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June is

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Story on Page 8

June 2015
Vol. 29, No. 6

The Power to Protect...

Submitted by Lee Walker, CIRS - A
ADRC Program Manager
CSRA Area Agency on Aging

It's not unusual nowadays to listen to the news or read e-mail as it relates to older persons and those with disabilities encountering abuse, neglect and/or exploitation. While many are aware of this epidemic at a local level, few know where to turn or whom to report to. Obtain in-depth knowledge by attending the Seventh Annual Elder Rights Conference to be held on Thursday, June 18, 2015 at Trinity on the Hill United Methodist Church, 1330 Monte Sano Avenue, Augusta, from 8:00AM to 4:00PM. The theme for this year's conference is "Elder Abuse: How We Empower and Protect Older People and Adults with Disabilities."

Hosted by the CSRA AAA and the CSRA Elder Rights Team, the session will feature keynote speaker Vernon Keenan, Director of the Georgia Bureau of Investigations. Participants will also hear from other legal experts, public policy advocates and social service and medical professionals. Registration is \$20 for retired persons and stu-

dents and \$30 for professionals, congregations, organizations and clergy. Breakfast and lunch are included.

*Checks should be made payable to: CSRA Regional Commission. Mail to: Dina Conklin, 3023 River Watch Parkway, Ste A, Augusta, GA 30907. Cash cannot be accepted through mail.

Powerful Tools for Caregivers...

The CSRA AAA Caregiver Support Program proudly announces the offering of nationally-acclaimed, evidence-based caregiver training program: Powerful Tools for Caregivers. Registration is presently open. The six-week session will be held at KROC Center Augusta, beginning June 2 through July 7, 2015, from 2:00PM to 3:30PM. There is no charge for the completion of a minimum of four of the six classes. Participants will learn how to reduce personal stress, improve self-confidence, make tough decisions, balance commitments, deal with difficult feelings and challenging situations, take better care of self and loved ones and gain considerable information about community resources. Registration is required preferably by e-mail to

jadams@csrarc.ga.gov or phone message with name, address and contact number to 706.650.5654.

Equipping Caregivers to Thrive...

While caregiving can be rewarding and a means of "giving back," it can sometimes be a daunting task. One, however, does not have to face this journey alone.

Join other caregivers and gather tools to help you better cope with the stress associated with caregiving during the Annual Caregiving Resource Symposium to be held at Warren Baptist Church, 3203 Washington Road, Augusta, on Thursday, July 23, 2015 from 9:00AM to 12:00PM. A variety of vendors and speakers will offer information pertaining to Medicare, durable medical equipment, dementia, successful aging and much more. No registration is required. For more information, contact Janice Adams at 706.650.5654.

Think on These...

As an Area Agency on Aging, our mission is to promote dignity, safety, independence and accessibility for seniors and individuals with disabilities. In doing so, we strive to ensure that they, along with their caregivers, receive valuable infor-

mation to maintain healthy and happy lives in their own homes and communities.

As a result, we invite you to "think on these" resources:

- In-home care to include private pay options: Area Agency on Aging, 866.552.4464 or 706.210.2018
 - Food distribution programs: Golden Harvest Food Bank, 706.736.1199
 - Durable Medical Equipment: Friends of Disabled Adults and Children (FODAC), 866.977.1204 or 770.491.9014 or Walton Options for Independent Living (Star Network), 706.724.6262
 - Devices for hearing impairment to include regular and braille TTY machines, amplified and speech-aided phones: Georgia Telecommunications Equipment Distribution Program or Georgia Council for the Hearing Impaired, 800.541.0710 or 404.292.5312
 - All aspects of blindness: American Council of the Blind, 800.424.8666 or 202.467.5081
 - Free tax assistance (state and federal returns): Tax Aide Program (AARP Georgia State Office), 888.227.7669 or 866.295.7281
- Need more? Don't "think twice." Call 866.552.4464 or 706.210.2018.



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theledges@comcast.net




AGENCY ALERT: Elder Abuse: The Problem... The Impact of Elder Abuse and Prevention Strategies

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

Elder abuse and neglect is defined as intentional actions that causes harm or creates a serious risk of harm (whether or not harm is intended) to a vulnerable elder by a caregiver or other person who stands in a trust relationship to the elder including the failure by a caregiver to satisfy the elder's basic needs or to protect the elder from harm.



Kathleen Ernce

Signs of elder abuse may be missed by professionals working with older Americans because of lack of training on detecting abuse and the elderly may be reluctant to report abuse themselves because of fear of retaliation, lack of physical and/or cognitive ability to report, or because they don't want to get the abuser (90% of whom are family members) in trouble.

The impact of abuse, neglect, and exploitation has a profound fiscal cost. The direct medical costs associated with violent injuries to older adults are estimated to add over \$5.3 billion to the nation's annual health expenditures, and the annual financial loss by victims of elder financial exploitation were estimated to be \$2.9 billion in 2009, a 12% increase from 2008 – the latest statistical data.

Public awareness efforts, communication tools for promoting or improving health and well-being, and changes in services, technology, regulations, and policy are often necessary to completely address a health or social problem. However, communication alone can: Increase knowledge and awareness of an abuse issue, and identify possible solutions while strengthening organizational and social relationships; Influence perceptions, beliefs, and attitudes that may change social norms; Demonstrate or illustrate healthy life skills; Refute myths and misconceptions; and Reinforce knowledge, attitudes, or behavior.

On June 18, 2015 YOU have the opportunity to learn more about elder abuse and how to empower and protect seniors and individuals with disabilities by attending the 7th

Annual Elder Rights Conference. The conference begins at 8:00 a.m. with refreshments and visits with conference sponsors and will end at 3:00 p.m. with a discussion of developing local resources, options, and strategies to empower and protect these vulnerable individuals.

The conference is co-sponsored by many local and state-wide organizations and agencies, including the CSRA Regional Commission Area Agency on Aging and the CSRA Elder Rights Team. Costs and registration information may be obtained by calling 706-210-2000. This will be an exciting event and one that will increase your knowledge and may have a life saving benefit.

As always, should you have questions or comments about this article, please call me at 706-868-0120.

The Next Chapter

Recommendations by
ANNE B. JONES, PhD

- *Sweeter Roots*; Lyn Froehlich, Froehlich, 2015
- *The Whites*; Harry Brandt, Henry Holt, New York, 2015

Lyn Froehlich's specialty is adding unexpected ingredients to change old standard recipes into gourmet. In *Sweeter Roots* she shares her expertise and cooking secrets in a beautiful cookbook. Its cover, a masterful still-life of vegetables painted by its Georgia author/artist, hints at the fresh and inviting concoctions within. The work is an example of Froehlich's talents in both painting and the culinary arts, but *Sweeter Roots'* succulent recipes are also accompanied by Joshua O'Neil's richly rendered photography.

Self-described as having cooking in her DNA, Froehlich admits to a craving for intense flavor with its accompanying inviting aromas. Freshness and quality are her mantra as she provides desirable dishes ranging from Sweet Cornbread to Grand Marnier Soufflé. She developed her competency and passion with her mother as her muse. "I grew up in a home where we ate around the seasons. The desire to eat, healthy along with being a vegetarian, have given me the desire to be creative with incorporating fresh fruits and vegetables." Examples include Blueberry Oatmeal Pancakes, Cherry Almond Banana Muffins and Gorgonzola Potatoes. Her French Onion Soup is especially intriguing, containing a teaspoon of Dijon Mustard and 3/4 cup pale ale or stout beer. The recipes are inviting and worth the extra time it may take to prepare

them.

Readers can learn more about Lyn Froehlich and her recipes at www.sweeterroots.com. A former technology professional and missionary, she teaches at Brenau University in Gainesville, GA., is married to an anesthesiologist (Jim) and has two children (Stephanie, an ICU nurse, and Jake, a college student).

Known for eight previous novels, including *Clockers*, Richard Price assumes the pen name Harry Brandt for his latest release, *The Whites*. A police procedural with an ethically questionable edge, the plot revolves around a fatal shooting at Penn Station. But, this work is much more than a whodunit. The story is as much about the dynamics and changes that affect those who work in law enforcement as it is about catching killers. The book's title, *The Whites*, is a term that refers to those who have slipped through the cracks in the criminal justice system, those who not only get away but haunt their pursuers with unrelenting perseverance. These are the elusive cases that leave a poisonous residue that eats away at a cop from the inside out; the cases that can affect the life of the pursuer as much as the life of the pursued.

The novel's main character is Manhattan Detective Billy Graves, a man whose marriage and family is threatened by his wife's long-held secrets. Adding complexity are the stories of his comrades from earlier days. Case by case scenarios provide insight into the demons besieging each of them. They, too, hold secrets, secrets that test not only Billy's friendship but his loyalties.

Brandt has captured the essence of police life, the ins and

outs of day and night routines, the wear on body and soul. Gifted with an uncanny grasp of "cop talk," he seasons the novel with sizzling dialogue. The book grips reader attention while interweaving a number of subplots, realistic in their portrayals and the issues

they raise.

You may contact Anne at annebjones@msn.com... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).

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Senior NEWS

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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.

SLEEP ON SILENT AMERICA
by Dot A. Jones

Silent Americans will awake one morning to a different beat and wonder what happened while they were asleep.

Many heard a great change was coming to our nation, so they went to the polls in droves to vote, while silent America stayed home and groaned.

Now, the silent Americans are told to be politically correct and keep quiet, it's the right way to go, no matter the woe.

Silent America has kept quiet too long. They are finding the way is set. They are told what they want for our nation is all wrong.

The third world and other countries are laughing at us. We gave them so much of our money we are "bust." In time,

we could be one of them. The promised change is coming for sure. Sleep on America, if that's what you want.

Silent America, awake before it's too late and we reap our fate for not standing up. Don't wait!

There's still hope, a tiny flame to ignite. Influence good leaders to enter the race and get out and vote, don't hesitate. All Americans, who really care, can make a change to show that the right goals across a great nation will roll.

Wake up silent Americans. Cherish our freedom and America can have another "INDEPENDENCE CELEBRATION."

FREE WILL

by Paul R. Goniea, Sr.

God offered me a snow white gown.

I laughed at Him... and turned it down.

I put on filthy rags, and followed the crowd.

And, left Him to wear a blood stained shroud.

He's given Himself... and given us Grace.

We give Him nothing... but dis

grace. He's picked us up, and wiped off our tears. We knocked Him down, and spat in His face.

God shows me how... but I run amuck.

He gives me Grace... and I call it my luck.

Did God offer you a snow white gown? Did you laugh at Him... and turn it down?

Put on filthy rags and followed the crowd?

And, leave Him to wear a blood stained shroud?

The crowd is on the broad road to destruction.

Jesus offers a narrow way.

Turn down our Savior, for Satan's seduction.

Embrace black or white, there is no gray.

We have a choice... and we choose today.

We can wear His white gown.. or just walk away!

GOD'S UNFAILING LOVE
by Henry Newton Goldman

He hears me, times at night I pray, And in morn's quiet dawn. His love embraces me through day, And all my fears He calms.

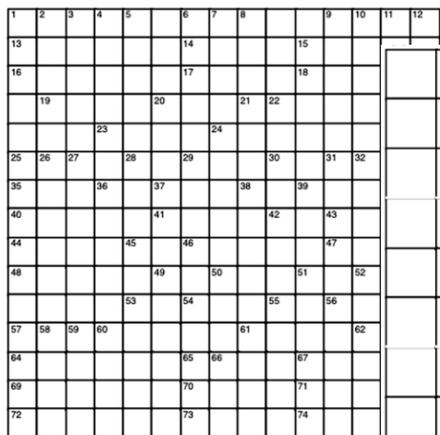
Each wayward path I sometimes take, His love will beckon me, To turn from sin's destructive wake, And from these paths to flee

If sorrows of this world besiege, In some sad hour of day, For love of me, He will not leave, For long these sorrows stay.

When often thoughts of doubt assail, And I lose sight of Him, His love will catch me, without fail, And draw me back again.

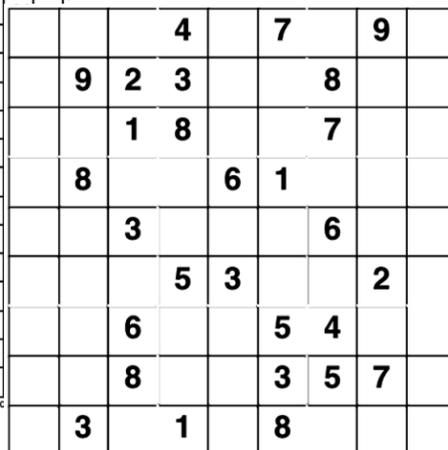
The times my world is dark as night, And cares are crushing me, His gracious love will lift my fright, And from these cares set free.

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~ PLEASE VISIT OFTEN ~

Taking Care

Is it moving time? Boomers and seniors relocate for many reasons!

by LISA M. PETSCHKE

As people age, and especially if they have one or more chronic health conditions, there's a good chance that at some point their home will no longer suit their lifestyle or their needs. The following are common reasons for relocating.



Lisa Petschke

Reasons for Moving

Freedom – To reduce responsibilities associated with home ownership – particularly property maintenance – to allow more time for recreation and leisure activities, such as engaging in a hobby, spending time with family, volunteering or traveling.

Independence – To offload as many responsibilities of daily living as possible, in order to continue to live independently in spite of decreased physical functioning. People in this situation may wish to eliminate not only property maintenance tasks but also housecleaning, laundering and meal preparation.

Climate – Desire for a moderate climate (not too hot and not too cold), for health and safety reasons or for comfort and convenience – for example, to be able to engage in favorite outdoor activities year-round.

Home design – To increase the accessibility of one's home – specifically, to make it easier and safer to enter and exit, access all

areas and use rooms for their intended purpose. A one-floor, open concept plan is typically desired. Some people (those who use a wheelchair, for example) may need a setting designed for the physically disabled.

Finances – To reduce expenses associated with shelter, including mortgage or rent, property taxes, utilities and maintenance. Another reason some people move is that the cost of home adaptations to improve safety and accessibility is beyond their means or is not a wise investment from a real estate perspective.

Socialization – To increase opportunities for social contact. Specifically, the goal might be moving closer to family members, especially children and grandchildren, or relocating to a community of peers.

Security – To reduce the risk of victimization. For example, those who are anxious about answering the door, leaving their home unattended or coming home to an empty house may experience increased peace of mind living in a gated community with security patrol or an apartment building with a security desk and locked mailboxes.

Community Access – To improve access to shopping and other businesses, medical resources, places of worship and other amenities such as parks and recreation centers. Those with a driver's license who live in the suburbs or a rural area may seek a more central location to reduce travel time.

Those who don't drive – or who anticipate being unable to drive in

the foreseeable future – may desire a home with easy access to public transit or within walking distance of various amenities.

Health – To ensure ongoing health care needs are met. Needs may include one or more of the following: medication management, medical monitoring, a special diet, skilled nursing care, personal care (assistance with washing, dressing and grooming) and supervision or assistance with mobilizing.

Residence Options

There are many possibilities for alternate living arrangements, depending on a person's needs and preferences. Options include: moving in with a relative or friend for companionship and perhaps also practical assistance, and to share expenses; moving to a similar-sized home with a more suitable design; downsizing to a smaller house or a condominium or apartment (some seniors apartments may be geared to income and have disabled units); moving to an adult lifestyle community; and, moving to a long-term care setting such as an assisted living facility or nursing home (also known as a skilled nursing facility).

If you are considering a long-term care residence, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places, and take a relative or friend along for a second opinion.

Planning Ahead

Because a move in mid to late life usually involves downsizing, it's wise, if you anticipate changing residences in the next few years, to begin now to sort through your possessions and sell or give away unneeded items. Typically it takes much longer than expected to go through this tedious and emotion-laden process.

If you intend to relocate in the near future, consider hiring a professional organizer to assist with the paring-down process, or a senior move specialist who can help with everything from planning to setting up in your new residence.

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

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 will be available by early May. The form will be emailed to past participants and mailed to others. Complete information will also be available on the website as soon as final. The website is 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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E.T., Family Caregiver, Florida

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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 Suuport (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 chil-
dren or adults.” Call us at 706-868-
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get out-of-the-house a few hours a
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ty needs while meeting other like-
minded folks in our community.
RSVP pairs talented volunteers with a
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zations 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

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Patricia Strakosch; 3129 Highway 88,
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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
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706-560-1814 or 706-560-2628
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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 Euche 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 Vacluse 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

**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 meet-
ing at 6 p.m. For information on the
organization please contact Gayle
Tison, President, at
http://emptyg3@knology.net.

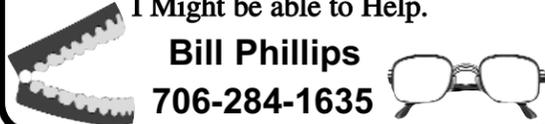
Hephzibah Lions Club
Meets the 2nd & 4th Thursdays, 7
p.m., Jesse Carroll Community
Center, Windsor Spring Rd.,
Hephzibah. For additional informa-
tion contact Lion Frank Spinney,
President, at 706-592-5618 or Jon
Winters at 706-592-9622 or 706-833-
0458.

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.
• Trip to the Steffen Thomas
Museum: Tues., June 9
• John Mellencamp Performance:
Sat., June 20, Bell Auditorium (call
Blake Leverett at 706-838-3803 for
continued on page 7

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EVENTS
from page 6

details)
• Mommy and Me: Mosaic Masterpiece: Thurs., July 2, 10-11 a.m.

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

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

Augusta Museum of History
560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.
• *Resisting Sherman: A Confederate Surgeon's Journal and the Civil War in the Carolinas, 1865:* Tues., June 9, 4-5:30 p.m.

Voices of the Past Museum Theater
• *A Petersburg Boat Pilot:* Sat., June 6, 11:30 a.m., 12:30 & 1:30 p.m.
• *The Other Tubmans:* Sat., June 13, 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 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.

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 wel-

come. 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.

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

Phinzy Swamp Events
706-828-2109

Find Your Voice
Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

DBSA (Depression Bi-Polar Support Alliance)
Meets the 3rd Tues. of every month at 6:30 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details or the Friendship Center (see Augusta phone book for number).

Pieceful Hearts Quilt Guild
Meets on Monday nights, 7-9 p.m., and Thursday mornings, 10 a.m.-2 p.m., at St. Bartholomew's Episcopal Church, Martintown Rd., North Augusta. For details call 803-279-6456 or 706-790-4975.

Augusta Chapter Of The Embroiders' 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.

Heritage Day... Visions of the Past
June 13, 9 a.m.-4 p.m. Presented by The William Harris Homestead Foundation, Inc., 3636 Georgia Hwy. 11, Monroe. For details visit www.harrishomestead.com.

Hope in Parkinson's!
Fri., May 15, 9 a.m.-noon, Kroc Center Augusta, 1833 Broad St. Patient oriented, half-day seminar geared toward enabling you to find hope in your fight against PD. Call 706-721-4895.

2015 Georgia Writers Museum Creative Writing Contest
Deadline: August 7. More info: www.georgiawritersmuseum.com.

General Business Directory For Seniors

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On the Cover

June is FINALLY HERE!

by CAROLYN BRENNEMAN

Photography by Carolyn and Blake

COVER:
Wine and Fruit on Oil

Yes, everyone, it's June and the weather is great outside and it's time for some fun family activity! It's time to enjoy our local farm markets, engage in recreational activities and visit some pick your own farms. So let's head on out to one of the pick your own farms or take a short trip to one of our local farm markets for some fun and togetherness.

One of the best places to get information for our outings is at Blake Slemmer's website, www.pickyourown.org. He has a great list of Georgia and South Carolina farms near us where we can pick our own fruit or explore a roadside market where we can get freshly picked fruits and vegetables. Be sure to check out all the exciting and useful information on Blake's website www.pickyourown.org for addresses and phone numbers of the various farms and markets.

Also another, new website by Blake is www.localfarmmarkets.org. So if you are looking for healthy,

fresh food, grown locally there are more options than ever before. This website helps you to find the type of farm market you're seeking in your own local area; whether it is a farm stand, a farm's market, sold from the farm house or just a roadside stand, as long as it is fresh and locally produced. You can find farm markets that grow organically fruits and vegetables and sell other types of produce you will want to try this summer. Blake obtains his listings from a variety of sources such as state agriculture departments, consumers writing in to recommend a market or farm stand, and also the farmer's themselves. Blake told me that he updates and adds listings every day. Not only will we find great farms and market stands in the surrounding area of Augusta and Aiken, we can find locations in any state complete with crop calendar listings.

Berry picking or simply visiting one of the roadside markets is a fun family bonding activity that all ages enjoy. One of the most popular pick your own farms is Gurosi's Berry Plantation in North Augusta on Briggs Road where there are rows of strawberries, blackberries, tomatoes, herbs, beautiful zinnias and sunflowers. We can even take a walk down the rows to enjoy the sights and fragrant smells as we pick.

More in the mood to just spend fun together exploring one of the roadside markets? There's the Good Earth, on Davis Road, opened from 8 in the morning to 8 in the evening, where we can get fresh produce such as South Carolina blackberries, strawberries, blueberries, cantaloupes, sweet smelling Edgefield County peaches, as well as zucchini, local silver queen white corn, and a beautiful assortment of plants and flowers. This stand is very popular these days and also displays gor-

geous plants and flowers.

And, of course, in downtown Augusta, there is great variety every Saturday morning at the famous 8th Street Saturday Farmers Market. There are lots of local vendors, great food, fresh berries, and entertain-

ment for everyone. So let's spend some family recreation time and create our summer memories together with our families and friends. Be sure to check out these great tips. Photo of young children is provided by Blake.



Farmers Market on Saturday in Augusta



Sunflower in bloom at the farm



Children enjoying time with grandpa

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