

Senior News

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*July is the
Month for
Berries!*

Story on Page 6



July 2012
Vol. 26, No. 7

AGENCY ALERT: Spot Fraud Before It Gets To You... 10 warning signs that you are about to be scammed

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

While anyone can fall victim to fraud, many con artists target the 50-plus age group. Con artists are often described as highly charismatic individuals. They tend to prey on and exploit lonely older Americans. Compounding the problem is that many seniors who are victimized find it hard to admit to being scammed, which can cause a continuous cycle.

Social scientists have conducted experiments over many years that show if you can see a request coming from a distance, you are better able to control how you respond to it. The same is true for resisting a fraud attempt. Consumers lose billions of dollars to fraud annually. From corrupt insurance providers to fake tel

marketing companies, there are countless schemes waiting to separate people from their money. The better you are at identifying a fraud attempt from a distance, the more success you will have resisting it.

The following warning signs may help you see fraud coming:

1. Hying the offer. The caller or salesperson enthusiastically describes how much money you will make and what you might do with it, in an attempt to get you excited so you will make a quick buying decision.

2. Asking lots of personal questions. The scammer is asking you lots of question about your personal life: How many kids and grandkids do you have? Where do you work? How long have you lived where you live? This is done to build rapport and to profile you so he or she can customize the pitch.

3. Telling you that you've won a prize – but must pay to receive it. The scammer may say that you have won a million dollars, but you must first pay administrative

fees or taxes before you can receive it. It is illegal for a sweepstakes offer to ask for payment.

4. Warning you that if you don't pay right away, you'll lose the deal. Often scam artists will create urgency by telling you the offer will expire soon.

5. Failing to tell you where your donations will go. The scammer refuses to tell you how much of the donation goes to the actual charity versus to the person calling. Legitimate charities are required to tell you this if you ask.

6. Telling you the offer is secret. The con artist tells you that the offer is top secret and you shouldn't tell anyone about it. This is intended to keep the authorities and possibly wiser family members away.

7. Providing no written information. Scammers want to keep you from making an informed decision so will often claim there's no time to send written material.

8. Using fear. Scammers will tell you the economy is collapsing

and so you should buy gold, or crime is on the rise so you should buy a security system. Fear is a great motivator.

9. Getting a foot in the door. The seller offers free gifts such as a CD or DVD in return for your willingness to sit through a presentation or buy a product.

10. Using bait and switch. A sale item is suddenly sold out, but a much better item is available for more money.

From *Outsmarting the Scam Artist*, by Doug Shadel. In his book, he discusses specific techniques con artists use to lure people into their schemes. The book offers practical advice on ways you can avoid falling prey to scams. A former fraud investigator and national expert on financial fraud, Doug Shadel is now state director for AARP Washington. He is the author of the new AARP book *Outsmarting the Scam Artists: How to Protect Yourself From the Most Clever Cons* available in the AARP Bookstore.



Kathleen Ernce

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Taking Care

A common but under-diagnosed disease

by LISA M. PETSCHÉ

Chances are good that you have never heard of hemochromatosis, also known as iron overload disease, despite that it is the most common genetic disorder in the western world. Although it can affect males and females at any time in life, it typically manifests itself in middle age. The disease is potentially fatal, but the earlier it is diagnosed, the better one's chances are of being able to lead a long and health life.



Lisa Petsche

The cause of iron overload can be genetic or non-genetic. The genetic type, which is by far the more common variety, is known as hereditary hemochromatosis or HH for short.

According to the Center for Disease Control and Prevention (CDC), "in the United States more than one million people have the gene mutation that can cause HH. This mutation is most common among people whose ancestors came

from Europe." Typically, those who have it are unaware.

A metabolic, multi-system disease, HH causes the body to absorb and retain too much dietary iron. Since there is no regular mechanism for eliminating iron from the body, the excess iron is stored in tissues and can cause damage in many areas, including joints, the heart, brain, liver, pancreas and endocrine glands. "The speed at which iron builds up and the severity of the symptoms vary from person to person," says the CDC, and "many people do not have any early symptoms." Typically, by the time they are diagnosed, if they are ever properly diagnosed, they have sustained irreversible damage.

Take the case of Lorraine, for example. After several years of increasing health issues – including fatigue, weakness, abdominal and joint pain and Parkinson-like symptoms – and visits to numerous medical specialists who were puzzled by her seemingly unrelated symptoms, she was extremely frustrated and discouraged that no underlying cause could be found. Meanwhile, her physical functioning became more and more compromised. It was a naturopath she eventually turned to

for help who suggested iron testing, querying hemochromatosis. In 2006, at age 69, Lorraine was diagnosed with the disease.

Her iron levels were life-threateningly high but gradually returned to normal as a result of weekly phlebotomies (blood removal treatments from the arm, similar to blood donation) over the course of a year. She was told she was lucky that her internal organs had not been damaged. However, her joints have been severely affected, leading to the need for multiple joint replacements. The management plan includes regular blood testing to check her iron levels, and periodic phlebotomies as indicated.

Diagnosis of HH is difficult because symptoms are vague, often masking themselves as other, more common conditions, such as hypothyroidism, liver disease, arthritis, heart disease, diabetes or even chronic fatigue. Some people may develop a bronze skin tone; Lorraine was not one of them.

In her journey through the healthcare system, Lorraine discovered that most healthcare professionals know little if anything about HH. (Up until recently, medical students were taught that the disorder is rare.)

And the vast majority of lay people have never heard of it. She had to do her own research, and eventually found valuable books, research articles and other materials through the Hemochromatosis Society (for information, call their toll-free line at 1-888-655-IRON (4766) or go to the website at www.americanhs.org).

Talk to your doctor, because two simple and inexpensive blood tests – transferrin saturation (TS) and serum ferritin (SF) test – can detect iron overload and may save your life or that of someone you love. These tests are not part of the standard blood testing ordered with regular medical checkups. If someone in your family is diagnosed with HH, DNA testing is available to determine if other members may be at risk.

Author's note: Lorraine is my mother, and we are on a mission to spread awareness about hemochromatosis.

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



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Annual Faith & Aging Conference scheduled for August 9th

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

The CSRA Regional Commission Area Agency on Aging will host the 9th Annual Faith &



Jeanette Cummings

“Changing Faith, Changing Health, Changing Lives.”

The Faith & Aging Conference is the event that brings faith communities, caregivers and community resources together. It offers caregivers and professionals the opportunity to network and learn from their peers, visit exhibitors with the latest

Aging Conference on Thursday, August 9th, at the Double Tree Hotel, 2651 Perimeter Parkway, Augusta, from 8:30a.m to 3:00p.m. The theme is titled

products and services and take advantage of the strengths of other organizations.

Participants will hear from national and local speakers as they discuss the faith community's role in caring for those who are aging or disabled. An enthusiastic message will be delivered by A'Keti J. Avila, a nationally-recognized, inspirational speaker who is well known for his ability to motivate individuals to return to their communities and promote healthier lifestyles. Monique Hillman and Adam Butler will continue the theme by introducing current programs available to promote chronic disease self-management. Reverend Greg Hatfield, Associate Pastor of Trinity on the Hill United Methodist Church, will present an overview of the church's Congregational Ministry through Care Force. Cynthia Haley-Dunn, Community Resources Program Manager for Georgia Department of Human Services, will challenge the audience by exploring techniques helpful in revitalizing older neighborhoods and restoring partnerships. Participants will also be delight-

ed with good food, entertainment and door prizes. The registration fee for professionals is \$30.00 and \$20.00 for retired persons, caregivers, students and grandparents raising grandchildren.

For more information or to register, contact Janice Adams, Caregiver Program Manager, at 706-210-2000, ext. 5654 or toll free 888-922-4464. E-mail all inquiries to jadams@csrarc.ga.gov.

Fourth of July Week at the Augusta Museum of History

Special to *Senior News*

To celebrate the Fourth of July, the Augusta Museum of History will be open the whole week of July 4th, starting Monday, July 1st and ending, Sunday, July 7th.

One way to celebrate America's Independence is viewing the many Revolutionary War Era artifacts in Augusta Story. Items and events that are on display include: a replica of a Revolutionary era fort, swords, a cannon ball, British Tax stamp, a locket with a portrait of George Walton one of three Augustans who signed the Declaration of Independence, and much, much more!

Augusta Museum of History, the only Museum in the CSRA accredited by the American Association of Museums, was established in 1937 for the purpose of preserving and sharing the material history of Augusta and the region. From a 10,000 year-old projectile point to a 1914 locomotive, the collections chronicle a rich and fascinating past. The museum is located at 560 Reynolds Street in downtown Augusta. Please call (706) 722-8454 for more information or visit our website www.augustamuseum.org.

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Poets' Corner

**YOU ALWAYS LOVE
THE ONES YOU HURT**
by Johnny T. Hampton

*Her eyes, burn with the passion of honey
on fire
And she taste just like the Earth, dark and
beautiful.
Full and fulfilling is to conquer this
conquest
I've been overly cautious? It's true,
I have waited for someone worth my
while
Instead of squandering my time on
someone worthless.*

*I am incognizant of myself,
So I glance at her with an insincere smile,
Even though I am confident and happy
with everything.
And even a cartographer couldn't map
the finer details about my future,
And actually, I wouldn't want to know the
murky brilliance
That daylight can bring.*

*I'm not accustomed to the likes of a real
lady,
The last woman I was with, suffered from
a lesser shade of dementia
And ignorance was her favorite color.
And the Orion nebula couldn't explain
The emotional distance between her
and I.
I guess you have to put up with a lot of
sunshine,
In order to appreciate the rain.
And sometimes perfect weather is ruined
by a picnic.*

*This woman, inhumanly angelic,
Is brilliant like Sunday morning skies.
The jealousy within,
Is that both the left and right hemisphere
of my mind
Think equal thoughts of you.
And gravity is a traitor
Because it has allowed me to fall madly
in love.
And I wonder if her heart
Flutters and flies away
Or if butterflies reside in her stomach?*

*Aquatics is an acquired condition,
Like learning to live without you.
Fortunately, you are near
But even if you weren't ,
Your heart is never faraway from my
thoughts.*

*And you thought you always hurt the ones
you love.*

A POEM ABOUT WWII
by Norman A. Minton
(circa 1946)

*Mighty war, king of all beast!
How cruel, destructive, and heartless you
were
As over hills and plains and seas and sky
you swept,
Until over the whole face of the earth you
have surged.
A world war indeed you were.
Battle fields were made of Europe, of
Asia, and of Africa.
And the waters of the seas were crimson
with blood
From the veins of men from all continents
of the world, including the Americas.*

*Mighty war, king of all beast!
You gifts to the world have been gifts of
destruction.*

*Not once did you build a city great and
beautiful,
But many, many, as you raged through,
were left in corruption.
Yes, you committed crimes during all
your blunder
That will be hard to forget and forgive,
For as many as were in your path you put
asunder.*

*Might way, king of all beast!
Do you remember the screams of agony
and pain of the helpless weak?
They did not invite you, no they sought
happiness and peace,
But upon them, who wee innocent and
guiltless, the most cruel of all beast,
you did creep.
Yes, they were made to suffer the horrors
of the evil seed that you were sowing
When they were caught up in your mighty
hands of death.
It was the harvest of your folly
That from the innocent was taken their
last breath.*

*Might war, king of all beast!
From many a mother a son was taken
And from many a wife a husband, and
from many a child a father,
And while gone from their presence to
fight your battles, their peace and
happiness were shaken.
Those who endured the battles and
survived
Are returning to their loved ones to begin
life where they left off.
But they who were not so fortunate
Received at the head of their graves for
their reward a small white cross.*

*Mighty war, king of all beast!
Into the hearts of men hatred and fear
you have instilled.
But, if into their hearts men would invite
God,
Love and peace would abound, for God
has so willed.
Come back! Come back! O men of the
world, come back to God!
Put your hearts and souls into the hands
of the Lord of lords and King of kings,
And live together as brothers and sisters
As that king war will step from the throne
And give way for the Prince of Peace*

forever to reign.

Publisher's Note: This poem is submitted and shared by Cathy Minton, Dr. Minton's daughter. Dr. Minton was born in 1924 in Spring Garden, Alabama. After having served in the European Theatre during WWII, he was then reassigned to serve in Japan. After arriving in Japan, he

and his buddies were ordered to "pile onto trucks" and go to Hiroshima to see the horrible devastation caused by the atomic bomb which had been dropped there. The young men were horrified by the scene they saw. This poem of his thoughts about war was written around 1946 and is the only known poem ever written by Dr. Minton.



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On the Cover

July is the Month for Berries!

by CAROLYN BRENNEMAN

Photography by Carolyn

Calling all actively engaged persons age 50 and better! July is the time for some quality family recreation with our kids and grandkids. So let's head on out to one of the pick your own farms or take a short trip to one of our local farm markets for some fun and togetherness to explore sweet aromatic and delicious local produce.

Check out this website! My favorite one is www.pickyourown.org created by Blake. He has a great list of Georgia

farms near us where we can pick our own fruit or explore a roadside market where we can get freshly picked fruits and veggies. Not only will we find great farms and market stands in the surrounding area of Augusta and Aiken, we can find locations in any state complete with crop calendar listings.

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

down the rows to enjoy the sights and fragrant smells as we pick.

More in the mood to just spend fun together exploring one of the roadside markets? Try Furrys Ferry Farm market at the corner of Furrys Ferry and Mulliken or Riverwatch Farm Market at the intersection of Baston Road and Old Petersburg Roads. Then there's the Good Earth, on Davis Road where we can get fresh produce such as South Carolina blackberries, cantaloupes, watermelons, sweet smelling Edgefield County peaches, plums, butterbeans, peas, squash, peppers, zucchini, local silver queen white corn, and a beautiful assortment of plants and flowers. And, of course, in downtown Augusta, there is great variety every Saturday at the Farmers Market. And wherever we go, before we leave, let's enjoy some icy cold refreshments with our kids and grandkids!

Hey folks, be sure to check out all the exciting and useful information on Blake's website www.pickyourown.org for addresses and phone numbers of the various farms and markets and call the market before heading out on an adventure. Let us spend some family recre-

ation time and create our summer memories together. Photo of the two children is provided by Blake.



Children enjoying time with grandpa



Sunflower in bloom at the farm



Field of colorful zinnias

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Indications and Usage

NovoLog® Mix 70/30 (70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin]) is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Important Safety Information

Do not take NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or if you are allergic to any of the ingredients in NovoLog® Mix 70/30. If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia). NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject it up to 15 minutes before you eat a meal. If you have type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.

Check your blood sugar levels regularly. Ask your health care provider what your blood sugars should be and when you should check your blood sugar levels. Do not make any changes to your dose or type of insulin unless your health care provider tells you to. Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog® Mix 70/30.

NovoLog® Mix 70/30 is a prescription medication. If you need assistance with prescription drug costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Talk to your doctor about the importance of diet and exercise in your treatment plan.

*Intended as a guide. Lower acquisition costs alone do not necessarily reflect a cost advantage in the outcome of the condition treated because there are other variables that affect relative costs. Formulary status is subject to change.

Before using NovoLog® Mix 70/30, tell your health care provider about all medicines you take and all of your medical conditions, including if you have kidney or liver problems or if you are pregnant or breastfeeding. It is not known if NovoLog® Mix 70/30 will harm your unborn baby or pass into breast milk. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Do not inject NovoLog® Mix 70/30 with any other insulin products or use in an insulin pump. Do not share needles, insulin pens or syringes with others.

The most common side effects of NovoLog® Mix 70/30 include skin thickening or pits at the injection site (lipodystrophy), weight gain, swelling of your hands and feet, and vision changes. Serious adverse events may include low blood sugar (hypoglycemia), low potassium in your blood (hypokalemia), local allergic reactions at the injection site (like redness, swelling, and itching), and whole body reactions. Get medical help right away if you have any of these symptoms of an allergic reaction: a rash over the whole body, have trouble breathing, fast heart rate, sweating, or if you feel faint. Ask your health care provider or pharmacist for more information.

Please see Brief Summary of Prescribing Information on adjacent page.

†For patients with type 2 diabetes.

*Partial LIS beneficiaries are required to pay up to 15% of drug costs up to the out-of-pocket threshold of \$6,657.50. After this threshold, LIS beneficiaries have co-pays of \$2.60 for generic drugs and \$6.50 for brand name drugs. Note that human insulin is not a generic drug.

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NovoLog[®] Mix 70/30

70% insulin aspart protamine suspension and 30% insulin aspart injection, (rDNA origin)

Patient Information

NovoLog[®] Mix 70/30

(NŌ-vŏ-log-MIX-SEV-en-tee-THIR-tee)

(70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin])

This is a BRIEF SUMMARY of important information about NOVOLOG[®] MIX 70/30. This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

What is NovoLog[®] Mix 70/30?

NovoLog[®] Mix 70/30 is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog[®] Mix 70/30 is safe or effective in children.

Who should not use NovoLog[®] Mix 70/30?

Do not take NovoLog[®] Mix 70/30 if:

- Your blood sugar is too low (hypoglycemia)
- You are allergic to any of the ingredients in NovoLog[®] Mix 70/30. See the end of this leaflet for a complete list of ingredients in NovoLog[®] Mix 70/30. Check with your healthcare provider if you are not sure.

What should I tell my healthcare provider before taking NovoLog[®] Mix 70/30?

Before you use NovoLog[®] Mix 70/30, tell your healthcare provider if you:

- have kidney or liver problems
- **have any other medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog[®] Mix 70/30.
- **are pregnant or plan to become pregnant.** It is not known if NovoLog[®] Mix 70/30 will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant. You and your healthcare provider should decide about the best way to manage your diabetes while you are pregnant.
- **are breastfeeding or plan to breastfeed.** It is not known if NovoLog[®] Mix 70/30 passes into your breast milk. You and your healthcare provider should decide if you will take NovoLog[®] Mix 70/30 while you breastfeed.

Tell your healthcare provider about all medicines you take,

including prescriptions and non-prescription medicines, vitamins and herbal supplements. NovoLog[®] Mix 70/30 may affect the way other medicines work, and other medicines may affect how NovoLog[®] Mix 70/30 works. Your NovoLog[®] Mix 70/30 dose may change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers and pharmacist when you get a new medicine.

How should I take NovoLog[®] Mix 70/30?

- Take NovoLog[®] Mix 70/30 exactly as your healthcare provider tells you to take it.
- Your healthcare provider will tell you how much NovoLog[®] Mix 70/30 to take and when to take it.
- Do not make any changes to your dose or type of insulin unless your healthcare provider tells you to.
- **NovoLog[®] Mix 70/30 starts acting fast. If you have Type 1 diabetes, inject it up to 15 minutes before you eat a meal.** Do not inject NovoLog[®] Mix 70/30 if you are not planning to eat within 15 minutes.
- **If you have Type 2 diabetes, you may inject NovoLog[®] Mix 70/30 up to 15 minutes before or after starting your meal.**
- **Do Not mix** NovoLog[®] Mix 70/30 with other insulin products.
- **Do Not** use NovoLog[®] Mix 70/30 in an insulin pump.

- **Inject NovoLog[®] Mix 70/30 under the skin (subcutaneously) of your stomach area, upper arms, buttocks or upper legs.** NovoLog[®] Mix 70/30 may affect your blood sugar levels faster if you inject it under the skin of your stomach area. Never inject NovoLog[®] Mix 70/30 into a vein or into a muscle.
- **Change (rotate) injection sites** within the area you choose with each dose. **Do not** inject into the exact same spot for each injection.
- **Read the instructions for use that come with your NovoLog[®] Mix 70/30.** Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog[®] Mix 70/30 before you start using it.
- NovoLog[®] Mix 70/30 comes in:
 - 10 mL vials for use with a syringe
 - 3 mL NovoLog[®] Mix 70/30 FlexPen[®]
- **If you take too much NovoLog[®] Mix 70/30, your blood sugar may fall too low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (loss of consciousness).
- **If you forget to take your dose of NovoLog[®] Mix 70/30, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like passing out (loss of consciousness), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
 - increased thirst
 - frequent urination
 - loss of appetite
 - high amounts of sugar and ketones in your urine
 - nausea, vomiting (throwing up) or stomach pain

Your insulin dosage may need to change because of:

- illness
- stress
- change in diet
- other medicines you take
- change in physical activity or exercise

See the end of this patient information for instructions about preparing and giving your injection.

What should I consider while using NovoLog[®] Mix 70/30?

- **Alcohol.** Drinking alcohol may affect your blood sugar when you take NovoLog[®] Mix 70/30.
- **Driving and operating machinery.** You may have trouble paying attention or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright for you to drive if you often have:
 - low blood sugar
 - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog[®] Mix 70/30?

NovoLog[®] Mix 70/30 may cause serious side effects, including:

- **Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
 - sweating
 - trouble concentrating or confusion
 - headache
 - shakiness
 - fast heart beat
 - anxiety, irritability or mood changes
 - dizziness or lightheadedness
 - blurred vision
 - hunger
 - slurred speech
 - tingling of lips and tongue

Very low blood sugar can cause you to pass out (loss of consciousness), seizures, and death. Talk to your healthcare provider about how to tell if you have low blood sugar and what to do if this happens while taking NovoLog[®] Mix 70/30. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar.

Talk to your healthcare provider if low blood sugar is a problem for you. Your dose of NovoLog[®] Mix 70/30 may need to be changed.

- **Low potassium in your blood (hypokalemia)**
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you have any of these symptoms of an allergic reaction:**
 - a rash over your whole body
 - have trouble breathing
 - a fast heartbeat
 - sweating
 - feel faint

The most common side effects of NovoLog[®] Mix 70/30 include:

- **Skin thickening or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Weight gain**
- **Swelling of your hands and feet**
- **Vision changes**

These are not all of the possible side effects from NovoLog[®] Mix 70/30. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What are the ingredients in NovoLog[®] Mix 70/30?

- **Active Ingredients in NovoLog[®] Mix 70/30:** 70% insulin aspart protamine suspension and 30% insulin aspart injection (rDNA origin).
- **Inactive Ingredients in NovoLog[®] Mix 70/30:** glycerol, phenol, metacresol, zinc, disodium hydrogen phosphate dihydrate, sodium chloride, protamine sulfate, water for injection, hydrochloric acid or sodium hydroxide.

All NovoLog[®] Mix 70/30 vials and NovoLog[®] Mix 70/30 FlexPen[®] are latex free.

Helpful information for people with diabetes is published by the American Diabetes Association, 1701 N Beauregard Street, Alexandria, VA 22311 and is available at www.diabetes.org.

More detailed information is available upon request.

Available by prescription only.

For information about NovoLog[®] Mix 70/30 contact: Novo Nordisk Inc. 100 College Road West Princeton, New Jersey 08540 1-800-727-6500 www.novonordisk-us.com

Date of Issue: September 20, 2011

Version: 8

Novo Nordisk[®], NovoLog[®], and FlexPen[®] are registered trademarks of Novo Nordisk A/S.

NovoLog[®] Mix 70/30 is covered by US Patent Nos. 5,547,930; 5,618,913; 5,834,422; 5,840,680; 5,866,538 and other patents pending.

FlexPen[®] is covered by US Patent Nos. 6,582,404; 6,004,297; 6,235,004 and other patents pending.

Manufactured by: Novo Nordisk A/S DK-2880 Bagsvaerd, Denmark

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Local physician helps save lives of children in Jamaica



Dr. Bundy and Medical Team

Special to Senior News

Hospital spine surgeon joins Straight Caribbean Spine Foundation helping children in Jamaica, performing free lifesaving scoliosis surgery.

“When I heard about this opportunity, I knew I had to take it,” says Dr. Justin Bundy, Spine Surgeon at Doctors Hospital.

For years, Dr. Bundy has performed spinal surgeries at Doctors Hospital helping local patients, but now he is spreading his wings outside of the United States. He has become one of two spine surgeons with the Straight Caribbean Spine Foundation to help those in need in Kingston, Jamaica.

“The country has only 20 orthopedic surgeons, none of whom perform spinal surgeries on pediatric patients,” says Dr. Bundy. “On our first of seven days, the amount of people who showed up to the clinic was overwhelming. We had about 80 families bring their children from across the coun-

try, hoping that they would be candidates for the surgery.”

Dr. Bundy performed an estimated thirty-five scoliosis surgeries in the five days he was in Jamaica. The days began at 7:00am and ended at 7:00pm. A typical spine surgeon performs about one to two surgeries of this kind per week in the United States.

“Some of these surgeries were very complicated. One patient in particular was 18 years old, had never seen a physician and had a 120 degree curve in his back,” says Dr. Bundy.

Once the surgeries were complete, the patients stayed in the hospital for about one week. With the help of the Straight Caribbean Spine Foundation, these patients will receive free follow-up care.

In America, more than seven million children are currently living with scoliosis. The average cost of surgery to help heal this medical condition is \$80,000 - \$90,000.

“These families have nothing

and were so grateful. If we weren't there to help, some of these children could have died because the curves in their backs would continue to crush their organs,” says Dr. Bundy. “This is by far the most professionally rewarding thing I have ever done and I'm so glad I

did it.”

In October, Dr. Bundy will make his second trip to Kingston, Jamaica. At that time he will have follow up appointments with those who received the surgery, as well as perform more surgeries on new candidates.



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Dr. Bundy and Patient



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Columbia County – 706-210-3891

McDuffie County – 706-595-4170

Richmond County – 706-860-3835

Burke County – 706-554-4189

South Carolina – 803-641-6953

Augusta/CSRA CALENDAR

Augusta State University Continuing Education

• Online Courses: Go to classes in your pajamas, at anytime day or night. Go to www.ced.aug.edu and click on ONLINE COURSES. Contact Byron Widener for more information at 706-667-4215.

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

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

Hearing Loss Association of Augusta
Meetings are held on the 3rd Monday, September 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

continued on page 11

General Business Directory For Seniors

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CALENDAR

from page 10

more information or visit the Museum's website at www.the.morris.org.

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.

Augusta Museum of History

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

• Brown Bag History Series Lecture: *The Titleholder's Tournament and the Beginning of the LGPA*: Wed., July 11, 12:30 p.m.

Lucy Craft Laney

Museum of Black History
www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

"Dance with Us"

The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our FIRST SATURDAY of each month social dance at the Elks Lodge 205 Elksdom Court Martinez Ga. Members, \$7; guests, \$10. No partner need! Free dance lesson and a great food table. For a group of 6 or more first time guests we can make arrangements for you to come free.

For more information call John White at 706-595-7328 or email jwhite355@att.net.

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.

Friday Night Dance

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

Augusta Area Newcomers Club

The Augusta Area Newcomers Club is a non-profit organization that helps people who are new to the area get acclimated, make friends, and get involved with charitable organizations. We offer a variety of activities such as golf, book groups, and dining out. For information please contact hospitality@augustanewcomers.net or call Beth Karimi at 706-868-3668 or Esther Hatzigeorgiou at 706-495-9064.

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 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).

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., 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.

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 volunteerrcas@uh.org for complete details.

General Business Directory For Seniors

GUARDIAN ADLTIEM HEALTH SERVICES, LLC
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Main: 706-793-0971
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3350 Peach Orchard Rd.
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Happy 100th Birthday to Helen!

by CAROLYN BRENNEMAN

Photos by Carolyn

Congratulations to Mary Helen McRae Sims! Helen enjoyed her centenarian birthday celebration on May 23, 2012 at the prestigious SarahCare in Evans, surrounded by a group of friends and her nephew Mike. Also joining in the fun was classical guitarist George Westafer and dancers from Ballroom in Motion.

The afternoon was filled with music, great food, a mouth watering cake, wonderful friends, and of course, our very special birthday girl, Helen.

Kathleen Ernce, of the Senior Citizens Council, dropped by to recognize Helen's special occasion and also to help us celebrate Older Americans during the month of May. Additionally, a plaque entitled, "A Resolution" was presented to Helen by Georgia House of Representatives, Henry Wayne Howard who recognized and commended her on the occasion of her 100th birthday and for other purposes including her dedicated services to the public

and her family. The Mayor of Augusta also recognized Helen's 100th birthday by plaque.

That day, the delightful Ms. Helen told us it was her dream to dance the Charleston on this special day. And that she did! Her partner, 15 year-old Miguel, from Ballroom in Motion, danced with her as the audience gazed in admiration and applauded enthusiastically.

On this delightful occasion, we learned that Helen was born and raised in Moultrie, Georgia and came from a long line of early settlers from the mid-1750s. In her adult life, Helen married Bob Sims and they managed the business operations of a large agricultural farm. Later on she worked as an air force base secretary during World War II. She assisted the soldiers and provided income tax services to the soldiers at Spence Air Force Base and eventually continued this type of work in the private sector up until 2005.

Still a beautiful lady, Helen spends her

days at SarahCare and continues to live with her nephew Mike. Over many years, they have enjoyed a close and caring relationship as Helen cared for Mike when he was an infant and now Mike is caring for Helen. "I certainly will remember this birthday," Helen said, "and I finally got to dance the Charleston!"



Helen dances the Charleston with Miguel



Classical guitarist George Westafer



Helen and nephew Mike

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