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Story on Page 8

May 2015
Vol. 29, No. 5

Taking Care

Thoughtful Gifts for Caregivers

by LISA M. PETSCHÉ

The contribution of informal caregivers of seniors often goes unrecognized in our society. These unpaid helpers provide practical



Lisa Petsche

assistance and enhance quality of life for ill or frail older adults who might otherwise require placement in a long-term care residence.

Typically, caregivers are spouses or children; many are seniors themselves. The majority are women. The loved ones they care for have physical or mental impairment (perhaps both) caused by one or more chronic health conditions, stroke and dementia being most common.

The caregiver role involves physical, psychological, emotional and financial demands. It is a heavy load, exacerbated by the limited availability of community support services.

But there are rewards for caregivers, too. These may include a closer relationship with the care recipient; increased creativity and assertiveness; increased insight into

their own strengths and limitations; a general increase in compassion for others; re-thinking of values and priorities; learning to live in the present and appreciate the simpler things in life that make it enjoyable. Then, too, there is the satisfaction of knowing they are doing something meaningful.

The caregiving journey can be long, though, and particularly challenging when the elder has heavy hands-on needs, a demanding personality, or cognitive impairment. A variety of emotions may be experienced along the way, including sadness, grief, frustration, anger, resentment, guilt, anxiety and loneliness. Burnout is common, due to the physical toll of caring for someone who is ill and the emotional strain of dealing with the suffering and decline of a loved one.

Thoughtful Gifts:

To show you care, the following are a variety of gift ideas for the caregiver in your life – for special occasions and for no particular occasion (that is, as a nice surprise).

- Booklet of IOUs for one or more of the following: home-cooked meals, baked goods, respite care, household chores or repairs, yard work, chauffeuring, running

errands.

- Answering machine, cordless phone or cell phone.
- Wall calendar with plenty of space for noting appointments.
- Caregiving binder for keeping records and organizing paperwork.
- Membership in a caregivers organization or the non-profit organization associated with their relative's disease (for example, the Alzheimer's Association or Parkinson Foundation).
- Gift certificate for a home healthcare agency, medical supply store or housecleaning service.
- Book of tickets or gift voucher for accessible transportation, if the care receiver is not able to ride in a car, so they can go out together.
- Inspirational book (choose a collection of verses or short stories if the caregiver does not have much time for reading).
- Subscription to a caregiving periodical, or a magazine that reflects an interest (such as nature) or favorite pastime (gardening, for example).
- Decorative journal for recording their experiences, thoughts and feelings, and a high quality pen that glides smoothly.
- Relaxation tapes or miniature fountain.

- Bird feeder and seed, or binoculars for bird watching.
- Hobby or craft supplies.
- Writing paper and envelopes, or a set of all-occasion note cards, along with postage stamps.
- Scented items: hand and body lotion, cologne, bar soap, bath salts or shower gel, drawer sachets, pot-pourri or votive candles.
- Basket of sweets, gourmet coffees and teas, jams and jellies or dried fruit and nuts.
- Gift certificate to a restaurant with takeout and delivery service, a dry cleaner with pickup service or a pharmacy or grocery store that delivers.
- Two tickets to a cultural event so a friend can accompany them and an IOU for respite care.
- For higher-cost items, pool resources with family members or friends.
- Keep in mind that emotional support and your time are the two most valuable gifts you can give a caregiver.

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.



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AGENCY ALERT: *Kudos to the CSRA's Foster Grandparents and Senior Companions*

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

Around the CSRA, one may hear about or see senior citizens wearing red or blue smocks, aprons, or jackets and from time to time you



Kathleen Ernce

may hear them addressed as "Granny" or "Grandpa." You think, "Oh, how sweet, the person speaking is talking to their grandparent" and then you realize clearly that the "Granny or Grandpa

is not related to the speaker!" In fact, these individuals are the CSRA Foster Grandparents and Senior Companions, programs of the Senior Corps Department who are sponsored locally by The Senior Citizens Council.

Just who are the CSRA Foster Grandparents and Senior Companions? These individuals donate hours of service to individuals with special needs (young and old), improving the quality of life for both the volunteer and the client.



Monday, April 13, 2015, four Foster Grandparents and one Senior Companion were honored as Mayor Pauline Jenkins declared April 6, 2015 as the Mayor's Day of Recognition for National Service. These five individuals serve residents of Burke County.

The CSRA Foster Grandparents are aged 55 and older and serve in local Head Starts, area schools, and day care centers to help special needs children with positive educational, social, and overall life skills.

Senior Companions are aged 55 and older and serve in local sheltered day workshops and private homes to provide respite to caregivers and assistance to homebound individuals who need assistance with activities to promote independence.

Senior Corps programs benefit the community, the organization, and the volunteer. Think of what you can do when you give your time to help your community:

Help your community: Know that you are giving your time, talent,

wisdom, and experience to your community and neighbors who need you.

Help yourself: Through service, you can add to the quality and health of your life. Research indicates that volunteers enjoy better health, make new friendships, stay active and involved in the community, and learn new skills.

Make a difference: Be part of a national movement to transform America through the involvement of its citizens.

Save money for the organizations you serve: By donating your time and skills, you help make funds go farther for organizations that address critical needs in your community.

Senior Corps service provides tangible benefits for volunteers. The Foster Grandparent and Senior Companion programs offer modest stipends and other ways to help offset the costs of your involvement. Other benefits include training, insurance, and recognition.

For an application or questions, please contact one of our Volunteer Coordinators at 706-868-0120. We look forward to meeting you!

May is recognized as "Older Americans Month"

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

May is recognized as "Older Americans Month" and brings a fresh burst of excitement to those who strongly support the well-being of seniors and persons with disabilities. As Area Agency on Aging (AAA) staff embraces this year's theme, "Get into the Act," they also prepare to celebrate and recognize the region's volunteers. Packed with great food and fun, the festivity will take place on Wednesday, May 20, 2015 at KROC Center Augusta, 1833 Broad Street, Augusta, from 11:00 a.m. to 1:00 p.m. Themed "The Power of Volunteer Engagement," the event will feature awards in three categories: Provider of the Year, Volunteer Group of the Year and the Clara West Volunteer of the Year. The nomination deadline is Friday, April 17th, at 12:00 p.m.

Registration is \$15 for caregivers, retired persons, students and volunteers and \$20 for professionals, congregations, organizations and clergy.

For details call 706.651.7302 or email: lwalker@csrarc.ga.gov.

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 information 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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Senior Living at its best! Enjoy the quiet gazebo with flowers, horseshoe pit, individual gardening areas, and a community center with planned activities for everyone.

Residents must be 55 and over.

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Serving Augusta & the CSRA

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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.

SPRING

by the Elmcroft Writers Club
Ms. Holley Howard, Club Director

*Spring is charming us again
Pompous flowers, green buds send
Romance shows in every bloom.
Inspiring us to live anew
Nature resurrects the land
God's paintbrush in His hand.*

WHO IS THIS

by Brenda G. Partridge-Brown

*Who is this?
That created the 4 whole world in
six days by the power of his
own hands.*

*Who is this?
That took clay from the earth and
created man by the power of his
own hands.*

*Who is this?
That can speak to the wind and rain
without delay causing a violent
storm to obey!*

*Who is this?
That overpowered a great king and
his host, and departed the red sea!*

*Who is this?
That can order the sun to rule the
day and the moon to rule over the
darkness of night, who gave names
to all the stars, these lesser lights
that shine so bright!*

*Who is this?
That can forgive us of all our sins,*

*with a free gift of grace and mercy
were able to make in in!*

*Who is this?
How would he answer this question?*

I AM THAT I AM

MY BIRTHDAY VILLANELLE
by Nancy Moen

*So quickly have the days gone
slowly by.
Each filled with full stops and
with exclamations.
Some memories rise and shine.
Some sadly sigh.*

*My golden friends and silver,
too, arrived
and colored life with jubilation.
So quickly have the days gone
slowly by.*

*United, yellow roses, children
thrive...
An epic ear filled with
"glad"ulations.
Some memories laugh out loud.
Few sadly sigh.*

*To teach, to write, to love – I
am alive.
I meet each falling leaf and greet
the season.
So quickly have the days gone
slowly by.*

*To think that slowing down is
to survive*

*knows nothing of my grand boys'
incantations.
As memories rise, today, there are
few sighs.*

*The parchment leaves of sixty-seven
arrive.
I'll pen each page a first edition.
So days, go slowly now, not
quickly by
and mostly shine between a few
sad sighs.*

THINKING AT 75
by Ms. Geri Noel

*Sitting in my bed after a stroke,
So I am thinking at 75,
Am I above the waves,
Or am I sinking?*

*I can walk a little,
Still a little weak.
I can talk and write,
But my body is meek.*

*My God, my belief's in you.
My thought then and now,
Will I ever get well.
Please, God, don't let me down.*

*Thanks to my family,
Who was always there.
Thanks to my daughter,
Who gave me the best of care.*

*Thanks to the Church,
To the people who called.
Gave me the strength,
To withstand it all.*

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 volun-

teering 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.

Crossword Puzzles Sudoku Puzzles Informational Articles

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“I tried my sister’s cell phone... I couldn’t hear it.”

Jitterbug is designed with an improved speaker. There’s an adjustable volume control, and Jitterbug is hearing-aid compatible.

“I don’t need stock quotes, Internet sites or games on my phone, I just want to talk with my family and friends.”

Life is complicated enough... Jitterbug is simple.

“What if I don’t remember a number?”

Friendly, helpful Jitterbug operators are available 24 hours a day and will even greet you by name when you call.



Available in Blue and Red.

“I’d like a cell phone to use in an emergency, but I don’t want a high monthly bill.”

Jitterbug has a plan to fit your needs... and your budget.

“My cell phone company wants to lock me in on a two-year contract!”

Not Jitterbug, there’s no contract to sign and no penalty if you discontinue your service.

“I’ll be paying for minutes I’ll never use!”

Not with Jitterbug, unused minutes carry over to the next month, there’s no roaming fee and no additional charge for long distance.

“My phone’s battery only lasts a couple of days.”

The Jitterbug’s battery lasts for up to 25 days on standby.

Enough talk. Isn’t it time you found out more about the cell phone that’s changing all the rules? Call now, Jitterbug product experts are standing by.

The story of the next-to-last person to get a cell phone

(wait for the happy ending).



Okay, I confess. I was probably the next-to-last person in the USA to get a cell phone. I didn’t see the need. For years, when I needed to make a call, there was always a phone booth around. Then one day there wasn’t. Phone booths had gone the way of the typewriter. And I didn’t give up my typewriter until the Millennium. Clearly I’m not big on technology. My motto is: keep it simple.

Cell phones are not simple. You open one up and there are little red and green phone icons, and three dots here, and an envelope symbol there. What’s it all mean? Where’s the dial tone to greet you? Incoming calls are no fun either: when it rings, there’s nobody there when you say: “Hello? Hello?” Is there a step I’m missing in all this? And is this extra step necessary? And what’s up with a phone that works in only one part of the country? Wouldn’t it make sense for all phones to make use of all the towers in the U.S.? Thinking you have phone service and not having it is a scary prospect. Is there any reason to sign a long-term contract to get a cell phone? I’m not buying a house here—it’s a tiny little phone. And why do cell phones have to be so small anyway? You can’t press one number without hitting two or three of them. Something must be wrong with the design of most of them too, since people are always yelling into them. I’d yell too, if I had to pay \$40 or \$50 a month for the few little calls I would make. I can’t imagine who people need to talk to on the phone as they’re walking down the street or standing in a grocery store line. Do they really think they’re that important? I think cell phones are fine in an emergency or a pinch, but don’t expect to find me driving along talking on the phone. I have to ask: Does anyone really need a cell phone that plays music, provides video games,

connects to a computer, downloads and offers 25 other features unrelated to phoning? Not me! I don’t even use call waiting and caller ID at home. The only reason I would ever need a cell phone at all would be for security, like when I’m out in the car and have a problem. Or for emergency 911. Or maybe sometimes just to call my daughter and check in when I’m out and about.

So, how come I’m writing a recommendation for a cell phone? Because I heard about Jitterbug. Jitterbug is incredibly easy. It’s easy to use. It’s easy to see. It’s easy to hear on. It’s easy to talk on. It’s easy to afford. And it’s easy to love, even if you’re formerly a cell phone hater like me. So, if you’re the LAST person around without a cell phone, look into a Jitterbug. Better yet, call them up and they’ll give you all the details (1-888-802-9912). Jitterbug is the cell phone designed for those of us with the good sense to wait for exactly what we need.

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Voice Dial	FREE	FREE
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Events Information
Available at
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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

Academy for Lifelong Learning, USC-Aiken
Information: 803-641-3288

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

Hephzibah Lions Club

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

Morris Museum of Art
1 Tenth Street at Riverwalk in Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum’s website at www.the-morris.org.
• Exhibition Celebration: *Steffen Thomas Rediscovered and Paintings by William Willis*: Thurs., May 14, 6 p.m., \$5
• Art at Lundh: *Steffen Thomas Rediscovered*: Fri., May 22, noon. Preregistration required by May 20. \$10 members; \$14 nonmembers

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

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

Augusta Museum of History
560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.
• Brown Bag History Series: *Healing Hands and Technology*: Wed., May 6, 12:30 p.m.

continued on page 7

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EVENTS
from page 6

Voices of the Past Museum Theater
• *A Petersburg Boat Pilot*: Sat., May 9, 11:30 a.m., 12:30 & 1:30 p.m.
• *The Other Tubmans*: Sat., May 16, 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
Meets in the Ballroom Dance Center, 525 Grand Slam Dr., Evans every Saturday night. Dance lessons from 6:30-7:30 pm; Dance from 7:30-10:30 pm. Admission is \$10.00 guests; \$8.00 Members. 18 years and older. Casual Dress. Alcohol and smoke free environment. web site: christiandances.org; call 762-233-1978; like us on Facebook.

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

AARP Augusta Local 266
There is more to AARP than a newspaper and a magazine. The local chapter meets at the Kroc Center, The Salvation Army, 1833 Broad Street, Augusta. For additional information or to join, call Mrs. Stella Nunnally, Chapter President, at 706-724-0045.

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.

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.

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

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

Augusta Chapter Of The Embroiderers' Guild Of America
Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-

736-5508.

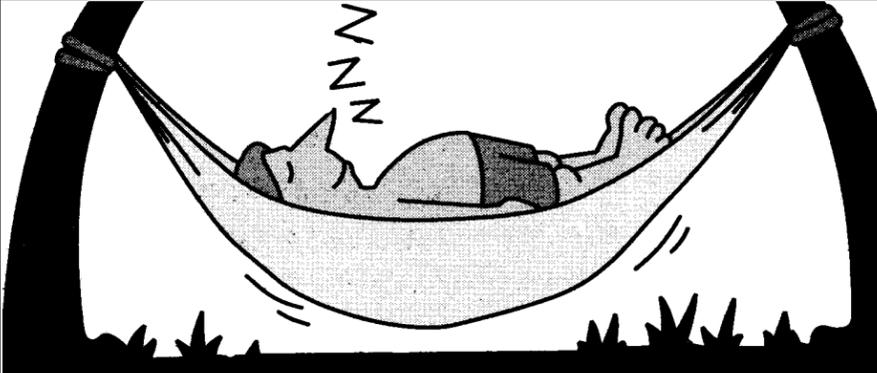
Alzheimer's Caregiver Support Group
Meets 3rd Tues., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 or 706-854-3501.

CSRA Parkinson Support Group
Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

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.

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On the Cover

Now is the time to visit Phinizy Swamp Nature Park!

by CAROLYN BRENNEMAN

Photos by Carolyn

May is a perfect time to take day trip to check out all of the latest events going on at Phinizy Swamp. Located only a few minutes from downtown Augusta, Phinizy has over 1,100 acres of natural beauty. It includes many miles of trails, nature walks, wetlands, streams, swamps, river bluffs, and bottomland forests. There is a visitor's center, a charming picnic pavilion, some educational kiosks, and a caretaker cottage. "We have lived in the area all our lives and finally decided to go out to the swamp and it was unbelievable! The beauty of nature is awesome," says Marianna of Augusta. So let's head on out to enjoy tranquility and beauty of the nature park.

Phinizy Swamp is a great place to take nature walks or view some wildlife. Visitors may get a chance to see turtles or alligators in the water, and perhaps blue herons, or red shouldered hawks in their natural habitat. At the Visitor Center, guests can view many exhibits and get answers to any questions about the swamp by the volunteers at the center who are very helpful and knowledgeable about the area.

Check out the upcoming events. Over the next several months, there are many activities going on at Phinizy Swamp Nature Park that we don't want to miss. With our upcoming pleasant weather, there are guided group tours offered daily, by reservation, for groups, clubs or organizations. The tours will include a leisurely hike of the nature park trails, or we can take a guided golf cart tour, or take a bicycle tour of the wetlands trails. We can even have a tour that includes bird watching.

Upcoming this May there are many activities happening at the park. On May 17th, we can



Beautiful trees in the park

enjoy a guided bike ride through the wetlands trails. We will learn about the variety of wildlife and about the diverse plant life that exists at Phinizy. Or on May 23rd, there is a tour with the aquatic ecologist, and also a tour by a scientist to explore the streams and wetlands. These will exciting events.

Also on the 1st Saturday of every month, at 9:30 am, there is a pleasant nature walk at Phinizy Swamp. The trained volunteers of the Academy lead an hour hike through the park which is for anyone and everyone to enjoy. The group usually consists of anywhere from 10 to 19 people. The hikes are leisurely-paced walks through wetlands, over picturesque trails and scenic outlooks. "Each volunteer leading the hike speaks about the ecological aspects of the park and shows the points of interest," says Margaret, a volunteer at the nature park. So check it out and sign up for one of the upcoming events. Contact the office at 706.828.2109 for more information. Phinizy Swamp is located at 1858 Lock and Dam Road, in Augusta, 30906.



Beautiful flowers at Phinizy Nature Park



Turtle resting on a log



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