

Senior News

Georgia

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January 2022
Vol. 36, No. 1

Let us entertain you

by CLAIRE HOUSER-DODD

Fort Valley’s downtown is looking up. Looked great for Christmas! The Gazebo is beautiful, the trees are lit and so are the toys and boxes scattered around town. It’s fun to drive through. And lots of people have decorated beautifully. West Church is a veritable showcase. One of our favorites is D.J. Brown’s animal kingdom, just chock full of party animals. Course they die down in the daytime; only to arise again at night in all their glory.

We do brag about our town a lot... Hey! And our county at the Chamber

Party at The Vineyard with Bobby and Jennifer Evans was great! We won the most beautiful Christmas Poinsettia ever and Emily won a gorgeous box of crackers and cheeses. Jill Bowen was in charge of the fun chamber dinner.

Our state of Georgia deserves attention. We just received December 2021 “Georgia Trend” magazine and see that Governor Brian Kemp just received the highest award the University System of Georgia gives. It is the Eldridge McMillan Lifetime Achievement Award given to recognize his service to public education. Congratulations, Governor Kemp!

And, how about the state of Georgia having won again, the eighth year run-

ning, Top State for Doing Business by Area Development Magazine; also placed Number One in overall cost of doing business, competitive labor environment, work force developmental programs, cooperative and responsive state government and available real estate. This is something we notice often in our newspaper; plus, how many new jobs are offered.

The Governor’s Honor Program (GHP) was almost lost because of budget. The Governor’s Office of School Achievement (GOSA) heads the program of the much-needed academic achievement rendered to high-ranking students who are also creative and passionate, and leaders to join the program. They like for the students to be interested in lots of things... sports, theatre, clubs, etc. We were invited to the GHP in 1949, and at that time it was held at the Wesleyan College Campus in Macon, Georgia, and we don’t remember if it was a one- or two-week program. It’s been a while, but we recall some very outstanding times; especially the Nyads. We had a group of 8 or 10 girls who put on an aquatic show in the pool by the auditorium. I was like dancing in the water and we were very proud of it. Hard work and lot’s of practice. We also remember coming up and out on the street and seeing Dr. Billy Dodd’s maroon Mercury convertible with the Doctor’s tag on the back and asking who owned the car and where was he! I wanted a ride to dry my hair!

Then, one of my boyfriends came driving up and I ran back to the dorm. We were not supposed to date or have company during this program. Just think, who would have thought that I was looking at my future husband’s convertible, and that about forty years later I’d be marrying Dr. Dodd. Too bad I didn’t meet him then; it would have saved us both a lot of misery!

Kudos, Cade Joiner, Vice Chair of the University System of Georgia’s Board of Regents, who said “GHP is a program that we need to protect and preserve. It does a lot of good things for students in this state.”

We’re just glad to be a Georgian and have to say, “Go you Hairy Dawgs!”

Thank Heaven for another beautiful Christmas Season, wonderful presents, and delicious food. The crowds weren’t bad, the lines not long and the clerks were happy to be there and glad to see us! But my cousin, Havalyn Hicks Andrews, originally from Roberta, said it best, “ Jesus truly is the reason for the Season! As the Spirit of Love fills the air and we joyfully celebrate the greatest gift ever given, we wish you and yours a very Merry Christmas and a Happy Healthy New Year!”

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Sabrina Griffin of Columbia County Chamber Completes Second Year at Institute for Organization Management

A Leadership Training Program
Produced by the U.S. Chamber of
Commerce Foundation!

Special to *Senior News Georgia*

Submitted by Karyn MacRae
institute.uschamber.com

WASHINGTON, D.C.

Institute for Organization Management, the professional development program of the U.S. Chamber of Commerce Foundation, is pleased to announce that Sabrina Griffin, Vice President, of the Columbia County Chamber of Commerce, has recently completed her second year at Institute for Organization Management, a four-year nonprofit leadership training program at Centennial Institute in Athens, Georgia.

“Institute graduates are recognized across the country as leaders in their industries and organizations,” said Raymond P. Towle, IOM, CAE, the U.S. Chamber Foundation’s vice president of Institute for Organization Management. “These individuals have the knowledge, skills, and dedication necessary to achieve professional and organizational success in the dynamic association and chamber industries.”

Since its commencement in 1921, the Institute program has been educating tens of thousands of association, chamber, and other nonprofit leaders on how to build stronger organizations, better serve their members and become strong business

advocates. Institute’s curriculum consists of four weeklong sessions at four different university locations throughout the country. Through a combination of required courses and electives in areas such as leadership, advocacy, marketing, finance, and membership, Institute participants are able to enhance their own organizational management skills and add new fuel to their organizations, making them run more efficiently and effectively.

Institute for Organization Management is the professional development program of the U.S. Chamber of Commerce Foundation. It is the premier nonprofit professional development program for

association and chamber professionals, fostering individual growth through interactive learning and networking opportunities.

The U.S. Chamber of Commerce Foundation (USCCF) is a 501 (c)(3) nonprofit affiliate of the U.S. Chamber of Commerce dedicated to strengthening America’s long-term competitiveness. We educate the public on the conditions necessary for business and communities to thrive, how business positively impacts communities, and emerging issues and creative solutions that will shape the future.



Sabrina Griffin

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Website

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Publisher

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Advertising

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Published monthly on our online website at 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.

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Senior News & Views of Georgia

Taking Care

Self-Care for Caregivers is a Must

by LISA M. PETSCHE
lmpetsche@gmail.com

Jack, 80, was diagnosed with Alzheimer's disease three years ago. His 75-year-old wife, Agnes, is finding it increasingly difficult to care for him. He is starting to get his days and nights reversed, sleeping during the day and becoming wide awake at night. He has slipped out of the house on one occasion and couldn't find his way home; Agnes had to call the police to help find him. She can no longer leave Jack alone for even a short time.



Lisa Petsche

The contribution of informal caregivers like Agnes often goes unrecognized in our society. These unpaid helpers provide practical assistance and enhance the quality of life for frail or ill older relatives who might otherwise require placement in a long-term care facility (commonly known as a nursing home).

Typically, they are spouses or children; many are seniors themselves. The majority are women.

The relative they care for has physical or cognitive impairment (perhaps both) caused by one or more chronic health conditions, with stroke and dementia being most common.

The caregiving role involves physical, psychological, emotional and financial demands. It is a heavy load, exacerbated by the limited availability of community support services.

But there are rewards for caregivers, too. These may include a closer relationship with the care receiver; increased creativity and assertiveness; increased insight into their own strengths and limitations; a general increase in compassion for others; re-thinking of values and priorities; and learning to live in the present and appreciate the simpler things in life that make it enjoyable. Then, too, there is the satisfaction of knowing they are doing something meaningful.

The caregiving journey can be long, though, and particularly challenging when the elder has heavy hands-on needs, a demanding personality or mental impairment. A variety of emotions may be experienced along the way, including sadness, grief, frustration, anger, resentment, guilt, anxiety and loneliness. Burnout is common.

While a certain degree of stress is inevitable, burnout is a serious matter. It's important to watch for physical warning signs: chronic exhaustion, sleep difficulties, significant weight loss or gain, frequent illness and development of chronic health problems.

Emotional red flags are frequent crying; frequent irritation by small annoyances; difficulty controlling one's temper; feeling overwhelmed; a sense of hopelessness; and feelings of inadequacy. In severe cases, burnout can lead to abuse of the care receiver; this signals the need for immediate help.

If you are a caregiver, here are a dozen strategies to keep stress manageable and prevent burnout.

Coping Tips

Look after your own health: eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

Find something relaxing you can do to give yourself a break every day – perhaps enjoying a cup of tea, reading something uplifting, writing in a journal or listening to music.

Stay connected to your friends and your faith community, if the latter is applicable.

Simplify your life. Set priorities and don't waste time or energy on unimportant things.

Accept the reality of your relative's illness. There is nothing you can do to stop it.

Learn as much as possible about the illness and its management and educate family and friends to help them understand.

Don't get overwhelmed; take things one day at a time. Recognize that there will be good days and not-so-good or even bad days.

Remind yourself that you are doing your best and are only human. Give yourself permission to feel all emotions that surface, including resentment and frustration.

Acknowledge that you can't, and shouldn't, do it alone. Find at least one person you can talk to openly, who will listen and understand. Accept offers of help. Ask other family members to share the load and be specific about what you need.

Talk with other caregivers. Join a community support group (some offer concurrent care), or an Internet group if it's hard to get out.

Take advantage of respite services in your community, such as adult day care programs and facilities that offer temporary residential care.

Don't promise your relative that he or she will never have to move to a long-term-care home, because you don't know what the future holds.

If you think looking out for your own needs is selfish, remember that you can only take good care of your relative if you take good care of yourself.

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

On the Cover

It's 2022 and Time to Start Our Exercise Routine!

By Carolyn Brenneman

Cover: Taking a class through Silver Sneakers!

Another year is here everyone! This January is our month to start a new fitness routine or to build on our existing routine in celebration of the new year.

What better way to celebrate our new year of 2022 than to engage in or increase our existing physical exercise. It is a celebration of life, for our mental, physical, and spiritual self. My friend Gina is working on her plans to increase her walking routine from one miles to three miles, three days a week. The more we keep up our routine, the better we become at it. As a matter of fact, this last year I noticed an increase in my endurance as I con-



Cathy is ready to go on a brisk walk!

tinued to walk two miles a day. I surprised myself, as a senior, when I could easily hike a two-mile trail that was mostly uphill. Delighted, I am determined to continue with my fitness goals and establish new goals, and I wish for everyone to find some physical activity to begin to increase physical, mental and

emotional well-being.

Well, one of the easiest exercises and a most enjoyable one is simple walking. Even if we don't have time to perform a structured workout, we likely can find time to start walking. Walking is progressive,

continued on page 6

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EXERCISE

from page 5

and just starting a short walking routine with a step counter or smart watch and gradually increasing the steps every week will reap great results by the end of the month and then in a short time, we will be delighted with the benefits we will receive.

So, let’s make a commitment and join a walking group or a fitness center that has special classes for seniors. Not only will it become a habit, but also a very pleasurable experience for us. The benefits are tremendous for seniors as structured physical exercise will improve our health and may even help with lowering blood pressure, reducing joint pain, and it will help with promoting social engagement and meeting new seniors. Take my friend, Vanessa, who started walking two years ago, in 2020, starting out with a quarter of a mile and today, two years later, she engages in brisk walking, three times a week, with her goal at two miles a day! “I love walking with my mature walking buddies group,” Vanessa states, “as I feel emotionally and physically so much better!”

Don’t care for walking? Well, there are plenty of

continued on page 7



Here I am enjoying a long walk!



Group activity is fun!



Great stretches for all of us!

EXERCISE

from page 6

opportunities for all of us to engage in physical movement and activity. Join a fitness center that has an H2U program or a Silver Sneakers group, and we can join at no cost.

Silver Sneakers, is the trademark name of group exercise classes offered for Seniors, and it gives us one of the best and free opportunities to stay on track toward our health and fitness goals. Silver Sneakers is at The Family Y, LA Fitness, Anytime Fitness and many other fitness centers. Many classes are offered throughout the week and the schedules vary from center to center, but they do accommodate everyone. So, let's find the closest one in our area and sign up soon! My friend Georgina says, "I really like the Silver Sneakers at The Family Y, and I get to meet new people and develop new friendships."

So, let's jump off the couch and get going right away to join a walking group or a fitness program. Take on the challenge and try just one activity. It is the secret to better health and a happier life!



My good friends at an H2U class!



Repticon Atlanta: A Walk Among the Wild Things!

Special to *Senior News Georgia*

Submitted by Krista Bearden krista@repticon.com

Atlanta, GA
January 8 & 9, 2022

Repticon brings the amazing world of reptiles and exotic animals back to Atlanta on January 8 & 9, 2022. A truly family-oriented event, Repticon's reptile and exotic animal shows are held in major cities throughout the United States and attract thousands of enthusiasts.

Repticon, 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 Fairgrounds in Lawrenceville, offers a unique family outing suitable for all ages and for a very diverse range of enthusiasts.

The show hours are Saturday: 9 am - 12:45 pm, 1:15 pm-4:00 pm. Sunday: 10:00 am - 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>.

On the Cover

Fort Valley Nursing Home Needs Adopting!

by CLAIR HOUSER-DODD

We have a very sad looking house on the corner of College Street and Green Street. It is a fine old home that has been a standing residence over one hundred years; a real jewel, an antique you might say. But now it is looking for a family.

Back in 1995 Bill and Ann McGehee and Ray and
continued on page 9



Jamestown... “A Happy Place!”



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Resident Room



Enjoying the Peach Festival Parade!



Pool Party!



Dining Room



Enjoying a picnic at the cabin!



Preparing for "Fall Frolic!"

HOME from page 8

Judye Pearson bought the home and turned it into a first class Assisted Living where older folks were fighting to get a room or apartment. Ann operated Jamestown and served eighty residents for thirteen years. The place was gorgeous; a lovely home people were happy to visit... and visit they did; friends and family alike!

During Ann's time there, she added a much-needed wing to handle six more retirees. She had an excellent cook and visitors loved being invited for a meal. It was not only delicious, but festive; very much like a dinner party.

Alas, the latest owners pulled up the spectacular landscaping, flowers and all, and dumped garbage out the back door to the horror of the entire town. How, you ask can that happen? Nobody seems to know, but here lies a golden opportunity for some enterprising person, couple or even company. Naturally, we of the Valley, would like to have a loving, caring, dedicated person like Ann to appear on our doorsteps and say, "I love the beautiful old home and want to return it's original grandeur as a posh, TLC retirement home.

Here's hoping you enjoy the pictures included, as they share the fun and games Ann thought up to entertain her residents. This is so enlightening as she had never

done anything like this before. She's a schoolteacher at heart and husband Bill made the

living. Ann was following her heart felt love of the elderly and acting out God's plan for her!



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BBB Tip: What to do when an item is “out of stock!”

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

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- **Augusta:** 4400 Columbia Rd, Ste 100, Augusta, GA 30907
- **Columbus:** 233 12th Street, Ste 911-B, Columbus, GA 31901

National experts are predicting record numbers in spending on holiday related items. There is also a concern if many of the items on consumer's Christmas lists will be available on the shelf or online and are faced with the disappointing words: “Sorry, this item is currently out of stock.” That’s especially true when challenges are still occurring with supply chains.

But does that mean the words “out of stock” is the end of the line? Not at all. With a little determination and some creative thinking, the item might be found and purchased. Here are BBB’s tip for finding items that are sold out in stores.

How to Buy Out of Stock Items

- Try a different store. Avoid limiting the search to the most popular brick-and-mortar stores. Consider researching multiple vendors’ websites to see who is carrying stock. If the large chain stores are out of what you need, try a reputable independent shop or a different type of store entirely. For example, when toilet paper was in short supply at grocery stores, some consumers found stock in unlikely places, such as hardware stores, restaurant suppliers, or office supply stores.
- Check websites frequently. If there is an item out of stock when shopping online,

don’t give up hope right away. Bookmark the product page and check back daily. Many vendors restock high-demand products on a regular basis.

- Sign up for restock alerts. Many companies offer restock alerts, which are usually sent by email. For example, on Amazon, look for an availability alert on a product's informa-

tion page. Amazon will send an e-mail when the item becomes available. Keep in mind, you still have to go to the website or store to make the purchase once the alert arrives.

- Go straight to the product’s source. If a brand name item isn’t available from a favorite retailer,

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“Out of Stock” from page 10

check the brand’s official website to see if it’s in stock there. If not, consider getting in touch by emailing customer service or reaching out through social media.

- Take advantage of return policies. If you suspect that an item will sell out quickly, but you aren’t sure if you really need or want it, review the store’s return policy. If a store gives you the option to return an item and offer refunds, you may want to purchase the item as soon as it’s available. You can always send it back if it doesn’t fit your needs, but you may regret not purchasing if the stock runs out for good.

- Search for products on resale sites. If a product appears to be gone for good, don’t lose hope just yet. Some resale sites may offer the hard-to-find products. That said, watch out for scammers when looking for this year’s hottest toy or a product that is very popular. Con artists prey on desperate shoppers by pretending to have an item that is impossible to find, accepting payments, and then never delivering the product.

- Consider a personal shopping service. Personal shoppers can do the heavy lifting if there is a very specific product you are hunting for. Be sure to read reviews and ask for recommendations from friends and family members before deciding to hire.

- Try out a subscription service. Subscription services offer regular deliveries of cleaning products, clothing and more. If the local stores are running out of fresh produce, for example, consider a meal delivery service.

- Be patient. Sometimes, despite the best efforts, it just may not be possible to find most popular items. This was the case for many

consumers hoping to purchase new PS5 and Xbox Series X+S gaming systems. Restocks have sold out almost immediately every time thanks to limited supplies and bot resellers. If this happens to you, be patient. You may have to wait a few months until suppliers can meet consumers’ demands.

Read BBB Tip: Smart Online Shopping and BBB Tip: Shop Safe, Shop Smart this Holiday Season at BBB.org for more shopping tips.

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@central-georgia.bbb.org.

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Purchasing A Puppy Online Remains Extremely Risky

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

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The demand for “quarantine puppies” and other pets increased dramatically during the COVID-19 pandemic, bringing with it a spike in scams that has persisted even as virus-related lockdowns have abated. Online pet scams -- in which an online search ends with a would-be pet owner paying hundreds of dollars or more to adopt a pet that ultimately doesn’t exist -- are especially pervasive during the holiday season, when families may be looking to add a furry family member as a gift. Better Business Bureau (BBB) advises extreme caution if shopping for a pet online.

In addition to a shortage of puppies available due to high demand, the Centers for Disease Control and Prevention (CDC) suspended imports of dogs to the U.S. from 100 countries deemed at high risk of rabies. The U.S. imports 1 million dogs each year.

People currently shopping for pets online are very likely to encounter a scam listing in an online ad or website. Knowing the red flags associated with this scam can help consumers avoid heartache and losing their money.

Online shopping scam reports to BBB Scam Tracker have skyrocketed during the COVID-19 pandemic, and pet scams make up 35% of those reports in 2021. While pet scam-related reports are down slightly from 2020, they are expected to be double this year to those in 2019, and more than four times as many as 2017, when BBB published its first investigative study about online puppy scams.

Scammers frequently capitalize on high demand during the holidays by posting pictures of pets in Christmas hats and other gear. When a would-be pet parent pursues the listing, the scam-

mer refuses to let the consumer meet the pet before buying – often claiming this is because of COVID-19 considerations. The scammer claims that they must use a pet delivery agency of some kind, often an airline. BBB Scam Tracker has received many reports of fake web pages impersonating real businesses for this purpose. The scammer also may demand fees for vaccinations or other last-minute “needs.” Ultimately, the pet does not exist, and the consumer has lost money and emotional investment.

The largest group of victims by age are those 25-35, followed by those 35-44. The average financial loss reported to Scam Tracker was \$1,088. While 82% of pet

scam reports involved dogs, other reports included cats, birds and iguanas. The tactics used in pet scams continue to evolve. Scammers increasingly ask for payment through untraceable cash apps such as Zelle, Google Pay, Cash App, Venmo and Apple Pay. A review of Scam Tracker data finds that the vast majority of reports listed Zelle as the payment method involving the purchase of online pets. One woman told BBB Scam Tracker in April 2021 that she paid a \$500 deposit via Zelle for a Cavapoo puppy she had seen online. The seller sent her several photos and then asked for the remaining

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Purchasing A Puppy
from page 12

balance on the puppy via Zelle -- a transaction that the would-be buyer's bank flagged as fraudulent. The woman requested a refund but never received it, and the puppy is still listed on the seller's website.

Another woman reported losing \$1,350 during the summer of 2021 when she and her husband tried to buy a Samoyed puppy online. The woman told BBB Scam Tracker she signed a contract to purchase a puppy from a "breeder" who contacted her via email; she paid the "breeder" \$1,350 via Zelle. She said she knew she had been scammed when the "shipping company" handling the puppy's delivery contacted her and asked her to rent a temperature-regulated crate.

Pet scams are a worldwide problem, with the United Kingdom and Australia reporting large increases in pet scam complaints in 2020 and 2021. Many pet scams originate in Cameroon, according to data from Petscams.com, which tracks and catalogues puppy scams.

Law enforcement agencies in the U.S. and abroad have worked to apprehend pet scammers. In December 2020, the U.S. Department of Justice announced criminal charges against a Cameroonian national living in Romania; among other tactics, the suspect had claimed the pets he was selling had COVID-19 and required would-be buyers to purchase a "vaccine guarantee document."

BBB recommendations for buying pets online:

- See the pet in person before paying any money. In light of the COVID-19 pandemic, consider a video call with the seller so you can see the seller and the actual pet for sale. Since scammers are not likely to comply with the request, this may help avoid a scam.
- Do a reverse image search of the photo of the pet and search for a distinctive phrase in the description.
- Do research to get a sense of a fair price for the breed you are considering. Think twice if someone advertises a purebred dog for free or at a deeply discounted price ... it could be a fraudulent offer.

- Check out a local animal shelter online for pets you can meet before adopting.

Who to contact if you are the victim of a pet scam:

- Petscams.com - petscams.com/report-pet-scam-websites tracks complaints, catalogues puppy scammers and endeavors to get fraudulent pet sales websites taken down.
- Federal Trade Commission (FTC) - reportfraud.ftc.gov to file a complaint online or call 877-FTC-Help.
- Better Business Bureau - BBB Scam Tracker to report a scam online.
- Your credit card issuer – report the incident if you shared your credit card number, even if the transaction was not completed.

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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MKT-P0253

Opinion

The State of the Nation

Special to SeniorNewsGeorgia

by Daniel W Gatlyn, USN Ret. Minister/Journalist

As we approach a new roster of weeks and months, one needs to be reminded of our diminishing conduct and process. So let me begin by saying that someone with headroom needs to count the columns of corruption that plagues our tepee! I have had several requests, but decided to write anyhow!

Very strange paradox we wrestle with; but, we are caretakers of the best and worst on the planet. I have been both confident and proud to have elevated and bragged on my country; and, I stick by my story. But if you are the citizen who has not noticed our deficit in delivering a wholesome product, best you check your vitals; for we have been perpetually sailing past sensibility for many months... abandoning a protocol which speaks highly of a straight walk. I will not cite statistics, for who knows the numbers; but, I will tell you that an unreasonable percentage of "our precious portion" has taken liberties that were never extended.

First of all (and like it or not), we are continuously being appraised and graded on what we are. Being reminded that we are all flawed gives no consolation for a wholesale referendum on lying, cheating, and a dysfunctional manner. At a time when we should shine... during floods, pandemics, and unthinkable economics... there exists a throng who insist on pushing the envelope past all ethic and morality. Just in the recent past, it has been revealed that theft of multibillions has occurred with funds surrounding the virus. Just one indication of an unjust course.

Where do we really stand in matters of Leadership, Loyalty, Patriotism, Morality,

Economics, Military Affairs, National Defense, Honesty, Academics, Health Issues, Equality, Logic, and more? I could make a list... checking it over twice. But who would embrace; or, even care? The practice of quid pro quo is "tanked out!" We have met the culprit... and, he lives under our roof. Those with wit and worth have predicted the same. There is none righteous, NO NOT ONE! I am aware that this is "ancient indictment;" but, it is closer to fact as the sun fades toward the west. As a new day, and a new year, comes into view, may we resolve

morally, ethically, and in practicality, to invoke a remedy toward a golden opportunity. We can make it, or break it! It is just that simple. I would counsel all hands to douse the cliches, the unscrupulous ways, the yoke; and, the woke! You are no more, and no less, a product of your environment! And you, my friend, make up the corporate environment. This Nation will be precisely what you desire... and demand... it to be! The State (and fate) of our Homeland is in your hands! Those who stand tall, are never small!

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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.¹

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.²

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.³ 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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Governor’s Office of Highway Safety awards Bicycle and Pedestrian Safety Grant to Bike Walk Macon

Special to *Senior News Georgia*

Submitted by Rachel Hollar Umana
Executive Director, Bike Walk Macon
rachel@bikewalkmacon.com

MACON, GA
December 10, 2021

Bike Walk Macon is pleased to announce it has received a \$40,795 grant from the Governor’s Office of Highway Safety (GOHS).

The grant will help finance efforts to develop and execute educational programs that expand and promote bicycle and pedestrian safety to reduce the number of pedestrian and bicycle fatalities, injuries, and crash rates in Macon-Bibb County, Georgia.

“The loss of one life on our roads is one too many, and the fact that almost all fatal traffic crashes can be prevented is one reason why we are awarding this grant,” said GOHS Director Allen Poole. “The target of zero traffic deaths in our nation is achievable, and we will continue to help develop and implement educational messages, enforcement campaigns, and other safety initiatives aimed at bringing us one step closer to our goal.”

"Bicycling and walking is becoming an increasing mode of transportation for Macon-Bibb County residents every year," said Rachel Umana, executive Director of Bike Walk Macon. "Thanks to GOHS, Bike Walk Macon will be

able to offer new and increased opportunities for bicycle and pedestrian classes, resources, and programs for youth, law enforcement, and the general public. We’re also grateful to GOHS for funding two new staff positions to help us achieve our goal of improving safety for everyone on Macon-Bibb County's streets. We’re thrilled to welcome Kaylee Pruitt, education and engagement manager, and Rudy Mendes, education program coordi-

nator to our team and look forward to working with them to host many new educational programs in 2022!"
The grant year for this award will be from October 1 of 2021 to September 30 of 2022.
For more information on this grant program, contact GOHS at 404-656-6996 and for more information on GOHS and its other highway safety programs, visit www.gahighwaysafety.org.

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Youth Leadership Columbia County applications available for Class of 2023

Special to *Senior News Georgia*

Submitted by Olivia Reich,
Communications Manager
Ashley Swain, Director of Marketing
Columbia County Chamber of Commerce
Olivia@columbiacountychamber.com
abswain@choossecolumbiacounty.com

EVANS, Ga.

The Columbia County Chamber of Commerce is now accepting applications for its Youth Leadership Columbia County program, presented by

Gold Cross EMS.

The program – a junior version of the Chamber’s highly successful Leadership Columbia County program – is designed to educate and motivate young leaders through experience, enabling them to take an active role in their community. The program results in strong leaders who have hope for the future and the tools to influence a positive and progressive community. Applicants must be rising sophomores or juniors in Columbia County public high

schools, private schools or home school students.

Applications can be downloaded at columbiacountychamber.com/Youth-Leadership-Columbia-County and are due to the email address cccyouthleadership@gmail.com by March 18, 2022.

For more information on this program, contact Ashley Rice, Workforce Development Manager, at 706-651-0018 or cccyouthleadership@gmail.com.

The Progressive Religious Coalition of Augusta announces their annual Interfaith Dr. Martin Luther King, Jr. Service

Special to *Senior News Georgia*

Submitted by Bishop Gregory Godsey
godseygreg@gmail.com

Augusta, GA

The Progressive Religious Coalition of Augusta GA is pleased to announce their annual Interfaith Dr. Martin Luther King Jr Service to be held on January 10, 2022. The service will be held at Sacred Heart Cultural Center located at 1301 Greene in Augusta Georgia. We will gather at 6:45 PM with the service starting at 7:00 PM.

Our keynote speaker this year will be one of the nation’s most prominent scholars, Dr. Eddie Glaude, Jr. His writings, including *Democracy in Black: How Race Still Enslaves the American Soul*, *In a Shade of Blue: Pragmatism and the Politics of Black America*, and his most recent, the New York Times bestseller, *Begin Again: James Baldwin’s America and Its Urgent Lessons for our Own*, takes a wide look at Black communities, the difficulties of race in the United

States and the challenges we face as a democracy.

In his writing and speaking, Glaude is an American critic in the tradition of James Baldwin and Ralph Waldo Emerson, confronting history and bringing our nation’s complexities, vulnerabilities and hope into full view. Glaude is the James S. McDonnell Distinguished University Professor and Chair of the Department of African American Studies at Princeton. He is also on the Morehouse College Board of Trustees. He frequently appears in the media, as a columnist for *TIME Magazine* and as an MSNBC contributor on programs like Morning Joe and Deadline Whitehouse with Nicolle Wallace. He regularly appears on Meet the Press on Sundays.

Glaude also hosts Princeton’s AAS podcast, a conversation around the field of African American Studies and the Black experience in the 21st century. A highly accomplished and respected scholar of religion, Glaude is a former president of the American Academy of Religion. His books on religion and philosophy include *An Uncommon Faith: A Pragmatic Approach to the Study of African*

American Religion, *African American Religion: A Very Short Introduction*, and *Exodus! Religion, Race and Nation in Early 19th Century Black America*, which was awarded the Modern Language Association’s William Sanders Scarborough Book Prize.

Some like to describe Glaude as the quintessential Morehouse man, having left his home in Moss Point, Mississippi at age 16 to begin studies at the HBCU and alma mater of Dr. Martin Luther King, Jr. He holds a master’s degree in African American Studies from Temple University and a Ph.D. in Religion from Princeton University.

In addition to Dr. Glaude, the Davidson Chorale and the Augusta Jr Players will be performing during the service.

The Progressive Religious Coalition is an interfaith group of clergy and religious leaders committed to socially aware expressions of religious values in the metropolitan region of Augusta, GA.

More information about the Progressive Religious Coalition can be found at their website: <http://prcaugusta.org>.

BBB Tips: Holiday returns and exchanges!

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

OFFICES

- **Macon:** 277 M.L. King Jr. Blvd, Ste 201, Macon, GA 31201
- **Augusta:** 4400 Columbia Rd, Ste 100, Augusta, GA 30907
- **Columbus:** 233 12th Street, Ste 911-B, Columbus, GA 31901

The weeks following the Christmas holiday are often busy for retailers exchanging or refunding holiday gifts. As consumers interact with businesses, it is important to consider a few key facts regarding product returns or exchanges.

Stores are not legally required to accept exchanges or give refunds unless the merchandise was defective or misrepresented. While most retailers offer refund and exchange programs, policies vary significantly from one store to another. Fortunately for shoppers, one positive outcome of the COVID-19 pandemic is that many retailers have become more lenient in their return policies. Despite this, be sure to double-check policies this holiday season, even if you are familiar with the brand, as stores can change their policies frequently.

The following tips from your Better Business Bureau should help to make your holiday returns run more smoothly.

Get to know store policies. Before you make a purchase, find out if the store has a return policy and, if so, how it works. Understand that many retailers change their policies for the holiday season. If the store does allow returns or exchanges, find out if you will need to pay a restocking fee. Ask the seller if they offer cash refunds, exchanges, or store credit. Store policies are usually posted at the check-out counter or printed on the back of receipts.

Understand online store return policies. If you are shopping online, search for the seller's return policy and read it through before clicking "buy." Find out if they accept returns or exchanges and who pays the shipping when an item is returned. In some cases, you can save on shipping fees by returning an online purchase to the local brick-and-mortar store.

Get the details on a product's warranty. Most electronics and home appliances come with warranties honored by the manufacturer, not the retailer. Find out how returns and repairs are handled if an item stops working or needs replacement parts. Will the retailer ship the item to the manufacturer for you, or will you need to deal with the manufacturer directly? Knowing the answers will leave you well-prepared for any future issues.

Keep your receipt and packaging. Most stores will only accept returns and exchanges if you present the item with its receipt and original packaging. Always include a gift receipt with items you give and hold on to any gift receipts you receive.

Bring your ID. Many stores ask to see your ID when you return an item to avoid holiday return scams. Sometimes retailers require you to bring your ID and the original form of payment. If this is the store's policy where your gift is from, you may need the assistance of the gift giver to obtain a refund or exchange.

Make returns in a timely fashion.

Almost all return policies are valid during a specific period. Some stores modify their return period during the holidays, so don't risk missing your chance to make your return. Take the item back to the store without delay.

For more holiday tips, visit BBB.org/Holiday.

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The Augusta Museum of History is proud to present the 12th Annual Jimmie Dyess Symposium

Special to *Senior News Georgia*

Submitted by Nancy Glaser
amh@augustamuseum.org

The Augusta Museum of History is proud to present the 12th Annual Jimmie Dyess Symposium. on Thursday, January 13th at 5 p.m. The symposium was created and developed to recognize Marine Lieutenant Colonel Jimmie Dyess's courage as both a citizen and a service member of the United States and to identify others who have shown similar valor or made civic contributions above and beyond the call of duty.

The 2022 symposium will include remarks by Major General Perry Smith,

who served thirty years in the United States Air Force flying missions over North Vietnam and Laos.

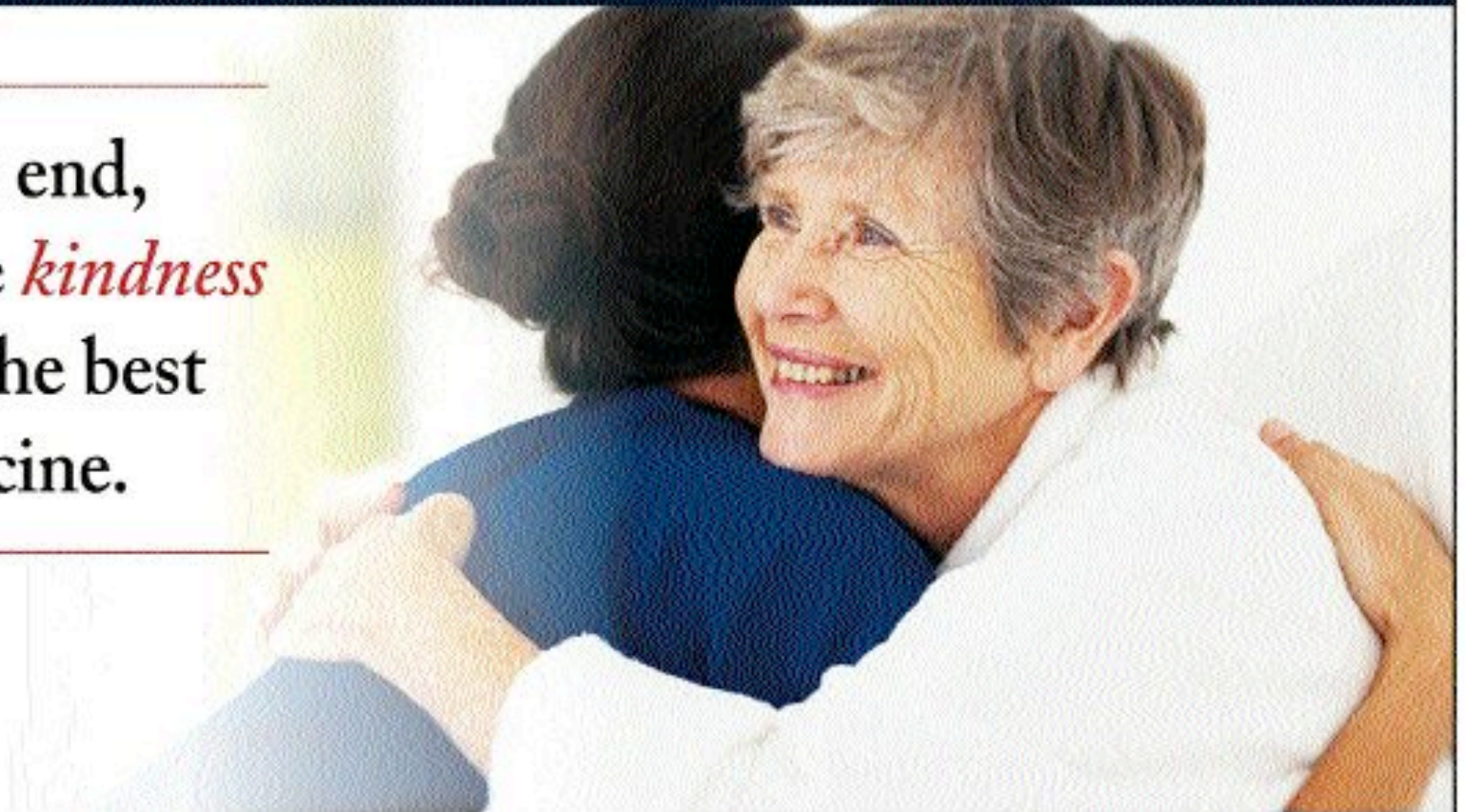
Honorees for 2022 will be Mrs. Christine Miller Betts, Patricia and Charles Moye and Medal of Honor recipient, Robert (Bob) Kerrey, will each receive the Dyess Symposium's Distinguished American Award. Chris for starting the first African American Museum in the region, Pat for her community leadership in the arts, Charlie for his participation as board member and volunteer in numerous organizations and Bob for his heroism, compassion and community service.

Please consider making a tax-deductible contribution to the Augusta Museum of History to ensure this event will continue for years to come. For more information, please contact Nancy

Glaser at (706) 722-8454 or amh@augustamuseum.org.

The Augusta Museum of History, the only Museum in the CSRA accredited by the American Alliance of Museums, was established in 1937 for the purpose of preserving and sharing the material history of Augusta and the region. The Museum offers visitors a world-class experience through interactive exhibits, educational opportunities, entertaining events, and hands-on activities. From a 10,000 year-old projectile point to a 1914 locomotive, to James Brown memorabilia, the collections chronicle a rich and fascinating past. The museum is located at 560 Reynolds Street in downtown Augusta. Please call (706) 722-8454 for more information or visit Our Website, augustamuseum.org.

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