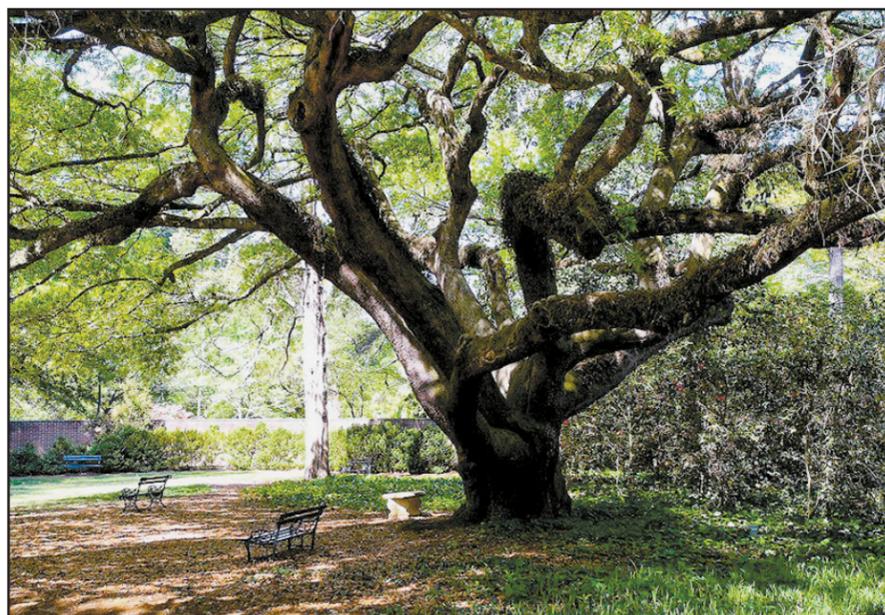
"I love this beautiful landscape and I love walking around the area experiencing the uniqueness of the land and learning about



Peaceful surroundings with ducks



The Path at Hopelands



Beautiful Oak trees

the rich history here," says Mary, a visitor. "I always enjoy strolling through the Gardens as the park is professionally maintained and there is always something seasonal in bloom, and well-placed benches if you want to sit and just enjoy the

view."

It is one of the best public gardens in the area. So come on out this July! For more information about Hopelands Gardens, call (803) 642-7630. It is located at 135 Dupree Place in Aiken, SC 29801.

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