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*Story on Page 5*

October 2015  
Vol. 29, No. 10

## Taking Care

# Some advice for helping friends in mourning

by LISA M. PETSCHÉ

**W**hen someone you know loses a loved one to death, you want to reach out, but may feel unsure of what to say or do. Perhaps you have not lost someone close, and it is difficult to appreciate what your friend is going through and anticipate his or her needs.



**Lisa Petsche** Allow me to share some advice:

- Do not agonize over what to say. Keep it simple and heartfelt. For example: "I am sorry," "My heart goes out to you," "I am here for you," or perhaps even "I am at a loss for words." Avoid platitudes such as: "it is for the best," or "You still have a lot to be thankful for."
- Let your friend do the talking and listen attentively and non-judgmentally. Resist the urge to give advice. Be prepared for repetition – this is part of working through grief.
- Accept silence. Sometimes a bereaved person may not feel like talking but would nonetheless appreciate companionship. Remember, too, that body language – a touch of your hand, a pat on the shoulder or a

hug – can also express support and caring often better than words.

- Keep in mind that grief affects people emotionally, spiritually, mentally and physically, and that, although there may be similarities, no two people grieve alike.
- Do not underestimate the pain your friend is experiencing and do not discourage tears or urge him or her to be strong. Do not try to withhold your own tears, either; they are merely a sigh that you care.
- Share memories of your friend's loved one – kind or funny things they did or words of wisdom they shared with you.
- Find a favorite photo of the deceased person, frame it and give it to your friend.
- If applicable, offer to pray together.
- Encourage your friend to practice self-care, getting adequate nutrition, exercise and sleep, and scheduling regular medical checkups, as well as avoiding unnecessary stress.
- Offer to help in practical ways, such as fielding phone calls, preparing meals, running errands or walking a dog. Make concrete offers – for example, "I am going to the grocery store, what can it get you?" – or simply go ahead and do things like deliver a casserole or mow a lawn.
- Many newly bereaved people

experience a spiritual crisis, so do not be alarmed if this happens with your friend. Listen patiently and empathically to doubts and fears. If they persist, encourage your friend to speak with a religious leader.

### After the funeral:

- Continue to stay in touch after the funeral is over. That is when the reality of the loss, with all its implications, sets in and grieving people need support more than ever.
- Do not avoid the subject of the deceased person or mention of their name. It is comforting to the bereaved to know that others still remember their loved one as time goes by.
- Be patient. Some grief saps energy, take the initiative in the relationship, calling and arranging visits.
- Recognize that time lines for healing vary from one person to the next.
- Do not pressure friends into doing things they do not feel ready for, such as sorting through and disposing of a love one's belongings.
- Discourage friends from making

major life changes for a while.

- Encourage friends to seek professional help if they are unable to function in day-to-day life (suggestive of clinical depression), or if they appear to be stuck in one particular phase of grieving (for example, denial or anger).
- Remember special occasions throughout the year that are likely to be difficult: birthdays, wedding anniversaries and holidays, such as, Thanksgiving and Christmas, as well as the anniversary of the death. Call or send a card to let friends know you are thinking about them.
- Above all, keep in mind that bereaved people do not expect friends to provide answers to difficult, often philosophical questions – such as, "why did this happen?" or to take away their pain.
- What they do want and need is the comfort of knowing they are not alone.

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*Lisa M. Petsche is a social worker with many years of experience in grief counseling.*

## Louise DeL'Aigle Time Capsule opened after 75 years

Special to Senior News

**C**ity officials, along with members of the De L'Aigle family, were on hand recently to witness the opening of the time capsule after it was removed from the cornerstone of the sexton building at the entrance to the Magnolia Cemetery.

The contents included a few books from 1940, newspapers from New York and Augusta, correspondence about the construction of the

sexton building, all circa 1940's, and numerous family documents dating to as early as 1794. Historically, a treasure trove of information for the family and special insight into the way people thought and lived over 200 years ago.

The Augusta Museum of History has agreed to create an inventory of the contents of the box and place each item in special protective sleeves for Augusta-Richmond County. The future of the time capsule and its contents is to be determined.

## AARP Foundation Tax-Aide seeks Georgia volunteers for 2016 season

Special to Senior News

**A**AARP Foundation Tax-Aide, the nation's largest free, volunteer-run tax preparation and assistance service, is now seeking volunteers across Georgia to help taxpayers who are seeking assistance preparing and filing their 2015 tax returns.

If you have ever prepared a tax return, even your own, and if you can volunteer during the day, during the week, you might be able to help taxpayers prepare their returns.

Qualified AARP Foundation Tax-Aide volunteers receive free tax training and are reimbursed on a limited basis for qualified program-related expenses. They help taxpayers at sites around the state, learning

new skills while giving back to countless communities. While some tax preparation and computer experience are needed to prepare tax returns, other positions are available which do not require this experience.

"Last year, nationally, our 35,000 volunteers assisted 2.6 million people in preparing and filing their tax returns," said Georgia Recruitment Specialist Helen Lowenthal. "We could not do it without our volunteers, who make an indelible mark on the communities they help."

For more information on how you can join the AARP Foundation Tax-Aide team, visit our Web site at [www.aarp.org/taxvolunteer](http://www.aarp.org/taxvolunteer). AARP Foundation Tax-Aide is offered in conjunction with the IRS.

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# AGENCY ALERT: Need a celebration? Here are several suggestions!

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

**N**ow that fall is in full season, we all may need a reason to celebrate this month. Look no further than the list below.



**Kathleen Ernce**

October 1st: National Homemade Cookies Day – Take a knee, Little Debbie, today we only want our tasty circular treats fresh from the oven. Why not whip up a batch from scratch or visit

your local supermarket and look in the refrigerated section for pre-made dough.

October 2nd: National Name Your Car Day – In case you have not bestowed your wheels with a pet name yet, on this holiday you have no excuses. Don't let the tiny detail of not owning an automobile stop you from celebrating. Since there's no real origin story to Name Your Car Day, there are no rules!

October 8th: Canadian Thanksgiving – Our neighbors to the north have their own day of giving thanks for the harvest, and they beat us to the punch by nearly a month and a half. Canadian Thanksgiving offers a great excuse to gobble down a turkey dinner in the name of neighborly solidarity.

October 12th: International Moment of Frustration Scream Day – Wherever you are, whatever you're doing, just stop and really let it out. We're told you can hear the collective scream from space.

October 15th: Global Hand-washing Day – We certainly scratched our heads a few times about this one, because shouldn't every day be global hand-washing day? Anyone can celebrate, and public health benefits. It's a win-win.

October 16th: National Dictionary Day – Today you may proudly pore over the pages of your Merriam-Webster and Oxford's alike. Celebrate the holiday by learning 20 new words, and impress your peers and colleagues for life. Or at least for 20 minutes.

October 19th: Evaluate Your Life Day – This may seem better suited for post-New Years Eve, but get your existential ducks in a row early this year. Who are you? What do you want? Where do you want to go? Just a few questions to get you started and by January 1, you'll have it all worked out!

October 31st: Mischief Night or as we call it Halloween – A contraction of All Hallows Evening. Typical festive Halloween activities include trick-or-treating attending costume parties, decorating, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing, visiting haunted attractions, playing pranks, telling scary stories and watching horror films.

Happy Fall to all!

# Gifting Clubs are Pyramid Schemes!

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

**B**BBs are again detecting a rise in gifting clubs, groups that manage to convince newcomers that they will receive thousands of dollars if they make a "gift" to participate in a private, invitation-only network.

The clubs go by various names. In prior years, groups were organized under the names of The Airplane, Friends Helping Friends, The Pit Stop and the Original Dinner Club. Today's groups methods are similar. The groups target those with an affinity – such as women's clubs, community groups, church congregations, social clubs and special interest groups. Participants are invited to attend private meetings. While invitees initially may not be asked to pay any money up-front, eventually participants are asked to contribute \$500-\$5,000.

The philosophy of charitable giving is often used to draw people in. Organizers may cloak their schemes in religious terms, using the love of God as a sales pitch or employing feel-good words like renewal celebrations. Some clubs are touted as fundraisers for a good cause or as an empowerment program to help people help themselves. However, gifting clubs are nothing more than pyramid schemes that separate people from their money.

Participants put their money into a pool and must find new contributors to keep the pool

growing. Recruits add cash and go out to find more folks. There are typically "levels" of participation that you can rise to as you and your recruits bring in more players. Players who get in early, walk away "winners." However, experience shows that such pyramids always collapse and late-comers lose their entire investments.

The club organizers advise recruits that the operation is legal; it is not. Almost every state has laws prohibiting pyramid schemes and/or assessing penalties on those who participate.

If you are approached to join such a club, the BBB advises you to ask yourself three questions:

- Do I have to make an "investment" or give money to get the right to recruit others into the program?
- When I recruit another person into the program, will I receive what the law calls "consideration" (that usually means money) as a result?
- Will the person I recruit have to make an "investment" or give money to get the right to recruit and receive "consideration" for getting other people to join?

If the answers are "yes," steer clear of the scheme. Never buckle under to high-pressure sales pitches, even when they come from the mouth of a trusted friend, co-worker, neighbor or church member!

For more tips you can trust, visit [bbb.org](http://bbb.org).

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*Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the*

*Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@central-georgia.bbb.org](mailto:info@central-georgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*

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# Senior NEWS

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## 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.

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**AFTER 80 IT'S ALL UPHILL**  
by Juanita Childers

*When I was young and carefree  
I thought my life would forever be.  
I laughed and played and had lots  
of fun  
With no thought the end would  
ever come.*

*Then one day I woke up; I realized  
that life is very short.  
I am now over 80 and my life is all  
out of sorts.*

*I go to the doctor; he prescribes  
another pill.  
He said it will help you relax and  
climb up the next hill.*

*Many friends and loved ones have  
gone on before.  
Soon it will be my turn I know.  
I will keep a smile on my face, as I  
slow down my pace.*

*I will have peace and joy in  
my heart.  
I will keep the faith,  
As I climb the next hill,  
To get to that wonderful place.*

*Then my Lord will take me by  
the hand,  
And lead me to the promised land.  
The problems of life will all be gone,  
As I enter into my Heavenly Home!*  
\*\*\*\*\*

**A TIME TO REMEMBER**  
by Beverly Bryson Norton

*You cry for me,  
But cry no more;*

*For time is knocking at my door;*

*The tears have flowed for many  
days; in hopes that progress with  
my illness would be made;*

*The weeks and months go fleeting by*

*with always new hopes and dreams  
on the horizon;*

*But progress has not yet come;  
although our love remains forever  
firm;*

*Yet, in my heart I still know your  
face, feel your touch, and hear  
your voice tell of sunny days we  
shared along life's way;*

*So cry for me no more; for the worst  
of times have slowly faded away;  
and we can remember and  
celebrate better days;*

*Our love and faith will forever  
remain strong whatever path  
comes our way.*

## "Contaminated Rationale"

by DANIEL W. GATLYN, USN Ret.  
Minister/Journalist

**T**here is nothing wrong in using the term "rationale" – and exercising the same on a regular basis! There is everything wrong when we allow that rationale to become twisted, prejudiced, and contaminated!

Since we are "fleshly mortals," we have the task every hour in combating the tendency to let our feelings take over – of allowing an imbalance to crowd the page (and the judgements) of growing very lopsided in sensible process! And do be advised, a commentary cannot be indiscriminately judged by the amount of academics in the bio!

Such is the recent case of a PHD, spilling an elaborate review on the deficits of death penalties and the intermediate holding patterns!

To begin with, the death penalty for certain crimes (while human interpretations of legalistic jurisprudence varies) Holy Script distinctly spells out the credibility of such – along with the vanities of those same persons who intercepts (and voids) the consummation of such!

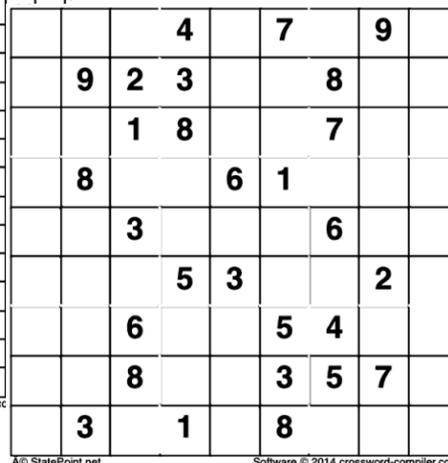
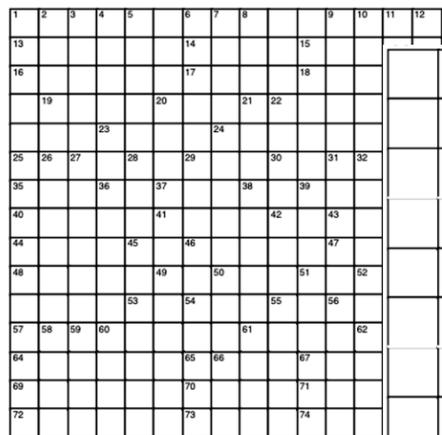
Make no mistake, the business of safeguarding the conduct of mankind, is strenuous, time (and nerve) consuming; and, demands a bravery, constraint, compassion, and mental strength untampered by this planet's pseudo benevolence!

And we would be remiss, not to add that the "holding institutions" contain a host of unthinkable conditions! Some are akin to the Holiday Inn, while others resemble the arena of animal containers; neither of which has the approval of civil beings! While a portion of penal institutions are loaded with plush settings, televisions, libraries, and impressive cafeterias; that is not what the judicial system had in mind for intermediate (or permanent) incarcerations! To spend millions on the comfort of convicted felons is only a ritualistic rationale, and exceeds fair boundaries!

To complain over discomfort is to circumnavigate the reasons for the subject being locked away!

All of the aforementioned circumstances/conditions can (and will be) judged by our readers, and citizens, but to spend volumes describing the unacceptable standards of the prison system and not once referring to the crime committed, the victims who's lives are "no more," of families who live with the absence (and often care) of loved ones, of moral violation, of the emotional stress, and financial burdens laid upon homes, the city, the state, and the federal government, is beyond reasonable comprehension, or justification! Face it squarely – the convicted are there to pay a penalty! Most are there as a consequence of personal choice! You may not like it – you may not agree – you may hurt for them! And we take note! And, Yes, mistakes are made! Life is filled with error! Change the system, if you will! But in the interim, follow a sensible rationale! And build upon your own credibility!

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~ PLEASE VISIT OFTEN ~

*On the Cover*

# So much to do at our local library!

by CAROLYN BRENNEMAN

**D**id you know that here in our own Augusta, we can engage in many free programs and services through our local libraries! Both of our two main libraries, the Columbia County Library in Evans and the Richmond County Library in downtown Augusta are such beautiful libraries and great places to relax, read, engage in several different programs and events, or visit the surrounding outside areas.

If you want to visit, head on over to the Evans Library and explore the lower level where stacks of books, DVDs, videos, magazines, books on tape and computers are available for everyone. Or take a lounge chair and enjoy looking at the gorgeous outside surroundings with a playground, several benches, a grassy field, a walking trail, and plentiful plants and flowers. The surrounding area outside the library is pleasant and serene and we highly recommend coming here even if it is just to relax and enjoy the view.

Then there is the Richmond County Library which was completed a few years ago and is located downtown Augusta. It is a state of the art library with several floors, plenty of reading areas, computers, community classes and

monthly events.

Our local libraries offer fantastic services to seniors, adults, teens and children. Different libraries offer many different types of programs for adults including gardening classes, fitness classes, computer classes, and have community events.

At the Richmond County Library, we can get free blood pressure and sugar checks at the library every 2nd Wednesday of the month from 10 am to 12 pm. There are chess clubs, book clubs, genealogy clubs and even American sign language classes. Want to learn Spanish? We can join the Spanish Conversation Group at the Richmond Library every Wednesday from 6 pm to 7:30 pm. Into a fitness class? We can try Refit – a cardio dance fitness program designed to engage the body and soul in a community centered program focused on building relationships as well as promoting health and fitness. The classes are an hour long, free and designed for participants to learn movements designed for beginners' fitness. Check out [www.refitrev.com](http://www.refitrev.com) to find out more information.

Want to study about the Middle Ages and the Renaissance period? Then we can join SCA Society for creative anachronism, a not-for-profit educational organization about the study of fencing, archery, and handicrafts. Participants even dress up and do re-enactments for the period from 600 to 1600 period. How fun is that! For more information email Stacey Berg at [baronessaldis@gmail.com](mailto:baronessaldis@gmail.com).



Columbia County Library in Evans

And naturally, there are the free computer classes at each of the library branches, each with their own schedule. Call up your library right away and get signed up for these classes, as they fill up quickly. So let's all discover and utilize one of our richest resources around – our local library. So rush over to your own branch and sign up for the services you will enjoy!



Seniors learning computers



Take a class in chess



Richmond County Library in downtown Augusta



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

**AUGUSTA/CSRA METRO AREA Senior Services & Events Directory**  
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**The Senior Citizens Council**  
4210 Columbia Road, Suite 13A,  
Martinez, GA 30907; 706-868-0120  
[www.seniorcitizenscouncil.org](http://www.seniorcitizenscouncil.org)

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

- Advocacy Programs Department – including: Caseworker Services - Caregiver Respite, Referral Information and Support (CRRIS); Bill and Money Management (MAP); Senior Health Insurance and Education (SHINE) - the Center for the Prevention of Elber Abuse, Neglect and Exploitation.
- The Senior Corps Department: Foster Grandparent Program (FGP) and Senior Companion Program (SCP) for income-eligible persons age 55 and older who “serve up to 20 hours a week with special needs children or adults.” Call us at 706-868-0120 for complete details. The Retired and Senior Volunteer Program (RSVP) for individuals looking for “fun and rewarding ways to make a difference in the community” or just get out-of-the-house a few hours a month. RSVP recruits individuals age 55 and over for the opportunity to apply their skills, expertise, and experience to help meet critical community needs while meeting other like-minded folks in our community. RSVP pairs talented volunteers with a variety of local nonprofit, health care, governmental, and faith based organizations to assist these groups with meeting the needs of those they serve. Please call us at 706-868-0120 for details on any of our programs or make an appointment for a needed service. Our physical address is 4210 Columbia Road, Suite 13A, Martinez, GA 30907, Monday through Friday, 8:30 a.m. to 5:00 p.m.

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**CSRA Senior Centers**  
Over 60? Enjoy socializing, parties,

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

- Blythe Area Recreation Department Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668
- Carrie J. Mays Recreation Center Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
- East View Community Center Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302
- HH Brigham Senior Center Heather Kooms; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
- Sand Hills Community Center Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
- New Bethlehem Community Center, Inc. Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center Jeff Asman; 5913 Euchee Creek Dr., Grovetown, GA 30813; 706-556-0308
- Burke County Senior Center Jackie Brayboy; 717 W. 6th St., Waynesboro, GA 30830; 706-437-8007
- Glascock County Senior Center Anita May; 568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050
- Grovetown Senior Center Jennifer Thomas; 103 W. Robinson Ave., Grovetown, GA 30813; 706-210-8699
- Betty Hill Senior Citizens Center Cathie Birdsong; 330 Waters Work Rd., Sparta, GA 31087; 706-444-7532
- Harlem Senior Center Tina Sidener; 405 B West Church St., Harlem, GA 30814; 706-449-8400
- Jefferson County Senior Center Marie Swint; 209 E. 7th St., Louisville, GA 30434; 478-625-8820
- McDuffie Senior Center Melinda Hill; 304 Greenway St., Thomson, GA 30824; 706-595-7502
- Jenkins County Senior Center Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213
- Lincoln County Senior Center Pam Parton; 160 May Ave., Lincolnton, GA 30817; 706-359-3760
- Sylvania Senior Center

- Cathy Forehand; 209 E. Ogeechee St., Sylvania, GA 30467; 912-564-7727
- Taliaferro County Senior Center Allene Oliver; 119 Commerce St., Crawfordville, GA 30631; 706-456-2611
- Warren County Senior Center Gwanda Murray; 48 Warren St., Warrenton, GA 30828; 706-465-3539
- Washington County Council on Aging Jane Colson; 466 Maurice Friedman Rd., Sandersville, GA 31082; 478-552-0898 (Mon., Tues, and Thurs.) 478-552-0013
- Wilkes County Diana Hall; 108 Marshall St., Washington, GA 30673; 706-678-2518
- Shiloh Comprehensive Community Center Elizabeth Jones; 1635 15th St., Augusta, GA 30901; 706-738-0089 \*\*\*\*\*

**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 Vaulcluse Rd., Aiken, SC 29801; 803-642-7559;  
[www.aikencountysc.gov/tourism](http://www.aikencountysc.gov/tourism)  
**Courtney Senior Center**  
49 Roy St., Wagener, SC; 564-5211  
• Senior Bingo: 3rd Fri., 2 p.m., Free  
• Canasta Club: Wednesdays, 12 noon, Free  
**Harrison-Caver Park**  
4181 Augusta Rd., Clearwater, SC; 593-4698  
**Aiken County Recreation Center**  
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142  
**Roy Warner Park**  
4287 Festival Trail Rd., Wagener, SC; 564-6149 \*\*\*\*\*

**Augusta Area Libraries**  
**Headquarters Library**  
706-821-2600; TTY: 706-722-1639; 823 Telfair St, Augusta, Mon-Thu, 9-9; Fri-Sat, 9-5:30. Sun, 2-5:30  
• GED Classes. Every Tuesday & Thursday @ 5:30 p.m. Please register in class with the Instructor. A PINES Library Card Required!  
• ESL. English as a Second Language. Every Tuesday 6:00– 7:30 p.m. Instructor: Nicky Garity. No Registration Required

**Talking Book Center**

706-821-2625; 823 Telfair St., Augusta, Mon-Fri 9-5

**Augusta-Richmond Co. Branches**

- Appleby Branch Library**  
2260 Walton Way, Augusta, 706-736-6244; Mon, 9-7; Tue-Fri, 9-5:30; Sat, 10-5:30
- Diamond Lakes Branch Library**  
101 Diamond Lakes Way, Hephzibah, 706-772-2432; Mon & Wed, 9-8, Tue, Thu & Fri, 9-5:30; Sat. 10-5:30
- Friedman Branch Library**  
1447 Jackson Rd, Augusta, 706-736-6758; Mon & Wed, 9-8; Tue, Thu, & Fri, 9-5:30; Sat. 10-5:30
- Maxwell Branch Library**  
1927 Lumpkin Rd, Augusta, 706-793-2020; Mon, Wed, & Fri, 9-5:30; Tue & Thu, 9-8; Sat, 10-5:30
- Wallace Branch Library**  
1237 Laney-Walker Blvd. Augusta, 706-722-6275; Mon & Wed, 9-5:30; Tue & Thu, 9-8; Fri-Sat, 12:30-5:30
- Burke County**  
**Burke County Library**  
130 Highway 24 South, Waynesboro, 706-554-3277; Mon, 9-8; Tue-Fri, 9-6; Sat, 9-1
- Midville Branch Library**  
149 Trout St., P.O. Box 428, Midville, 478-589-7825; Mon & Wed, 12-6; Fri, 10-6
- Burke County**  
**Sardis Branch Library**  
750 Charles Perry Ave., P.O. Box 57 Sardis, 478-569-4866; Mon & Wed, 12-6; Fri, 10-6
- Columbia County**  
**Columbia County Public Library**  
7022 Evans Town Center Blvd Evans, 706-863-1946; Mon, Tue & Thu 10-8; Wed, Fri, & Sat 10-5; Sun, 2-5
- Euchee Creek Branch Library**  
5907 Euchee Creek Dr., Grovetown, 706-556-0594; Mon-Tue, 10-8; Wed, Thu & Fri, 10-5; Sat, 10-4

continued on page 7

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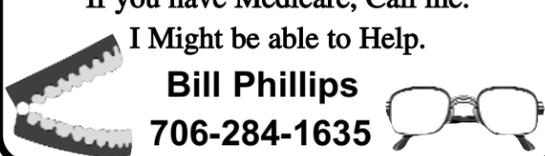
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**EVENTS**  
from page 6

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

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

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

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

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

**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.morris.org](http://www.morris.org).  
• Celebrating the Print.. Print Fair Weekend: Fri., Oct. 16, 5:30-8 p.m. Info and to RSVP: 706-828-3825

**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.

- Glamorous Gown of Centuries Past on Display: Through Dec. In Jan. new gowns will be displayed through June 2016. Exhibit is free with admission.
- Brown Bag History Series Lecture: *A Salute to Teachers*: Wed., Oct. 7, 12:30 p.m.

**Voices of the Past Museum Theater**  
• *A Petersburg Boat Pilot*: Sat., Oct. 10, 11:30 a.m., 12:30 & 1:30 p.m.  
• *The Other Tubmans*: Sat., Oct. 17, 11:30 a.m., 12:30 & 1:30 p.m.

**Lucy Craft Laney Museum of Black History**  
[www.lucycraftlaneymuseum.com](http://www.lucycraftlaneymuseum.com)  
Call 706-724-3576 for events information.

**"Dance with Us"**  
The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our THIRD 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 first time guests we can make arrangements for you to come free.

For more information call Rudy Brostrom, President at 803-442-9337 or visit [www.augustadancing.org](http://www.augustadancing.org).

**Augusta Christian Singles Dance**  
Augusta Christian Singles has exciting dance plans the remainder of the year.

Please save this date in October: October 31st: Halloween Costume Dance with live band "No Matter What" (from North Augusta).

Dances are at 7:30 p.m. with complimentary dance lessons at 6:30 p.m. Admission will be \$10.00 for guests and \$8.00 for members. Light refreshments will be served.

Located at The Ballroom Dance Center, 525 Grand Slam Drive, Evans, GA 30809.

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

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

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

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

**Augusta Area Newcomers Club**  
The Augusta Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out. For information please contact [hospitality@augustanewcomers.net](mailto:hospitality@augustanewcomers.net) or call Susan Salisbury at 706-814-6297.

**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 Embroiderers' Guild Of America**  
Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

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

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

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

# General Business Directory For Seniors

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## The Next Chapter

Recommendations by  
ANNE B. JONES, PhD

• *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*; Marie Kondo; Ten Speed Press, 2014

**T**he *Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* presents a convincing case for living a simplified lifestyle surrounded by a minimum of possessions which provide pleasure. Author Marie Kondo says effective decluttering can only be achieved by taking into account the emotions items evoke. If you're uncomfortable in attire that makes you look fat, get rid of it. Get rid of the guilt you may have for doing so by being grateful for the joy you had, if only during its purchase. By relying on how possessions affect you as a gauge of value, you'll find discarding and sorting an easier process than relying on a thing's original cost. The book speaks to the materialism of western thought in proposing that mental/emotional feelings are more important than clinging to something because of its monetary worth.

Using what she calls the "KonMarie" method, Kondo advocates going through items by category rather than rooms. Starting in the corner of a room and working outward is like comparing apples to oranges. Do I like this lamp? Do I need this pillow? What about these shoes tucked under a chair? Placing all of your sweaters in a row allows you to see how many you have as well as compare how one instills confidence while another makes you feel sloppy. Organizing, on the other hand, must take into account not only what one keeps but its care and arranging. Purchasing more and more plastic bins to hold unused items is not an option. By the time you have completed the "KonMarie" method, you will have only life-enhancing possessions you love that are easily accessible. Because the system works, you'll find you tend to keep things in order and continue the process. Doing so is easier than failing.

While reading this book, I took a firm look at my home. How many times had I experienced frustration because I couldn't find something to wear in a closet jam-packed with clothes? How much time had been lost rummaging through

drawers crammed with more things than needed, some no longer identifiable...an old key for instance, or a stray screw? Would I really repair those things I didn't remember were broken?

I once knew a couple who never took trips. Wealthy, the world lay before them, but their collections were just too valuable. Prisoners of their possessions, they wouldn't leave their home even to make new memories. Remembering this, I thought of the value of memorable items lost in my collections of meaningless junk. How much time did I lose dusting useless things? Moving unused furniture

so I could vacuum? Transferring stacks of paper from one room to another? "Warehousing" files and books no longer relevant?

Carting boxes to the trash and Salvation Army, I focused on things I needed such as replacing a dated, dark bedroom curtain and spread set with one fresh and light. I decided to house a few pair of comfortable shoes rather than a closet of toe-pinching bargains. With a shock, I saw my tendency to buy things on sale had led to more clutter and more expense often with less quality, less satisfaction, and less comfort.

*The Life-Changing Magic of Tidying Up* is presents an approach that values our time and our freedom as it leads us to more fully value ourselves. Results include easier cleaning; stylish and less arduous dressing; lovelier and more pleasing surroundings; more time; and better overall decision-making. Marie Kondo's nickname, "a warrior princess in the war on clutter" is well earned.

\*\*\*\*\*

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

## Three-day "Cooling Off" rule explained

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

**"A** salesman came to my house selling magazines, and I signed up for a long-term subscription that I really do not want or need just to get him to leave. Can I cancel the subscription?"

Better Business Bureaus often hear questions like this from consumers who are not sure of their rights regarding cancelling purchases. Under the Federal Trade Commission's "Cooling-Off" Rule, consumers have three business days to cancel any purchase of \$25.00 or more that was made in the consumer's home or \$130 or more for products sold somewhere other than the seller's usual place of business; such as a rented hotel room, conference center or restaurant. The "Cooling-Off" Rule also provides protection for consumers who purchase items at a product party given in a private home.

The "Cooling-Off" Rule DOES NOT apply to: sales made at the seller's usual place of business; sales made totally by mail or phone; sales for real estate, insurance or securities; and sales for emergency home repairs. The Rule also DOESN'T apply to sales that begin as retail transactions at a business establishment, and are completed with the signing of a contract in the consumer's home or vehicles sold at off-site tent sales.

In cases where the Rule does apply, the seller must give the consumer proper cancellation forms along with any contract or receipt pertaining to the sale. The

date of the sale should be noted on the cancellation form, which must read in part, "You may cancel this transaction without any penalty or obligation, within three business days from the above date."

Consumers who decide to cancel the sale should sign and date the cancellation forms, and mail or deliver a copy to the address given for cancellation any time before midnight of the third business day after the date of the contract. Since proof of date is important, the cancellation form should be sent via certified mail with a return receipt requested. There is no need to give a reason for cancellation. You are allowed to simply change your mind.

To avoid having to cancel a purchase, the BBB advises consumers to check the BBB Business Review of any company prior to signing a contract; get bids from three different companies; completely read and understand a con-

tract before signing it; never sign a blank contract and never allow a salesperson to pressure them into making a quick decision.

For more information on this rule, visit [www.ftc.gov](http://www.ftc.gov) and for more tips you can trust, visit [bbb.org](http://bbb.org).

\*\*\*\*\*

*Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org) or [info@csra.bbb.org](mailto:info@csra.bbb.org).*



Ms. Senior Georgia 2015 Queen with her Court (Left to Right): Ms. Congeniality, Barbara Barnes – Doraville; 4th Runner Up, Margaret Lawrence – Crandall; 1st Runner Up, Jacqueline Dale – Atlanta/Chamblee; Ms. Senior Georgia, Kristine Johnson; 3rd Runner Up, Cheryl Willoughby – Silver Creek/ Rome; and, 2nd Runner Up, Lydia Moss – Atlanta.

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