

Senior News

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***Hearing Loss Association
of Augusta receives the
Phoenix Award!***

Story on Page 6

September 2011
Vol. 25, No. 9

NIA Tips for Older Adults to Combat Heat-related Illnesses

Special to Senior News

As people age, their bodies lose some ability to adapt to heat. They may have medical conditions that are worsened by heat. And their medications could also reduce their ability to respond to heat. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice for helping older people avoid heat-related illnesses, known collectively as hyperthermia. Hyperthermia occurs when the body overheats. Conditions involving hyperthermia have different names, including heat stroke, heat fatigue, heat syncope (lightheadedness or fainting in the heat), heat cramps and heat exhaustion.

Health-related factors that may increase the risk of hyperthermia include:

- Pre-existing diseases such as congestive heart failure, diabetes and chronic obstructive pulmonary disease
- Decreased ability to move around
- Dementia or cognitive impairment
- Certain medications that may cause dehydration or that may affect the responses to heat by the heart, blood vessels or sweat glands
- Being substantially overweight
- Drinking alcoholic beverages

- Being dehydrated
- Age-related changes in the skin, such as decreased functioning of small blood vessels and sweat glands

Lifestyle factors that can also increase the risk of hyperthermia include hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions. Older people, particularly those at special risk, should pay attention to any air pollution alert in effect.

People without fans or air conditioners should go to shopping malls, movie theaters, libraries or other places with air conditioning. In addition, they can visit cooling centers which are often provided by government agencies, religious groups and social service organizations in many communities. Heat stroke is an advanced form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. In heat stroke, the body temperature is at least 104 degrees Fahrenheit. Someone with heat stroke may have a strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering and mental status changes such as confusion, combativeness, disorientation or even coma. Seek immediate medical attention for a person with any of these symptoms, especially an older adult. If you suspect that someone

is suffering from a heat-related illness:

- Move them into an air conditioned or other cool place
- Urge them to lie down and rest
- Remove or loosen tight-fitting or heavy clothing
- Encourage them to drink water or juices if they are able to drink without choking, but avoid alcohol and caffeine
- Apply cold water, ice packs or cold wet cloths to the skin
- Get medical assistance as soon as possible

For more information on hyperthermia from NIH, please visit <http://www.nia.nih.gov/HealthInformation/Publications/hyperthermia.htm>

To view the Center for

Disease Control and Prevention's (CDC) recommendations for heat stress and older adults, please visit <http://www.cdc.gov/nceh/extremeheat/index.html>.

The Low Income Home Energy Assistance Program (LIHEAP) within the Administration for Children and Families in the U.S. Department of Health and Human Services helps eligible households pay for home cooling and heating costs. Individuals interested in applying for assistance should contact their local or state LIHEAP agency. For more information, go to www.acf.hhs.gov/programs/ocs/liheap/ or www.acf.hhs.gov/programs/ocs/liheap/brochure/brochure.html.

Agency on Aging promotes "Each One Reach One" Campaign

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

The Area Agency on Aging encourages faith communities, civic groups, families and individuals to commit to the "Each One Reach One" campaign – a campaign to connect seniors with community members of all ages through caregiving supports, friendships, volunteering, and mentoring across the generations.

"Older adults deserve our deepest respect for their lives of service to this community, and many seniors

are still highly active; but great numbers of the CSRA's elders cope with social isolation, hunger, unsafe living conditions, and inadequate transportation," said Jeanette Cummings, director of the Area Agency on Aging.

"With a growing number of older individuals, a shrinking number of caregivers, fewer workers to support Social Security retirees and less funding, success will only come from a coordinated response including faith communities, civic organizations, businesses and human service providers. What we're facing is much too large and complex for government agencies or nonprofit organizations alone," Cummings added. "Every CSRA resident is a part of the solution, and each of us must guarantee that no one in our community is left behind."

A "Each One Reach One" presentation was held at the Kroc Center on Monday, August 15th from 1-3 p.m.

To request an "Each One Reach One" idea guide or presentation from the Area Agency on Aging, the public may call Jeanette Cummings at 706-210-2013, e-mail jcummings@csrarc.ga.gov, or visit www.areaagencyonaging.com.

The Area Agency on Aging is a division of the CSRA Regional Commission. Services are available through the Agency's help center at 706-210-2018 or 888-922-4464.



Jeanette Cummings

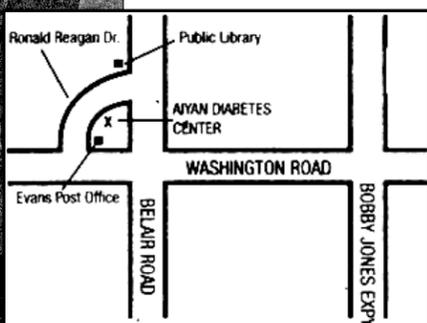


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AGENCY ALERT: Emergency Readiness for Older Adults and Caregivers

by KATHLEEN ERNCE
Executive Director
The Senior Citizens Council
Augusta, Georgia

Once again we are in the hurricane season and are reminded that personal emergency readiness needs to be a priority for everyone, including older adults and caregivers.



Kathleen Ernce

Planning for an emergency that might never happen – and that we certainly hope will never happen – may not seem like a priority; however, it should be. No matter where you live, your community is already working on emergency planning – but the emergency planning department is also counting on individuals to take responsibility for being prepared at a personal level. Hopefully, your personal emergency planning will never be put to a test; however, keep in mind that emergencies – and the disruptions they cause – can come in many levels of intensity. You may never need your flashlight, portable radio, and extra batteries because of a powerful earthquake; but, you'll be glad you have them the next time a windstorm knocks out power to your area.

Step 1: Know the basics. Learn about the risks your particular community faces; know how to do things like turning off your gas and electricity; get to know your neighbors, and learn about supplies. The first ingredient in preparing for almost anything is a little practical information of the risks your community faces. Consider hurricanes, earthquakes, a power plant or chemical storage complex nearby, a manufacturing plant, railroad tracks. If disasters strike with little or no warning, are you at risk in your community? Knowing the basics will help you know what risks you may face and will help you to be prepared.

Do you know the answer to these questions:

- If there were an evacuation order, what is the recommended route from where you live?
- If you don't drive, what are your transportation options?
- Where is the nearest emergency shelter?
- Where are the shutoff valves for your household utilities (gas, electricity, water)?
- Do you know how to use them? If they take a special tool, is it kept right there, ready to use?

Step 2: Have your emergency supplies ready. The emergency supplies should include items you and/or your loved ones would need to survive in your home until help arrives. This kit should include a personal evacuation bag, that is partially packed and ready to go! A checklist can help you get started and to know the steps you should be taking. The

emergency preparedness kit for yourself and/or your loved ones doesn't have to be complicated, but it should contain vital supplies that will help you and/or your loved ones survive until help arrives. Being ready for an emergency means having the supplies you would need.

Your "stay at home" supplies: These are the things you would need to survive safely in your home until help can arrive which maybe several days or even a week or more. For planning purposes, you need to assume you would be without power and would not be able to go out for food or water. Your household emergency supplies should include:

- enough water to last 3 to 6 days (recommended quantity: one gallon per person per day.)
- food – also enough for 3 to 6 days – consisting of high energy items that won't spoil and don't require cooking
- flashlights and extra batteries
- portable radio and extra batteries
- first aid kit
- hand-operated can opener
- light sticks (along with your flashlight and spare batteries, these are a safe, inexpensive alternative to candles).
- waterproof matches
- a 3 to 6 day supply of your prescription medications, together with an up-to-date list of the medications you're taking
- cell phone, if you have one – remember to keep your cell phone charged at all times
- some cash or travelers' checks
- your emergency contact list, including the names, phone numbers, and email addresses to give aid workers in an emergency.

Your "evacuation bag:" These are the things you would need to have for a safe evacuation, if that became necessary. Your evacuation bag should be

a backpack or travel bag, preferably one that rolls, that has room for many of the items listed above and that is pre-packed with the following items:

- basic personal hygiene items, such as toilet paper, alcohol wipes, and gel hand sanitizers
- extra pair of prescription glasses
- change of clothing
- compact rain slicker
- good pair of walking shoes and socks
- blanket or sleeping bag
- two bottles of water, some break-fast bars, and some hard candy
- disposable dust masks
- a copy of both your emergency contacts list and your current medications list

Remember, the goal here is to give yourself a margin of preparedness to see you through until help can arrive, or to get you safely through an evacuation. So, think about what other items you might need, given your situation. For example, if you have a car and would expect to use it if you had to evacuate, you'll want to keep the gas tank at least half or even three quarters full. This will be a bit inconvenient, because you'll need to fill your tank twice as often; but that clearly beats worrying about running out of fuel in a real emergency! And if you own a pet, you'll want to add an extra supply of pet food to your list. Again, this just means getting in the habit of buying it at least a week or two before you run out. Keep in mind, by the way, that most emergency shelters do not allow pets, unless they are service animals, such as a seeing eye dog.

Step 3: Make a personal plan. Many older persons have special needs relating to medications, medical equipment, mobility, and support services; making a personal emergency readiness plan increases the

likelihood that essential needs will still be met, even in an emergency situation.

You've gathered the information you need. You've pulled together the emergency supplies you should have on hand. You're ready, right? Not quite. The third step – and for many, the most important – is to make a personal emergency response plan. Do you have special needs? How will they be met in an emergency? No one knows your situation better than you. So, you are in the best position to plan ahead. If you have limited mobility or are disabled, you may be able to register with your local fire department or office of emergency services for special assistance. If you use an electric wheelchair or scooter, consider keeping your old, manual powered model around for emergency use. If you are receiving health care services at home, ask your home health provider about emergency procedures. For example, if you depend on electric power for home dialysis or infusion, you'll want to know your options for temporary emergency power or home infusion.

This is a personal plan, but if you ask friends and neighbors to join in to help you with your personal plan; they will learn the importance of making a personal plan of their own and will appreciate you reminding them to plan before the crisis.

For more information or to obtain a copy of the "Readiness Checklist," please call The Senior Citizens Council at 706-868-0120.

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Times Not Forgotten

Those dreaded shores on the farm

by CHRISTINE COLEMAN

Today, we seldom think about how things were long ago. We have all the modern conveniences, so we tend to forget how life was on the farm. There were several tasks that had to be done which was bothersome and disliked by all. Today's children need to know how it was "back then," and the rest of us need to be reminded. Now, I know folks living in town had their unpleasant tasks also, but I don't think theirs were as bad as ours.

I recall when I was young, Papa and my older brothers "mopped" our cotton stalks each year. Several pieces of cotton material were tied on the end of a stick (much like the way people mop barbecue today while it is being cooked over coals). In a bucket, strychnine, water and syrup were mixed. Our men folks would dip a mop in the bucket and walk along each cotton row. They'd dip each cotton stalk in its top.

The result was boll weevils were either killed or slowed down in their devastating work on cotton bolls. Only grown-ups mopped cotton. There was no way children were allowed to come into contact

with the poisonous mixture used. Later when weevils "punctured" cotton squares, all of children walked down the cotton rows and gathered the punctured squares while eggs were still inside. These squares were destroyed before weevils could hatch and enter other healthy squares still on the stalk. Next, farm folks walked along each row and sprayed the stalks with a dry mixture of arsenic. This method was not as messy as the first, and it helped some too. Again, only grown-ups handled this procedure. As more years went by, however, nothing could stop the boll weevil. Farmers had to stop trying to grow cotton. They had to turn to other crops for their livelihood.

Fodder pulling

This was another dreaded job, but one which was very necessary. Leaves had to be stripped from corn stalks after the stalks had died. The leaves were pulled, tied into bundles and carried to the barn to feed our mules during the winter. I didn't pull fodder, but I helped carry the tied bundles to a designated area to be picked up when the wagon came for it.

Then, there were the Velvet Beans. They hung pretty on the

vine, but pretty stopped there. One portion of our corn acreage was designated to have these beans planted between each stalk of corn. The beans were used to feed our farm animals. We shelled the beans without use of gloves, but that was another chore that was necessary.

Cleaning the stalls where our mules were housed was a job dreaded by my brothers; but, again, it was something that had to be done. After the farm chores were ended for our mules, they spent much time in their stalls eating and drinking. Their stalls had to be cleaned. My father believed in caring for his animals

After many years, King Cotton has become prosperous again. Farmers are busy planting and growing. The boll weevil is no longer a threat. Science has eradicated him. With their modern equipment, farmers can plant, tend and gather at will. Added to this, there is not the need for mules as was the case "back then."

I didn't mention cotton picking, corn pulling or woodcutting. There was always something that had to be done on the farm.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.

Spiritual Notes

"Weeding"

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

During a visit with friends in Santa Fe, New Mexico, this summer my wife and I attended a stimulating Sunday morning worship service at the First Presbyterian Church. The pastor's sermon topic was entitled, "Weeds," based on the parable of the Wheat and the Tares (weeds) found in the book of Matthew, the 13th chapter.

The biblical story is a familiar one. Jesus is telling stories (parables) according to one writer so that the people might better understand their relationship to God. In verses 24-26 He said, "The Kingdom of heaven is like a man who sowed good seed in his field; but while men slept his enemy came and sowed weeds among he wheat and went his way. But when the grain had sprouted and produced a crop, then the weeds also

appeared." This disturbed the servants who thought the man did not sow good seeds and wanted to pull them up. He responded that an enemy had done this and if you pull the weeds you will also uproot the wheat. He instructed them to "let both grow together until harvest time; then first, gather the weeds, bundle and burn them, but gather the wheat into my barn." The disciples asked Jesus to explain the parable. In verses 37-39 he answered, "He who sows the good seed is the Son of Man. The field is the world, the good seeds are the sons of the kingdom, but the weeds are the sons of the wicked one."

As we are sowing seeds in our daily lives, are they falling on fertile soil or do they fall on gravel or stone? If they do fall on good soil, weeds are sure to sprout. The Message points to the fact that "the seeds cast in the weeds is the person who hears the kingdom news, but weeds or worry and illusions about getting more and wanting

everything under the sun strangle what was heard and nothing comes of it. The seed cast on good earth is the person who hears and takes in the News and then produces a harvest beyond his wildest dreams."

On our return home the first thing I noticed was the weeds in the flower beds next to the driveway. After getting luggage inside the house I immediately changed clothes and went about pulling the weeds from around the flowers. Sure enough, if I wasn't careful, the flowers came out with the weeds. Reflecting on the sermon I had heard, I realized that in life if we aren't careful we can destroy the good things as we attempt to erase the bad. The lesson is to cast your seeds on fertile soil and take care when the weeds appear to carefully remove them.

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

Poets' Corner

ANOTHER DAY BEGINS by Nina Clauss

As I plant my feet in the light of day,
I'll not feel bad, I will pause to pray.
When I awake in the morning from
the bed I fall,
What happens today Lord, is yours
to call.
Please show me the path you want
me to take,
Your guidance I live by and will
never forsake.
I've trusted you forever it seems,
You've been there for me, even in
dreams.
Answered my prayers most of the
time,
I call on Jesus, when I've a
mountain to climb.
When I talk to Jesus everything
becomes clear,
It's almost like I hear your voice in
my ear.
I talk to the Lord every day in
prayer,
It is comforting to know how much
He cares.
I know there are people who never
pray,
Could be they don't know there's a
judgement day.
I've lived for the Lord all of my
years,
He has helped me dry so many of my
tears.
You bring joy and happiness to all
who know,
Of your mansion above, where we all
want to go.
What a glorious reunion when we all
meet above,
Seeing my family, multiplied by
God's love.

A SILENT STUDY by Vera King

There's a skeleton in my closet
My silent bodyguard
Altho it has no body
I'll give it an award

It helps me keep from pride
As tho I had something to hide
Or wonder what's my status quo
If everyone knew what I know

This hanging rack of shaky bones
Instills also humility
As I try to make amends
For things that only I can see

I wish I knew the ending
Of this story I now tell
Have you checked your closet lately
YOU may have one as well.

A POEM ABOUT TRACY by Frederic Holland, Sr.

Tracy's office is located on the first
floor,
The title of Resident Activities
Manager is on her door.

But to the residents of our senior
citizens' home,
She is much more.

Her smile is vivacious, her
enthusiasm is great,
Her value to us is too high to rate.

She's our doctor, our lawyer, our
therapist and much, much more,
We, the residents, love her to her
very core.

Tracy, you give us hope and a zest
for living,
We thank you for the love and
support you've been giving.

You give us the ambition to do things
in our advanced age we wouldn't,
Without you, the activities we've
done.... we couldn't.

Selfishly we wish you would never
leave,
But we wish you and your family the
best... you better believe.

THE LITTLE GIRL IN ME by Brenda G. Partridge-Brown

The little girl in me,
feels oh' so very happy,
well loved without one
responsibility!
That's the little girl in me!
She often thinks about how sweet
and easy life used to be!
That's the little girl in me!
The little girl in me,
still believes in fair tales,
wishing wells,
blowing out my birthday candles,
and dreams come true!
That's the little girl in me!
The little girl in me's imagination
is so wide,
it's deeper than the deep blue sea!
That's the little girl inside of me!
She will never let me forget what life
was like,
being a little girl growing up in a big
world.

OUR CHURCH by Doris A. "Dot" Jones

It's not a cathedral with spires
reaching high. Our building is not
mightily grand to the eye.

But, it's what's inside that beauty can
make, the people who are there, the
Lord's grace to partake.

The congregation is not large, in
comparison small, but their hearts
are loving and open to all.

Our Church is proud to have the
Lord in attendance, as we gather in
His name to worship and honor, in

glory as we praise and remember
why He came. Hoping all who enter
will do the same.

It's not in grandeur and style, ritual
and worshipping a building or the
people in charge.

No... it's giving ourselves in a man-
ner so large, the Lord dwells within
and He's in charge.

So... remember when you enter the
door, He's there to welcome with
open arms, anyone who truly
believes Jesus is the Church and it's
His love that warms, not the building
that calms.

Canoe enthusiast makes water safety part of mainstream education

by SUSAN LARSON

For David Bolton, when it came
to canoeing, one thing just seemed to
flow into another.

"I first paddled at summer camp
when I was a Boy Scout," Bolton said.

For the next three decades, howev-
er, even with all the time he spent on the
water during his service in the Navy,
canoeing just wasn't something he could
work into his life.

"I picked it back up in about 2003. I
went looking for a boat and a friend
gave me a canoe," Bolton said.

But he did more than just paddle
along. It didn't take long for him to get
involved with Paddle Georgia, Georgia
Canoeing Association, Georgia River
Network, Rivers Alive and Upper
Chattahoochee Riverkeepers, all volun-
teer organizations that help keep our
rivers safe and clean.

"In my third year with Paddle
Georgia, they needed safety boaters.
There was enough white water they
needed someone to point out the way so
you don't run over a rock or get carried
away with an eddy."

Bolton watched paddlers who had
experience paddling in a lake but were
clueless about paddling on a river. He
even witnessed someone standing up in
a canoe and climbing over her partner to
escape a spider that had fallen from a
tree, causing the craft to capsize. He
soon got involved educating the public
about water safety with guidelines.

A state law requires that personal
floatation devices be on the boat, but
UCR and GCA strongly suggest the PFD
be worn. Other guidelines include wear-
ing a helmet, keeping a rudimentary first
aid kit on board, having a whistle
attached to your PFD to blow three
times if you are in trouble, and a knife
on the outside of your PFD to cut your-
self free if you get tangled on a tree or a
rope. And of course, never paddle alone.

Bolton has also put his paddling
skills to use by cleaning up rivers with
UCR.

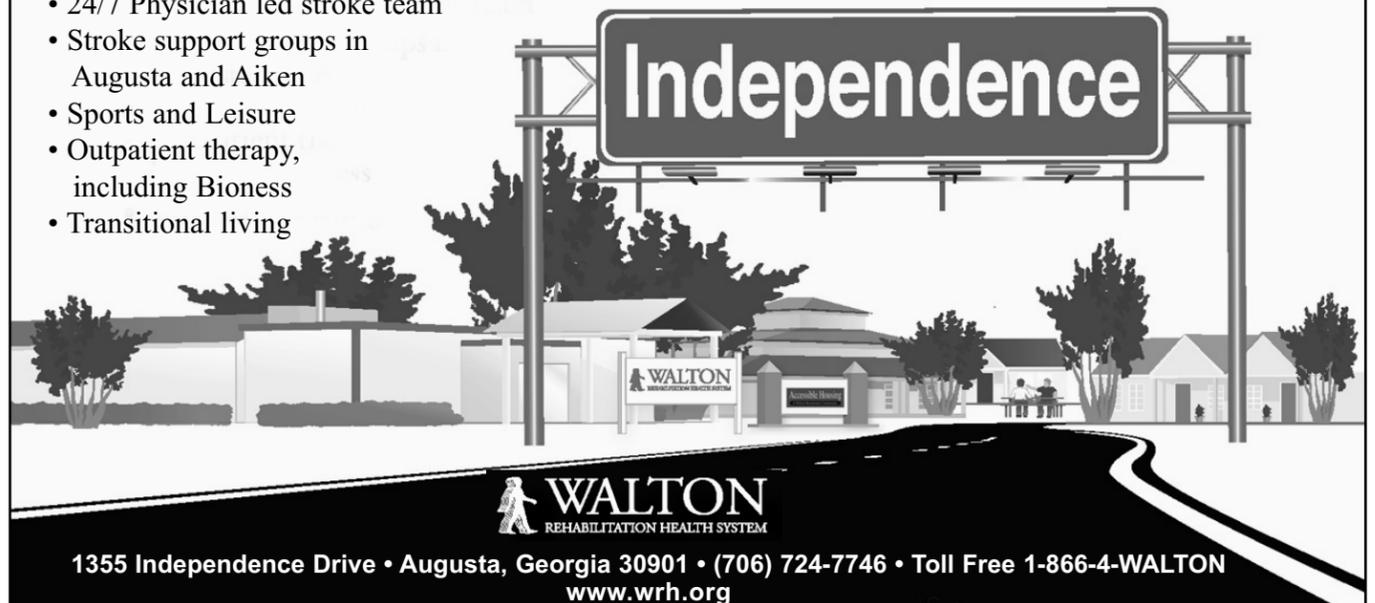
"We find pool floats, shoes, clothes,
coolers, truck tires, car tires, and you'd
be surprised how many tennis balls."

If you think any of these activities
might float your boat, opportunities
abound for both experienced paddlers
and beginners. For more information
visit www.chattahoochee.org.

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Let our experts help you regain your independence after a stroke!



On the Cover

Hearing Loss Association of Augusta receives the Phoenix Award!

by CAROLYN BRENNEMAN

Photos by Carolyn

COVER

Gloria Ireland, Debbie Rish, and Gayle Tison show the Phoenix Award

This is certainly a heart-warming story concerning the

Hearing Loss Association of Augusta! In the past year, the Augusta Chapter has successfully worked diligently to rebuild its membership and revive the chapter. And so, on June 16th at the National Convention in Washington D.C., the first ever Phoenix Award was presented to the President of the Augusta chapter, Gloria Ireland. In addition, Gayle Tison, Treasurer of

the chapter, who worked side by side with Gloria in helping to revive the chapter, also attended the convention and was on hand to share in this great effort. Gloria was presented the Phoenix Award which bestowed honor on the Augusta Chapter for the hard work of its officers in revitalizing the Augusta Chapter to assist those who suffer in silence from hearing loss.

The Phoenix Award itself was created and presented for the very first time this year to specifically honor the Augusta Chapter. This award is symbolic of the mythological Phoenix bird who arose from near extinction. The award now will become an annual award from this point forward.

“Personally, I was tremendously thrilled for the chapter to receive this special recognition from the National organization,” says Gayle, “and to learn, too, that the award was being created especially for us!” Gayle was excited to have the State and National representatives who had supported and offered their guidance to them were properly recognized, as well. “We simply could not have done what we did without them,” says Gayle.

The Augusta Chapter’s membership is growing quickly. Debbie Rish, a warm and truly gracious member and former two-term President, believes that visitors need to be greeted and recognized at the meetings. “I believe that our ‘Welcome Packet’ is a wonderful tool for anyone that first attends our meetings,” says Debbie. “For those with hearing loss, learning to cope with this loss is a new role in one’s life and the individual is looking for

answers. Our packet contains a brochure about the chapter, helpful hints, a business card for contacting officers, information concerning National, and other informational paperwork in regard to technological advances.”

The chapter’s purpose is to open the world of communication for people with hearing loss by providing information, education, support and advocacy in the local community. So what goes on at the monthly meetings? “We try to provide and cover a wide range of topics at our monthly meetings,” says Gayle. This includes education on new technological advances, providing family support, choosing the right equipment for particular needs, psychological effects, closed captioning, assistive listening devices, learning about the loop system, hearing dogs and other important information. “We also will offer referrals to anyone needing assistance in finding professional help to address a particular situation,” says Gayle.

The chapter also has three social events scheduled each year – a Christmas pot luck dinner, a fish fry in April and a May luncheon. And of course, other main means of contacting members is through the monthly newsletter.

Come by and check out the Augusta Chapter which meets the third Monday of the month from September-May. The meetings are held at First Baptist Church of Augusta at 3500 Walton Way in the Walton Bldg., Adult Building, Room 100, from 5:30 pm to 7:00 pm. This is a fantastic organization for hearing impaired persons and their families.

Check it out!



Gathering of members for the business meeting of the Augusta Chapter



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Newlyweds, Debbi and Tony Quave, attend the meetings



The Harmony River Chorus performing a cappella harmony

Meet the Augusta Harmony River Chorus!

by CAROLYN BRENNEMAN

Photography used with permission by the Harmony River Chorus

Do you love to sing a cappella harmony, dress up in costumes and perform for audiences? Then the Harmony River Chorus may be just for you. This great organization consists of female singers, who sing the praises of barbershop and four-part harmony for the community. They meet regularly to practice, perform, have fun, and form life-long friendships and enjoy great fellowship. The ladies are more than just an ensemble. They are part of a family and they love getting together each week, sharing friendships as well as learning about and making great music. Currently the group has singers of all ages, all walks of life, and from all parts of the Central Savannah River Area. Shannon Axon, who has been with the group for five years, says “I have made some great friendships here. We, as a group, share something so special – we love the art form, each other and truly love to have a great time!”

Harmony River Chorus, a chapter of Sweet Adelines International, a non-profit organization of approximately 30,000 members in choruses and quartets worldwide, performs barbershop and a cappella harmony at annual

shows, community events, and annual competitions. They also have Quartets that perform for special occasions. So just what kind of music do they sing? Well, some of the repertoire includes modern ballads, popular show tunes, gospel music, jazz and other styles.

Harmony River Chorus is always seeking out new singers to join in the harmonies and fun. Not only do they love sharing music with others, but they love learning more about the art of four-part a cappella harmony. Vocal instruction is a regular part of chorus rehearsals, and a very important component of the chorus experience. So if you think that you may need some vocal help in a cappella singing, you will get your share of great coaching.

Do you like to sing? If so, please visit the Harmony River Chorus and discover your inner diva! The perfect way to find out more about them and the music style, is to sit in on one of their rehearsals. All are welcome! You'll have the opportunity to hear them perform four-part, a cappella harmony, and you may be invited to join them on the risers to experience the music, friendship and fun for which Harmony River Chorus are known! For more information visit <http://harmonyriverchorus.org/>.

Start signing today!



Great performance of the quartet



Rehearsals take place in North Augusta

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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

Atlanta, Georgia –

Ever looked through a pair of field glasses or binoculars? Things look bigger and closer and much easier to see.

Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for

changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now



able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"Telescopic glasses can cost over \$2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magni-

fiers under \$100. Every case is different because people have different levels of vision and different desires.

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

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The Next Chapter

Winged Obsession: The Pursuit of the World's Most Notorious Butterfly Smuggler

Book Reviews by ANNE B. JONES, PhD

Winged Obsession: The Pursuit of the World's Most Notorious Butterfly Smuggler

Jessica Speart

William Morrow, New York, 2011

Haunted Inns of the Southeast

John F. Blair Publisher, 2001

Living in an isolated area by a state park lake lends itself to wildlife stories. One night, as my husband and I were returning home from town, a large cat jumped in front of our car. I was convinced it was a cougar. Weeks later, the moon was full and its light was as bright as day. I awakened to a noise and gazed out my bedroom window.

Between the lake and our house, I saw a large animal creeping fluidly and catlike through the dark. The next morning, our neighbor discovered cougar tracks. Wildlife experts denied there are any left in Georgia and suggested I was mistaken. They said if I'd seen one, it was an escaped exotic pet.

Several years ago, a motorist found a zebra near our I-75 exit. Police named it Evidence, believing it had fallen from a truck headed to an illegal animal auction. Last year, there was a raging Watusi African bull and heifer ravaging through our countryside. "They were calm when I bought them," stated their owner to the Sheriff, while trying to explain his purchase. Recently, two neighbors claimed to have seen a big gray cat with large black spots and a bushy black tail.

In the wake of these incidents I decided to learn more about the illegal importation of non-native species by ordering *Winged Obsession* for our review. This nonfiction

work by Jessica Speart explores the profitable and prolific butterfly trade.

The most fascinating aspect of *Winged Obsession* is Speart's undercover work. A freelance journalist specializing in wildlife enforcement issues, Speart was determined to learn firsthand about the world of butterfly smuggling. Putting herself at risk, she plunged into the seething underbelly of this criminal activity.

One of the most well known insect transporters is Yoshi Kojima, known as the "Kingpin of Butterfly Smugglers." Calling himself, "The Indiana Jones of Insects," he is a lead character in the book, as is U.S. Fish and Wildlife Agent Ed Newcomer, whose attempts to capture the elusive Kojima are continually thwarted. Working in secret, Speart befriended Kojima in order to betray him, unaware the clever scoundrel planned to turn the tables and use her as his patsy.

Puzzled about how the author developed the courage to do this, I contacted Speart. This is what she replied:

"I'd never done any real undercover work before flying to Japan to track down Kojima. However, I'd been an actress for years and knew how to play a role. The most important thing I learned was to never let your guard down. You have to be ready for anything and be prepared to improvise."

Another thing she learned is the ecologically dangerous business is a cutthroat \$200 million enterprise. As lucrative as the illegal transporting of gorillas, pandas and rhinos, it presents a challenge to both wildlife agents and the regions these specimens represent.

Winged Obsession is fast-paced, fascinating and educational. The book is filled with descriptions of intoxicatingly beautiful butterflies as well as beetles, and gives startling insights into the dark and deceitful world of illegal insect trafficking.

You may contact Anne at annebjones@msn.com; annebjones.com.

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Preservation of Place: The Art of Edward Rice on exhibit at the Morris Museum of Art

Special to *Senior News*

Organized by the Morris Museum of Art, Preservation of Place: The Art of Edward Rice opened August 27 at the Morris Museum. This exhibition features thirty paintings produced since 1982 by the noted realist, drawn from private and public collections from across the south. One of the most inclusive overviews of Rice's career to-date, the exhibition remains on display through November 20, 2011.

"His painterly skills, combined with the instincts of a serious architectural historian, have combined to create a body of work that is noteworthy for its elegance, precision, and devotion to the telling detail. His depiction of the obvious and the forgotten, the historic and generic—the often overlooked—is more than a simple architectural record" said Kevin Grogan, director of the Morris Museum of Art. "These

images haunt the imagination and mirror the lost architecture of the Old South. They preserve a sense of self as much as they do a sense of Southern history."

Artist Biography

Born and raised in North Augusta, South Carolina, Edward Rice began to study art at an early age in North Augusta. He crossed the Savannah River to continue his studies in Augusta, Georgia, at the Gertrude Herbert Institute of Art and at Augusta College with painters Eugenia Comer, David Jones, and Freeman Schoolcraft, who became his particular friend and mentor.

After studying with Schoolcraft, Rice commenced his own teaching career and became director and artist-in-residence at the Gertrude Herbert Institute of Art. Then, in 1982, he left that position to focus exclusively on his own art. He established a studio in a building near the Savannah River and, for the first time, began painting architec-

tural subjects exclusively – depicting the historic structures that surrounded and inspired him. In 1990 he relocated his studio to its current location in North Augusta in a building that once served that community as its jail.

His long-ago decision to devote his life to painting was fateful. He has become a much-recognized painter whose work is represented in public and private collections around the world. He is a past recipient of a South Carolina Arts Commission Artist Fellowship and a National Endowment for the Arts/Southern Arts Federation Regional Fellowship. His paintings have been included in exhibitions at Babcock Galleries, New York; Gerald Peters Gallery, Santa Fe; and Heath Gallery, Atlanta; among others. His work is included in the collections of the Gibbes Museum of Art, the Columbia Museum of Art, the South Carolina State Museum, the Greenville County Museum of Art in South Carolina; the Georgia

Museum of Art and the Morris Museum of Art in Georgia; and the Ogden Museum of Southern Art in New Orleans.

Preservation of Place: The Art of Edward Rice will be accompanied by a ninety-six catalogue of the same title. Produced and published by the Morris Museum of Art, the exhibition catalogue will be available for purchase through the Morris Museum of Art store.

The Morris Museum of Art was founded in 1985 and opened to the public in 1992. It is the oldest museum in the country that is devoted to the art and artists of the American South. The museum's permanent collection holds approximately five thousand works of art that date from the late-eighteenth century to the present. The Morris is open to the public Tuesday through Saturday, 10:00 a.m.–5:00 p.m., and on Sunday, noon–5:00 p.m. For more information about the Morris Museum of Art, visit www.themorris.org or call 706-724-7501.

Gertrude Herbert Institute of Art presents 31st annual Juried Fine Art Competition and Exhibition

A Sense of Place 2011
September 16 - October 14

Special to *Senior News*

The Gertrude Herbert Institute of Art in Augusta, Georgia is pleased to present the opening of the 31st annual A Sense of Place Juried Fine Art Competition and Exhibition on Friday, September 16, 2011. A Sense of Place seeks to recognize the outstanding quality and diversity of work being generated by contemporary American artists.

Serving as juror for the exhibition is Tom Hammond, noted printmaker and professor emeritus at the University of Georgia's Lamar Dodd School of Art. Mr. Hammond selected 39 works, representing 21 states for inclusion in this year's exhibition. Hammond will select three particularly outstanding works of art for receipt of cash merit awards, to be announced at the opening reception on September 16, and will conduct a gallery talk on the juried exhibition for guests. A Sense of Place 2011 will remain on view through October 14, 2011.

"The Gertrude Herbert Institute of Art is committed to showing the best contemporary work, and part of that commitment is reflected in the Institute's advocacy for displaying some of the finest examples of modern art. A Sense of Place has earned a reputation as a superior juried competition and exhibition, thanks in large part to the quality of entries received and the repute of jurors used," said Rebekah Henry, Executive Director.

This annual national juried fine art competition and exhibition reinforces the Institute's 74-year legacy, providing professional exhibition opportunities for emerging and professional artists alike, and reveals a provocative glimpse of the state of art today.

About Juror Tom Hammond

Tom Hammond, noted printmaker and professor emeritus at the University of Georgia's Lamar Dodd School of Art, is serving as juror for A Sense of Place 2011. Over the past 30 years Hammond has exhibited extensively in solo and group shows throughout the United States and abroad. His work is held in numerous public and private collections, including the Royal Museum of Art, Antwerp, Belgium; the Metropolitan Museum of Art, New York; the Southeastern Center for Contemporary Art, Winston-Salem, North Carolina; and the Mint Museum of Art, Charlotte, North Carolina. Hammond holds a master of arts from East Carolina University and also studied at Atelier 17 in Paris.

Related Events

A Sense of Place 2011: Opening Reception and Awards Presentation Friday, September 16, 2011, 6:00 – 8:00 p.m., Gertrude Herbert Institute of Art, 506 Telfair Street

Now in its 31st year, this annual national juried fine art competition and exhibition seeks to recognize the outstanding quality and diversity of work being generated by contemporary American artists. Juried by Tom Hammond, noted printmaker and professor emeritus at the University of Georgia's Lamar Dodd School of Art, the exhibition features 39 artists from throughout the United States. Hammond will select three particularly outstanding works of art for receipt of cash merit awards, to be announced at the opening reception, and will conduct a gallery talk on the juried exhibition for guests. Free admission.

Gertrude Herbert Institute of Art

Founded in 1937 and housed in historic Ware's Folly (c. 1818) and the Walker-Mackenzie Studio (c. 1907), the mission of the Gertrude Herbert Institute of Art is to provide opportunities for visual arts education and to develop visual arts awareness and appreciation throughout the greater Augusta commu-

nity. The Gertrude Herbert Institute of Art serves as the only independent non-profit visual arts school and contemporary art gallery in the Central Savannah River Area, offering studio art classes and workshops on an ongoing basis for art enthusiasts of all ages, from beginners to professionals. As a contemporary art gallery, the Gertrude Herbert Institute

of Art presents over 20 exhibitions each year, spotlighting regional, national, and international artists in a variety of styles.

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Augusta/CSRA CALENDAR

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The Senior Citizens Council

218 Oak Street North, Suite L
Augusta, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org

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

- Advocacy Programs including: Caseworker Services; Caregiver Support and Information; Bill Paying and Money Management; Benefits Counseling including information about the new Medicare Part D Prescription Drug Plans; and, Elder Abuse, Neglect, and Exploitation Prevention.
- Foster Grandparent Program and Senior Companion Program: Limited income persons age 60 and older needed to work from 15 to 40 hours a week with special-needs children or adults. Call for complete details.
- Retired and Senior Volunteer Program: Are you looking for a fun and exciting way to make a difference in the community? **RSVP** offers persons age 55 or older an opportunity to apply their skills and experience to meet critical community needs. **RSVP** pairs talented volunteers with their choice of a variety of non-profit, health care, government, and faith-based organizations. Call for complete details.

For additional information or to make an

appointment for a needed service, call 706-868-0120 from 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
Pat Jenner; 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
Betty Laverty; 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 to May, at First Baptist Church of Augusta. For information on the organization please contact Gloria Ireland, President, at 706-733-3034.

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m., Jesse Carroll Community Center, Windsor Spring Rd., Hephzibah. For additional information contact Lion David Usry, President, at 706-592-2752.

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.
• Indie Films: *Concrete Steel & Paint*, Sept. 14

Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta. Call 706-722-5465 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.
continued on page 11

General Business Directory For Seniors



Friendly, Compassionate Care in your own home or apartment.

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Calendar

from page 10

Augusta Museum of History

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

- Into the Interior: A History of the Georgia Railroad and Banking Company: Ongoing
- Augusta's Story: Ongoing
- Celebrating a Grand Tradition, the Sport of Golf: Ongoing
- The Godfather of Soul, Mr. James Brown: Ongoing
- Brown Bag History Series: *Adaptive Reuse of Historic Buildings*, Wed., Sept. 7, 12:30 p.m.
- Mangelly Accordion Band to Perform on Grandparents Day: Sun., Sept. 11, 2 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 social dance at the Elks Lodge #205 on Elksdom Court. Members \$8 and Non-members \$12 starting with a complimentary beginner's dance lesson at 6:30 p.m. and also one by different local studios at 8:00 p.m.

For more information contact Norma Holder at 806-868-0213, Marie Perotto at 706-863-1180 or Jean Avery at 706-863-4186.

Augusta Christian Singles Dance

Dances held each Saturday night, 7-11 p.m., at Ballroom Dance Center, 525 Grand Slam Dr., Evans. Admission includes complimentary dance lessons 7-8 p.m., refreshments and soft drinks. Cost: Guests, \$10; members, \$8. For additional information call Theresa Thigpen at 706-294-7195.

AARP Augusta Local 266

There is more to AARP than a newspaper and a magazine. The local chapter meets at Sands Hill Community Center, 2540 Wheeler Road, Augusta. For additional information or to join call Varnell Owens, Chapter President, at 706-790-4388.

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.

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. We will have a luncheon on April 21st at The Partridge Inn. The speaker is Michelle Nicholson who will speak about Safaris and Travel Adventures. For reservations 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.

Senior Volunteers Needed

Fort Discovery need your help in making visitors' experiences ones that they will never forget. To volunteer call Kathy at 706-821-0609 or email: thibaultk@nscdiscovery.org.

DBSA (Depression Bi Polar Support Alliance)

Meets the 3rd Wed. of every month at 6 p.m., First Baptist Church of Augusta, Walton Bldg., Room 105., 3500 Walton Way Ext., Augusta. Call 706-722-0010 for complete details.

Volunteers Needed

The Retired and Senior Volunteer Program is seeking volunteers in Aiken/Barnwell/Edgefield Counties at ACTS, Aiken Area Council on Aging, Barnwell Hospital and Health Department, Community Ministry of North Augusta, Cumbee Center, Generations Unlimited, Golden Harvest, Habitat for Humanity, NHC Healthcare, Our Lady of the Valley, Public Schools, Salvation Army, Senior Net, SPCA, Trinity Mission Health & Rehab, VOICE, Women in Unity. Duties include delivering meals, office administration, crocheting, tutoring, etc. If you are 55 or older and interested in giving back to our community, please contact Dana Caines or Sherry Hajec 803-648-6836 ext. 223 or 224.

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., 7 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3519 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.

Walton Rehabilitation Health System Offerings

- Augusta Stroke & Outpatient Support Group: 2nd Wed., Noon-1 p.m., Walton Rehabilitation Health System Board Room, 1355 Independence Dr., 706-823-5250.
- Brain Injury Support Group: 2nd Thurs., 6-7:30 p.m., Walton Rehabilitation Health System,

Walton West, 2501 Center West Pkwy., 706-533-3094.

- Spinal Cord Injury Support Group: 2nd Thurs., 5-6 p.m., Walton Outpatient Therapy Center, 706-823-8504.
- Amputee Support Group: 3rd Thurs., Noon-1 p.m., Walton Rehabilitation Health System, 1355 Independence Dr., 706-823-8504.

Rape Crisis and Sexual Assault Services Seeking Volunteer Advocates

Volunteers are needed in Richmond, Burke, Jefferson and McDuffie Counties. Advocates must be able to respond to hospitals in their area within 30 minutes. Contact Dinah at 706-774-2746 or email volunteerrcsas@uh.org for complete details.

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Augusta Genealogical Society to Present All-Day Seminar

The Augusta Genealogical Society will present an all-day seminar entitled "Our Civil War Ancestors: Show Us The Records" featuring speakers Robert Scott Davis, Dr. Lee Ann Caldwell, and Patricia E. Kruger on Sat., Aug. 6, at Augusta State University. Info and registration form available at augustagensociety.org.

Westobou Festival

Sept. 29 - Oct. 8. For events and ticket information visit www.westoboufestival.com.

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Taking Care

What's next when kids leave the nest? Tips for embracing this new phase of life.

by LISA M. PETSCHÉ

When the last of your children has left home, the adjustment can be difficult. This may be particularly so if you have focused the majority of your time and energy on raising your children, or if you are a single parent and now find yourself living alone.



Lisa Petsche

Feelings of emptiness may be profound and challenging to overcome. If you are in this situation, here are some suggestions that can help.

Be kind to yourself

- Recognize that it will take time to adjust to this new phase of life. Try not to dwell on the past, as it will keep you from moving forward.
- Prepare a list of things to do when you find yourself feeling lost or blue. Include small indulgences to give you a lift as well as tasks or projects that will give you a sense of satisfaction (for example, de-cluttering various areas of your home).
- Look after your physical health. Eat nutritious meals, get adequate

rest and exercise regularly. (This is a good time to take that Palates class or join a local gym.) In addition to safeguarding your overall health, these measures will also help ward off depression.

- Keep a positive attitude about life and aging, and associate with people who have a similar outlook.

Nurture your spirit

- Write down your thoughts, feelings and experiences in a journal, chronicling your journey of self-discovery and growth.
- Do things that center you and bring inner peace, such as meditating, listening to music or spending time in nature.
- Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone you know.

Get busy

- Think back to former pastimes that perhaps fell by the wayside once you had a family – for example, playing a musical instrument or a particular sport – and revive one you think you might still enjoy.
- Take of something new – for example, gourmet cooking, sculpting or modern jazz.
- Get involved in your community.

Volunteer for a neighborhood association, charitable or environmental cause, animal shelter or political campaign. Along the way, you may make new friends. If you miss being around young people, volunteer at a local school or community center, or a church youth group.

• Cultivate some solitary pastimes. Take up crossword puzzles, a handcraft, woodworking, gardening, writing or sketching. Learn to enjoy your own company.

• If you have been out of the work force while raising your family, look for a part-time or full-time job.

• Return to school, for a certificate or diploma, or perhaps even a degree. Or just take some courses here and there for personal interest. Check out the offerings from the local school board's adult education center, as well as post-secondary institutions.

• If you are married, go on regular dates with your spouse. Get creative, trying new activities and types of food, or revisiting activities from your courting years. Take turns doing the planning. This is a good chance to step up the intimacy and generate some romance and excitement.

• Plan some trips, with your spouse or friends, or perhaps on your

own or with a tour group, depending on your situation and preferences.

Reach out

• Keep in touch with your offspring through modern technology. Learn to become comfortable with the communication methods they favor, such as texting, e-mail, instant messaging and social media such as Facebook. Just don't overdo it.

• Take the initiative in calling friends and relatives to talk or get together. Instead of waiting for invitations, extend them.

• If you find that you are not adjusting well to your new circumstances, seek support from a counselor.

Whether or not you anticipated being an empty nester at this point in your life, the reality may initially seem unsettling. But with time, patience and trust in your resilience, you will successfully adapt and find yourself growing and enjoying life in ways you never imagined.

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

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