

# Senior News

## Georgia

Serving those age 50 PLUS in GEORGIA!

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Serving those who  
are age 50-PLUS!

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November 2020  
Vol. 34, No. 11



# BBB Tip: 10 Steps to Avoid Scams

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

**T**here are thousands of new scams each year, and sometimes, it's challenging to keep up with all of them. However, if you can just remember these ten tips, more than likely, you will be able to avoid most scams while protecting yourself and your family.

1. Never send money via gift card or wire transfer to someone you have never met face-to-face. Seriously, just don't ever do it. If they ask you to use wire transfer, a prepaid debit card, or a gift card, those cannot be traced and are as good as cash. Chances are, you won't see your money again. If someone is trying to convince you to pay this way, stop, get off the phone or the computer, and file a complaint with the Federal Trade

Commission (FTC) at [FTC.gov](https://www.ftc.gov) and report the activity to BBB Scam Tracker at [BBB.org/scam-tracker](https://www.bbb.org/scam-tracker).

2. Avoid clicking on links or opening attachments in unsolicited emails. Links, if clicked, will download malware onto your computer, smart phone, tablet or whatever electronic device you're using at the time allowing cyberthieves to steal your identity. Be cautious even with email that looks familiar; it could be fake. Instead, delete it if it looks unfamiliar, and block the sender.

3. Don't believe everything you see. Scammers are great at mimicking official seals, fonts, and other details. Just because a website or email looks official does not mean that it is. Caller ID is commonly faked.

4. Double check that your online purchase is secure before checking out. Look for the "https" in the URL (the extra s is for "secure") and a small lock icon on the address bar. Better yet,

before shopping on the website, make certain you are on the real site you intended to visit and not a spoofed site. Check out the company first at [BBB.org](https://www.bbb.org). Read reviews about the quality of the merchandise, and make sure you are not buying cheap and/or counterfeit goods. Look for a brick and mortar address listing on the website itself and a working phone number. Take an extra step and call the number if it is a business you are not familiar with.

5. Use extreme caution when dealing with anyone you've met online. Scammers use dating websites, Craigslist, social media, and many other sites to reach potential targets. They can quickly feel like a friend or even a romantic partner, but that is part of the con for you to trust them.

6. Never share personally identifiable information with someone who has contacted you unsolicited, whether it's over the phone, by email, on social media, even at your front door. This includes banking and credit card information, your birthdate, and Social Security or insurance numbers.

7. Resist the pressure to act immediately. Shady actors typically try to make you think something is scarce or a limited time offer. They want to push victims to make a decision right now before even thinking it through, asking family members, friends or a financial advisor. Sometimes, they will advise you to avoid contacting anyone and to just "trust" them. While high-pressure sales tactics are also used by some legitimate businesses, it typically isn't a good idea to make an important decision quickly.

8. Use secure and traceable transactions. Do not pay by wire transfer, prepaid money card, gift card, or other non-traditional payment methods (see number one above). Say no to cash-only deals, high pressure sales tactics, high upfront payments, overpayments, and handshake deals without a contract. Read all of the small print on the contract and make sure to understand what the terms are.

9. Whenever possible, work with local businesses. Ask that they have proper identification, licensing, and insurance, especially contractors who will be coming into your home or anyone dealing with your money or sensitive information. Review Business Profiles at [BBB.org](https://www.bbb.org) to see what other people have experienced.

10. Be cautious about what you share on social media. Consider only connecting with people you already know. Check the privacy settings on all social media and online accounts. Imposters often get information about their targets from their online interactions and can make themselves sound like a friend or family member because they know so much about you. Then, update and change passwords to passphrases on a regular basis on all online accounts.

Report any suspicious activities to BBB Scam Tracker and learn more about the different types of common scams on [BBB.org/scamtips](https://www.bbb.org/scamtips).

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**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 Council of Better Business Bureaus. 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: [www.bbb.org](https://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).**



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## Let us entertain you

by CLAIRE HOUSER-DODD

**W**e had a date... were taken out for a drink! Most fun we ever had. Most memorable date ever!

We picked up the Grand after school and asked if he were hungry. He said, "No." Well, we were; so we started tempting him like, "Wanna hamburger?" and "How about a drink?" Finally, we suggested a Milkshake and he got really excited. He said, "Let's go to Wendy's." We made another suggestion, and he explained, "Gammie, I can take you to Wendy's and buy you a Frosty, because I won another award today in Social Studies. So I have two free Frosties." What a date! And he was so proud to "take Gammie out!"

While sitting at Wendy's and enjoying our treat, talking and laughing in an empty restaurant, in walks Grand Denver. She got wind of the fact that we were picking up Matthew, missed the connection, but decided to ride around Perry looking for "The Bird." Knowing we would be hungry, it took her no time to find our car in the parking lot. What a fabulous hour or so! We are Blessed!

Had an occasion to go to our Medical Center of Peach County (Navicent Health) on the 247 connector and were so very impressed by what we saw in all areas. It was squeaky CLEAN, smelled good and was stocked with lots of happy, smiling people. They were there to help and were obviously happy about it! How wonderful! Have you been places recently where the people were not happy to see you; nor were they happy to perform the service they were paid to do? We have. It is a great thing to watch people work who take pride in what they do AND appreciate your business. It almost seems as if we have gone back in time and people are acting like they used to. We love it. Keep it up!

Had Matt over for a day of work last weekend; painting table and chairs outside, running vacuum, cleaning up, helping arrange papers, running errands, etc. We were going to pay him but he had been here nine hours. We think, "We can take an hour out for lunch to make eight hours." Then it hit us, oh no, we can't, he fixed brunch, too! Best scrambled eggs with Cheddar Cheese

we ever ate! He explained to us that the secret was to mix so much cheese with each egg in a bowl and cook SLOWLY in butter. It works! Then for afternoon lunch he makes toasted Pimento Cheese Sandwiches. It's so nice to be waited upon. We are Blessed!

Not being on Face Book we depend on friends to keep us informed. This message was brought to our attention and we decided you needed to see it. We thank these Good Samaritans. Daddy always said, "Leave the places you've been in better shape than you found them." We always try.

I love to fish the Flint River as much

as anyone ever has, but the parking lot at Highway 96 is enough to make some people never go fishing again. I cannot believe the glass, beer cans, paper and Lord knows what else that people throw out there. It is sickening. Saturday, I got the surprise of my life. Four or five couples – with their kids, were there picking up ALL the trash. I have never seen it this clean! **THANK YOU TO THOSE INVOLVED!** They were from Mossy Oaks Properties, maybe Perry. Not sure. If you know any of them, please thank them whether or not you like to fish there! **Thanks again!** Bob Hunnicutt.

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## On the Cover

# Got Honey?

**P.S. How Thankful We  
Are For The Bees!**

By Carolyn Brenneman

### Cover

Bee pulling nectar from the flower.

**R**ecently, while we were traveling down Highway 441, near Lakemont, we came across a large sign mentioning a honey stand with live bee demonstra-

continued on page 5



A beautiful photo of a bee.



How honey is processed.



## Got Honey?

from page 4

tions, just down the road. We were intrigued and so, we stopped at a most wonderful small company that makes and sells varieties of honey right at the store, and also has beeswax slabs and live bees for demonstrations! And they also sell bees for any beekeepers. This small company is a family-owned business in Northeast Georgia where they produce delicious raw honey, pollen, beeswax, and other items.

Owned by Bob and Suzette Binnie, and located in the Blue Ridge Mountains, the Blue Ridge Honey Company is a fabulous place to stop by. The owners are bee pollinators and bee keepers themselves and the honey is pure, natural and raw, as nothing is pasteurized or microfiltered out of the honey. There are also live demonstrations of bees working hard to produce honey and take care of the queen bee. It is definitely worth visiting when traveling on Highway 441. Sarah, our traveling companion, loved the delicious blueberry raw honey and purchased a few very cute bee related goodies – a t-shirt, and some bee ornaments. There are many items that are unique and different, all made with honey and honeycomb.

I loved the beeswax candles and the mountain wildflower honey! Later on, we bought a package of candies plus enjoyed a root beer with honey in it. And the butter crunch honeycomb candy was delicious. It is like brittle with honey and chocolate drizzle on top. Jane, got a few beeswax candles – they are long, slow burning candles and come in different shapes.

We went into one of the rooms to watch bees come inside to an enclosed hive and observed how the bees work. We found the queen bee, as she had a blue dot on her body. The bees were constantly busy and moving around to make the honey and maintain the queen bee.

One interesting piece of information – did you know that honey bees are the only insects that produce food for humans? A normal hive can contain about 40,000 bees and they work diligently every day for 6 weeks, as they engage in the making of honey and caretaking of the queen bee. Bees from the same hive will visit 225,000 flowers per day – that can be the same as one bee visiting around 1,000 flowers every day. Indeed, bees are one of the most hard-working insects around. And, did you know that beeswax is used in candles, lip balm, cosmetics, waterproof shoes, fishline, clothesline, used on skis, bow strings and in furniture polish... and has many other uses.



**Bees making beeswax.**



**Worker bees attending the hive.**



**Close up of the bees working hard.**

So, next time we want to take a trip toward the Northern Georgia mountains, let's be sure to make a stop in Lakemont, off Highway 441, to enjoy such a wonderful experience in learning about the bees and enjoying some raw honey. Bee sure to visit!



## On the Cover

# Rose Lane & Chuck Leavell on “Charlane Plantation!”

by CLAIRE HOUSER-DODD

### COVER

Legacy Landowners: Rose Lane and Chuck Leavell on Charlane Plantation.

Photos Courtesy of “Charlane Plantation”

One of our favorite magazines was just delivered, *Georgia Neighbors, Agriculture and Lifestyle*, and on the cover is the perfect picture of Chuck Leavell in his Georgia garb and taken on his and wife, Rose Lane’s, “Charlane Plantation” in Twiggs County.

Although better known as a world-renowned keyboardist with the Rolling Stones, and occasionally with Eric Clapton, he is becoming better known nationally as a forestry expert. The land was inherited by Rose Lane from her grandmother. Her family has owned the land since 1792 and the Leavells have live there since the mid 80’s. We remember knowing Rose at her shop behind Goldman’s in downtown Macon. We went often with Betty Lou Groover and loved shopping there. It was a very interesting place with many beautiful and unique items from clothes to jewelry to most everything ladies love. We also remember her talking about the Plantation, but don’t remember if they had moved or were getting ready to move. We really hated it when she closed the shop.

Chuck Leavell is a really nice and friendly person you see quite often around Macon. He is one who always speaks and was one whom Dr. Dodd really admired; not only as a fantastic musician, but also as one who was down to earth, normal, natural and approachable. It takes a really strong individual to maintain good character as well as good health while living a glamorous, well-traveled life in the fast-musical lane. Chuck, from what we gather, gives Rose Lane, her family and the land credit for keeping him grounded.

We thought we knew a lot about Chuck but did not realize how many hats he wears. Besides performing with the Rolling Stones, he is a television host, producer, web-site co-founder and documentary subject. Now added to all the above, an author. He has a children’s book, *The Tree Farmer*, with Nickoles Cravotta.

PBS stations around the Nation air, “America’s Forests with Chuck Leavell.” It is also on the website [america'sforestswith-chuckleavell.com](http://america'sforestswith-chuckleavell.com). Outdoor forestry issues of individual states are explored. Another way Chuck shares information on the environment and forestry is through the “Mother Nature Network,” a web site he founded in 2009.

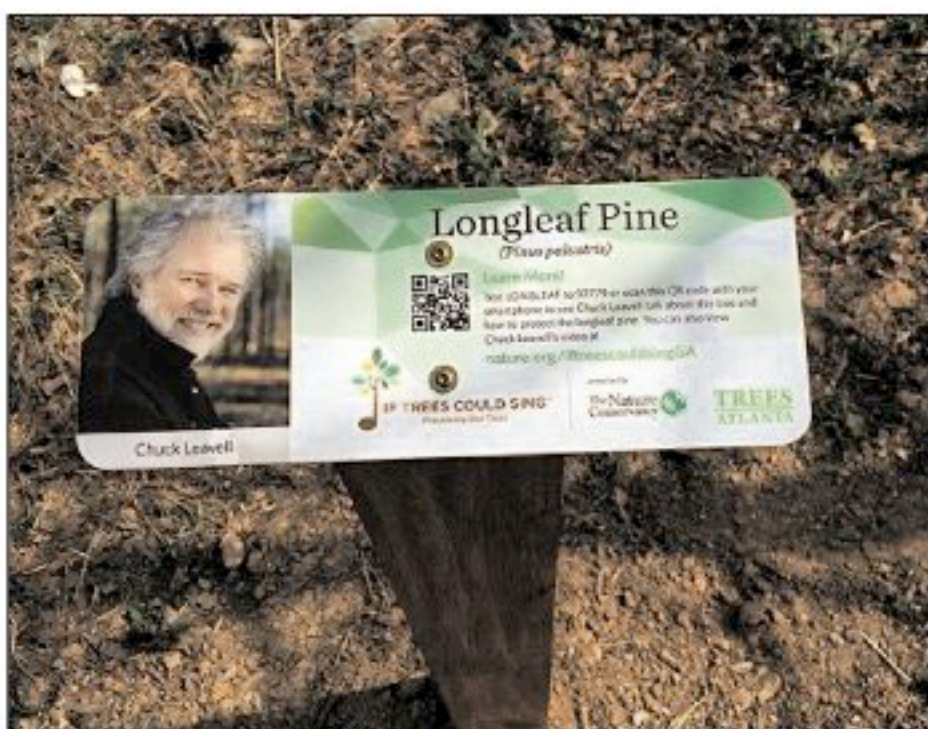
The documentary, “Chuck Leavell; Tree Man” by Allen Farst, took several years to film. It won “The People’s Choice Award” at the Sedona Film Festival three years. Chuck says: “There are three components to the documentary. One component, of course, is music and the career that I’ve been so fortunate to have and the different artists I’ve worked with,” Chuck said. “The second component is Forestry. The third component, and most important, is a love story. Rosie and I have been married for 46 years. We have two wonderful children and four grandchildren.”

This is a love story of Charlane Plantation. A love story of two people, a plantation, and a love of music and culture; all planted firmly on God’s green earth.

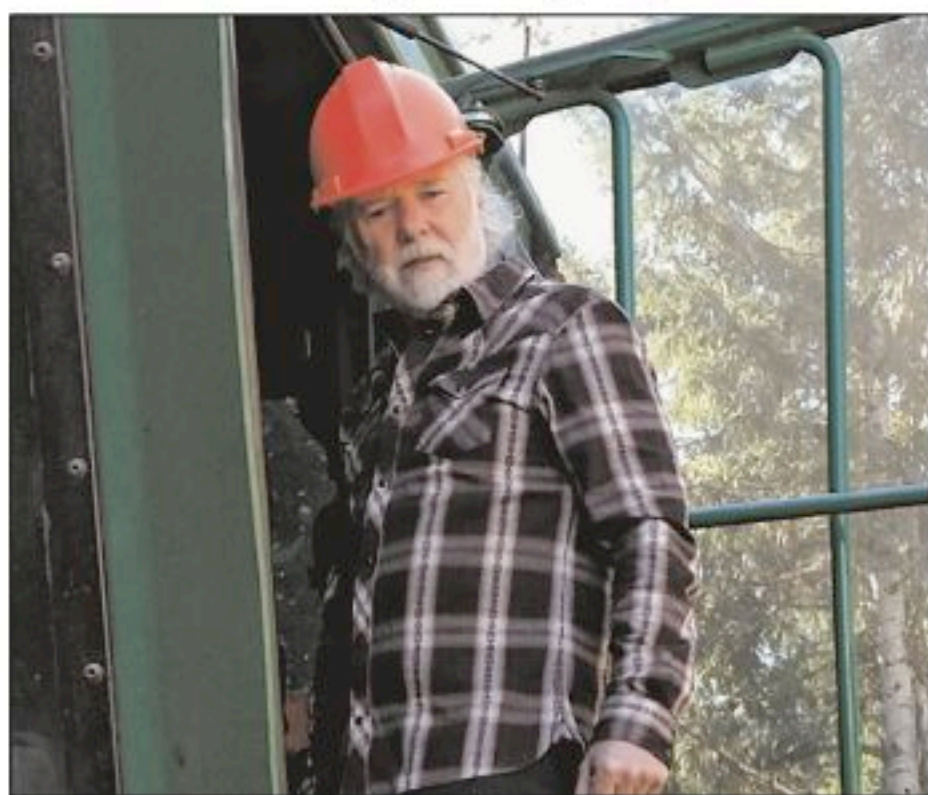
Rose says, “I am just a die-in-the-wool Southerner, born and raised in Alabama.” Rose continues, “I defected to come here to Georgia. But you know, I have roots in the South. The South has been so good to me and there’s nowhere in the World I would rather live.” Amen!



Rolling Stones member Chuck Leavell on keyboard.



Chuck Leavell promotes “growing trees!”



Chuck Leavell... “Let get to work!”



# BBB Tips: Fall home maintenance!

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

**T**he air is getting cooler and the leaves and fields are turning yellow. Fall is here. With the change in weather comes a list of home maintenance that all homeowners should tackle before the cold weather sets in.

BBB offers these tips when preparing your home for the colder weather:

- Clean those gutters. A buildup of leaves and other debris can cause your gutters and downspouts to not drain properly. Improper draining can make water spill over your gutters which can lead to foundation/basement damage and damage to your fascia boards. In the winter, ice dams can form that can let snow melt underneath your shingles. To get a listing of gutter contractors near you, visit BBB.org.

- Inspect your roof. Damaged or loose shingles can let in water and ice during the winter which can create interior damage. Visit BBB.org to get a listing of roofing contractors near you.

- Test your smoke and carbon dioxide detectors. Making sure these important safety tools are in proper working condition is easy and vital to ensuring the safety of those in your home. The National Fire Protection Association offers great information on installing and maintaining smoke alarms. The U.S. Consumer Product Safety Commission has information on carbon monoxide detectors.

- Check your window and doors for air leakage. Adding caulk and weather stripping helps prevent leakage of cold air into your home as well as spiders and insects. Also check where pipes and wires enter your home.

- Organize your garage. You will undoubtedly use your garage a lot more in the colder months. Get rid of trash and clutter and make sure your snow shovel and other winter-use items are easily accessible. Of course, here in the south, you may want to keep your lawn equipment tuned up. Fill/repair any cracks or holes you see to prevent bugs and rodents from entering that will be seeking refuge from the cold. Find garage organizers near you.

- Inspect your driveway. The frequent freezing and thawing conditions in many areas, along with tree roots and ground shifting, can cause driveways to develop areas of needed repair. Fall is a great time to fill cracks and sealcoat to prevent wintertime water/ice damage. Find driveway repair contractors near you.

- Schedule HVAC maintenance.

According to the U.S. Department of Energy, preventive maintenance can help save you up to 25% in energy costs. Heating contractors near you can help you professionally service your heating unit.

- Tend to the outside water supply. Cover

up your outside water spigot(s). Spigot covers help keep the exterior pipes from freezing and are reasonably priced at your local hardware store. Empty hoses of any water and move them indoors.

- Sweep your chimney. Having the soot and possible blockages or creosote build-up helps reduce the risk of a chimney fire and can improve the efficiency of your fireplace. BBB.org is a great place to find a chimney sweep near you.

- Change the direction of your ceiling fan. In the colder months, you want your fan moving the warm air down, which means having your blades turn clockwise.

- Check any professionals you may hire. Go to BBB.org to check the trustworthiness of a business. Do a general online search on a business to see what kind of reviews

and other information may be available.  
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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](mailto:info@centralgeorgia.bbb.org).

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# Georgians can now compare funeral costs

**Help from the Funeral Consumers Alliance of Georgia during this Difficult Time**

**Special to Senior News Georgia**

**Submitted by Dave Savage  
Community Outreach Director  
FCAGA  
MemorialSocietyofGeorgia.org  
dave@davesavage.com**

Atlanta, Georgia  
October 10, 2020

**“W**hen a loved one dies, those remaining have to make quick decisions that are laced with emotions and will have a big impact on the money that goes into a funeral, memorial, burial, or cremation,” says John Lantz, president of Funeral Consumers Alliance of Georgia, Inc. (FCAGA.org). “That’s why we’ve just added a free resource list of funeral homes and their general price lists. This is the first General Price List (GPL) comparison in the country. In general, the funeral industry is protective of public disclosure of its prices.

Funeral planning is an unwelcome reality, especially in this Coronavirus era. Georgians now have a place to find trustworthy, promotion-free information about burial and cremation costs across the state. FCAGA has included this resource in its website ([www.fcaga.org](http://www.fcaga.org)) so consumers can easily get funeral costs and options without fear of being taken advantage of by the funeral industry. Service providers are searchable by county and ranked by price of a basic direct cremation, one without additional services added on. The directory lists more than 700 funeral homes and crematories in Georgia.

In addition, the site includes unique and expanded information about options and resources to consider when discussing and making these difficult decisions. “If the public does not know the difference in products or services, or what is

quickly available, they are uniquely vulnerable to a one-sided sales presentation,” said Georgia State Representative Marvin Lim. Representative Lim is an advocate for funeral law reform in Georgia and an advocate for the work of the FCAGA. “There is a lack of information and a great deal of misinformation that needs correcting, both for the public and among caring professionals,” says Dave Savage, author of Heartfelt Memorial Services.

FCAGA is a non-profit, volunteer-led organization, like its sister organi-

zation, the Memorial Society of Georgia. The mission of both groups is to educate and encourage individuals and families to have informed conversations about their wishes and preferences for each other.

Both organizations rely on donations and grants to provide speakers for consumer and professional groups, media, social media podcasts.

Funeral Consumers Alliance of Georgia – FCAGA.org. Memorial SocietyofGeorgia.org, P. O. Box 842, Scottdale, GA 30079.

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## **Taking Care**

# **Adaptive Clothing Helps When Dressing Is A Challenge**

by LISA M. PETSCHKE



Lisa Petschke

**I**f medical problems are making it difficult to get dressed independently, or you are challenged with providing hands-on assistance to a disabled, chronically ill or frail relative, it's time to look into specialty clothing options.

Numerous merchants offer adaptive clothing for adults with health issues that include arthritis, foot problems, mobility problems (due to stroke, for example), incontinence, kyphosis (severe rounding of the upper spine), obesity, and dementia.

The hallmark of special needs clothing is two-fold: fabrics that are easy-care (wash and wear), resist shrinkage, contain stretch, and are durable (standing up to institutional laundering); and designs that take into account practicality, comfort, modesty, and fashion. The fit is relaxed, and discreet Velcro or snap closures – substituting for hard-to-handle buttons – are common, as are elasticized waistbands.

Specialty clothing exists for every type of men's and women's apparel, from underwear, hosiery, and nightwear to casual wear, dress clothes, and outerwear, as well as footwear.

People with arthritis can find blouses, shirts, and dresses with front Velcro closures (often concealed by decorative buttons) or zippers with a ringed toggle for easy grasping. For those with limited range of motion in their arms who receive assistance with dressing, there are many types of rear-closing garments that easily slip on, including back-snap undershirts and slips. Sweat pants have open

cuffs, making them easier to pull on and off.

Seniors with curvature of the upper spine (hunched back) can find clothing with extra gathering at the back.

For those with mobility problems, items are available that go on easily from a sitting and in some cases a lying position. There are tops, dresses, dusters, and nightgowns with half or full back openings that have a generous overlap; dome or Velcro closures are situated at key spots. Other common features are raglan sleeves for ease of movement and patch pockets for convenience. Athletic and dress pants may have deep openings at each hip, with a fold-down front panel; another option is cutaway pants with overlapping back panels. Culottes and wraparound skirts are popular choices for women.

Other apparel designed for wheelchair users includes socks with skid-resistant treads that make transferring safer, hooded terry bath capes, lap robes, shoulder cosies, and water-repellent capes for summer and winter.

Some of the above styles may be available in plus sizes as high as 5XL.

For those with foot problems, there are pre-shrunk socks with superior stretch that accommodate swollen feet and legs without constricting circulation; thigh-high and knee-high stockings with non-binding, elasticized tops; and quilted, Velcro-closing wraps that prevent ankles from rubbing together while ensuring circulation in those who are not ambulatory.

Typical shoe features are stretchy uppers that mould to the foot to provide support, Velcro closures, cushioned insoles, and skid-resistant soles. Some styles are washable. There are also lightweight runners and Velcro-closing, water-resistant boots. Slipper

designs may include skid-resistant soles, cross-over Velcro closures that ensure a custom fit, and back zippers that relieve heel pressure. Bootie styles offer extra support and warmth.

For people with Alzheimer's disease or other types of dementia who are prone to disrobing, there are jumpsuits and one-piece pajamas that close at the back with zippers or snaps. These are especially valuable in institutional settings, to preserve modesty.

Various types of washable incontinence briefs are available for anyone who has problems with bladder control.

For those who have difficulty with self-feeding, aprons and lap pads with vinyl backing are available, to protect clothing from spills. Other accessories include pre-knotted ties (with an adjustable zipper), scarves, belts, suspenders, and printed name labels (for those in long-term care facilities).

A limited variety of adaptive clothing is offered by some major department store chains, either in-store or through their shop-at-home catalog. The most comprehensive selection is available from mail-order specialty clothing companies. Examples of such businesses include Wardrobe Wagon (1-800-221-8929 or [wardrobe.wagon.com](http://wardrobe.wagon.com)) and Silverts (1-800-387-7088 or [silverts.com](http://silverts.com)).

Medical supply stores may carry a limited variety of special needs apparel and accessories, such as hospital gowns and adult bibs, in addition to adaptive dressing equipment. Look for them in the yellow pages under "Hospital Equipment and Supplies."

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

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# Don't Let These Scary Cyber Safety Risks Creep Up On You!

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

**T**he Better Business Bureau is sharing the latest on cyber security risks and ways to avoid them. Watch out for these cyber dangers lurking in the corners of our everyday digital lives.

**They're here.** Scary scammers can get to you right through that small screen in your hand – your smartphone. Consumers tend to be less wary in social media channels and scammers are taking shocking advantage of that fact. Scam reports show that of consumers who said they were exposed to a scam on social media, a whopping 91% engaged with the scammer and 53% of them lost money. Security analysts report that over half of all social media logins are fraudulent, and one-fourth of new account applications are fake.

Social media platforms are full of suspicious characters. Be especially careful if you spot offers in your social channels that look too good to be true – scammers often lure victims that way.

**Hacked “smart” devices could haunt your house.** A wide array of inventive devices can now interconnect your home and your world: your car, your fridge, your baby monitor, your doorbell, your air conditioner – even your window blinds. In exchange for convenience, consumers are putting trust in all kinds of online smart devices, opening up new threats to security and privacy and creating points of entry for sinister hackers to

exploit. Did you hear a strange voice in your house? It could be the voice of a hacker who has taken over one of your internet-connected devices.

**Evildoers in disguise are on the prowl.** Sneaky phishers can gather information about you and make convincing fake email accounts to pose as your boss, lawyer, realtor, or someone else you trust. Typically, they target people and organizations that may be involved in high-dollar transactions, so the risk of major monetary loss is high, too. It's more important than ever to double-check the identity of your online contact before you transmit payments or provide personal information.

**Crypto keepers may ghost you.** Highly unregulated and rapidly growing, cryptocurrency markets are rich in treats for tricksters. Cryptocurrency or “crypto” is an online form of payment that can fluctuate in value. Crypto trading platforms can be high-ticket playgrounds for hackers and “pump and dump” schemers who vanish into the night after they take your money. Crypto scams can spread through – you guessed it – social media. BBB Scam Tracker regularly receives reports from cryptocurrency scam victims. Of these, nearly half reported losing \$1,000 or more, and 15% lost \$10,000 or more.

**So, what can you do to protect yourself from such ghoulish tricks? BBB offers these tips:**

- In social media, don't be too quick to click on ads that offer improbably good deals. Research companies with BBB.org and other online

sources before you buy.

- Secure your smart devices and consider installing anti-malware on your smartphone. Configure and monitor app settings for privacy, encrypt your WiFi, name your router, and keep your software up to date. Ask the manufacturer or seller about smart device set up and vulnerabilities.

- Learn the warning signs of dangerous Business Email Compromise (BEC)

- Get the facts before you consider investing in cryptocurrency. Tips: BBB.org/crypto

- Use multifactor authentication to secure your logins – everywhere. However, using your private phone number for that purpose could expose you to some risks. Consider creating an Internet phone number for online authentication instead.

- Change passwords often and keep them long and strong. Pass phrases are more complex and may be more secure.

- Never download or install files from unverified sources.

- Manage a business or a nonprofit? See BBB tips on the 5-step approach to strengthen your cybersecurity.

For more consumer tips you can trust, visit BBB.org and to report a scam in our BBB Scam Tracker, visit BBB.org/scamtracker.

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**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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by the Macon-Bibb  
Housing Authority






# Dublin Rotary Club, Businesses Work to Provide Schools with Personal Protective Equipment

Special to Senior News Georgia

Submitted by Dublin Rotary Club  
DublinRotary.com

DUBLIN, GA (10/28/2020)

**T**he Rotary Club of Dublin, Georgia, partnered with the Home Depot to donate seven (7), 4' x 8' sheets of Plexi-glass for student/teacher classroom protective barriers. The donation is part of a larger donation effort to collect supplies for Laurens County Schools, City of Dublin Schools, Trinity Christian School of Dublin.

"Fighting disease and supporting education are two of Rotary's key areas of focus and this donation coincides with that," said Will Curry, President of Dublin Rotary Club. "We encourage all business members in the community to come together to help our schools ensure the safety and wellness of our students and teachers."

"We are so grateful to Dublin Rotary, Home Depot, and the many individuals, civic organizations, and local industries who have donated innumerable amounts of supplies and resources to ensure the safety, health, and well being of the children, faculty and staff of our school systems," said Dr. Fred Williams, Superintendent Dublin City Schools. "Doing so allows us the ability to maintain our focus on our primary goal of High Achievement and Success for All Students. This program is also a great example of what we can accomplish as a community when we collaborate on a project such as this."

The schools are asking for donations from businesses and individuals in an effort to help protect and aid in the safety and well-being of students and staff. They are seeking donations of:

- Face Shields (10,000)
- Masks
- Plexi-glass (Dublin 150 sheets,

Laurens County 200 sheets, Trinity 50 sheets (total 400))

- Spray Bottles (1,000 needed)
- Hand Sanitizer (ongoing supply)
- Sanitizing Wipes (ongoing supply)
- Plastic/latex gloves (ongoing supply)
- Bottles of Alcohol (ongoing supply)
- Paper Towels (ongoing supply)
- Lysol Disinfectant Spray (ongoing supply)
- Anti-bacterial spray cleaner (ongoing supply)
- Soap (ongoing supply)
- Foggers for disinfecting buses and schools (Dublin 8, Laurens County 10, Trinity 3 (total 21))
- No touch thermometers (Dublin 8, Laurens County 10, Trinity 3 (total 21))
- Plastic Sealing Bags (ongoing supply)
- Pencil Boxes for students' personal supplies (Dublin 1,015, Laurens County 3,140, Trinity 75 (4,230 needed))
- Hand sanitizing stations (Dublin 70, Laurens County 80, Trinity 20 (170 needed))
- Hand washing stations (Dublin 70, Laurens County 80, Trinity 20 (170 needed))
- Batteries AA and AAA

To donate, please contact the



District Safety Coordinator, Stephanie Stubbs at (478) 353-8000 or email [stephanie.stubbs@dcsirish.com](mailto:stephanie.stubbs@dcsirish.com). Stubbs is working in collaboration with Curt Kersey from Laurens County Schools and Dawn Lane from Trinity Christian School. Donations can be received at W. H. Bud Barron Airport located at 675 Airport Road, Dublin, Georgia.

## About Rotary

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who unite and take action to create lasting change in communities around the globe. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to improve lives through service. From promoting literacy and peace to providing clean water and improving health care, Rotary members are always working to better the world. Visit [endpolio.org](http://endpolio.org) to learn more about Rotary and the fight to eradicate polio. Learn more at [DublinRotary.com](http://DublinRotary.com).

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### 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: 478-475-9995

OR CSRA: 706-650-5760

To find a location near you, visit

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



## Drive-Thru Farmers Market at the Macon Coliseum

**Supporting Georgia Grown!  
Get Your Box of Fresh Fall  
Produce for Just \$20!**

Special to Senior News Georgia

Submitted by PEYTON JETER  
Director of Marketing  
Macon Centreplex - Coliseum  
& Auditorium  
Spectra Venue Management  
Peyton.jeter@spectrap.com

**T**he Oakwood Cafe and Gathered Goods are pleased to announce a partnership with the Georgia Department of Agriculture and its Georgia Grown Program, Community Health Works, and Spectra, managers of the Macon Centreplex. We are creating a regional hub to distribute fresh Georgia Grown produce to fami-

lies by selling \$20 produce boxes on November 5, 2020 at the Macon Coliseum located at 200 Coliseum Drive, Macon GA, 31217 starting at 8:00AM until 3:00PM [or until boxes sell out].

Georgia Grown To Go Produce boxes can be purchased individually in person on Thursday, November 5 starting at 8:00a.m. Supplemental Nutrition Assistance Program (SNAP) benefit dollars can be used at this farmers market, in thanks to CHW. For those interested in purchasing more than 10 boxes, please use this bulk order form and return no later than 5:00 p.m. on Monday, November 2, 2020.

For those businesses interested in sponsoring this event, you can find more information here on how to get involved. Sponsorship does include onsite

representation plus coupons to use towards the produce boxes for your staff, employees, partners.

How does it work? Simply drive to the parking booths of the Macon Coliseum entrance, where you can purchase your box/boxes. You will then follow the cones and direction of parking staff to the southside of the venue, where your produce box will be loaded by volunteers into your vehicle. You can then continue to exit back through the parking booth terminals towards Martin Luther King, Jr. Blvd.

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### About Georgia Grown

We help new agribusinesses grow and established agribusinesses thrive by bringing producers, processors, suppliers, distributors, retailers, agri-tourism and consumers together in one powerful, statewide com-

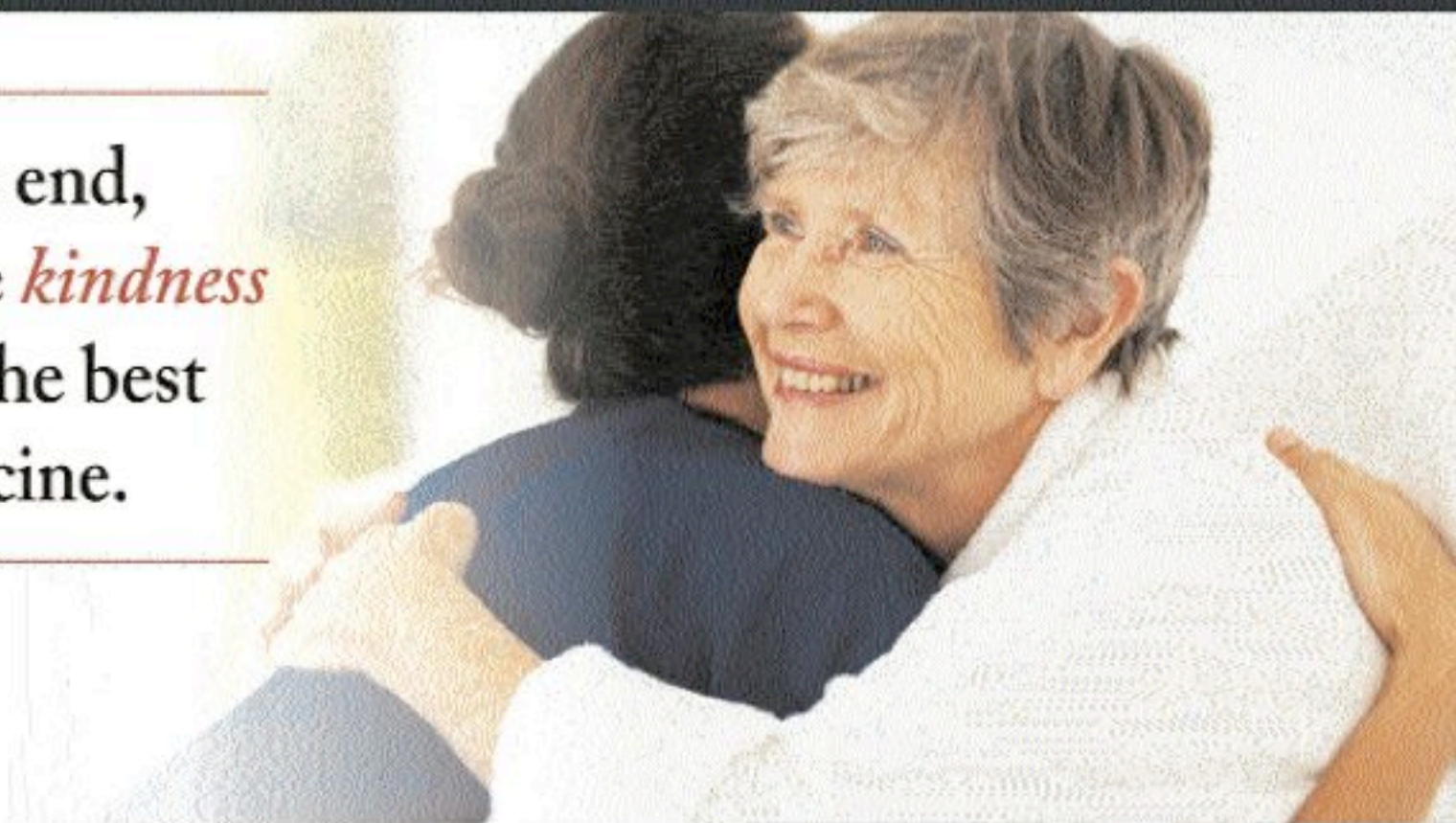
munity.

### About Community Health Works

Community Health Works is a bold non-profit public charity seeking innovative solutions to help local communities throughout the state, improve health outcomes. CHW is working to promote overall wellness behaviors, improve access to preventive health services, reduce the burden on healthcare providers, and provide compassionate advocacy for people financially compromised by their medical needs. Our mission is to leverage our knowledge, creativity, and resources to develop innovative ideas and programs that improve the overall health of the communities we serve. Our vision is simple: better health for all.

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In the end,  
we believe *kindness*  
can be the best  
medicine.



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**PinePointe  
at Home**

*NavicentHealth*

6261 Peake Road  
Macon, Georgia 31210

[NavicentHealth.org](http://NavicentHealth.org)

For more information on Medicare and Medicaid benefits, please call 478.633.5660