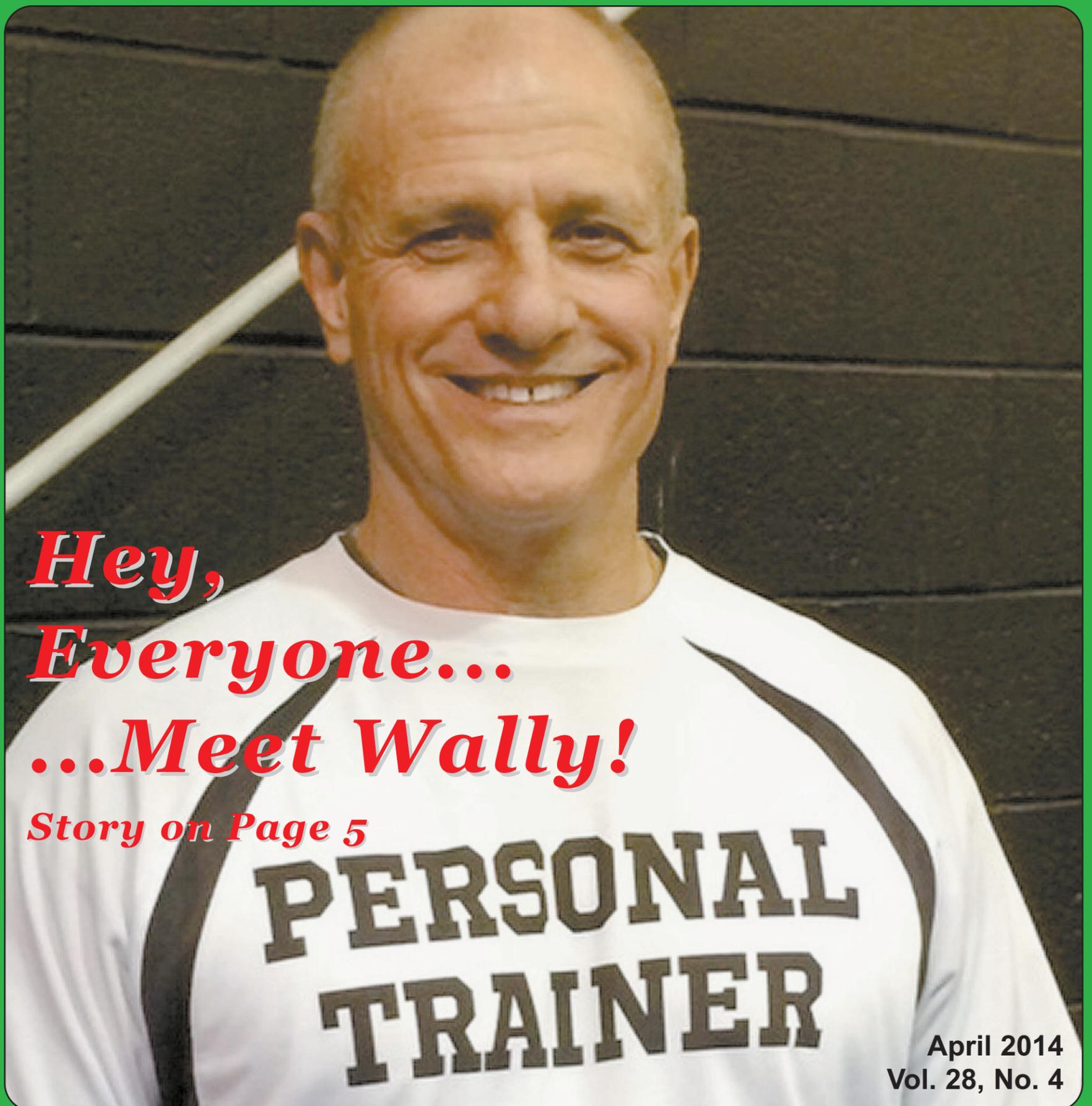


# Senior News

Serving AUGUSTA & the CSRA  
Information For Ages 50 PLUS!



*Hey,  
Everyone...  
...Meet Wally!*

*Story on Page 5*

April 2014  
Vol. 28, No. 4

## Taking Care

# Combat misconceptions that multiply stress

by LISA M. PETSCHÉ

**C**aring for a chronically ill or frail senior relative can offer many rewards, but it also involves physical, psychological and emotional demands. It can be particularly challenging when the care receiver has heavy hands-on needs, a difficult personality or mental impairment.



Lisa Petsche

Stress can be further compounded by certain thoughts and belief systems. Read on for some common misconceptions among caregivers and the unhealthy behavior that typically result.

### Faulty Thinking

- They can and should do all of the caregiving alone.
- No one else can take good care of his or her relative.
- Medical professionals are wrong about their relative's diagnosis, prognosis or healthcare needs. (Reasons for misconception: the medical opinion is too painful to consider, or the caregiver distrusts healthcare professionals because of past negative experiences.)

### Maladaptive Behavior

- Devoting all of their time and energy

to the caregiving role.

- Promising the care receiver or the family that they will never place the relative in long-term care.
- Withholding from other family members information about their relative's condition and needs.

### Healthy Coping

The following are some adaptive coping strategies caregivers can use to prevent falling into destructive behavior patterns.

### Acceptance

- An important first step is to accept the reality of your relative's illness. Allow yourself to experience all of the emotions that surface. Make a conscious decision to let go of any bitterness resulting from unrealized plans and dreams, so you can move forward and channel your energy in constructive ways.
- Accept that how your relative feels and what they can do may fluctuate, and be flexible about plans. Unrealistic expectations will only result in frustration for both of you.

### Information

- Ask a friend to research your relative's health condition, Share the information among family members.
- Be open to learning practical skills, such as proper transferring and bathing techniques. Mastering these tasks will help make caregiving safer and less

stressful. The local Area Agency on Aging is a good resource for care information, including community services that can assist your relative and you.

### Communication

- Be patient and keep communication lines open as you and your relative adjust to the illness.
- Ensure the family is kept current about changes in your relative's status and include them in decision-making as much as possible.

### Preparation

- Find a medical specialist whom you and your relative respect and trust. Ask about what to expect during the course of the illness in terms of probable symptom progression as well as caregiving skills, medical equipment and community supports likely to be needed.
- Help your relative get their affairs in order, including completing legal paperwork such as advance directives, powers of attorney and a will.
- Talk openly with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, advance directives and funeral arrangements. Since you do not know what the future holds, be careful not to make promises you may not be able to keep.

### Simplification

- Eliminate as many sources of stress in your life as possible. Set priorities, streamline tasks and learn to settle for less than perfection. Hire help with personal care or household chores if finances permit.
- Take things one day at a time so you do not become overwhelmed.

### Self-Preservation

- Look after your physical health. Eat nutritious meals, get adequate rest, exer-

cise and see your primary physician regularly.

- Set aside quiet time to nurture your spirituality and help keep you grounded. If applicable, turn to your religious faith for support.
- Do something that provides you with meaning and purpose outside of the caregiving role, such as scrap booking or researching your family tree.
- Find something relaxing you can do to give yourself a daily break – perhaps reading or listening to music. In addition, schedule regular breaks from caregiving duties. Take a couple of hours, a day or an overnight. By being kind to yourself this way you will also be more effective when you resume your caregiving tasks.

### Connection

- Make an effort to stay connected to your friends. Find at least one person you can talk to openly – someone who will listen and empathize. It is important to express your thoughts and feelings.
- Try talking to other caregivers. They understand better than anyone else what you are going through. Join a support group in your community or on the Internet.

### Assistance

- Accept offers of help. Ask other family members to share the load and be specific about the help you need. If you do not have family nearby or they are not willing or able to assist, take advantage or respite services in your community.
- You cannot, and should not, do everything alone.

\*\*\*\*\*

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

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## 11th Annual Best Dam Ride scheduled for April 27th

Special to Senior News

**T**he Southeastern Firefighters Burn Foundation (SFBF) is planning its 11th Annual Best Dam Bicycle Ride that will begin at J. Strom Thurmond Lake at Clarks Hill Dam, Sun., Apr. 27, 8:30 a.m. Registration begins at 7:00 a.m. Sponsored by Chain Reaction Bicycles and Allegra Printing, this event is for cyclists of all ages and abilities. The bicycle ride consists of 25, 60, 80 and 100-mile road options. The mountain bike course on the historic Bartram Trail will have multiple ride options ranging from 5 to 50 miles. SORBA CSRA sponsors the mountain bike event.

To register, visit Chain Reaction Bicycles in Evans, GA, or go to [www.active.com](http://www.active.com) and search "Best Dam Ride." The cost is \$35 per rider in advance, \$40 event day; children under 12 may ride free, if accompanied by an adult. Lunch, gift bags

and rest stop refreshments will be provided to cyclists. T-shirts are guaranteed for those who pre-register by April 15.

"The Best Dam Ride is an annual ride that gives those interested in cycling an opportunity to test their skills and enjoy a beautiful day covering two states, three counties and twelve communities along the way," said Bobbie Jo Gainey, SFBF Development Director. "The Best Dam Bike Ride gets bigger each year; last year's event attracted more than 450 riders."

Southeastern Firefighters Burn Foundation provides assistance to families of patients being treated at the Joseph M. Still Burn Center at Doctors Hospital in Augusta, GA. The Burn Foundation provides free lodging, meals, transportation and other essentials for family members, and pain medications and anti-scarring garments for patients upon their discharge from the Burn Center. For more information about the SFBF, visit [www.sfbf.net](http://www.sfbf.net)



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Serving Augusta & the CSRA

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Senior News & Views of Georgia

## Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

\*\*\*\*\*

### TRIBUTE TO HIDDEN LAKE

by Pat Walker Johnson

*Winter stillness spreads across the lake.*

*Sunset's beauty is there to partake. God's gift of nature shines through the trees.*

*Ducks, geese and heron my humble eye sees.*

*Welcome lights from houses along the shore,*

*Tell me my neighbors offer friendship and more.*

*My solace, my comfort, my God gives me peace.*

*I feel His presence here and that will never cease.*

*Soft trails of moonlight drift from the sky.*

*Pale shards of light glow from on high.*

*The light through the trees means love*

*As it drifts down softly from above.*

*My soul feels warmly at rest*

*When I truly with my heart confess.*

*God's blessings such thankfulness make,*

*Each day I awake at my Hidden Lake.*

\*\*\*\*\*

### OUR GUARDIAN ANGELS

by Barbara Bates

*Each of us are surrounded by the Angels we love so much,*

*They protect God's children with a gentle touch.*

*Like flowers that bloom be it fall or spring,*

*Our Angels keep us filled with the love they bring.*

*We continue to thank our Heavenly Father above,*

*For his most precious Love.*

*So as we travel throughout our days,*

*We must remember to stay in our*

*Angel's Loving Ways.*

*Forever hold onto a genuine smile,*

*For our Journey on earth is just for a while.*

\*\*\*\*\*

### SPRING

by Dr. Thomas A. Garman

*When winter starts surrender on the land,*

*I follow with footprints made of mud - dark tracks on graying pillows of melting snow*

*where winter slept. My clouds sail rudderless in the sky. My breezes melt water to flood once frozen plains.*

*March, a problem child, Teases gentle April, whose tears of rain belie*

*The coming jubilation of May. I sweep clean*

*the gutters of the mind and wash away*

*the rubble of winter. I haul away the barricades of thought*

*in sun-wheeled carts which are my days*

*mellow days of memory of springtimes long ago...*

\*\*\*\*\*

### A GRANDMOTHER'S LOVE

by Dot Jones

*I talked to a neighbor this week,*

*whose heart was broken in two.*

*She reached out to me in*

*compassion to seek.*

*The saying goes that grandmothers are for loving and baby sitting, and they give their best in each.*

*Forgetting themselves often, when time and health would be cause to say no, I need a rest; but, instead they continue to give their best.*

*The needs of the child they faithfully tend, nourishing them with care and filling their little hearts with knowledge and love of Jesus, so dear.*

*The little child goes to Sunday School with grandparents, when in their home. She learns about Jesus and sings of His love in "Jesus Loves Me" the grandmother knows that Jesus has called the children to come.*

*She is a precious child and joy to behold, innocent, sweet and serene, as she talks about Jesus. But, then it is time to go home to a different scene.*

*The heart-breaking moment of truth bursts forth, shown in the mother's anger when she says: "You talk to my child too much about Jesus." "She embarrasses me in front of my friends, with a message I don't want to send."*

*Sure, grandmothers are for love and baby sitting, but their influence is unrelenting and hopefully cemented in a little child's heart and not torn apart.*

*The child will grow older and grand mother will not be needed as much, but her prayers are still there and perhaps through a still small voice the little girl will hear and remember "Jesus Loves Me." He's always there... never fear.*

## Spiritual Notes

# April Fool's

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

When April comes I recall the fun I had as a child pulling "April Fool's" tricks on family and friends. My mother was always a gullible target. While this practice was acceptable, calling someone a fool was not allowed in my home. To this day I think of the word as an expletive. There are various uses such as foolishness, meaning the lack of good sense or judgment, and numerous adjectives such as absurd, ridiculous, and ludicrous which carry the same meaning but are more

acceptable. Regardless of the more appropriate uses, we still tend to shy away from the use of the word.

My son has given me a phrase that I like which has a good moral; "Fool me once shame on you, fool me twice shame on me." There are people who are not ethical in their dealings. On occasion we are "taken in" which may come as a surprise to us. If it happens a second time one may conclude it was their own fault. These dealings are not "April Fool's Day" tricks. It seems that many folks are victimized by greedy and unprincipled people everyday. How many times have we heard: "They really made a fool out of me or I did a very foolish thing?"

The first chapter of Proverbs gives a prologue to the contents of this book in the Old Testament. The 7th verse states, "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline; and in chapter 3:35 we read, "The wise inherit honor, but fools he holds up to shame."

Have fun on April one with the harmless "April fool's" tricks but read the entire Book of Proverbs to have a deeper understanding and significance of being a fool.

\*\*\*\*\*

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

*On the Cover*

# Hey, Everyone... Meet Wally!

by CAROLYN BRENNEMAN

Photos by Lidia Woodlief and Carolyn

Cover: Wally Baskovich

**A**re you looking for great way to get physically fit and stay that way for the rest of your life? Do you want to become a Lean Mean Human Machine to the best of your ability? You can, no matter what age you are!

Meet Wally Baskovich, at the Family Y, a personal trainer who not only is one of the best physical fitness experts around, but also is a great inspiration for all of us!

Wally, an energetic and vivacious guy who has over 44 years of real life-living experience, is a former bodybuilder, a physical fitness instructor, a nutrition advisor, and Martial Arts instructor. As a personal trainer, he teaches us how to make long term life style fitness changes, and as a martial arts

instructor, he teaches 'reality based' self-defense, known as Street Survival Skills.

Wally, who will be 62 on May 13, is our expert in helping us with permanent life style changes for weight loss, enhanced mobility for the elderly, strength training, sports enhancement, balance & flexibility, and overall general conditioning. Wally works with all ages, from teenagers to the mature adult to the elderly. He is NASM (National Academy of Sports Medicine) Certified, which is the most widely recognized certification in the industry.

Wally is the expert personal trainer; he believes in making life-style changes and staying away from quick fixes. He tells us it is important to make distinct and better choices for ourselves that will become permanent life-style changes.

Wally firmly believes that training people is all about the individual client, and endeavors to

instill in them the training that he does, to last; so that a few years from now the client does not revert back to old habits, but continues to maintain good choices to his/her lifestyle for the rest of their lives. It is, after all, for a better 'quality of life'!

Wally is a really caring person and is dedicated to helping his clients. He pays complete attention to each individual and is passionate about what he does and wants to really make a difference in the person's life. Wally loves to see the changes in people he works with.

So where did Wally get his motivation to become a body-builder and now a full-time physical fitness expert who lives what he preaches? Well, one of Wally's heroes and his primary inspiration, is his dad, who was a gold medalist on the Flying Rings three times in the 1940's, as well as a 13 - time Southern States Amputee Golf Champion. Wally feels that he is very blessed to have had such a great dad. His father taught him all about physical fitness and encouraged him at an early age to engage in many types of activity.

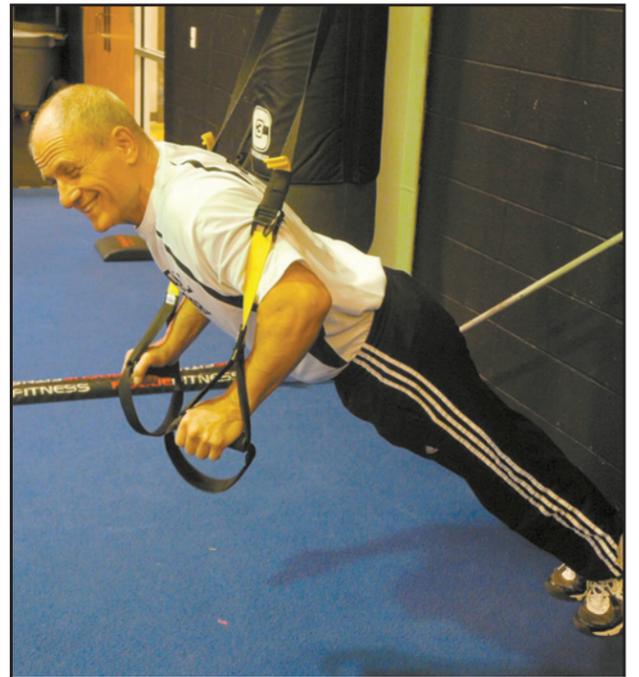
Remember Jack LaLanne? Well, that is Wally's second hero. Wally feels Jack LaLanne is the world's guru on exercise and was the first trainer to instruct women nation-wide in working out with weights. Jack also, just like Wally does, encouraged and assisted the disabled and the elderly to exer-

cise.

Currently, Wally is training Mrs. Mary, an 85 year old patient with Parkinson's, working with her very carefully. After training her for less than 8 months, she can (methodically) go up and down the 21 steps in her home. She also can now do a slight jog for more than 10 feet, working towards the 20 foot mark. This is remarkable, since less than 15 months ago she was unable to even walk. Her persistence and consistency of training have been her reason for attaining these accomplishments.

Wally will continue teaching at the Wilson Family Y on Wheeler Road, and is looking for a location to expand his business, Body By Wally, LLC.

Hurry and meet Wally at the Family Y or call him at 706-726-2116. Also check out *Body By Wally* on Facebook. You WILL be inspired.



Wally is so impressive!



Wally with Mrs. Vasavee and Shyam



Carmen Woodlief and Wally

# A Heritage in Wood on exhibit at the Morris Museum of Art

Special to Senior News

**G**enerations: Turned Bowls by Ed, Philip, and Matt Moulthrop, an exquisite exhibition of eighteen large and small scale Moulthrop turned wooden bowls, opened to the public Tuesday, March 25, at the Morris Museum of Art, where it remains on display to the public through June 22, 2014. All of the pieces in this exhibition are on loan to the Morris from private collectors in Augusta, Georgia.

“Ed, Philip, and Matt Moulthrop have always sought to exploit the natural beauty of the wood,” said Kevin Grogan, director of the Morris Museum of Art. “Their technical innovations have revolutionized the art of turning bowls. Their use of a polyethylene glycol resin (PEG), for example, prevents the wood from cracking, and enables them to work with wood that was typically considered too fragile to turn. The fact that we were able to assemble this exciting exhibition entirely from local resources speaks to the high esteem in which the Moulthrops and their work are held here. Many of the objects in this show originated in this area – that is, they were sourced from trees here in Augusta.”

## Artist Bios

Ed Moulthrop (1916-2003), the self-taught patriarch of the Moulthrop dynasty of wood turners, is considered the godfather of modern turned wood bowls. Born in Cleveland, Ohio, Ed Moulthrop earned a MFA from Princeton University and became an architect. A pioneer in the field, he began turning bowls as a hobby. After his work began to earn recognition in the 1960s and 1970s, he turned his avocational interest into a full time career. His work is known for its unusually large size and technical complexity, the subtle range of color, the etching-like patterns of growth rings, and smooth, nearly glass-like surfaces.

Philip Moulthrop (1947- ) initially sought a career outside the shad-



**Matt Moulthrop, Sweet Gum Burl, 2009. Tree from the No. 10 Fairway at the Augusta National Golf Club. Tree sourced 2009. Collection of Roy Simkins.**

distinguishes his work from that of his predecessor by incorporating a mosaic-style technique in which he embeds disks of different kinds of wood into carbon-tinted resin. These bundled bowls showcase wider sections of wood that run vertically down the surface. His bowls have been given as gifts to foreign dignitaries including all the leaders of the 2004 G8 summit.

Matt Moulthrop (1977- ), the third generation of wood turners in

ow of his father. He graduated from West Georgia College with a BBA, earned a LLB from the Woodrow Wilson College of Law, and worked briefly as a lawyer before deciding to turn bowls as a profession. While Philip retains the traditional shape of the bowls that his father created, he

the Moulthrop family, completed his first turned bowl at the age of 7. Matt earned a BBA from the University of Georgia in Athens and a MBA from Georgia Institute of Technology in Atlanta. Afterwards, Matt entered the work force, only to return to his true passion, the family trade of turning bowls. Matt apprenticed for nine years under his grandfather, Ed. Matt’s work exemplifies simplicity and a minimalist approach, focusing more on design than technique. His signature style incorporates unusual elements not typically found in turned wooden bowls.

\*\*\*\*\*

The Morris Museum of Art was founded in 1985 and opened to the public in 1992. It is the oldest museum in the country that is devoted to the art and artists of the American South. The museum’s permanent collection of five thousand works of art, dating from the late-eighteenth century to the present, represents every aspect of the region’s visual culture. The Morris is open to the public from Tuesday through Saturday, 10:00 a.m.–5:00 p.m., and on Sunday, noon–5:00 p.m. For more information about the Morris Museum of Art, visit [www.themorris.org](http://www.themorris.org) or call 706-724-7501 and follow on Facebook, Pinterest, and twitter @MorrisMuseum.



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# 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, gov-

ernment, 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 Jennifer Thomas; 103 W. Robinson Ave., Grovetown, GA 30813; 706-210-8699
- Betty Hill Senior Citizens Center Cathie Birdsong; 330 Waters Work Rd., Sparta, GA 31087; 706-444-7532
- Harlem Senior Center Tina Sidener; 405 B West Church St., Harlem, GA 30814; 706-449-8400
- Jefferson County Senior Center Marie Swint; 209 E. 7th St., Louisville, GA 30434; 478-625-8820
- McDuffie Senior Center Melinda Hill; 304 Greenway St., Thomson, GA 30824; 706-595-7502
- Jenkins County Senior Center Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213
- Lincoln County Senior Center Pam Parton; 160 May Ave., Lincolnton, GA 30817; 706-359-3760
- Sylvania Senior Center Cathy Forehand; 209 E. Ogeechee St., Sylvania, GA 30467; 912-564-7727
- Taliaferro County Senior Center Allene Oliver; 119 Commerce St., Crawfordville, GA 30631; 706-456-2611
- Warren County Senior Center Gwanda Murray; 48 Warren St., Warrenton, GA 30828; 706-465-3539
- Washington County Council on Aging Jane Colson; 466 Maurice Friedman Rd., Sandersville, GA 31082; 478-552-0898 (Mon., Tues, and Thurs.) 478-552-0013
- Wilkes County Diana Hall; 108 Marshall St., Washington, GA 30673; 706-678-2518
- Shiloh Comprehensive Community Center Elizabeth Jones; 1635 15th St., Augusta, GA 30901; 706-738-0089

## H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta  
Contact: Patricia A. Jenner  
706-772-5456; 1 a.m.-3 p.m.

\*\*\*\*\*

## Aiken County Parks, Recreation & Tourism

902 Vaulcuse Rd., Aiken, SC 29801;  
803-642-7559;  
www.aikencountysc.gov/tourism

## Courtney Senior Center

49 Roy St., Wagener, SC; 564-5211  
• Senior Bingo: 3rd Fri., 2 p.m., Free  
• Canasta Club: Wednesdays, 12 noon, Free

## Harrison-Caver Park

4181 Augusta Rd., Clearwater, SC;  
593-4698

## Aiken County Recreation Center

917 Jefferson Davis Hwy., Graniteville, SC; 663-6142

## Roy Warner Park

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

\*\*\*\*\*

## Academy for Lifelong Learning, USC-Aiken

Information: 803-641-3288

\*\*\*\*\*

## Hearing Loss Association of Augusta

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

\*\*\*\*\*

## Hephzibah Lions Club

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

\*\*\*\*\*

## Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum's website at [www.the-morris.org](http://www.the-morris.org).

\*\*\*\*\*

## Gertrude Herbert Institute of Art

Located at 506 Telfair Street, Augusta. Call 706-722-5495 for information.

\*\*\*\*\*

## Caregiver Support Group

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

\*\*\*\*\*

## Augusta Museum of History

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

## ON-GOING EXHIBITS INCLUDE

- *Celebrating a Grand Tradition, the Sport of Golf*
- *The Godfather of Soul, Mr. James Brown*
- *Augusta's Story*
- *One Man, Two Ships, Lessons in History and Courage*
- *Canteens to Combat Boots*
- *Timeless Toys*

\*\*\*\*\*

## Lucy Craft Laney Museum of Black History

[www.lucycraftlaneymuseum.com](http://www.lucycraftlaneymuseum.com)  
Call 706-724-3576 for events information.

\*\*\*\*\*

## "Dance with Us"

The Augusta Chapter of USA Ballroom Dance invites beginners to pros to our **FIRST SATURDAY** of each month social dance at the American Legion Post 63, 90 Milledge Rd., Augusta. Members, \$8; guests, \$10. No partner need! Free dance lesson and a great food table. For a group of 6 or more first time guests we can make arrangements for you to come free.

For more information call Bob Anzuoni at 803-215-4010 or visit [www.augustadancing.org](http://www.augustadancing.org).

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## Augusta Christian Singles Weekly Dance

Single and need something to do on Saturday nights? If you are single, divorced, widowed, or legally separated, \$10 will get you a light meal, variety of music, dance lessons, good fellowship, and a great dance floor!

Begins at 8 p.m., Ballroom Dance Center, 525 Grand Slam Dr., Evans. If you don't know how to dance and want

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# 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

## CALENDAR from page 7

to learn, free instruction begins at 7 p.m. Don't stay home alone; come dance and have fun. For more information visit [www.christiandances.org](http://www.christiandances.org).

### Fraternal Order of Eagles Lodge 1197

1999 Scott Rd., Augusta. For activities 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 the Kroc Center, The Salvation Army, 1833 Broad Street, Augusta. For additional information or to join, call Mrs. Stella Nunnally, Chapter President, at 706-724-0045.

### Al-Anon and Alateen Groups

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

### Friday Night Dance

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

### Augusta Area Newcomers Club

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

### Service Corps of Retired Executives

The Service Corps of Retired Executives (SCORE) provides counseling and mentoring to business people who are starting up a new business or who are expanding one that is ongoing. SCORE is a non-profit, public service organization, affiliated with the SBA. There is never a charge for our services. Call 706-793-9998, Mon. - Fri., from 9 a.m. - 12 noon.

### Phinzy Swamp Events

706-828-2109

### Find Your Voice

Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always welcome. For additional information call 803-648-7833.

### DBSA (Depression Bi-Polar Support Alliance)

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

### Pieceful Hearts Quilt Guild

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

### Augusta Chapter Of The Embroiderers' Guild Of America

Anyone with an appreciation of embroidery is welcome. Chapter consists of women with diverse backgrounds, experience, and ages who share an interest and pleasure in needlework. Meetings include a review of local needlework activities, some

hands-on stitching, refreshments, and socialization. Meets the 1st Mon. of each month at Alliance Missionary Church, 2801 Ingleside Dr., Augusta. For additional information call Natalie Farrell at 706-736-5508.

### Alzheimer's Caregiver Support Group

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

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

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

**Turkey Creek Festival**  
Turkey Creek Festival "Farmin' in the Park." May 3, 10 a.m., Byromville, GA. Visit [www.turkeycreekfestival.com](http://www.turkeycreekfestival.com).

# General Business Directory For Seniors

**ANOINTED TOUCH MASSAGE & THE BODY WRAP SALON**  
Therapeutic Body Massage, Hand & Foot Massage Aromatherapy, "Body Slimming" Body Wraps Tighten Tone & Firm in as little as 45 minutes. Walk-Ins Welcome. Group & Referral Discounts (Ask about our free in-home Body Wrap Parties)  
[anoointedtouchmassage.com](http://anoointedtouchmassage.com) / [thebodywrapsalon.com](http://thebodywrapsalon.com)  
2583 Tobacco Rd., Hephzibah, GA  
706-726-4723  
Mon-Fri 9 am-7 pm & Sat (Wrap Party) 9 am-9 pm

**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

**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"

**SCOTT ANTIQUE MARKETS**  
3500 Booths! Second weekend of every month!  
**APR 10, 11, 12 & 13**  
Atlanta Expo Centers Atlanta, GA  
• Show Hours: Thurs. 12:45pm-6pm, Fri. & Sat. 9am-6pm, Sun. 10am-4pm  
• Directions: 3 miles East of Atlanta Airport, I-285 at Exit 55 (3650 & 3850 Jonesboro Rd.)  
740-569-2800  
ONE coupon per person. Expires 4-14-14  
[www.scottantiquemarkets.com](http://www.scottantiquemarkets.com)

**ADVERTISING INFORMATION**  
Call  
**Carolyn Brenneman**  
706-407-1564  
**Wayne DeLong**  
803-257-1455

**SarahCare®**  
Adult Day Care Centers  
801 Oakhurst Drive  
Evans, GA 30809  
[www.sarahcare.com/evanstolocks](http://www.sarahcare.com/evanstolocks)  
Phone: 706-364-7430  
Fax: 706-364-7854  
Cell: 706-399-7169  
dgrady@sarahcare.com  
**Dorothy Grady, RN**  
Owner/Executive Director

**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](http://www.goodwillworks.org)

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**When HELP Can't Wait**  
Non Profit Organization  
**"Serving Nursing Home Residents"**  
3814 Commercial Court  
(At End of Street - In Cul-De-Sac)  
Martinez, GA 30907  
Visit our Upscale Women's Boutique **"The Classy Closet"** Mon-Thurs 10-4  
All types of tax deductible donations accepted!  
706-855-0715  
[whenhelpcantwait@comcast.net](mailto:whenhelpcantwait@comcast.net)

**Diabetic Shoes**  
at no cost to you!  
» Your medicare or insurance may cover the cost.  
» In-home fitting and delivery.  
Call to see if you qualify:  
706.726.3441  
