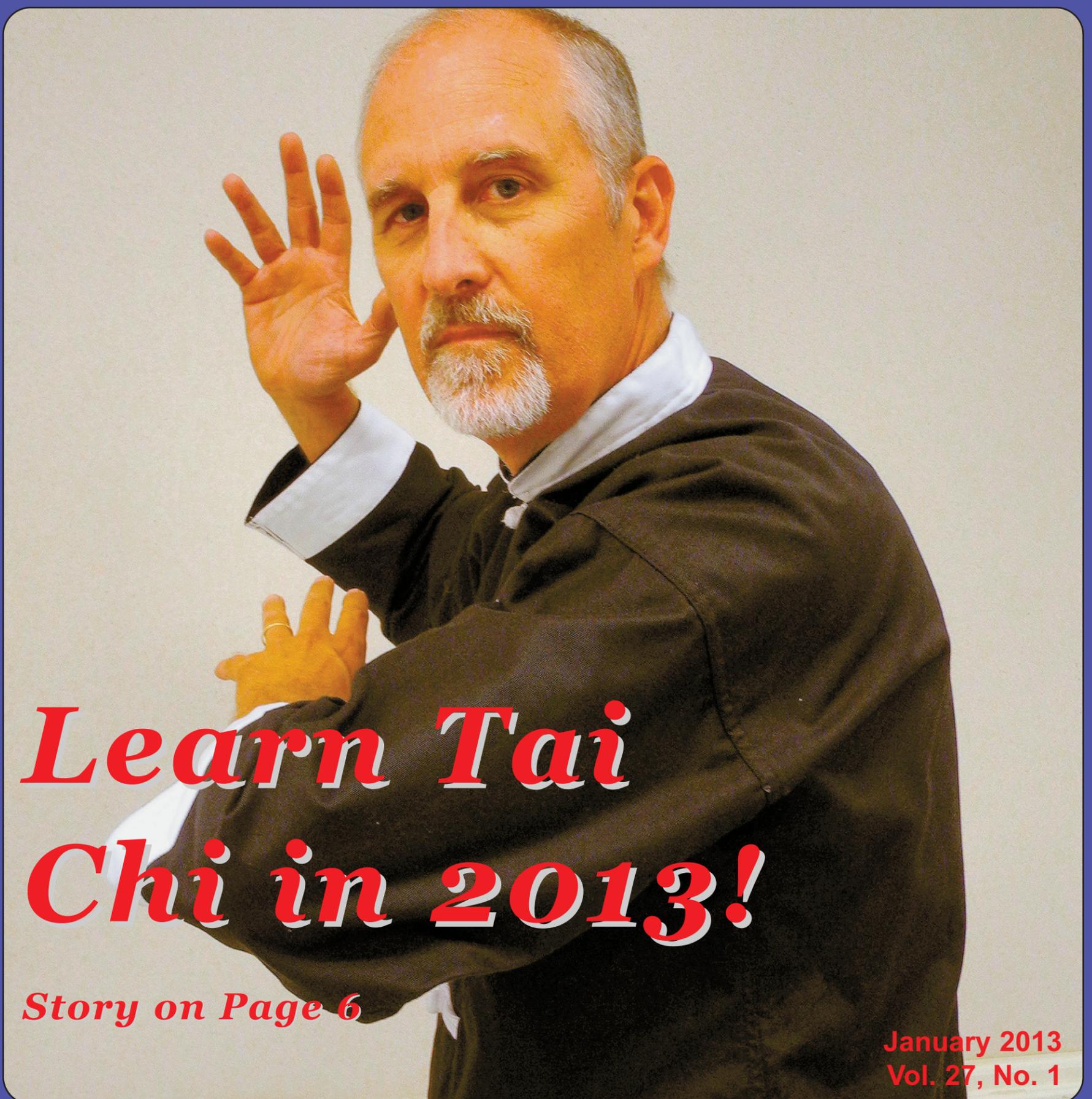


Senior News

Serving AUGUSTA & the CSRA

Information For Ages 50 PLUS!



*Learn Tai
Chi in 2013!*

Story on Page 6

January 2013
Vol. 27, No. 1

The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

Wild: From Lost to Found on the Pacific Coast Trail, Cheryl Strayed, Knopf, 2012

Thank God for Boll Weevils, Rhett Barbaree, Tiger Iron Press, 2012

Favorite Recipes. (Available from Prospect United Methodist Church, 706-468-8348, \$25 includes postage/handling)

The 2012 Consumer Action Handbook, U. S. General Services Administration/Federal Citizen Information Center

I was particularly interested in *Wild* because it's a recent Oprah Book Club selection. As I began reading the book, I was startled by Cheryl Strayed's reference to taking her mother to the Mayo Clinic. Coincidentally, miles away, my own mother had just been admitted to another

Mayo Clinic. Before I finished the book my mother died. The loss of Mother is a profound influence on my life. Fortunately, I have a secure foundation of memories from the weeks before her death that have sustained me. Her legacy has been good times laced with humor, as well as love.

Sadly, *Wild's* premise relates to how Strayed's mother's death triggered a life-threatening downward spiral. First she risked her physical and mental health in a series of destructive events that tested her moral boundaries and her friends' tolerance. Then, desperately seeking equilibrium, she embarked on an equally risky but more demanding path, hiking the Pacific Coast Trail. Although the circumstances of our mothers' deaths and our emotional reactions were different, the intersection of events gave me a personal take on this book.

Wild is an upfront and honest

look at how one woman lost her bearings and literally forced herself to regain footing. The book is about survival in its strongest sense. Although it presents a graphic picture of how the incapacity to cope can lead to self-destruction, the author demonstrates the development of courage from the inside out.

Thank God for Boll Weevils has been described as "an in-depth look at the southern soul." The story takes place in the early 1900s and gives insight into the struggles of the post civil war south. Peppered with "Dixie" dialect and a dose of "good ol' southern religion," the work combines historical fiction with factual accounts of an era that changed the south forever.

Exploring the disastrous effects of boll weevils on the south's economy, Rhett Barbaree includes the work of George Washington Carver and his contributions to crop diversification and peanut production. Many aren't aware of the role Carver played. Of the over three hundred uses Carver created for the peanut, many are still in production today. Among the main characters is fictional narrator Janie Taylor, a compelling young woman who draws in the reader with her detailed portrayal of the era.

I discovered the *Favorite Recipes* cookbook during the annual "Deer Festival" in Monticello, Georgia, where I signed *Tides of Fear*. There were only two book booths. Mine was shared with Alan Oberdeck (author of *Lost in the Shadows*

and *The Deer/Dear Hunt Trilogy*). The one beside us was filled with parishioners from Prospect United Methodist Church in Mansfield, Ga. As they sold their cookbook, they gave out recipe samples. My day was enriched by an amazing assortment of culinary delights from Chili Cheese Frito Corn Salad to Crock Pot Candy. Needless to say, I bought *Favorite Recipes*.

It's unusual for book reviewers to recommend a free publication from the government, but this is a book no family should be without. According to the Government Services Administration website (www.GSA.gov) "Consumers face many challenges in the marketplace." *The 2012 Consumer Action Handbook* is offered to those who request it to help consumers find assistance with problems and questions. Printed in both English and Spanish, this fabulous resource offers tips on buying and leasing cars, protecting against fraud, and shopping from home. The book is filled with ideas, information, resources and contact information. Call 1-888-878-3256 (Toll-free).

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

Area Agency on Aging Advisory Council openings

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 is seeking individuals interested in planning for the needs of older adults in a fourteen-county area to serve as Advisory Council members. Council members act in an advisory capacity to the Area Agency on Aging staff. The Council assists in determining priorities, identifying problem areas and needs and defining agency goals. We currently have openings in Richmond, Columbia, Glascock, Jefferson, Hancock, Jenkins, and Washington counties. Potential members should be interested in programs for persons over 60 years of age and people with disabilities. Interested parties should contact Jeanette Cummings for an application at jcumings@csrarc.ga.gov, 706-210-2000.

Serenity Springs Private Duty Services, LLC

Serenity Springs provides care in your home for the elderly, sick and disabled. We are dedicated to promoting a living environment that is conducive to emotional and physical well being. We also provide a safe haven for adults unable to live independently due to physical or mental limitations. We do background checks on all caregivers.

~ Services Provided ~

- Personal Care
- Medication Supervision
- Meal Preparation
- Weekly Outings
- Companionship
- Transportation
- Errands and Grocery Shopping
- Full or Part-Time Available – 24 Hour Care

706-825-3135 • 706-560-1017

serenityspringspds@gmail.com

Your family is our family! • Independently Owned and Operated.

U•R•Ready for UniHealth Post-Acute Care - Old Capitol.

Providing the Best Health Care and Rehab

UniHealth Post-Acute Care - Old Capitol is the only post-acute skilled nursing and rehabilitation center in Georgia's Central Savannah River Area to earn both:

- 5-Star Rating from the Centers for Medicare & Medicaid Services
- Consecutive Deficiency-Free Health Surveys

We are ready to exceed your health care needs.



Call today to schedule your own personalized tour. (478) 625-3741
310 Hwy 1 Bypass, Louisville, GA

Taking Care

Budget friendly ways to stay warm this winter

by LISA M. PETSCHÉ

With the cold weather upon us, it is tempting to crank up the thermostat to ensure indoor comfort. Better to resist, though, and use the following budget friendly strategies for keeping cozy all season.



Lisa Petsche

Dressing

- Layer clothing instead of buying a lot of heavyweight winter apparel that gets used only part of the year. Buy silk long underwear if you or the person you care for chills easily.
- Wear heavy socks with non-slip soles or bootie style slippers (with a sturdy sole) around the house, to keep feet toasty warm.
- Put a warm bathrobe on over your pajamas as soon as you wake up, if you do not plan to get dressed right away.

Sleeping

- Use flannel sheets for increased warmth. Buy a quality set that has a substantial nap, is soft, and is sized generously to allow for shrinkage.
- Substitute a fleece blanket for traditional wool, cotton or other types. Polar fleece warms as well as wool, but is lighter in weight and softer. It can be machine-washed and dried and will not shrink. Buy a quality brand that is pill-resistant.

Around the house

- Keep woven or fleece throws draped over chairs or across the bottom of beds, for easy access on drafty days and nights. They are competitively priced and come in many colors, prints and textures to suit any décor.
- Use a warm blanket or throw if you find it chilly while doing something sedentary such as watching television. If you are staying in a cool room but moving around, or there are others with you, use a space heater for localized warmth. Be sure to position the heater where it does not pose a tripping hazard.

Warming your décor

- Do not underestimate the

value of psychological warmth. Follow these tips to create a cozy look and feel for your home during the coldest months.

- Evaluate your lighting, and change it where necessary. Because of the decrease in daylight, you may wish to relocate lamps or bring spares out of storage.

- Add rich, warm colors, such as burgundy or forest green, as room accents. These can take the form of decorative throws, pillow covers, table cloths or skirts, place mats, a mantel scarf, dried flower arrangements, and so on. Brass accessories are also a winter favorite because they reflect light.

- Add texture with warm accent fabrics such as velvet, velour, chenille, or fleece (for example, as throws or removable cushion covers). Needlepoint cushions are another popular choice at this time of year. You can also add texture with a bowl of pinecones or potpourri, embossed candles, or a grapevine wreath.

- Make generous use of candles, especially substantial pillar types, ideally placed in clusters. Using scented candles – such as vanilla, ginger or bayberry – increases the sensory impact.

Warming your insides

- Serve soup more often with meals at this time of year, or make a hearty soup of meat and vegetables for the main course.
- Make chili and stews regularly. Be as generous with spices as your family's taste will allow.

- For between-meals sipping, keep hot chocolate mix and apple cider on hand. Soup-in-a-cup packets work well also. You will warm not only your insides but your hands, too.

Energy efficiency

- Open blinds and drapes fully on sunny days to let solar heat in. Keep window coverings drawn at night to prevent heat from escaping.

- Ensure heat registers and vents are unobstructed and regularly clean or replace the furnace filter. Close registers in rooms that are not regularly used.

- Get a programmable thermo-

stat you can offset at night when everyone is in bed.

- Check around exterior doors as well as doors to unheated spaces to see if there are any gaps where heat is escaping. Stop up threshold gaps with a door sweep or, in case of a door that is infrequently used, roll an old towel to use as a draft stopper.

- Decorative draft stoppers can be found at stores and in mail order catalogs, or if you are crafty you can make your own.

- Check similarly around windows for drafts. Seal gaps accordingly to keep heat in and cold air out.

- Close the damper whenever your fireplace is not in use.

- Keep to a minimum the amount of time exterior doors and doors to unheated spaces are open.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in elder care.

DENTURES AVAILABLE \$0 CO-PAY! \$200 YEARLY EYEWEAR ALLOWANCE! MEDICAL TRANSPORTATION AT NO COST!

Government approved programs provides Dentures, either full or partial, for a \$0 co-pay, \$200 yearly allowance for eyewear, and Medical transportation at no cost. Must have Medicare and Full Medicaid to qualify.

For Free Report Call

1-800-704-3307 24 hrs



**All Brick
Patio Homes
starting in the \$140's**



**All Brick
Homes of Distinction
starting in the \$190's**

TWO BEAUTIFUL NEIGHBORHOODS... ...ONE INCREDIBLE BUILDER

Looking for a builder who will work together with you to build your home with your special wants and needs in mind? Choose your lot, your plan... done your way. Quality-crafted and built to last, your home can be completed from start to finish in 45 to 60 days (weather permitting). Sizes range from 3-bedroom ranches up to 5-bedroom two-story homes.



Call for additional information.

Executive Partners

Patsy Rector 706-840-5704

Mary Knight 706-399-3963

Senior NEWS

Serving Augusta & the CSRA

Website

www.seniornewsga.com
www.seniornewsgeorgia.com

Editor

Ann Tunali
Email: seniornews@msn.com

Advertising Account Executives

Carolyn Brenneman
706-407-1564
800-787-1886
seniornewsga@att.net

Columnists

Carolyn Brenneman
Dr. Bill Baggett
Kathleen Ernce
Lisa Petsche
Dr. Anne Jones

Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 13,500; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logos, slogans, or other service marks, or any claims made by such organizations and such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication.

Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

CORPORATE OFFICE

Billy R. Tucker, President/Publisher
Phone: 478-929-3636; 800-752-5037
FAX: 478-929-4258
www.seniornewsga.com
E-mail: Seniornewsga@cox.net

Copyright 1987
Senior News & Views of Georgia

Living a Legacy

by DR. CHARLES F. STANLEY

“Live for today" is a common philosophy in our culture. Even when that idea isn't expressed in words, it is frequently carried out in people's choices and behavior. However, as Christians, we must realize that the way we live now affects far more than just "today." Our thinking, conduct, and conversation will become our legacy, impacting others when we are no longer here.



Dr. Charles Stanley

What will be the legacy you leave behind? When God created you, He had a very specific purpose in mind for your life, and He endowed you with all the abilities and talents you would need to accomplish His plan.

Unfortunately, most people do not stop to consider the Lord's personal will for them, but the Scriptures clearly reveal that He has a two-fold purpose for His children: first, that we be involved in His work, and secondly, that we bring Him honor and glory. (Ephesians 2:10; 1 Corinthians 6:20)

We carry out God's intentions by involvement in those things that bring praise to Him. Jesus said, "Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven" (Matthew 5:16). Contrary to what many people think, the number of

years one lives is less important than how that lifetime is invested.

When I think about effectiveness versus longevity, a man named Oswald Chambers comes to mind. He is the author of My Utmost for His Highest, the best-selling devotional of all time. He dedicated his entire life to God and is considered by some to be one of the greatest Christian thinkers of modern time.

Oswald Chambers was born on July 24, 1874, in Aberdeen, Scotland, where as a teenager, he became a Christian under the ministry of Charles Spurgeon. His death, the result of a ruptured appendix in 1917, left a tremendous void in the churches and fellowships he served. Though he lived only 42 years, this preacher's work lives on today even more powerfully than it did during his lifetime. His writings still offer wisdom and strength to many believers, and through his words, God continues to change lives for Christ's sake.

I was a college student when I first read his devotional. What impressed me most then – and still rings in my heart today – is that the most important thing in life, by far, is our personal relationship with Jesus Christ. Every time I pick up My Utmost for His Highest, I am blessed. Though Oswald Chambers died nearly a century ago, he is still alive through his ongoing influence on countless lives.

Our Life After Death

When considering life after death, Christians think mostly

about what will happen when they get to heaven, while unbelievers may contemplate the question of what will become of them. What about the part of our lives that remains here after we have gone? What lives on~our spiritual legacy~has everything to do with how you and I are living right now. You may think, Compared to Oswald Chambers, I don't have much of a testimony, but that is not true. What you do this very day~the priorities you demonstrate through your use of time and resources, as well as the way you handle relationships~will leave a witness for either good or evil.

What do you hope people will remember about you when you are gone? As an illustration, consider the legacy of various people in the Bible. When I think about Abraham, I recall his great faith. When Moses comes to mind, I remember the Ten Commandments that God gave him. David has been gone for centuries, but the Psalms~his words of comfort and encouragement~endure. Another example is the apostle Paul. He was beset by terrible obstacles and suffering but left epistles that give encouragement, guidance, and hope to millions. I read from Paul's works nearly every day and am continuously blessed by his insights in Ephesians, Philippians, Colossians, and letters to Timothy. Consider the legacy of the Lord Jesus Christ, our ultimate example. In the short 33 years He lived on earth, He

continued on page 5

Spiritual Notes

Celebrate all year!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

The "mad rush" of the Christmas Holidays is now behind us. The season always brings a mix blessing to all Americans. There are decorations to pull out of storage, parties to plan and the exhausting time spent in buying gifts for family and friends. And, oh yes, the wonderful and inspiring message and music of Christmas. Because of the hope that has been placed on this significant time of the year, we often times forget the real meaning of Christmas.

In an article written by Dr.

James Dennison he states that, "Christmas changed the world and the world has changed Christmas. The world has made a Holiday out of a Holy day. Christmas is treated like all of the other holidays, receiving presents rather than experiencing the presence of God." Dr. Dennison's comments moved me to re-read Luke 2:1-20. While I have worshiped during this season, a lot of my energy was spent on preparations rather than giving thanks to God for His commitment to mankind. He sent His son so that we "might have life and have it more abundantly."

Regrettably, the world has taken the sacred and made it secular. How do we take Christmas back?

Obviously, this will be an individual decision. Spending time reading the relevant Scriptures will help. Taking inventory of what is important in your life can also move one to change. Too often tend to major on the secondary things in life. Being a Godly persons is a witness to those we encounter each day.

As the New Year approaches let us commit to celebrating Christmas daily. After all, God has brought us "Great Joy" in the person of His son, Jesus Christ.

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

DR. STANLEY
from page 4

altered history forever. Through Him, we can live extraordinary lives despite our fallen condition.

Think about people who have left an indelible mark on more recent history. Our country's Founding Fathers left an awesome legacy for millions who live in freedom as a result. Consider the hymn writers, who gave us words of worship, which praise our Lord while reinforcing our store of spiritual truths. And godly people are living out their legacy in our generation as well. For instance, Dr. Bill Bright has left us Campus Crusade, one of the greatest missionary discipleship movements in modern history. Dr. Bright was a quiet, unassuming man, but he gave his life to the Great Commission, and his obedience has changed many lives.

You may be wondering, What about "ordinary" people? Then consider Lois. When Paul was writing to encourage Timothy during a trial, he said to the young minister, "For I am mindful of the sincere faith within you, which first dwelt in your grandmother Lois and your mother Eunice, and I am sure that it is in you as well" (2 Timothy 1:5). Lois's profound faith was carried down through Eunice to Timothy. Her faith became a living part of Timothy's ministry.

Parents and grandparents have a profound impact on children's lives. Very few people have ever heard of George Washington Stanley, but my grandfather left me a few simple truths, such as this: Obey God and leave all the consequences to Him. I am so grateful for his advice concerning obedience, which continues to be the basis for my decisions. Far more important than any financial

inheritance is the wisdom he left me, which continues to guide my life.

And then there is my mother's legacy. As she endured constant hardships and trials, I witnessed her persistence and perseverance. She always said to me, "Never give up. Do your best, be your best, look your best. Be what God wants you to be." Her perspective and tenacity are instilled within my heart and mind. She left me something much more valuable than anything money can buy—an example to follow. As is true for most children, I learned far more from watching my mother live than by listening to what she said.

In thinking about the difference your life can make both now and in the future, consider the following questions:

- Will you leave your children a love for the Word of God? When your children and grandchildren are grown, hopefully they will be able to look back and say, "I remember my parents reading the Scriptures and talking about how God spoke to them through a verse. I recall decisions they made based on biblical guidance." They are more likely to love and trust Scripture if they know you valued it. And unless you hand down to them a stalwart faith in God's Word, you leave them vulnerable to the world's empty philosophies.

- Will your children inherit the legacy of praying parents? How many times have your children seen you on your knees, crying out to the Lord during trials or thanking Him for who He is? Your visible and audible prayer life becomes a picture indelibly imprinted on their minds—an image critical to their future reliance upon God. Your sons and daughters must hear you say, "We have to pray for God's direction about this." They also need your

positive feedback when they mention how the Lord is answering their prayers.

- Will your children recall you taking them to church? Will they remember that you regularly worshipped the living God, not out of obligation, but because of your deep love for Him? Imagine the effect on them as they recall you taking notes during the sermon because you considered the message important and applicable—or when they remember the sound of your voice as you stood beside them singing praise to the Lord. There is simply no substitute for the impact of such recollections.

- How have your children learned to spend their time and money? The way we use our resources is a clear lesson to the next generation. One of the best ways to teach children to trust is by giving cheerfully, "not grudgingly or under compulsion" to God's work. (2 Corinthians 9:7) This allows them to witness firsthand how He multiplies your investment. Sadly, many parents do not realize what a terrible legacy they leave when they don't give to the Lord's work. They are proclaiming clearly, "We cannot trust God to provide for our physical needs." Children pay closer

attention to our actions than to any platitudes we offer.

The Legacy of Your Witness

One of the most important aspects of your legacy is your Christian witness. Do your children hear you talk about sharing your faith? Do you encourage their efforts to share the Good News? Likewise, the example of how you react to persecution, suffering, and pain is an important part of what you leave to the next generation. When they see you put your trust in the living God, they will do the same.

You are leaving a legacy whether you want to or not, and your children aren't the only "beneficiaries." The world—your friends, relatives, coworkers, and neighbors—observes Christians to see if their claims are credible. What will your legacy be? How will God continue to work through your example and gifts when you are no longer here? I encourage you to be intentional, not just about your impact here and now, but with regard to your influence for Jesus Christ throughout eternity.

© IN TOUCH - Oct. 2005. Author: Dr. Charles F. Stanley. M05-74

**Missed your copy
of *Senior News*?**

**It's Still Available...
...“ON THE WEB”**

**Just visit us at
www.seniornewsga.com
and click on “ARCHIVES”**

Vintage Gardens
At Sweetwater



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

Residents must be 55 and over.

Apartment Features

- Washer/Dryer Connections
- Heated/Cooled Sunrooms
- Fully Equipped Kitchens
- Oversized Bathrooms
- Large Walk-in Closets
- Water and Sanitation Included
- Garbage Disposal
- Mini Blinds
- Single Story, No Stairs
- Handicap Accessible

Community Features

- Community Center w/planned activities
- Individual Gardening Areas
- Gazebo with Flower Gardens
- Horse Shoe Pit

COME ON HOME!

Section 8 vouchers accepted and transferable from Georgia to South Carolina!

Equal Housing Opportunity

Vintage Gardens
At Sweetwater
3 Murrah Road Extension
N. Augusta, SC 29860
(803) 819-3139

Monday-Friday, 9 am-3 pm
Saturday, by appointment

On the Cover

Learn Tai Chi in 2013!

by CAROLYN BRENNEMAN

Photos by Carolyn

Cover: Sam Beasley, Certified Tai Chi Instructor

Hey, everyone, are you looking for a way to reduce stress and anxiety as well as to increase flexibility and balance? This year, let's all try Tai Chi!

Tai Chi, an ancient Chinese tradition, was originally developed for self-defense and has, over the years, evolved into a beautiful and graceful form of physical exercise. It is low

impact and puts minimal stress on muscles and joints, thus making it the perfect form of exercise for older adults. As a matter of fact, over the last 2 decades, Tai Chi has increased in popularity with baby boomers and seniors. And Tai Chi has found a home in hospitals, clinics, wellness centers, senior centers, and community activity centers, due to its remarkable health benefits. Because the movements of Tai Chi are slow and precise, soreness and injury are much less frequent and Tai Chi promotes flexibility through rhythmic, gentle flowing movements, from one to the next without pause, so that your body is in constant motion.



Group performance of Tai Chi



Michel and Charles ready for class at First Baptist Church

People suffering from chronic illnesses such as osteoarthritis, heart disease, diabetes, multiple sclerosis and other diseases, find that Tai Chi may help with pain management, health maintenance, and rehabilitation.

Do you think practicing Tai Chi can change your life? Ask Sam Beasley, now a certified Tai Chi Chuan Instructor and a certified Mindfulness Meditation Instructor. "Before Tai Chi," says Sam, "I was a remodeling contractor living a stressful life that nearly ended early with heart disease. I was stressed out, sick, tired and miserable." Then Sam learned Tai Chi and over a period of time, the practice transformed his life! Now he shares this ancient

knowledge and helps people get their lives back on track.

"I like practicing Tai Chi," says Sam, "because it has physically and mentally helped me to have a much happier life." Sam has lost over sixty pounds due to Tai Chi and says that he has more energy now than he has at any time since he was in his mid-thirties! He says that the best part of being a Tai Chi instructor is experiencing the changes in his students' health and lifestyles. Many of his students have found Tai Chi to be very beneficial in providing them with improved sleep and greater mental agility, increased flexibility and improved balance.

Sam explains that Tai Chi is beneficial because it balances the mind, body, and spirit. Additionally, people, especially seniors, gain strength and improve balance which may help to reduce falls and help alleviate arthritic symptoms. People show up for class stressed and tired and leave relaxed and filled with energy. So let's make this year, the year to learn Tai Chi.

Sam Beasley is a certified Tai Chi Instructor and is certified to teach the Arthritis Foundation's Tai Chi for Arthritis. He teaches at several venues in the Augusta area including H2U and First Baptist Church. You can contact Sam through his website at www.augustameditation.com or call 706.963.0504 to find out more about Tai Chi classes.

Symphony Orchestra Augusta Presents
University Health Care System
POPS! AT THE BELL
Rennie Millsap
SATURDAY FEBRUARY 14th
BELL AUDITORIUM 7:30PM
TICKETS: \$15-\$40 • SOAUGUSTA.ORG • 706.826.4705

SOA SYMPHONY ORCHESTRA AUGUSTA
UNIVERSITY HEALTH CARE SYSTEM
WINDSOR FINE JEWELERS
Fulcher Hagler LLP ATTORNEYS AT LAW SINCE 1946
AUGUSTA Magazine
Comcast



Billie Wardlaw practices Tai Chi every day

WinShape Homes celebrates 25 years!

Special to *Senior News*

WinShape Homes was founded in 1987 by S. Truett Cathy and his wife Jeannette, just 20 years after opening their first Chick-fil-A restaurant. Now 25 years later, Mr. Cathy remains committed to supporting WinShape Homes, not only through significant financial funding, but also through continued intentional investments of time, because as Truett & Jeanette see it they are the loving grandparents to all who come to live in a WinShape Home. “Nearly every moment of every day we have the opportunity to give something to someone else – our time, our love, our resources. I have always found more joy in giving when I did not expect anything in return,” Cathy wrote in his 2002 book, *Eat Mor Chikin: Inspire More People*.

It is WinShape Homes’ mission to provide a loving nurturing home to those children who are victims of circumstance and need a stable, secure family environment in which to grow and mature. With a passion for loving and encouraging children, WinShape Homes employs 22 full-time house parents, who are committed to helping the children for the long term – many of them have served with WinShape for more than 10 years and two of our house parents grew up in WinShape Homes themselves and had the desire to provide the same blessing they received as a youth to other children.

WinShape Homes currently operates thirteen homes across Alabama, Georgia, and Tennessee. Children come to WinShape Homes through private placement by the child’s legal guardian, most of which are Grandparents who have been raising their grandchildren. Placement with WinShape Homes is of no cost to the guardian and support continues for the children in our WinShape program even as they transition into adulthood. All of our High School graduates are encour-

aged to pursue a degree at a college or technical school and this expense is fully paid for by Mr. Cathy. Another unique quality of WinShape Homes is that they function like a natural family where many of their grown children come back to spend time at home during school breaks and holidays.

Since WinShape Homes was started, the program has expanded and impacted over 350 children, setting a high standard for those involved with the foster care efforts. We believe it is our mission to

continue to live out Truett’s motto “To accept children, God’s special gifts, into a Christ-Centered family and to

guide them on a life long journey so they may discover their unique and God given potential.”



WinShape Homes Family



Truett and Jeannette Cathy with Kids

Start Here.
Go Anywhere.

Did you know?

Senior citizens age 62 or older are eligible to enroll in college full time and receive **free tuition**. Call us or stop by for more information.

Martinez Campus
115 Davis Road
Martinez, GA 30907
706.993.1123
www.gmcaugusta.com



**GEORGIA
MILITARY
COLLEGE**
A LIBERAL ARTS JUNIOR COLLEGE

Poets

ELEGY OF A POET

by Henry Newton Goldman

*My zeal for life is but a journey far,
My feast of joy is found in lyrics
plain,
My zest for verse is as a shooting
star,
And verse that last – I hope to write
again;
The day is past, and yet I wrote no
line,
And now I try, and now I search for
rhyme.*

*My poems were heard, and yet were
seldom told,
My verses fell on ears that were not
keen,
My time was spent to write the lyrics
bold,
They saw my works, and yet they
were not seen;
My lines I cut, and yet too long they
run,
And I rewrite, for now my work's
most done.*

*I sought my voice and found it not
too soon,
I cherished life and hoped it would
not fade,
I trod the earth, to find poetic boon,
And now I pause, and now my lines
are made;
My page is full, and now I've made
my run,
An now I rest, and now my poem is
done.*

STROKE

by Marion Jones

*Wow! All at once the tragedy hits,
You're awakened and the
surroundings are strange.
What is my name? How old am I?
You reach for your coffee, but it's
out of range.*

*What year is it and where is my dog?
Something's happened to me, things
are not the same.
Everything seems to be in a fog,
I get up, but fall down, one leg is
lame.*

*Lord, don't let these things happen
to me,
I have a job, things to do and roses
to tend.
Wow, there goes that memory again,
Is it the end?*

*No, I must fight this horrendous part
of my life,
See, a few lines I have wrote with
help from the Lord.
Yes, right now it seems nothing but
strife,
But I will keep fighting, but without
a sword.*

THE LAST GOODBYE

by Sandra Owens

When the day comes when we must

*say our last goodbye,
To a loved one, a friend, a person
who had once been a constant in
our life,
There are no words that come into
mind,
For no comfort can be found,
To ease the pain or dry the tears.
The only healer is time.*

*After the passing, there won't be a
day that goes by,
That some event won't remind you
of the way they looked,
The way they walked,
The way they smiled,
Or the way they talked.*

*You'll hear their voice when a breeze
Rustles through the trees,
On a still summer's day.
Someone will repeat a phrase that
you'd swear
would be the same thing they would
say.*

*Something will happen to make you
laugh
And you'll turn to see if they're
laughing too.
And then as quickly realize there's
no one there but you.*

*Though there may no longer be the
physical form
To hold or touch to see,
The spiritual presence will with you
forever be.
And if you believe in the hereafter
you can cling to the fact
That one day you'll be reunited once
more.
Where you'll walk hand in hand,
Along the Celestial Shore.*

*For now they lie in slumber
In the hands of God they sleep
With the angels o'er them watching,
Lovingly they keep.
While here on earth our tears for
them we cry.*

*Until at last they greet us
In the land of the last goodbye.*

MY MOTHER'S PRAYERS

by Vera King

*My mother's prayers
Kept me alive
T'was she who prayed
I would survive
When I was crossing
Oceans wide
And submarines
Were at our side
Or when the ship
Was tossed about
By stormy seas
And I did doubt*

*So now I pray
For mine as she
Taught me to pray
And prayed for me.*

Third Annual Jimmie Dyess Symposium presented by the Augusta Museum of History

Special to Senior News

The Augusta Museum of History is proud to present the Third Annual Jimmie Dyess Symposium, Thursday January 10, 2013 in the Museum's Rotunda where three individuals will be receiving the "Jimmie Dyess Distinguished American Award"

The symposium was created and developed to recognize this native Augustan's courage as both a citizen and a soldier of the United States and to identify others who have shown similar valor or made civic contributions above and beyond the call of duty.

The symposium will include remarks by Major General Perry Smith, who served thirty years in the United States Air Force. He currently serves as secretary of the Congressional Medal of Honor Foundation. Three individuals will be honored with the Symposium's 2013 Distinguished American Award. Medal of Honor recipient Tom Kelley, Governor Carl Sanders, and combat veteran and major league pitcher, Lou Brissie. Each, in his own way, has given a lifetime of service to this nation and to his fellow citizens.

There are many participating businesses, individuals, groups and sponsors who will be recognized in future press releases and the program.

Please come and join us for this special evening! For more information on the Symposium please contact the Museum at (706) 722-8454.

Augusta Museum of History, the only Museum in the CSRA accredited by the American Alliance 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 projec-

tile point to a 1914 locomotive, to James Brown memorabilia 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.



THE LEDGES APARTMENTS

- Quality, Independent Living For Seniors
- Must Be At Least 62 Years Old
- Rent Based On Adjusted Income (HUD Guidelines)
- Utilities Included In Rent
- Two Floor Plans – Efficiencies (Perfect For One) One Bedroom If You Need More Room
- Emergency Call Systems In Each Apartment
- Added Safety Features In Bathroom
- Elevators For Your Convenience
- Coin Operated Laundry Rooms On Each Floor

**INDEPENDENT RETIREMENT LIVING IN THE HEART OF
NORTH AUGUSTA WITHOUT LEAVING FAMILY, FRIENDS,
COMMUNITY AND CHURCH AFFILIATIONS**

Applications Taken at 550 Sikes Hill, North Augusta, SC



803-279-1776



Augusta/CSRA CALENDAR

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
Heather Kooms; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center
Willamae Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
- Sand Hills Community Center

Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916

- New Bethlehem Community Center, Inc.
Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center
Jeff Asman; 5913 Eucree 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.aiken-county-sc.gov/tourism
- Courtney Senior Center**
49 Roy St., Wagener, SC; 564-5211
- Senior Bingo: 3rd Fri., 2 p.m., Free
 - Canasta Club: Wednesdays, 12 noon, Free
- Harrison-Caver Park**
4181 Augusta Rd., Clearwater, SC; 593-4698
- Aiken County Recreation Center**
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142
- Roy Warner Park**

4287 Festival Trail Rd., Wagener, SC; 564-6149

Augusta Area Libraries

- Headquarters Library: 706-821-2600; TTY: 706-722-1639; 823 Telfair St., Augusta, Mon-Thu, 9-9; Fri-Sat, 9-5:30. Sun, 2-5:30
 - Talking Book Center: 706-821-2625; 823 Telfair St., Augusta, Mon-Fri 9-5
- Augusta-Richmond Co. Branches**
- Appleby Branch Library
2260 Walton Way, Augusta, 706-736-6244; Mon, 9-7; Tue-Fri, 9-5:30; Sat, 10-5:30
 - Diamond Lakes Branch Library
101 Diamond Lakes Way, Hephzibah, 706-772-2432; Mon & Wed, 9-8, Tue, Thu & Fri, 9-5:30; Sat, 10-5:30
 - Friedman Branch Library
1447 Jackson Rd, Augusta, 706-736-6758; Mon & Wed, 9-8; Tue, Thu, & Fri, 9-5:30; Sat, 10-5:30
 - Maxwell Branch Library
1927 Lumpkin Rd, Augusta, 706-793-2020; Mon, Wed, & Fri, 9-5:30; Tue & Thu, 9-8; Sat, 10-5:30
 - Wallace Branch Library
1237 Laney-Walker Blvd. Augusta, 706-722-6275; Mon & Wed, 9-5:30; Tue & Thu, 9-8; Fri-Sat, 12:30-5:30

Burke County

- Burke County Library
130 Highway 24 South, Waynesboro, 706-554-3277; Mon, 9-8; Tue-Fri, 9-6; Sat, 9-1
 - Midville Branch Library
149 Trout St., P.O. Box 428, Midville, 478-589-7825; Mon & Wed, 12-6; Fri, 10-6
- Burke County**
- Sardis Branch Library
750 Charles Perry Ave., P.O. Box 57 Sardis, 478-569-4866; Mon & Wed, 12-6; Fri, 10-6
- Columbia County**
- Columbia County Public Library
7022 Evans Town Center Blvd Evans, 706-863-1946; Mon, Tue &

continued on page 10



ResCare HomeCare

Respect and Care at Home

www.ResCareHomeCare.com



Compassionate, affordable care you can trust.

In Your Home or Community anywhere in the CSRA



Personal Care and Support • Transportation • Errands & Grocery Shopping
Homemaking: Meal Preparation & Light Housekeeping • Companionship

We accept private pay, long term care insurance, Alzheimer's Association respite care voucher, VA and Medicaid. Approved Provider for EEOIC program (for former & current SRS workers).

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

CALENDAR from page 9

Thu 10-8; Wed, Fri, & Sat 10-5;
Sun, 2-5

• **Euchee Creek Branch Library**
5907 Euchee Creek Dr., Grovetown,
706-556-0594; Mon-Tue, 10-8; Wed,
Thu & Fri, 10-5; Sat, 10-4

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

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

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

**Academy for Lifelong
Learning, USC-Aiken**

Information: 803-641-3288

**Hearing Loss Association of
Augusta**

Meetings are held on the 3rd
Monday, September to April, at
University Hospital, 1350 Walton
Way, Dining Rooms 1-6. For infor-
mation on the organization please
contact Gayle Tison, President, at
<http://emptyg3@knology.net/>.

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7

p.m., Jesse Carroll Community
Center, Windsor Spring Rd.,
Hephzibah. For additional infor-
mation 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.

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 par-
ent? 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 con-
tact 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.

Lucy Craft Laney

Museum of Black History

www.lucycraftlaneymuseum.com
Call 706-724-3576 for events infor-
mation.

"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., refresh-
ments and soft drinks. Cost: Guests,
\$10; members, \$8. For additional
information call Theresa Thigpen at
706-294-7195.

**Fraternal Order of Eagles Lodge
1197**

1999 Scott Rd., Augusta. For activi-
ties and events information call
706-495-3219.

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 infor-
mation 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 chari-
table organizations. We offer a vari-
ety of activities such as golf, book
groups, and dining out. For infor-
mation please contact
hospitality@augustanewcomers.net
or call Beth Karimi at 706-868-
3668 or Esther Hatzigeorgiou at

continued on page 11

General Business Directory For Seniors

CASKETS & MORE STORE
Now In Our New Location
1819 Walton Way • Augusta

Great Savings on a Large Selection of
Caskets, Monuments and Grave Markers!
Direct to the Public!

706-738-2999

"Specializing in all types of grave markers and coping"

HANDYMAN JACK
~ Home Maintenance & Repair ~

call
803-270-2414

BIBLE BY PHONE
FREE DAILY BIBLE READINGS -- NKJV
706-855-WORD

Augusta 706-855-9673
Aiken 803-442-9673
Thomson / Lincolnton 706-541-3639
Daily Word • P. O. Box 1234 • Evans, GA 30809

**Goodwill NEEDS
YOU!**

YOUR DONATIONS
When you donate your
clothing and household
items to Goodwill Industries, the
merchandise will be processed by trainees and resold
at Goodwill stores to fund job training and placement
services for people with barriers to employment

YOUR TIME
Spend an afternoon, or a few hours each week giving
back to the community. Make volunteering
a part of your family activities.

**CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350**

To find a location near you, visit
www.goodwillworks.org

SENIOR SITTERS of the CSRA, LLC
Elisabeth Young, RN
803-640-3503

"Safe at Home"

Non Medical In-Home Care... Familiar surroundings
enable a greater quality of life and help our seniors retain
their independence. **Therefore**, we strive to provide
quality care to enhance the lives of you and your loved
ones in the privacy and comfort of their own home. We
conduct background checks on caregivers, are licensed
and insured, and locally owned.

Services Provided

- Companionship
- 24-Hour Care
- Medication Reminder
- Transportation
- Personal Grooming
- Meal Preparation and
Light Housekeeping
- Personal Hygiene/Bathing
- Post-Surgery Assistance
- And Much More

– Hospital, Nursing Home and other Facility Care Available –
**Call Today to Schedule an Appointment
for an In-Home Assessment!**

**Change Your Water...
...Change Your Life!**

Clean out acid and toxins on the cellular
level and have a healthier, vibrant body at
any age!

Dr. Hiromi Shinya says:

1. Drink the right water
2. Eat 85% vegetables/fruits
3. Exercise
4. Stay happy

To learn about the right water go to
www.ILoveGoodWater.info
404-668-2420

CALENDAR
from page 10

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.

DBSA (Depression Bi-Polar Support Alliance)

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

Pieceful Hearts Quilt Guild

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

Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure

in needlework. Meetings include a review of local needlework activities, some hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

Alzheimer's Caregiver Support Group

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

CSRA Parkinson Support Group

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

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

Seeking volunteers for Richmond, Burke, Jefferson, and McDuffie Counties. Advocates answer crisis calls and respond to hospitals in their area within 30 minutes. Please contact 706-774-2746 or email volunteercsas@uh.org for more information.

General Business Directory For Seniors

Jerry Brigham & Associates
ACCOUNTING & TAX SERVICES

211 Pleasant Home Road
Augusta, Georgia 30907
Office: (706) 650-1700

JERRY BRIGHAM, EA

Senior Companions

Christian woman seeking to provide part-time or full-time loving care for Seniors. Will come to your home. Experienced. Excellent references. Background check. Price negotiable.

706-513-0110

GUARDIAN ADLTIEM HEALTH SERVICES, LLC
Specializing in Private Home Health



Main: 706-793-0971
Fax: 706-793-0950
Direct: 706-793-0960

3350 Peach Orchard Rd.
Suite 807
Augusta, GA 30906

Going Beyond Caring

BUSINESS CARD SECTION
ADVERTISING INFORMATION

Call
Carolyn Brenneman
706-407-1564
800-787-1886

We are Comfort Keepers



Comfort Keepers®

Comforting Solutions for In-Home Care®

Comfort Keepers® provide in-home care such as:

- Companionship
- Personal Care
- Meal Preparation
- Transportation

Services are provided for as little as a few hours a day up to 24/7. Call today to schedule a complimentary in-home assessment.

803-279-7100

Independently owned and operated since 2002

WWW.COMFORTKEEPERS.COM

ST JOSEPH HOSPICE
Compassion-Comfort-Community

- Faith-Based
- Locally Owned and Managed
- The only Augusta Hospice that is VA recognized as a "We Honor Veterans" Hospice (www.wehonorvets.org)
- Comfort Paks
- Serving Patients in GA and SC

1220 George C. Wilson Drive, Suite B
Augusta, Georgia 30909

706-922-7480

Silver LININGS
Personal Care Home, Inc.

Offers...
Customized Levels of Care • All Inclusive • Care Staff 24/7
Respite Care • Attractively Furnished 1-Bedroom Studios With A Private Bath

Call today for your personal tour!
706-547-3060

Silver Linings Personal Care Home, Inc.
407 Harvey Street • Stapleton, GA 30823

\$1.00 OFF ADMISSION WITH THIS AD!
ONE coupon per person. Expires 1-14-13

2nd Weekend of Every Month!

Atlanta, Georgia
Thurs. 1-6 / Fri. & Sat. 9-6 / Sun. 10-4
3 miles east of Atlanta Airport, I-285 at Exit 55
3650 & 3850 Jonesboro Rd.



SCOTT ANTIQUE MARKETS
Call: 740-569-2800
www.ScottAntiqueMarket.com

Atlanta Expo Centers
ATLANTA, GEORGIA

January 10, 11, 12 & 13
February 7, 8, 9 & 10

SarahCare®
Adult Day Care Centers
Experience Care Delivered with Love!



- Trained, Professional Staff
- Unique Daily Activities
- Personalized Care
- Funding and Transportation Available

Ask about a Free Trial Day!

801 Oakhurst Drive (Evans-to-Locks Rd)
Evans, GA 30809

www.sarahcare.com/evanstolock

Call 706.364.7430
for additional information

Stay Fit in 2013!

by CAROLYN BRENNEMAN

Photos by Carolyn

We have all heard about the rewards reaped from physical exercise. We know it is never too late to start. Being physically active is so important to maintaining physical health, mental stimulation, and independence as we age. And everyone can get and stay involved.

There are several centers in the CSRA which offer activities for all ages and also offer programs just for seniors. Silver Sneakers, aimed at providing an energizing program to help older adults take greater control of their health by encouraging physical activity of all levels, is designed to assist sedentary older adults. The program offers a combination of various seated exercises to improve strength, range of motion, flexibility and posture which will certainly help with balance, coordination and, of course, mental clarity. Hand-held weights, elastic tubing with handles, and Silver Sneakers balls are used for resistance and chairs are used for

sitting and standing support. The Family Y as well as the Kroc Center now have the Silver Sneakers program. Classes fill up quickly at Silver Sneakers as everyone enjoys the activities, instructors, and camaraderie.

Now here in our Augusta/Aiken area, we have other fitness centers including H2U at Doctor's Hospital, and Gold's Gym. We can all get involved in one of our choices. Try taking a class at H2U at Doctor's Hospital which offers, with membership, Body Shaping classes, Tai Chi, and Line dancing for anyone 50 and over. Or just check out Gold's Gym in Aiken. Seniors love water aerobics as well as the classes. "Yes, even in the cold of winter, seniors go for the heated pool at Gold's Gym in Aiken for the Aqua Fit Classes held on Monday, Wednesday, Friday, and Saturday mornings or try out the new Aqua Zumba classes on Tuesday and Thursday evenings," says Naomi at Gold's Gym in Aiken. "It doesn't matter how cold it is outside," she says, "our seniors love the movement and feel of the warm water." "As a matter of fact," says Naomi,

"our seniors are the pros in the classes!"

Have you heard about the federal campaign designed for people 50 and older by the National Institute of Aging? It is aimed to assist the 50 plus population in getting active. Known as the Go4Life campaign, it is an exercise and physical activi-



Getting a good workout at the gym



Seniors enjoying the outdoors



Exercising with the group offers great support

ty campaign designed to help us get fit through exercise and physical activity in our daily lives. It is now in its first year and has recently partnered with 67 private organizations. Go4Life offers free resources, exercise techniques, and motivational tips to help us start exercising or to continue with our exercise routine. It has now added an exercise guide audiobook to its website and now has over 38 videos on YouTube. Go4Life is designed to encourage sedentary older adults to reap health

benefits by making physical activity part of their daily lives. The Go4Life website offers a wealth of information from starting points for exercising, types of exercises, tracking and planning records, and success stories. Check it out at <http://Go4life.nia.nih.gov> for more information.

Let's all check out one of the great programs offered or marvelous fitness centers we have in the CSRA. We are sure to find a class that suits our needs and abilities.



GEORGIA

Dermatology &

SKIN CANCER CENTER

www.GaDerm.com

Skin Cancer Surgery
Skin Exams
Mole Removal

Warts
Psoriasis
Rashes
Acne



David Doyle, Jr., MD - Micah H. Lancaster, PA-C

Quality Care Since 1969

(706) 733- 3373

2283 Wrightsboro Road