

# Senior News

## Georgia

Serving those age 50 PLUS in GEORGIA!

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October 2021  
Vol. 35, No. 10







## Taking Care

# Reap the rewards of autumn initiatives: Homework can pay off for caregivers!

by LISA M. PETSCHÉ  
lmepetsche@gmail.com

**F**all is a great time for implementing change. There's a fresh-start feeling and renewed sense of purpose and productivity that accompany the early part of a new school year, ingrained in us from our youth and perhaps also from years of raising children. As well, moderating temperatures typically result in an increase in our energy at this time of the year.



Lisa Petsche

### Homework that pays off

As a family caregiver, although you may not be returning to school, doing some homework in the coming weeks can pay off in terms of improving your well-being and that of the person you care for. Read on for suggestions.

Educate yourself about your relative's medical conditions and share the information with him or her and other family members as appropriate, to ensure you have a common understanding.

Request a medication review by your relative's primary physician or a geriatrician, to check for drug interactions and determine whether your relative still needs all of their prescriptions.

Arrange for an experienced lawyer to assist your relative in assigning powers of attorney for personal care and property (finances) and preparing a will. Or review such documents if they were done some time ago, to determine if they need updating.

### Self-care strategies

Since self-care can improve your

effectiveness and longevity as a caregiver, consider the following strategies.

Book an appointment with your primary physician if you're overdue for a medical check-up or experiencing health issues.

Buy home fitness equipment or get some workout DVDs so you can exercise at home.

Do something that provides you with meaning and purpose apart from caregiving, to nurture your identity. Revive an old pastime or try something new.

If it's difficult for you to perform yard maintenance tasks or finding time is an issue, enlist the help of a

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**Darryl Hodson, MD - Mark Bonner, MD - Russell Harris, MD**  
**Misty Banknell, PA-C - Tamika Chester, NP - Jim Lekas, PA-C**  
**Kelly Miller, NP - M. Huntley Sanders, PA-C**

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**Website**

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**Publisher**

Billy R. Tucker

478-929-3636

[seniornewsga@cox.net](mailto:seniornewsga@cox.net)

**Advertising**

Billy R. Tucker

478-929-3636

[seniornewsga@cox.net](mailto:seniornewsga@cox.net)

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Published monthly on our online website at [www.seniornewsga.com](http://www.seniornewsga.com). Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Editorial and advertising copy deadline is the 15th of the month prior to desired month of publication. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers and/or editorial organizations including the use of trademarks, logotypes, slogans, or any other service marks, or any claims made by such organizations; and, such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement and/or in the content of any editorial presentations, maximum liability shall be limited to the cost of the advertising space in which the error occurred. Publishers reserve the rights to edit and/or reject any materials submitted for publication. Editorial information you would like considered for publication should be emailed in "text" format to: [seniornewsga@cox.net](mailto:seniornewsga@cox.net).

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Phone/Fax: 478-929-3636

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Senior News & Views of Georgia

## Taking Care

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reliable neighbor (consider hiring a teenager from the block) or contract with a reputable yard maintenance service.

If your relative can be left alone, supply him or her with a portable phone and get yourself a cell phone so you can stay in touch as needed. An emergency response system is another valuable option.

If your relative cannot be left alone, research respite services in your community so you can take breaks from caregiving. It's a win-win arrangement: your relative will benefit from the added stimulation that comes from a visiting companion or meeting new people and trying new things at a program. In-home options include respite provided by home health-

care agency staff, an individual hired under a private arrangement and a trained volunteer (for example, from the Alzheimer's Association). There are also adult day care programs and residential care homes that have a short-stay program (so caregivers can take a vacation). To learn about resources, contact your local office on aging or the non-profit organization associated with your relative's disease.

Connect with other caregivers by joining a community support group; some offer concurrent care. Online caregiver message boards and chat rooms and electronic mailing lists or discussion forums are some at-home alternatives.

\*\*\*\*\*

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



## Repticon Atlanta: A Slithering, Hissing and Hopping Good Time!

Special to *Senior News Georgia*

Submitted by Krista Bearden

Email: [krista@repticon.com](mailto:krista@repticon.com)

Repticon Events: [repticonevents@repticon.com](mailto:repticonevents@repticon.com)

Atlanta GA - October 9 & 10, 2021

**R**epticon, a recognized leader in hosting reptile and exotic animal expos throughout the United States, is coming back to Atlanta with an outstanding mixture of vendors and breeders. This family-oriented, fun-filled event offers guests the opportunity to learn about animals not normally seen in local pet stores. Breeder-vendors are always willing to teach in their field of herpetology.

Guests can also shop for a new family pet among the hundreds of reptiles, amphibians, invertebrates, spiders, and

small exotic animals. Repticon Atlanta is also the perfect place for them to get merchandise, cages, supplies, and both live and frozen feeders, as well as to get expert advice about caring for their new household member.

This event, held at the Gwinnett County Fairground, Lawrenceville, GA, offers a unique family outing suitable for all ages and for a very diverse range of enthusiasts.

The show hours are Saturday: 9am-12:45 pm, 1:15 pm-4:00 pm. Sunday: 10:00am-12:45 pm, 1:15 pm-4:00 pm. Three ticket options are only sold online: \$15 Super Ticket, \$12 Sat. VIP Block, \$10 for adults, \$5 for children 5-12, children 4 and under are admitted free.

For more information and to find tickets please visit our website: <https://repticon.com/georgia/atlanta>.



**Opinion**

# Border Bedlam

by Daniel W Gatlyn, USN Ret.  
Minister/Journalist

There has been a daily diet of reporting from the mass confusion at our southern border. From the Gulf Coast in Texas, to the more mountainous regions; and, on to El Paso... to Tucson... to Yuma... to Calexico... and on to Tijuana on the west coast; immigrants, drugs, and pandemonium has characterized the Rio Grande, and extended areas, in recent months. On this date (September 16, 2021) there were more than 10,000 men, women, children, and babes huddled around the bridge in Del Rio, many of whom are afflicted with COVID... and other diseases... awaiting an uncertain destiny at the hands of a misguided Administration, a company which holds no answer for this calamity. It is proving once more my statement that, "saturation is abomination"... whatever the item.

My commentary will matter little, for if the "stringent and effective policy" of Donald Trump could not convince a nation the sensibility of closed borders, who am I? But, as a Journalist who is familiar with the geography (and mentality) of this dilemma, I feel compelled to add a voice. I have been to Brownsville, Matamoros, Laredo, Del Rio, Juarez (El Paso); to Arizona's famed Tombstone; to Tijuana... on multiple occasions... and, spanning sixty years. From those visits, some of which were extended, I have extracted a substantive insight on "what goes on!" I am very much aware of "third world reversals," the drug scene, the cartels, the human trafficking (and more); and, I readily confess that productive answers are short in coming. But I do know that America does not have the ability, the economy, the strategy, the legality, or the stomach to "invite the world to dinner" on a daily basis. Reports indicate that we are now approaching two million Immigrants

in the past eight months. Utter chaos is "off the charts."

Obviously, it is up to the Biden Administration to erect some semblance of a "fix," lest there be an implosion of values such as this country has not experienced. Any fourth grader can tell you that our present form and process is **TOTALLY UNSUSTAINABLE!** With all American compassions and empathies, we cannot continue on this course! Someone in authority

needs to sound MAYDAY! Our ship cannot play host to an unlimited input of alien voices, criminal elements, needs, languages, and aspiration that is on a "collision course" with practicality. We are facing a challenge of an astronomical scale with the unprecedented relocation of an unreasonable flow of strangers to a home turf that is already overloaded with problems. May the best minds arise to the occasion and clear the wreckless agenda before us!

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## On the Cover

# Oktoberfest is Finally Here!

By Carolyn Brenneman

Cover: Outdoor Halloween Decorations

October is finally here! That means it's the month of celebrating Halloween and enjoying all its fun filled adventures; and, also of celebrating a famous German festival – Oktoberfest! This annual festival, made famous in Munich, Germany in 1810, is held over a number of weeks. It started many years ago in celebration of the marriage of the crown prince of Bavaria, who later became King Louis 1, to beautiful Princess Therese von Sachsen-Hildburghausen.

This year, one of our favorite towns in Georgia will host a month-long celebration of Oktoberfest. Yes, Helen, Georgia is ready right now to welcome everyone to this adorable quaint town to have our family, grandkids, friends and acquaintances celebrate with fun events, dancing and music, food, and enjoying each other's company. And, we can even celebrate Halloween in Helen. So, let's say "servus!" to our friends (a Bavarian greeting) as we embark on our day long or week-long Oktoberfest festivities. And let's take a trip to Helen to celebrate.

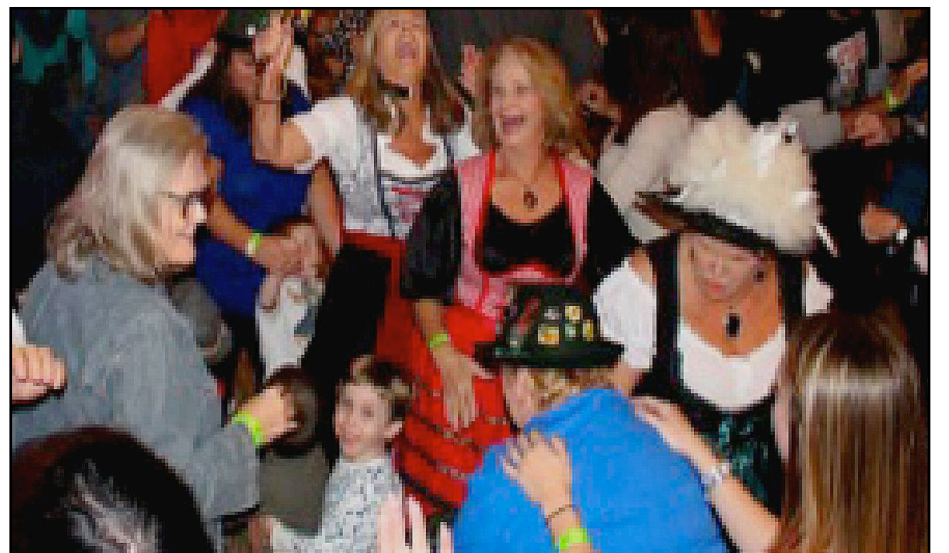
Helen, Georgia, tucked away in the northern part of the state, has the charm of Bavaria, and is located in the heart of the Blue Ridge Mountains on the Chattahoochee River. There are cobblestone alleys and old-world towers, lots of stores to visit, restaurants with a gorgeous river view and lots of beautiful scenery of the mountains to view. Although it is only a small town of a few hundred residents, it is one of the most popular places in Georgia to visit. So, this October, let's get together to have some fun with our family, grandchildren and friends and celebrate Halloween; and, also, the 50th anniversary of Oktoberfest in downtown Helen. Oktoberfest, also known as Alpine Helen, takes place annually in Helen and this year started on September 9 to 12th, 16 to 19th, 23 to 26th; and, continues from September 30 to November 7th, 2021.

In addition to spending our pleasant time in downtown, we can visit Helen's Oktoberfest festhalle, which will be every night from October 6th

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Visitors enjoying the town



Dancing for everyone of all ages



Decorations in downtown area



# Octoberfest

from page 6

to October 27th, from 6:00 p.m. to 10:30 p.m. All are welcome, even the kids, as there will be German music, dancing for everyone of any age, food and drinks. We can enjoy waltzes, polkas, and the chicken dance. What's on the menu at the festival hall? Well, there is the great traditional German foods, Wurst on a roll with sauerkraut, leberkase, chicken fingers, knodels, steckerifisch, cheese nachos, BBQ sandwiches, hotdogs, dill pickles, and rye bread, red cabbage, German potato salad, and a variety of soft drinks as well as wines, coffee, beer, and a small variety of desserts. The Helen Festhalle, \$8 per person, is located at 1074 Edelweiss Street.

So, let's not miss out on an exciting and pleasant trip to celebrate Oktoberfest in Helen this month, with our family, grandkids and friends. Let's plan to spend a day or two to enjoy some fun. The town is so pleasant and festive during this month!



Music to enjoy  
for everyone



Scary Halloween  
displays



Fabulous display around town



Carriage rides for all of us



Take a train ride in town



Creative and colorful display



On the Cover

Lt. Col. John Harley Retired to Become Mayor!

By CLAIRE HOUSER-DODD

COVER

Lt. Col. John Harley (USAF Retired)  
Mayor of Centerville, Georgia

Very few people retire to become mayor of an adopted hometown, and that’s only one of John Harley’s post retirement highlights.

John was born in Savannah, Georgia in 1943 to Mr. and Mrs. Lee Harley, graduated from Jenkins County High School, then Michigan State University in 1972, followed with a Master’s Degree from Indiana State University in Business Administration. He joined the U. S. Army in 1960; and, then decided to transfer to the U. S. Air Force in 1966. John spent 34 years in the service and retired as a Lieutenant Colonel from the U. S. Air Force.

Married to Shirley Randolph (also of Savannah), they have two children and three grands. Son, John, is in Centerville with his daughter, Skye; and, daughter, Kim (Chad), are in Byron with their two sons, Max and Lleyton Hamlin.

Just how did the Harleys end up in Centerville, Georgia? Well, when Lt. Col. Harley returned to the Warner Robins area, he served as Inspector General of Robins Air Force Base. At that time son, John, was in college here, daughter, Kim, in High School locally. John and Shirley started a business – an Antique Mall – on Watson Boulevard which they owned until 2003. You can tell Savannah born and bred... Antiques and culture!

After this, John served as City Administrator for three years until 2006 when he became a State Certified Auctioneer. He can auction anywhere in the State after receiving and renewing this license every two years.

In 2007 John and his son bought Big Peach Antique Mall in Byron and enjoyed this venture until John was elected Mayor of Centerville twelve years ago.

Besides handling mayordom, John is an invertebrate volunteer, and was instrumental in kicking off their new park in Centerville that you’ve heard so much about on TV. It is called Center Park and is open to all comers. Just last week John

talked to a lady from Menlo Park, California who was enjoying herself at beautiful Center Park. See... there’s comers from all over!!!

As Mayor, John volunteers at the Recycling Center as “one of the laborers.” The Center is run by volunteers and has been for 20 years. It works too! The city cleans and maintains the Center; but, the volunteers are in charge.

During John’s reign as Mayor, quite a number of new buildings have been erected in Centerville... Fire Station, Police Headquarters, and a Sanitation Building. Although John didn’t mention it, we have heard rumblings of a new City Hall in a “yesteryear” fashion.

Now, at 78, and having been Mayor for twelve years, John is setting up for another run; and, at this point in time, there are no opponents... so, if that’s final situation, he’ll be an automatic winner. However, our view from the perch is that no matter how many should run against him, he’d still be a Shoo in!

Congratulations to a Great Man, and let the good times keep on rolling in the small town of Centerville, Georgia.



Lt. Col. John and Shirley Harley



Lt. Col. (USAF Retired) and Mayor of Centerville with family



John is “at home” with children



## Carl Vinson VAMC opens drive-thru flu and COVID-19 VACCINE CLINIC

Special to SeniorNewsGeorgia

Submitted by James W. Huckfeldt  
Dublin VA Public Affairs Specialist  
James.Huckfeldt@VA.gov  
www.Dublin.VA.gov

Dublin, GA.  
September 15, 2021

The Carl Vinson VA Medical Center opened its drive-thru flu and COVID-19 vaccine clinic today located near the entrance of buildings 17 and 19 on the main campus. Veterans can choose whether they want one or both vaccines in the one-stop shop clinic. The flu and COVID-19 vaccines can be taken at the same time as there are no adverse reactions between vaccines.

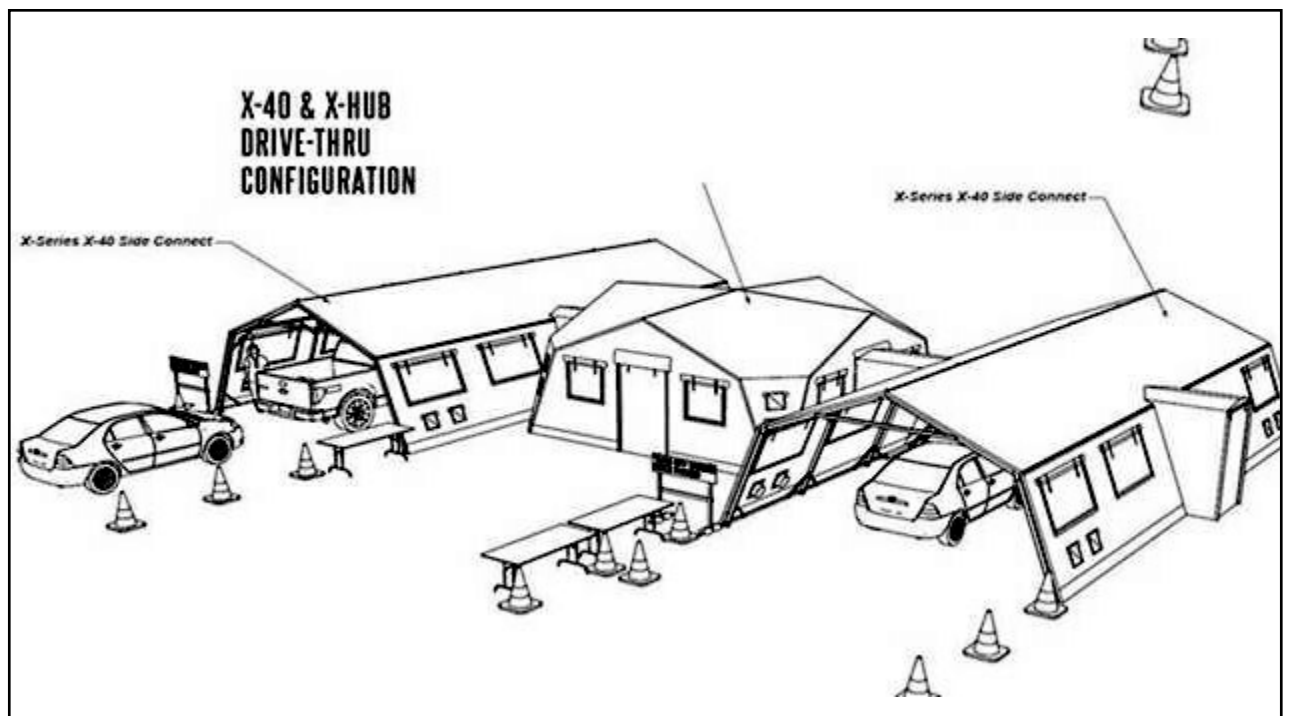
The drive-thru flu vaccine clinic will operate Monday to Friday from 7 a.m. to 5:30 p.m. This clinic provides convenience to Veterans who want to get their flu and/or COVID-19 vaccine without the need to schedule an appointment or enter the facility.

“Flu season is here and we’re going to make it as easy as possible for Veterans to receive vaccines this year with our drive-thru vaccine clinic,” Jessica Hogan, Carl Vinson VAMC Vaccine Coordinator said. “Veterans drive up, present their VA identification card, and say if they want one or both of the vaccines – it’s really that easy.”

Veterans may also receive a flu shot during their next scheduled primary care, specialty care, or mental health appointment. Flu and COVID-19 vaccine clinics will be offered at the medical center’s seven community-based outpatient clinics and notice will be provided via My HealtheVet, Facebook, and your local media outlets.

“Providing Veterans with easy access to vaccinations, especially against diseases affecting the respiratory system, is an important step in proactive healthcare,” Carl Vinson VAMC Interim Medical Center Director Ronnie Smith. “We have a remarkably innovative team that streamlines processes, such as this drive-thru vaccine clinic, which gives Veterans a chance to receive the inoculation with very little time investment.”

Veterans receiving the COVID-19 vaccine will have to pull into a designated parking area for approximately 15 minutes to be monitored for adverse reactions. Veterans receiving the flu vaccine do not have to wait and can proceed without delay.



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# Health Care Workers Invited to Recharge at Spirit's Quest As Guests!

Special to *SeniorNewsGeorgia*

Submitted by Mrs. Paige Jobe  
Spirit's Quest – Roberta, Georgia  
paige@spiritsquest.net  
478-960-4977 (call/text)  
www.facebook.com/spiritsquesteap

identify, face and work through life issues.

Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) incorporate horses experientially for mental and behavioral health therapy and personal development. It is a collab-

orative effort between a licensed therapist, a horse professional and horses working with the clients to address their goals. Because of its intensity and effectiveness, it is considered a short-term, or "brief" approach. For further information, contact: Mrs. Paige Jobe.

**H**ealthcare workers are invited to be guests at a free, personalized 1 hour guided session with the horses at Spirit's Quest in Roberta, Georgia. Located at 3390 Avera Road in Roberta, owner Paige Jobe explains, "Health care workers are under continued stress with the Delta variant of Covid-19. We are honored to be able to offer a respite from that stress in a free 1 hour session with horses to help unwind and recharge." All sessions take place on the ground with horses and no horse experience is needed.

"We feel, as a family and a local business, that healthcare workers are sacrificing so much for us that offering a free session where they can de-stress is the best way we can thank them", Mrs. Jobe says. Health care workers are invited to spend time hanging out in nature and relaxing with the horses. The participant and the horses interact as much or as little as they choose and there is a horse specialist present to guide participants in some relaxation activities if desired.

The goal at Spirit's Quest is to provide a safe space for people to identify problems, discover solutions and try out new skills and behaviors. The horses accompany participants along their journey and are an unbiased, non-judgmental partner. Spirit's Quest offers individual, family and group services. These are experiential approaches designed to help



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# The Augusta Museum of History presents “Murder at the Mill” Event!

Special to Senior News Georgia

**T**he Augusta Museum of History presents a twist on the escape room game. With the Murder at the Mill event, participants have to escape from an actual museum exhibit – or risk becoming a part of the exhibit forever.

The scenario is based on actual events. On October 19, 1906, Maude Dean Williamson was brutally murdered in the weaving room in a local cotton mill. Participants act as members of Augusta's newly formed night watch and are tasked with finding the scene of the crime and catching Maude's murderer.

Tickets on sale: October 1st. <https://bit.ly/MurderAtTheMill>. Each session is 1 hour. Please arrive 10 minutes before your time slot to sign a waiver and for further mission instructions. Plan to leave 15 minutes at the end for a debriefing and pictures. Ages 13 and over please. Each session is limited to 10 participants.

## 2021 Holiday Gingerbread Village November 18 -28

The Augusta Museum of History is proud to present an experience to delight the senses... the annual Holiday Gingerbread Village!!

Each historic-themed gingerbread creation will be available through silent auction, with proceeds benefiting Museum programs and exhibitions. The display and the opportunity to bid on the structures are FREE to the public during regular Museum hours.

## All Aboard the Polar Express December 5th & 12th

### ALL ABOARD!!!!

Get up, get on, and get ready for the ride of your life. The story of the Polar Express will be performed to the delight of the young passengers. At the end: All will Believe!!

Three Performances per

date: 11:00, 2:00 & 4:00 on the passenger car in the Museum's Transportation exhibit area.

Limit (3) tickets per adult. Tickets can be purchased at the Augusta Museum of History administrative offices via cash, check or credit card, Monday through Friday, 10:00 am - 5:00 pm. You may also call the Museum at 706 722 8454 to pay by credit card.

Space is limited to 18 children per performance to allow for social distancing. Parents not allowed on the train.

After each performance, children and their parents will be treated with hot chocolate and cookies in the Museum's Rotunda with an appearance from a special Christmas guest!!!

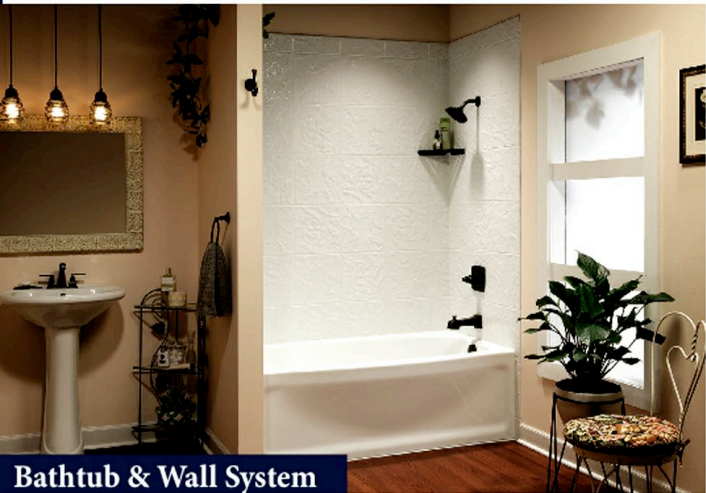
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# BBB Scam Alert: Receive a text with a surprise offer? Don't click the link!

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

Everyone loves a deal – including scammers. Con artists often offer too good to be true discounts in the hope that price-conscious consumers will jump on these “deals” without doing their research. Recently, BBB Scam Tracker has seen numerous reports of scammers impersonating well-known companies and offering discounts, some of which are COVID-19 themed.

### How the Scam Works

You receive a text message from a large, reputable company. The message claims that, due to the pandemic, the company would like to help people out by offering them an amazing deal. These range from free or discounted services to gift cards and cash.

For example, many consumers report receiving the following text messages using this ploy:

- “COVID-19 REFUND. VERIZON COMPANY is giving out \$950 to all users of our Verizon service, If yes kindly text your Verizon”
- “Due to the pandemic, Hulu is giving everyone a free 1-year subscription to help you stay at home. Get yours here [link].
- "AT&T... Sorry for the coverage issues... Here's a little gift: [link]"

Other texts claim to be

Walmart, Amazon, Costco, USPS and others. Of course, these messages don't really originate with that company. They come from impersonators who hope to steal your personal information. If you click the link, you may be prompted to log into a lookalike website that scammers use to get hold of your login ID and password. With that information, scammers can access your accounts and even make purchases

using your saved payment methods.

While the latest BBB Scam Tracker reports mention Hulu, Netflix, and Verizon, watch out for scammers impersonating other companies too. If one name stops being effective, they'll quickly switch to another company.

### How to avoid Text Message Scams

- Treat messages from unknown
- continued on page 13**

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# BBB SCAM ALERT

from page 12

senders with caution. If you receive a message from a number you don't recognize, be careful. Many companies engage in SMS marketing, but keep in mind that consumers must opt in to receive messages. If you haven't given a company permission to text you, it's probably a scam.

- Don't click on links from strangers. Scammers often send shortened links that don't let you see where they really lead in the body of their text message. If you click the link, you could be directed to a dangerous website, or you could download malware onto your device.

- Confirm deals directly with the company before you accept. If you are really hoping the deal is legitimate, go to the company's official website and send them an email, or call to inquire. The company can let you know if the deal is real or not.

- Install antivirus software on your computer and mobile devices. This kind of scam can come from text messages or emails, so make sure all your electronics are protected. Antivirus software can scan for malware and alert you before you open a malicious website link.

- Alert the company. It will help them fight the problem. AT&T and Verizon are asking consumers to forward suspicious messages to 7726 (SPAM).

To learn more about this kind of scam read BBB's Tip on phishing scams, or

read about a similar con that offers you a discount on your utility bills and scams mentioning Hulu and Netflix at BBB.org.

If you've been the victim of a similar scam, report it to BBB Scam Tracker. Your first-hand experience can help other consumers recognize scammers' tactics before it's too late.

\*\*\*\*\*

*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](http://BBB.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).*

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October 15, 2021

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**We're available 24/7. See if you qualify for same-day service!**

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†ADT Money-Back Guarantee: Money back guarantee only applies after ADT has made attempts to resolve a system related issue and has not been able to resolve that issue within the first 6 months of your contract. Equipment must be fully removed before a refund will be processed. Conditions preventing normal system operation cannot be caused by the customer.

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DF-CD-NP-Q321



# Blossoms & Bacon Veterans Day Celebration

Special to *Senior News Georgia*

Submitted by  
Georgia VECTR Center Team  
info@gavectr.org

September 16, 2021

Veterans and Friends, you are invited to the first Blossoms & Bacon Veterans Day Celebration on Sunday, November 7, 2021 in downtown Macon.

Here is the Blossoms & Bacon Veterans Day Celebration program:

A parade at 3 p.m. honoring veterans will take place in downtown Macon and participants will include marching bands, military units, and floats.

At 4 p.m., we will gather at historic Luther Williams Field for food trucks, beer tasting, free music, and a time to reminisce with other veterans, see neighbors

and make new friends. At 6 p.m., Rodney Atkins will take the stage at Luther Williams Field for a free concert! The concert is free but you must pre-register to attend. At 7:30 p.m., fireworks in Luther Williams Field will top off the day's festivities. Visit <https://cherryblossom.com/blossoms-and-bacon/> for more information and to pre-register.

\*\*\*\*\*

## Pasta Festival Scheduled for Oct. 8th

Special to *SeniorNewsGeorgia*  
Contact: sharnv@hotmail.com

Our annual Pasta Festival is back on with the new date of Friday October 8th, 2021. The same details below apply. Thanks again for your support!

### Italian-American Club of the CSRA Pasta Festival

Location: Immaculate Conception Catholic School (Corner of 8th & Telfair St.)  
Friday, Oct. 8th, 2021  
Lunch: 10:30 am - 2:00 pm  
Dinner: 4:30 pm - 8:00 pm  
\$10 Plate includes: Spaghetti w/Meatballs or Sausage, salad, roll, tea or water (homemade desserts for sale)

Take-Out orders available and credit cards accepted.

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## Why you need dental insurance in retirement.

Many Americans are fortunate to have dental coverage for their entire working life, through employer-provided benefits. When those benefits end with retirement, paying dental bills out-of-pocket can come as a shock, leading people to put off or even go without care.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

**When you're comparing plans ...**

- ▶ Look for coverage that helps pay for major services. Some plans may limit the number of procedures – or pay for preventive care only.
- ▶ Look for coverage with no deductibles. Some plans may require you to pay hundreds out of pocket before benefits are paid.
- ▶ Shop for coverage with no annual maximum on cash benefits. Some plans have annual maximums of \$1,000.

**Medicare doesn't pay for dental care.<sup>1</sup>**

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

**Early detection can prevent small problems from becoming expensive ones.**

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

**Previous dental work can wear out.**

Even if you've had quality dental work in the past, you shouldn't take your dental health for granted. In fact, your odds of having a dental problem only go up as you age.<sup>2</sup>

**Treatment is expensive — especially the services people over 50 often need.**

Consider these national average costs of treatment ... \$217 for a checkup ... \$189 for a filling ... \$1,219 for a crown.<sup>3</sup> Unexpected bills like this can be a real burden, especially if you're on a fixed income.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2021. 2 "How might my oral and dental health change as I age?," www.usnews.com, 11/30/2018. 3 American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

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6247-0121



# Dementia Spotlight Foundation honors Robert Bowles with inaugural Dementia Advocate of the Year Award!

**Dementia nonprofit aims to recognize individuals for ongoing dementia-related support and advocacy**

*Special to Senior News Georgia*

**Submitted by**  
**Amanda Morey/Jennifer Walker**  
**BRAVE Public Relations**  
**amorey@emailbrave.com**  
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ATLANTA (Sept. 16, 2021)

**T**he Dementia Spotlight Foundation (DSF) – Atlanta-based non-profit organization working toward a world that fully embraces the rights and needs of individuals and families living with dementia-related disorders – today announced Robert Bowles has been awarded the introductory Robert Bowles 2021 Dementia Advocate of the Year Award. The notable award provides much-needed recognition to those living through dementia or Alzheimer's-related illnesses who are actively forging paths around this disease. The recognition honors their dedication of time, effort and resources in the fight to spread awareness and offer necessary support to individuals and caretakers touched by dementia.

The inaugural dementia advocacy award has been named after and gifted to Robert Bowles, a retired local pharmacist and

Georgia native who has served as an executive advisor at Dementia Spotlight Foundation since the organization's inception in 2016. After receiving a Lewy Body Dementia diagnosis in 2012, Bowles founded United Against Dementia where he was an active advocate, educator and supporter of people living with dementia. His personal diagnosis led him to quickly recognize that individuals diagnosed with dementia had

to find their own way to move forward and live a life with purpose. This personal turn of events and Robert's passion for serving others became an inspiring battle cry that propelled him to advocacy work on the state and federal levels in both corporate and nonprofit arenas.

"To distinguish Robert with this honorary inaugural award means the

**continued on page 16**

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MKT-P0253





# Dementia

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world to me and to the foundation,” said DSF Founder and Executive Director Whitney DeMarlo Oeltmann. “Robert has played an instrumental role in DSF’s history and has been the epitome of a champion for those living with dementia. We hope others affected by this devastating disease find inspiration in Robert’s journey of carving a meaningful path forward after a diagnosis.”

During his tenure with DSF, Bowles has helped to identify the individualized needs of countless individuals living with dementia. These needs can range from mobility to communication issues that severely impact many daily activities. He has actively participated in focus groups, speaking engagements and support groups where he shares insight into his deeply personal experiences of living with dementia, ultimately helping to build a sturdy foundation of trust and transparency for a dementia-conscious community.

Additionally, Bowles has been an active member of DSF’s sister organization, Dementia Mentors, serving as trusted counsel to many individuals recently diagnosed with dementia. This role has allowed him to serve as a guiding light to individuals battling this disease.

When asked about his feelings towards this award, Robert Bowles said “People don’t care what you

know, they just want to know that you care.”

The Robert Bowles award will be awarded annually and is intended to spotlight deserving dementia advocates with a distinguished honor for their support in enriching the lives of people living with dementia and their caregivers. Every year this award will be given to an individual with dementia who stands out by spreading awareness and helping others with dementia-related issues. DSF is honored to present Robert Bowles with the introductory award and will continue to recognize other advocates in Bowles’ name.

## About Dementia Spotlight Foundation

*Dementia Spotlight Foundation is a nonprofit organization dedicat-*

*ed to supporting persons living with dementia, families and caregivers about dementia-related diseases through advocacy, the arts and education. Headquartered in Atlanta, Dementia Spotlight Foundation continually supports the lack of funding, education and resources available for individuals and caregivers who need them. With a deeply rooted focus on life before loss, rights before research and care before cure, Dementia Spotlight Foundation provides support and consultation for the notion that life does not end after a dementia diagnosis. For more information about Dementia Spotlight Foundation, visit [dementiaspotlightfoundation.org](http://dementiaspotlightfoundation.org) or connect via Facebook, Twitter Instagram.*


\*\*\*\*\*

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To find a location near you, visit  
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# BBB Tip: What to know before downloading a cashback app!

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

**I**f you are looking for new ways to save money on daily purchases, latest trend isn't clipping coupons; it's cashback apps. By using apps such as Rakuten and Ibotta, shoppers can earn rewards, such as cash or gift cards, after making a purchase. But before you sign up for one or more of these apps, be sure to do your research.

### How do Cashback Apps work?

Some cashback companies build relationships with stores and brands and receive a commission for purchases made through their apps and extensions. Then, they pass on a portion of the commission to the consumer. Other companies offer payouts based on accumulated points, which consumers can earn uploading receipts, purchasing specific products, or scanning products in store.

Many such apps and browser extensions are legitimate, but, as always, exercise caution when any company promises big rewards for minimal effort.

To find and use cashback apps safely, BBB recommends the following tips:

- Get to know the company behind the app or browser extension. Before you install a cashback program on your phone or browser, find out more about the company that runs it. Look the company up on BBB.org to see its business rating and read consumer reviews and complaints.

- Choose an app that fits your shopping patterns. The way apps reward consumers can vary. Some offer coupons or price comparisons to help you find the best deal. Passive cashback apps simply run in the background on your phone and track your purchases, giving you rebates when you shop at partner locations. Other apps reward you for shopping at specific retailers. Think about your shop-

ping habits as you choose an app or extension to score the most savings.

- Never pay a membership fee. You should never have to pay a fee to receive "free" money. Be wary of any app that claims to be free but asks you to pay a fee to receive a payout. Don't agree – it could be a scam.

- Read the fine print. Most apps

**continued on page 18**



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**BBB Tip: Cash Back Apps**  
from page 17

require you sign up for a free membership before you can receive rebates. Read the fine print before you commit to make sure you understand what personal information you will need to share, how the app works, and how it tallies your purchases and rewards.

- Protect your privacy. Keeping in mind that since many cashback apps ask you to connect your credit card, debit card or bank account to receive rebates and make purchases, keeping your data safe is critical. Before sharing your sensitive information with any company, BBB and FTC suggest reviewing the company’s privacy policy.
- Find out how payouts work. Nerd Wallet reminds consumers that payout methods can vary from company to

company. Do a little research to find out what the company’s payout frequency and threshold is, as well as their payout method and qualifications.

- Avoid unnecessary spending. Take advantage of good deals on the products you need but remember that making unnecessary purchases just because you’ll receive points or modest cash-back bonuses will not save you money in the long run. In addition, when taking advantage of a product-specific deal, The Penny Hoarder advises, “Read the offer’s fine print. Make sure you’re purchasing the correct brand and quantity.” If you purchase the wrong size or flavor product for example, the offer may not be valid.

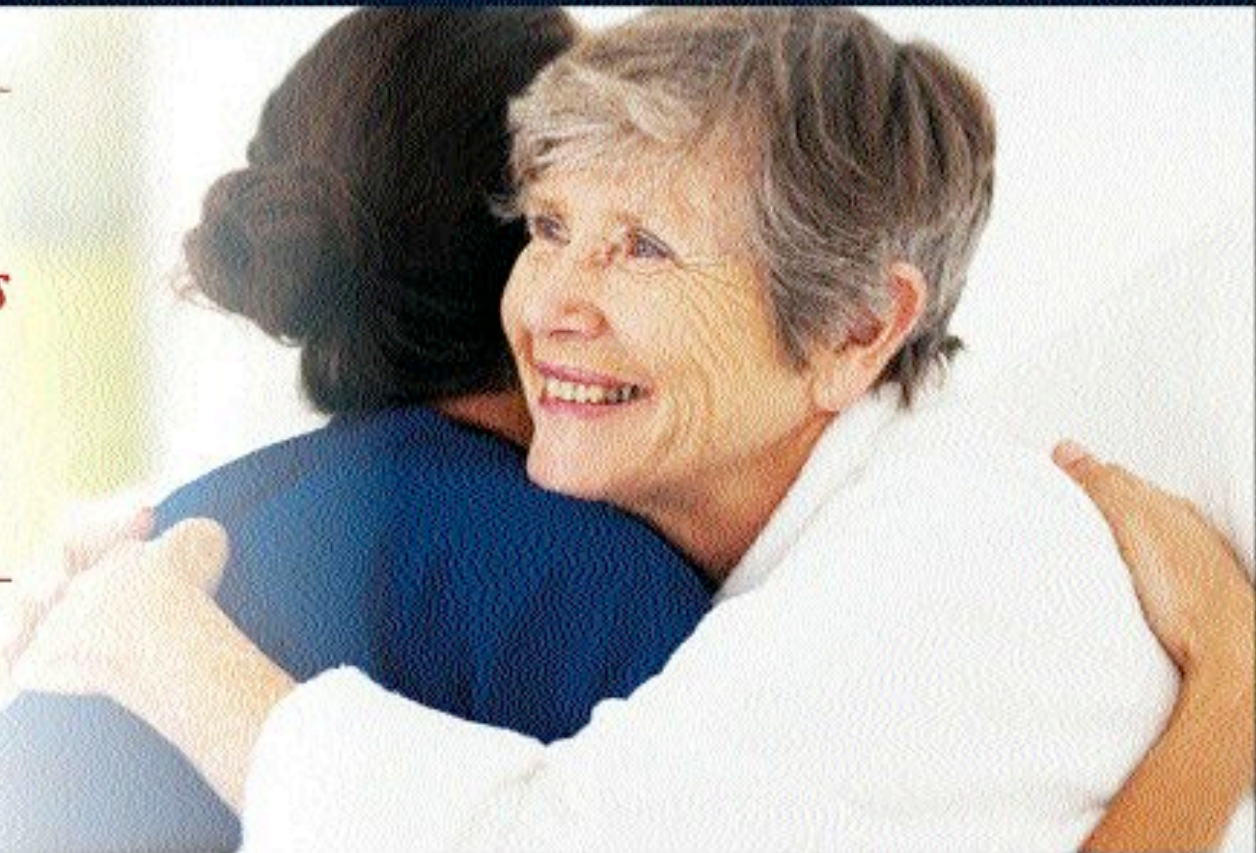
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and report scams.

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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](http://BBB.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).*

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