

Senior News

Georgia

Serving those age 50 PLUS in GEORGIA!

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May 2021
Vol. 35, No. 5



Let us entertain you

by CLAIRE HOUSER-DODD

What with trips and appointments before and after Easter, we have gotten behind on most everything. And with others off and running there hasn't been a lot going on to write about. Getting ready for Easter, doing a bit of Spring cleaning, putting up and hiding things; some of which may never be recovered! It's almost like magic. We just found our main notebook that we had given up on a month ago. Anything that gets around us takes on a life of its own.

However, due to the old Anderson House being sold, we received some pictures and papers from Melba Anderson who was married to a cousin, Riley. Our Mother was born on June 16, 1907 to George David and Clara Phillips Anderson. She came into the World about two weeks early and did not get to be born in Myrtle, the house her daddy was building for her birth! She was born in the house in Norwood Springs across Highway 341 and moved across the road into the Myrtle House about two weeks later. Myrtle was so named because of the many pink trees! It reminds of the Snow House in Doctor Zhivago, minus the snow.

Education was very important at this time in our country and there were many one-roomed schoolhouses in this Houston County area. One such was located in Myrtle, Georgia. It was just off "341" approximately halfway between Fort Valley and Perry. It was one of the better-known small schools; and, one we have been asked about often. Several weeks ago, we mentioned Miss Bessie Anderson who taught in the Houston/Peach County Schools. She was the teacher before that at the Myrtle School. It was four miles southwest of Small's Academy and four miles northeast to Fagan School. Since there were no school busses back then to transport students, these small but effective schools were placed across the county so that students could walk to them, and walk they did as an education was respected and desired. This explains how one teacher could manage seven grades and twenty- seven pupils without chaos. They had 35 recitation periods with 32 weeks continuous term, also with a sewing club for persons in the community willing to take the students to larger education events, fairs, etc. Most small schools were on approximately one acre of land, titled in the Board of Education, plain grounds, no school gardens, one toilet. The building was valued at \$500, one classroom, 24 x 30 x 10 with no cloak room, but a small veranda in front and fairly well kept. The building was painted only on the outside. The equipment was good with double homemade desks, good blackboards, two maps, but no charts or globes; but they did contain some framed pictures, a library of 40 volumes with a reference dictionary. They were very lucky to have fresh water piped in from a spring into a covered cooler with individual cups. While being aware of the school problems today, one is even more impressed with the one room school-house teachers and how they taught seven or more classes at once and had twenty to thirty students of all ages in one relatively small area. Maybe the teachers were stronger and the students more respective of adults. And, as far as we know, they did not have the problems of ADD, ADHD and other forms of learning problems. Myrtle was just one of those area schools and we admire Miss Bessie Anderson as well as the other teachers who followed her in this most respectable and admired profession.

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Taking Care One Size Does Not Fit All Caregivers!

by LISA M. PETSCHÉ
lmpetsche@gmail.com

Much is written about caring for aging relatives, offering general advice and specific tips to family caregivers. For any particular caregiver, some information and ideas may resonate and be more helpful than others. That's because, although caregivers face many similar challenges, no two caregiving situations are exactly alike.

Numerous factors account for the differences among caregivers' experiences.

Caregiving Variables

Interpersonal Issues: The nature and history of the caregiver's relationship with their relative plays a key role in how caregiving unfolds. If personalities, habits, expectations or values clash, the caregiver is likely to experience more stress than the average person in that role.

Caregiver's Health: If they have physical or mental health challenges, caregiving is likely to be experienced as more difficult. Even if their health is initially good, this may change over time, especially if caregiving is prolonged, intense or marked by complications and crises.

Timing: Since some stages of life involve more responsibilities than others, the timing of the caregiving journey has a major impact on caregiver burden and coping. Caring for an older relative can be especially challenging when the caregiver is looking after multiple adult relatives, raising their own family or employed, especially in a demanding type of work (involving long hours or being on call, for example). If more than one of these applies, caregiver stress is further multiplied.

Care Receiver's Needs: The more physical and mental limitations a care receiver has, the more time, energy and skills are required of the caregiver to

meet the person's needs. Caring for someone with dementia, for instance, may be mentally exhausting, because of the affected person's poor short-term memory and impaired judgment, which may result not only in repetitive questioning and other behaviors, but also the need for continuous supervision to ensure their safety.

The extent to which the care receiver's health is stable is another significant variable in caregiver coping. Caregiver stress tends to be higher

when the care receiver has a degenerative disease involving changes and losses that necessitate ongoing adjustments, including increased – and perhaps more skilled – assistance. Stress can also be higher when the relative has multiple major medical diagnoses – for example, Alzheimer's disease and heart disease.

Available Supports: Caregiving is not meant to be a one-person job, but

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Lisa Petsche

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Senior News & Views of Georgia

Taking Care

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in some cases, the primary caregiver may be the only caregiver, which puts them at a high risk for burnout. Ideally, other family members pitch in and regularly give the caregiver a break; however, this does not always happen, depending on whether other family members live locally and are able and willing to share the care. Community resources can also go a long way to support and supplement a caregiver's efforts, but the availability of such resources varies from one community to the next, as does the cost.

Finances: Personal financial resources of the caregiver and care receiver affect the quality of life not only of the care receiver but also the caregiver. If, separately or together, they can afford the cost of home renovations, medical equipment and private healthcare services as needed, this is likely to make caregiving safer and less stressful. Furthermore, if the cost of a regular vacation for the caregiver and concomitant respite care for their relative is feasible, this can go a long way towards keeping the caregiver healthy in body, mind and soul.

Expectations: Care receivers vary in their expectations regarding caregiver availability, privacy (if they live together), out-

side help (whether or not they will accept it) and financial arrangements (who pays for what), among other things.

Cultural factors may also play a role. For example, in some cultures it's expected that elders will be cared for in the home of one of their children until their death. Such an expectation can place undue pressure on a caregiver who feels stretched to their limit and is wearing down.

Sometimes, too, a caregiver can be their own worst enemy, expecting too much of themselves (due to perfectionism, for example) or the person for whom they are caring.

Parting Thoughts

If you are a caregiver, try not to compare yourself with others in this role. Their circumstances are likely to be different, although perhaps not evident from where you sit.

Ultimately, you need to do what feels right and works for you. Because the best caregiver is a healthy caregiver--physically, mentally, emotionally and spiritually.

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

Women in the Military – May's Brown Bag History Series Lecture

Special to *Senior News Georgia*

The Augusta Museum of History is excited to offer the 2021 Brown Bag History Lecture Series: Women of Augusta. From incredible educators such as Lucy Craft Laney, to generous philanthropists like Emily Tubman, Augusta's women have been vital to the success of the region. This series both celebrates women of the CSRA, and also delves into the hardships that women of the region have faced. Themes of feminism, equality, and disenfranchisement are vital in telling the history of Augusta's women.

The fifth virtual presentation will on May 12, 2021

with Women in the Military by Mrs. Amy Tuschen, currently Executive Director Fort Gordon Historical Museum Society (FGHMS). Her talk will include the challenges women face in the military and the history of women on the home front.

Tuschen has worked for both large and small government contractor companies, after leaving the Army in 1998, where she served for eight years as a Signal Corps Officer specializing in Systems security, and Information Systems. Tuschen earned a BS degree from Saint Norbert College in Green Bay, WI, and then a MS degree from Boston University while stationed in Germany - both degrees in Computer Information

Systems.

She is proud to be an Army brat, with family in Green Bay, Wisconsin and a lifelong Packers fan. She is married to Bryan Tuschen, lives in Martinez, GA, and has three young-adult children and one son-in-law. She enjoys traveling, watching SEC and NFL football, reading, and being involved with her church.

Due to the pandemic and for the safety of our visitors, this Brown Bag talk will be presented online. You can find the talk on the museum's Facebook or YouTube pages.

The museum is located at 560 Reynolds Street in downtown Augusta. Please call (706) 722-8454 for more information or visit www.augustamuseum.org

On the Cover

Happy Mother's Day Everyone!

By Carolyn Brenneman

Cover: Celebrate with warm greetings!

Hey everyone! Yes, it's already May and Mother's Day is here! Thinking about it, I realized I knew very little about the history of this holiday celebrating a most wonderful person in our lives. So, I did a little research. According to CNN, one woman, Anna Maria Jarvis (1864 – 1948), is known to have founded Mother's Day following the death of her mother, Ann, who died May 9, 1905. Ms. Jarvis wanted to honor her mother and all women as a group so she began a movement in West Virginia. And this state now prides itself for hosting the first official Mother's Day celebration that was held in Andrews Methodist Episcopal Church just three years later. Then in 1914, President Woodrow Wilson signed a bill recognizing Ms. Jarvis' idea as a national holiday to be celebrated each second Sunday of May. It is amazing, don't you think?

And where did the idea of having carnations come from during this celebration? Well, according to *Time Magazine*, Ms. Jarvis sent 500 white carnations to Andrews Church for the first 1908 celebration. Eventually, white carnations became the official Mother's Day flower. And in a 1927 National Geographic interview, Ms. Jarvis compared the white flower to a mother's love. "The carnation does not drop its petals but hugs them to its heart...So too, mothers hug their children to their hearts, their love never dying." I liked that analogy because when I think of my mother, I remember the compassion, patience, tenderness

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Anna Marie Jarvis



Mother and child sharing a precious moment!

Mother’s Day

from page 5

and devotion she had for me and my two sisters. And she did indeed give the best hugs ever!

Today Mother’s Day has become a \$25 billion holiday in the US. However, I don’t choose to think of the rampant commercialism. Instead, I stop and consider Anna Jarvis’ respect and affection for her mother that inspired this celebration over a century ago. After all, Mother’s Day is not just about flowers or cards or jewelry – it’s all about love. So, let’s all honor our moms on this special day!



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Newborn with grandmother Mary Nell.

The Witnesses – We Didn’t Know...

Special to Senior News Georgia

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informed!

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Letter-to-Publisher

CRITICAL MOMENTS

by Daniel W Gatlyn, USN Ret.
Minister/Journalist

Each succeeding year brings an exceptionally new episode of critical moments and unprecedented items for judgement. Never since the Garden have we been confronted with animalistic behavior such has made visitation to our environment in 2021. The behavior of both men and women has shaken our most profound sense of right and wrong. It would have to be defined as unethical, immoral, unthinkable, unfathomable; unspeakable; and, altogether, "from the pit!" Murder, mayhem, malicious stints of senseless acts have become normal daily patterns. Such terror did not happen out of the blue. There are multiple reasons. Twisted morals, antiquated rationale, lack of accountability, and an utter failure in parental responsibility. All these items must work together in providing safety and sanity.

Let me quickly review an unprecedented item that may well bring your disapproval. I've been around for nine decades! I was a military warrior. I am Christian! I am far removed from perfection. But I have never been in jail – never robbed a bank – never taken a life – never burned a building. There are reasons for my conduct. Am I that aligned with good behavior? At least I am civil. Have I been in error? You bet – but not in violation to basic rules and laws.

I came from a large family – none of which were perfect. But no criminals – no major wrongdoing. One brother was my best friend – but his weakness was alcohol. That in itself is not necessarily an error of unforgiveness; but, it can (and often does) lead to offenses which crosses the line of acceptability. On one occasion, he was highly intoxicated – was waving his gun around – threatening to shoot the place up. This could have led to an unspeakable problem, one that could have cost lives, perhaps even his own. Though hundreds of miles away from the scene, I was called for a possible solution. Someone needed to assume responsibility and

intervene. I DID JUST THAT! I called the nearest SWAT Team, and laid out the situation – trusting that all would end well. He was immediately furious with me; but later had realization that I cared, that I did a proper thing and that someone had responsibility. What could easily have become an astronomical incident, was very rapidly neutralized; and, no one was hurt.

Why would I spell this out as I did? We are now witnessing daily events where it is obvious that parents, family members, friends are lacking in com-

passion, love and concerns; and, not only allow unlawful actions to occur, but spend an inordinate amount of time criticizing "those who lend appropriate remedies." And, in justifications of how "their favorite buddy" was such a good vessel.

Absence in early instruction for reasonable compliance (an/or intervention) is sufficient proof of irresponsibility. An ounce of prevention still works wonders; and, common sense lends credibility to sound academics!

Any questions?

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On the Cover

Julian Jones retires... for the second time!

By CLAIRE HOUSER-DODD

COVER: Mark Sanchez, CEO of Lane Southern Orchards presents Mr. Julian Jones with a Retirement/Appreciation Plaque!

We at *Senior News Georgia* love to write about our outstanding senior citizens retiring – especially when they are retiring a second time like Julian F. Jones, Jr.

Just recently Mr. Jones retired from Lane Southern Orchards after 20 years of being the first person you would see when you entered the well-known establishment on Highway 96, a few miles off Houser's Mill Road Bridge exit West Interstate 75, and only about three miles West of Fort Valley, Georgia. He was the tall, good-looking smiling older man busy doing lots of different things, but always taking time to happily greet you and make you feel welcomed; a good feeling for those of us who live here and see him often, and even more important to the weary travelers from East New Jersey that are hot and tired and in need of a friendly face and a bit of food. His co-workers gave him a surprise party replete with a beautiful cake shaped like a basket of peaches, and CEO Mark Sanchez presented Julian a plaque representing his 20 years of loyal service to Lane's.

We love the picture of him sitting in front of the establishment in a large white rocking chair, but somehow don't see that as Mr. Jones' next phase as prior to his retirement a few weeks ago, and twenty years earlier, he retired with thirty- seven years employment from the Fort Valley Post Office where he was Postmaster. Back then we received our mail on time,

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Mr. Julian F. Jones, Jr. and his wife, Ms. Annette.



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Jones

from page 8

unopened, and on our porches.

We believe a couple of days ago, we interrupted Julian, who will be eighty in September, being at his newly chosen phase of life, “Honey Do!” At that time, he was busily pampering the roses! Of course, Honey Do will take on a lot more than just Roses and gardening and feeding and hoeing. He also plans to get in a little golfing with his buddies, if time allows.

Mr. Jones is a life-long Peach Countian. Born in Byron to Julian Flint and Laura Goss Jones, and is married to Annette Digby of Atlanta. After attending Young Harris College, he worked at the Post Office in Atlanta, then felt the pull of Fort Valley and dragged his wife by the ankle (he says jovially) literally screaming, hollering and kicking back down to Middle Georgia where they have made a very happy and successful life, raising three children who are all well and healthy and not too far from home. The first is Julian the third who now has Julian the fourth and has retired from a high school principal’s position in DeLand, Florida and is now a middle school principal in Tifton. April was also a teacher in Savannah, but she has switched to a medical career, and Natalie has been teaching English in Warner Robins for twelve years.


Many thanks go out to Annette and Julian for pushing forward the love and perseverance of education even more in demand today than yesterday. But what would you expect from a man who has retired from a work force twice and is now starting on another venture.



An Edible Peach Crate cake made by Southern Sugar Baking Company (And also Lane Southern Orchards employee).



Mr. Julian Jones, his Family, and Lane Southern Orchards employees take a front porch photo on Julian’s retirement!




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GreenJackets: Theme Nights, Fireworks and Giveaways in the May Lineup

Special to Senior News Georgia

Submitted by Catie Jagodzinski
Director of Marketing,
Promotions, & Community
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www.greenjacketsbaseball.com

NORTH AUGUSTA, SC.

The Augusta GreenJackets, Low A East Affiliate of the Atlanta Braves, are excited to announce their May Promotional Schedule for the 2021 Championship Season. The GreenJackets are proud to continue the “BEE -A -Fan” Campaign for the 2021 season, featuring exciting weekly promotions along with numerous promotional nights, giveaways, and fireworks extravaganzas.

“Throughout this past year, our front office staff has been busy looking at ways to create a way to welcome you home to SRP Park in a FUN and UNIQUE way,” stated GreenJackets Vice President Tom Denlinger. “We wanted to create a theme to rally around, have FUN and engage year round. The ‘BEE A Fan’ Campaign will focus on the heartbeat of this team and of this community: the fans, and we cannot wait.”

The GreenJackets kick off Opening week with four exclusive giveaways:

- May 4th: 2021 Collector’s Rally Towel giveaway for the first 2,000 fans, presented by SRP Federal Credit Union
- May 5th: 2021 Collector’s Rally Towel giveaway for the first 2,000 fans, presented by SRP Federal Credit Union
- May 6th: 16 oz. Koozie giveaway for the first 1,000 fans, presented by TaxSlayer
- May 7th: New Era Pennant giveaway for the first 1,750 fans, presented by WOW! Internet Phone and Cable

The May promotional calendar will also be full of exciting and entertaining theme nights:

- May 4th & 5th: Welcome Home Fans



- May 6th: TaxSlayer Day with special appearance by Myatt Snider and No. 2 TaxSlayer Chevy Photo Op
- May 8th: An Ode to 2020 – A Celebration
- May 9th: Flowers & MOMosas for Mother’s Day
- May 18th: Teacher Appreciation Night
- May 19th: Nurses Appreciation Night

- May 21st: Happy Gilmore Anniversary with a Hole in One Contest at Auggie’s Acres, presented by Children’s Hospital of Georgia
- May 22nd: Take Me Out to the Prom Game with the first GreenJackets BOOMing Fireworks Extravaganza, presented by Premier Network (First GreenJackets Fireworks

Show in 629 days!)
• May 23rd: Scavenger Hunt Day

To learn more about the GreenJackets schedule and to BEE in the know as the team unveils the rest of its BEE-A-Fan promotions, visit greenjacketsbaseball.com or follow along with the GreenJackets on social media: Facebook: @GreenJacketsBaseball; Instagram: @augustagreenjackets; Twitter: @GreenJackets.

Visit our website for complete GreenJacketsBaseball complete seasonal details.

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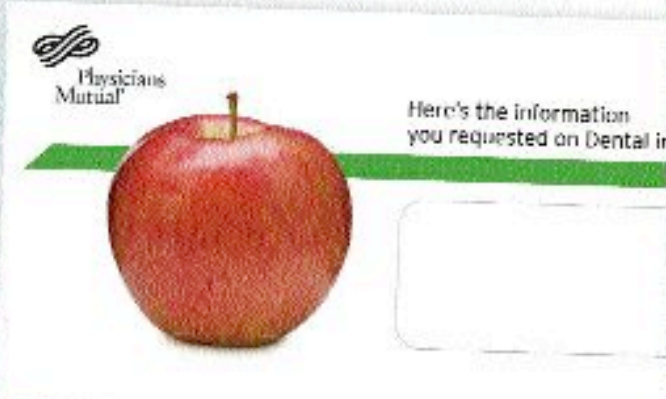

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Carl Vinson VA Medical Center selected for Fisher House Construction

Special to *Senior News Georgia*

Submitted by James W. Huckfeldt
VAMC Deputy Public Affairs Officer
James.Huckfeldt@VA.gov

The Carl Vinson VA Medical Center was one of 12 approved VA medical centers and healthcare systems to receive a Fisher House for future construction via a competitive application process. Carl Vinson VA Medical Center Director David L. Whitmer, FACHE, announced the details to stakeholders on April 22 in the parking lot adjacent to building 86 where the Fisher House is slated for future construction.

Having a Fisher House on our campus will allow families to spend time with, and focus on, the long-term care and healing of Veterans we treat at our medical center, Whitmer said. The Fisher House provides these families with quality lodging free of charge so they can concentrate on their loved ones and their healthcare instead of expensive lodging costs.

Chief of Voluntary Services Keith Griffin, who lead the team that prepared application for the Fisher House said, “We estimate the construction of our proposed sixteen room Fisher House to be approximately \$6 million, half of which we are expected to raise via community donations.”

You can use the following link to support Fundraising efforts:

<https://connect.fisherhouse.org/index.cfm?fuseaction=donate.event&eventID=554>.

The Fisher House will be built next to the hospice in Building 86 and will overlook Lake Leisure, providing visitors easy access to many of the areas where Veterans are in residential treatment programs as well as take advantage of the

walking trails, fishing piers, and children’s playground nearby.



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Lt. General Fogarty to highlight Post-Leg Breakfast

Special to *Senior News Georgia*

Submitted by Olivia Reich
Communications Manager
Columbia County Chamber
of Commerce

EVANS, Ga.

The Columbia County Chamber of Commerce will host its annual Post-Legislative Breakfast on Wednesday, May 19 from 7:30 to 9:00 a.m., at the Columbia County Exhibition Center, presented by Savannah River Nuclear Solutions.

Lt. General Stephen G. Fogarty, Commanding General of the U.S. Army Cyber Command, will give the keynote address. A native of Savannah, GA, he was commissioned as a second lieutenant in Military Intelligence (MI) in May 1983 after earning his bachelor's degree in History at North Georgia College. Lt. Gen. Stephen G. Fogarty assumed command of U.S. Army Cyber Command (ARCYBER) on May 11, 2018.

Fogarty's command tours include the Long Range Surveillance Detachment, 125th MI Battalion, 25th Infantry Division (Light); the 732nd MI Battalion; the 116th MI Brigade and National Security Agency-Georgia; the U.S. Army Intelligence and Security Command; and the U.S. Army Cyber Center of Excellence and Fort Gordon.

The Post-Legislative Breakfast will also feature a panel discussion with State Senate and House Representatives from Columbia County. The state leaders scheduled to attend include: Senator Max Burns, Senator Lee Anderson, Representative Robert Leverett, Representative Barry Fleming, Representative

Jodi Lott and Representative Mark Newton.

Registration is currently available online at columbiacountychamber.com, or by calling 706-651-0018.

Members can purchase a ticket for \$35 or a table of 6 for \$350, while non-members can reserve a seat for \$50.

For more information, contact Sabrina Griffin, Director of Events & Programs for the Columbia County Chamber, at sabrina@columbiacountychamber.com.

ber.com.

The Columbia County Chamber of Commerce is a five-star accredited chamber representing over 1,000 businesses in the Greater Augusta area. As a member-driven, business-focused organization, the vision of the Columbia County Chamber of Commerce is to ensure and promote the beneficial growth of our community. For more information on the Columbia County Chamber, visit columbiacountychamber.com.



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A photograph of the Generac PWRcell solar + battery storage system. It shows a large white battery unit with a solar panel mounted on top. The background is a blurred image of solar panels.

Carl Vinson VA holds Ribbon Cutting Ceremony celebrating partnership with VBA at the Tifton Outpatient Clinic

Special to *Senior News Georgia*

Submitted by **James W. Huckfeldt**
VAMC Deputy Public Affairs Officer
James.Huckfeldt@VA.gov

DUBLIN, GA

Carl Vinson VA Medical Center Director, David. L. Whitmer, FACHE, is proud to announce that Dublin VA is partnering with the Veterans Benefits Administration (VBA) enabling three VBA employees to work at the Community Based Outpatient Clinic in Tifton, Georgia.

The ribbon cutting ceremony was scheduled for April 30 at the Tifton clinic located at 1824 Ridge Avenue North, Tifton, GA 31794.

“Improving the Veterans experience is our top priority as we strive to provide world-class healthcare on our journey to becoming a High Reliability Organization,” Whitmer said. “This allows Veterans to get updates on their claims and other benefits while receiving their healthcare at the same location. It also provides Veterans at Dublin VA and our other community-based outpatient clinics an opportunity to also speak with these representatives via video teleconference through scheduled appointments.”

VBA had staff located in the Tifton area and welcomed the opportunity to partner with VHA under one roof, providing a win-win situation for Dublin VA, the out-based VBA staff, and most of all, the Veterans who will receive services from VHA and VBA in one location. Another added benefit from co-locating at the Tifton Outpatient Clinic, it will reduce taxpayer expenses from leasing a separate facility.

“We’re proud to partner with VBA on this very special opportunity that will not only be a significant benefit to Veterans in Tifton and surrounding areas, but for enrolled Veterans at Dublin VAMC,” said Donna

Ammons, DNP, Tifton Outpatient Clinic manager. “We often receive questions regarding benefits that we simply can’t answer since we work on the healthcare side of VA – but now Veterans will have the best of both worlds.”

Veterans typically manage their VBA benefits such as the Post 9/11 GI Bill, Vocational Rehabilitation, Compensation & Pension, VA Home Loan Guarantee, and a wealth of other benefits through the online portal www.ebenefits.va.gov. This new partnership allows Veterans to receive their healthcare and consult with benefits experts on other services the Veteran earned.

“Today we take the first big step towards an exciting collaboration with the Tifton VA Outpatient Clinic. We look forward to providing increased access to services for all Veterans in Tifton” said Patrick Zondervan, Acting Director of the Atlanta VA Regional Office.

VA’s mission to enhance the Veteran’s experience while continuously searching for ways to modernize is fulfilled through this new partnership. Veterans can receive world-class healthcare and meet with a VBA expert regarding status updates or to inquire what other benefits VA offers under one roof.

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DF-CD-NP-Q221

MAY IS MACON BIKE WALK MONTH

HOW WILL YOU CELEBRATE?

Special to *Senior News Georgia*

Submitted by **Koryn Young**
Engagement Coordinator
Bike Walk Macon
koryn@bikewalkmacon.com

April 28, 2021, MACON, GA

Bike Walk Macon celebrates Macon Bike Walk Month each year in May by hosting several free events that celebrate biking and walking. This year will be different than past years as Bike Walk Macon continues following the guidelines of health experts in helping prevent the spread of COVID-19. To help celebrate in a different way, the nonprofit has organized a combination of virtual, small group gatherings, and solo riding and walking events and activities to ensure that community members can still have a fun and impactful month. Some events will take place on specific days, and some allow people to participate at their own leisure.

“This year’s Macon Bike Walk Month is exciting because people have been independently biking and walking throughout the pandemic. Whether you’re riding for fun, fitness, or with family, or taking essential trips to work or shop, you are part of our movement for safer streets, connected communities, and a healthier city,” says Bike Walk Macon engagement coordinator, Koryn Young. “Macon Bike Walk Macon invites people to rediscover our city and reconnect with people on foot or on a bike.”

This year, Bike Walk Macon and other organizations and businesses have organized the following events and activities to help celebrate Macon Bike Walk Month:

- May 5th - Capital to Coast Ride: Join Bike Walk Macon, Bike Tech Macon, and the Governor’s Office of Highway Safety for bike safety instructions followed by a brief morning bike ride in Downtown Macon.

- May 7th to 9th - Jane’s Walk Macon: Jane’s Walk is an annual festival of free, community-led walking conversations inspired by Jane Jacobs. Several community leaders will offer free walking tours across Macon covering a variety of topics. <https://www.bikewalkmacon.com/janeswalk>

- May 12th- Rolling Town Hall: Bike Walk Macon and our partners are hosting a fun opportunity to interact with our Macon-Bibb County government leaders. Join us for a casual bike ride followed by an outdoor discussion dedicated to walking, biking, and access to transit.

- Every Friday - Commuter Conversations over Coffee: Join Bike Walk Macon for interesting, engaging, and informative virtual and in-person sessions discussing multimodal transportation - over coffee. Each week we will have a special guest moderator as we chat about all things biking and walking.

- May 28 - Car Free Day: Join the movement to go car-free in Macon on May 28th. Help us reach our goal of 100 Maconites going car-free on May 28th and take the pledge now at <https://www.bikewalkmacon.com/car-freeday>

- All Month - Bike Drive with U Create Macon: Donate your new/used bikes for youth learning to cycle with U Create Macon. Bikes may be dropped off in Macon at Bike Tech, located at

3003 Vineville Ave., Macon, GA or The Bike Store in Warner Robins, GA.

- Every Saturday - Crank to Coffee: Join the Bike Tech Macon family each Saturday Morning for a fun ride to Z Beans Coffee in Mercer Village.

- June 1 - Mobility Maker Awards and Member Party: We’ll close out Bike Walk Month by celebrating everything we’ve accomplished together in the past six years at the Grand Opera House and then get a special first look at the My Bike Photo Series gallery at The McEachern Arts Center (MAC). Free for all Bike Walk Macon members.

See www.bikewalkmacon.com/bike-walkmonth for a full list of events and activities. All events are free and open to the public. Follow Bike Walk Macon’s Facebook page for more details. For questions and media inquiries, contact Koryn Young, Engagement Coordinator, at 917-412-4661 or koryn@bikewalkmacon.com.

BIKE WALK MACON is a non-profit organization leading the movement to make bicycling and walking a safe, healthy, and convenient option for transportation and recreation for everyone in Macon-Bibb County. For more information, visit www.bikewalkmacon.com.

P.O. Box 1952, Macon, GA, 31202:
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YWOW & YMOM Class of 2021 Announced

Special to *Senior News Georgia*

Submitted by **Olivia Reich**
Communications Manager
Columbia County Chamber of Commerce

EVANS, Ga.

The Columbia County Chamber of Commerce is pleased to announce the Young Women on the Way and Young Men on the Move Classes of 2021.

YWOW & YMOM are both 10-month programs geared towards mentoring young professional men and women. As many as five top executives will mentor each of the young professionals (23 to 30-years-old) during a monthly luncheon focused on key topics that aim to spur personal and professional development.

This year's YWOW mentors include Michelle Piper, Queensborough National Bank; JoAnn Herbert, Herbert Homes Inc.; Caroline Ashe, Ivey Homes; and Dr. Faye Hargrove, Better Choices Coaching and Counseling Services. The Class of 2021 include Alicia Fitts, Peach State Federal Credit Union; Amy Harmon, Empowering Leaders Academy; Angela Toland, United Way of the CSRA; Angelica Conception, Eagle Dynamic Solutions; Anya Thompson, Golden Harvest Food Bank; Audrey Camak, Nothing Bundt Cakes; Brianna Hill, Savannah River Nuclear Solutions; Catherine Ann McManus, Meybohm Real Estate; Darian Betosky, SME CPAs, Augusta; Katie Fehrman, Fehrman Investment Group; Kenietha McRae, Augusta Preparatory Day School; Marrissa Lane, Berkshire Hathaway HomeServices Beazley, REALTORS; Peyton Lipecky, The Cleveland Group, CPAs; Salita Trawick, ADP; and Sydney Knoblauch, Blanchard and Calhoun. Young Women on the Way is spon-

sored by Spherion Staffing Services.

This year's YMOM mentors include Robert Kelly, Augusta Staffing/Job Shop; Robbie King, Lead Augusta; Dr. Michael Perry, Catalyst Executive Advising & Development; Eric Smith, Chick-fil-A Grovetown; and David Przeddecki, Hampton Inn & Suites by Hilton, Washington Road, Augusta. The Class of 2021 include Brian Reeder, Couch Consulting; Bush Pham, CrossLink Consulting; Donovan Morris, Berkshire Hathaway HomeServices Beazley, REALTORS; Eric Chrisler, Savannah River Nuclear Solutions; Garrett Green, Augusta University; Garron Williams, Roofing Professionals, Inc.; Joshua Baker, SME CPAs, Augusta; Patrick Webb, ADP; and

T'Shawn Carter, ADP. Young Men on the Move is sponsored by Berkshire Hathaway HomeServices Beazley, REALTORS.

For more information on YWOW & YMOM, contact Sabrina Griffin, Director of Events & Programs, at 706-651-0018 or sabrina@columbiacountychamber.com.

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YMOM mentors



YWOW mentors

Moving Scams cause financial and emotional nightmares

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

Allowing someone you don't know to drive away with your belongings is among the many stressful aspects of a long-distance move – especially if that move is complicated or maybe prompted by the COVID-19 pandemic. Unfortunately, some consumers find their stress compounded by fraudulent movers who charge them many times the amount quoted, subject them to unreasonably long delivery windows, hold their items hostage for additional undisclosed fees and leave them with damaged goods.

An investigative study by Better Business Bureau found that scams are widespread in the moving industry, particularly when it comes to interstate moves. BBB receives an average of 13,000 complaints and negative reviews about movers each year, with many complaints describing how experiences with dishonest moving companies have turned into financial and emotional nightmares.

The investigative study – Know Your Mover: BBB Study Reveals Scammers Price Gouge, Taking Belongings Hostage and Destroy Goods – highlights the risk to consumers who do not do careful research before hiring a mover.

According to the study, a fraudulent moving company initially may be helpful on the phone and may have a well-designed website boasting of its many years of experience, well-trained workers, satisfied customers and appropriate licensing. However, the red flags begin when the company claims to be unable to make an in-person inspection and estimate; while it may claim to be local, in reality, it is based out of state and paying for a local post office box address. An initial low-ball quote soon balloons as the company claims – often based on improper calculations – you have more belongings than originally estimated.

The bad actor may demand additional fees before loading and unloading the truck, and it may not deliver your goods until days or even weeks after you move in. In fact, the company you originally paid may not even be the company conducting your move – it may have hired local temporary workers who rented a truck, or it

may have acted as a broker with another company.

The U.S. Federal Motor Carrier Safety Administration (FMCSA), a branch of the U.S. Department of Transportation, regulates interstate and international moves. Of the complaints FMCSA receives, the last study showed that 57% involved overcharging. It is believed that fewer than 10% of victims report fraud to BBB or enforcement agencies, according to the Federal Trade Commission (FTC), so the actual size and severity of this problem is likely much larger and more severe than statistics reflect.

One man relocating his family for a better job opportunity found himself ensnared in one common variation of a moving scam. He obtained a quote of \$5,000 from a moving company that had good online reviews, but a week later, a man claiming to be an “expert estimator” for the company called him with a revised estimate of nearly \$10,000. On moving day, when most of his family's belongings had already been loaded, the man was given a final price of more than \$20,000 – and movers demanded an additional \$1000 in cash when they arrived with his family's items nearly a month later. While the man's employer had agreed to reimburse his move, he was required to repay them the additional \$10,000 he had been charged over the revised estimate.

Enforcement action against moving scams can be difficult. While FMCSA does not have law enforcement power, it is able to send demand letters to bad actors, levy fines and revoke operating authority, and it partners with some state agencies to take legal action. The U.S. Department of Transportation Inspector General prioritizes moving fraud and, along with FMCSA, has supported state and federal law enforcement agencies in prosecuting moving fraud and related offenses. Many moving scams involve Israeli nationals operating from

Florida, where the state attorney general has been active in bringing lawsuits against such enterprises.

The best way to avoid such a scam is to do careful research before hiring a moving company. Specifically, BBB advises looking up a mover's license number on FMCSA's website and its BBB Business Profile at bbb.org.

If you find yourself the victim of a moving scam:

- File a report with local police.
- Contact MoveRescue at moverescue.com or (800) 832-1773.
- Go to BBB.org to file a complaint or report a scam on Scam Tracker.
- File an online complaint with the U.S. Federal Motor Carrier Safety Administration or call 1-888-DOT-SAFT (1-888-368-7238). While the regulator typically does not represent individual victims, it does track complaints and will request the mover's license number.
- File a claim with the insurer listed in your moving contract.

To review the full BBB Study, visit www.BBB.org/scamstudies.

Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the International Association of Better Business Bureaus (IABBB). The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: BBB.org or E-mail: info@centralgeorgia.bbb.org.

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BBB urges people to be wary of Promises of Easy Money in Vehicle Wrap Schemes

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

A flurry of inquiries to Better Business Bureau (BBB) about vehicle wrap offers has prompted a warning for consumers considering the promotions.

The jobs, which claim easy money and are usually connected to popular soft drink, energy drink or cellphone companies, are often fraudulent, and BBB suggests consumers use extreme caution when dealing with those offering the jobs. The "car wrap scam" has been active for several years and has been the focus of previous warnings by BBB and other agencies.

One woman told BBB she found a listing in a Facebook group about a job where she could be paid to put a popular energy drink's logo on her vehicle. The woman said she would have been paid \$400 a week for a six-month period to have the logo on her vehicle.

"I figured something was up because it seemed too good to be true," she told BBB.

The woman said the company would only communicate with her via text message. She then received a check in the mail for \$1,900. She was instructed to keep \$400 for her first week's wages and then send the rest of the money to a person who was to wrap her car with the logo. Fortunately, she did not cash the check. If she had gone through with the plan, she would have lost the \$1,500 she would have sent back to the scammers.

The "car wrap scam" is a combination of two of the riskiest scams reported to BBB's Scam Tracker – an employment scam and a fake check scam.

BBB has received multiple reports about "car wrap scams" over the last month. While the majority of those who have reported the scam did not lose money, there have been some victims.

BBB offers the following tips for those contacted about vehicle wrap offers:

- Understand that offers, which includes a "fake" check, to advertise for a company by wrapping your vehicle with their ad is a scam. The check you receive may

be counterfeit.

- Avoid sending money to someone you have not met face-to-face. Do not use a wire transfer, prepaid debit card or gift card to complete a transaction with a stranger.
- Beware of unsolicited emails, phone calls, texts or postal letters. These are usually scams.
- Don't believe everything you see or hear. Scammers can fake caller ID numbers to make it seem like they are someone else. They also mimic official seals and other deals. Just because something looks official, it does-

n't mean that it is.

- Make sure to check other resources like BBB and your state's attorney general's office.

For more information on this or other popular scams, visit bbb.org.

Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina.

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Meals on Wheels of Middle Georgia, Inc. celebrates Black Music Month Tribute to James Brown and Praise and Worship Sensation Destined for Greatness

Special to Senior News Georgia

Submitted by Javonna Latimore
Meals on Wheels of Middle Georgia, Inc.
jlatimore@mowmidga.org

Macon, GA, April 30, 2021

Meals on Wheels of Middle Georgia is proud to host a Youth Appreciation Concert featuring Destined for Greatness and the JAMP Band. The concert will be held in Washington Park on June 5, 2021 from 3:00 p.m. until

8:00 p.m.

This special event will honor Habersham Record Shop for serving 50 years in our community and raise awareness for volunteers and sponsors to combat senior hunger in Middle Georgia.

Since 1974, Meals on Wheels of Middle Georgia, Inc. has proudly embraced, supported and advocated for members of the senior community. The focus for Meals on Wheels of Middle Georgia, Inc. is helping our elder and disabled neighbors retain a sense of inde-

pendence and dignity while remaining at home. Meals on Wheels serves an incredibly vulnerable population and is often the primary lifeline delivering so much more than just a meal.

The event is sponsored by GEICO, AARP, the James Brown Family Foundation, ORM, Inc., Macon-Middle Georgia Black Pages and the Rhythm N Jazz Foundation.

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