

# Senior News

## Georgia

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**March 2022  
Vol. 36, No. 3**







# Piedmont Community Health Survey Opened March 1st!

Special to *Senior News Georgia*

Submitted by John Manasso  
john.manasso@piedmont.org

Atlanta (Feb. 25, 2022)

**P**iedmont Healthcare, as part of its regulatory responsibility as a not-for-profit health system, is currently studying the community health needs of the communities it serves for its Community Health Needs Assessment (CHNA).

As part of this interactive process, Piedmont is inviting the community to weigh in via an online survey.

“Piedmont exists to serve its communities and the Community Health Needs Assessment helps us to see the areas in which our resources can make a positive difference in the lives of community members who are most in need,” said Piedmont Vice President of External Affairs Thomas Worthly. “We are excited once again to embark on this process, which helps us to deliver on one of the most vital parts of our mission.”

A CHNA is a measurement of the relative health or well-being of a given community. It's both the activity and the end-product of identifying and prioritizing unmet community health needs, which is performed by:

- Gathering and analyzing data;
- Soliciting the feedback of the community and key stakeholders; and,
- Evaluating Piedmont’s past work and future opportunities.

Through this assessment, Piedmont hopes to better understand local health challenges, identify health trends in our community, determine gaps in the current health delivery system and craft a plan to address those gaps and the identified health needs.

This is the fourth Piedmont CHNA, with the others having been conducted in 2013, 2016 and 2019. The 2021 Piedmont CHNA will serve as a foundation for developing our community benefit strategies and further strengthening our community work.

The survey, which opens March 1 and closes March 31, can be found at [www.piedmont.org/about-piedmont-healthcare/community-benefit](http://www.piedmont.org/about-piedmont-healthcare/community-benefit).

## About Piedmont Healthcare

Piedmont Healthcare empowers communities to connect with safe and high-quality care, conveniently, every step of the way. Our promise is to make a positive difference in every life we touch and today we are creating a destination known for the best clinicians and a safe one-of-a-kind experience that always puts patients first. Founded in 1905, we are a private, not-for-profit organization with almost 28,000 employees caring for 3.42 million patients across 1,400 locations and serving communities that comprise 80 percent of Georgia’s population. Piedmont

provides safe, convenient and high-quality care across 16 hospitals, 38 Piedmont Urgent Care centers, 25 QuickCare locations, 1,875 Piedmont Clinic physician practices and more than 2,800 Piedmont Clinic members. In 2019, Forbes listed us as one of the Top10 Employers in Georgia, Piedmont became Great Place to Work-Certified™, which was repeated in 2020. In FY 2021, Piedmont provided \$300 million in uncompensated care and community benefit programming to the communities we serve. For more information, visit [piedmont.org](http://piedmont.org).

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## Taking Care

# When Kids Leave The Nest... How to Navigate This New Phase of Life!

by LISA M. PETSCHÉ  
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**W**hen the last of your offspring has left home, the adjustment can be difficult. This may be particularly so if you have focused the majority of your time and energy on raising your children, or if you're a single parent and now find yourself alone.



Lisa Petsche

Feelings of emptiness may be profound, and challenging to overcome.

If you find yourself in this situation, here are some suggestions that can help.

### Be kind to yourself

Recognize that it will take time to adjust to this new phase of life. Try not to dwell on the past, as it will keep you from moving forward.

Prepare a list of things to do when you find yourself feeling lost or blue. Include small indulgences to give you a lift as well as tasks or projects that will give you a sense of satisfaction (for example, de-cluttering various areas of your home).

Look after your physical health. Eat nutritious meals, get adequate rest and exercise regularly. (This is a good time to take that Pilates class or join a gym.) In addition to safeguarding your overall health, these measures will also help ward off depression.

Keep a positive attitude about life and aging, and associate with people who have a similar outlook.

### Nurture your spirit

Write down your thoughts, feelings and experiences in a journal, chronicling your journey of self-discovery and growth.

Do things that center you and bring inner peace, such as meditating, listening to music or spending time in nature.

Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone you know.

### Get busy

Think back to former pastimes that perhaps fell away once you had a family – playing a musical instrument or a particular sport, for example – and revive one you think you might still enjoy.

Take up something new - for example, gourmet cooking, sculpting or modern jazz.

Get involved in your community. Volunteer for a neighborhood association, charitable or environmental cause, animal shelter or political campaign. Along the way you might make new friends. If you miss being around young people, volunteer at a local school or community center, or with a church youth group.

Cultivate some solitary pastimes. Take up crossword puzzles, a handcraft, woodworking, gardening, writing or sketching. Learn to enjoy your own company.

If you have been out of the work force while raising your family, look for a part-time or full-time job.

Return to school for a certificate or diploma, or perhaps even a degree. Or just take some courses here and there for personal interest. Check out the offerings from the local school board's adult education center as well as post-secondary institutions. Don't forget the option of distance education if there aren't any colleges or universities nearby, or transportation is an issue.

If you have a partner, go on regular dates with them. Get creative, trying new activities and types of food, or revisit activities from your courting years. Take turns doing the planning. This is a good chance to step up the intimacy and generate some romance and excitement.

Plan some trips, with your spouse or friends, or perhaps on your own or with a tour group, depending on your situation and preferences.

### Reach out

Keep in touch with your offspring through modern technology. Learn to become comfortable with the communication methods they favor, such as texting, e-mail and social media. Just don't overdo it.

Take the initiative in calling friends and relatives to talk or get together. Instead of waiting for invitations, extend them.

If you don't feel you're adjusting well to your new circumstances, seek support from a counselor.

Whether or not you anticipated being an empty nester at this point in your life, the reality may initially seem unsettling. But with time, patience and trust in your resilience, you will successfully adapt and find yourself growing and enjoying life in ways you never imagined.

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*Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior health and wellness.*



**On the Cover**

**March is Here... It's Time for Antiquing!**

By Carolyn Brenneman

Cover: Vintage and handmade crafts

Since the weather is warming up, let's visit a very unique and fascinating antique store tucked away in downtown Roswell, right on Canton Street, called Historic Roswell Antiques and Interiors. The owner describes the market as a place for new and vintage items, as well as 18th and

continued on page 6



Gorgeous cabinet



Beautiful chandelier



Large Brazilian cowhides



# Antiquing

from page 5

19th century antiques. It is a multi-vendor center and allows sellers of unusual items to display their goods, many which are vintage. Or, check out the several different types of Brazilian tanned cowhides. Also, there are many mid-19th century quilts made from fabrics such as dye-printed calicoes from India and woven silks from China, that are exquisite.

Many vendors sell modern and antique jewelry. When we explored the market, there was an exquisite art deco of 18ct gold, emerald and diamond target ring, and a beautiful 18ct gold and agate butterfly brooch. Vendors sell hundreds of unique brooches, rings, pendants, and bracelets.

Exploring further, we found most captivating, throughout the middle and back section of the market, were the charming and interesting selections of furniture. Not modern day, industrial, or farmhouse style furniture, but gorgeous early 18th and early 19th century furniture, and antique lightings, from

several professional vendors in France.

Many of the pieces, some bleached, were shipped at some point from France to the market for sale.

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19th Century Buffett deux coups, bleached



Barrel table



Elaborate and heavily carved buffet



Inlays and hand-painted walnut with marble top



# Antiquing

from page 6

There are at least a hundred or more uniquely designed pieces that are mesmerizing. There is a uniquely designed early 19th century Louis XV Bahut in bleached walnut, several designed Louis XV walnut commodes, a gorgeous and intricately designed 19th century St. Hubert Louis XIII carved walnut buffet and many, many more such items. The pieces are described as a Rococo style (meaning rock and shell) characterized by the superior craftsmanship of the cabinet makers with pieces adorned with floral decorations, hand-carved curved forms with intricate columns, curved legs, intricate and minute detailed wood surfaces with inlays, ormolu mounts and many pieces are hand-painted.

So, let's take trip to downtown Roswell this March to enjoy the wonders of the highly-gifted cabinet makers as well as the antiques and vintage offerings at this wonderful market. Historic Roswell Antiques and Interiors is located at 970 Canton Street, Roswell, GA 30075. You may call them at 678-587-5774. Parking is not easy, but plan on spending the day and enjoying the quaint downtown area during your visit.



Intricate light



Middle of store with vintage and antique furniture



On the Cover

Peach Farmer Duke Lane, Jr. Retires!

by CLAIR HOUSER-DODD

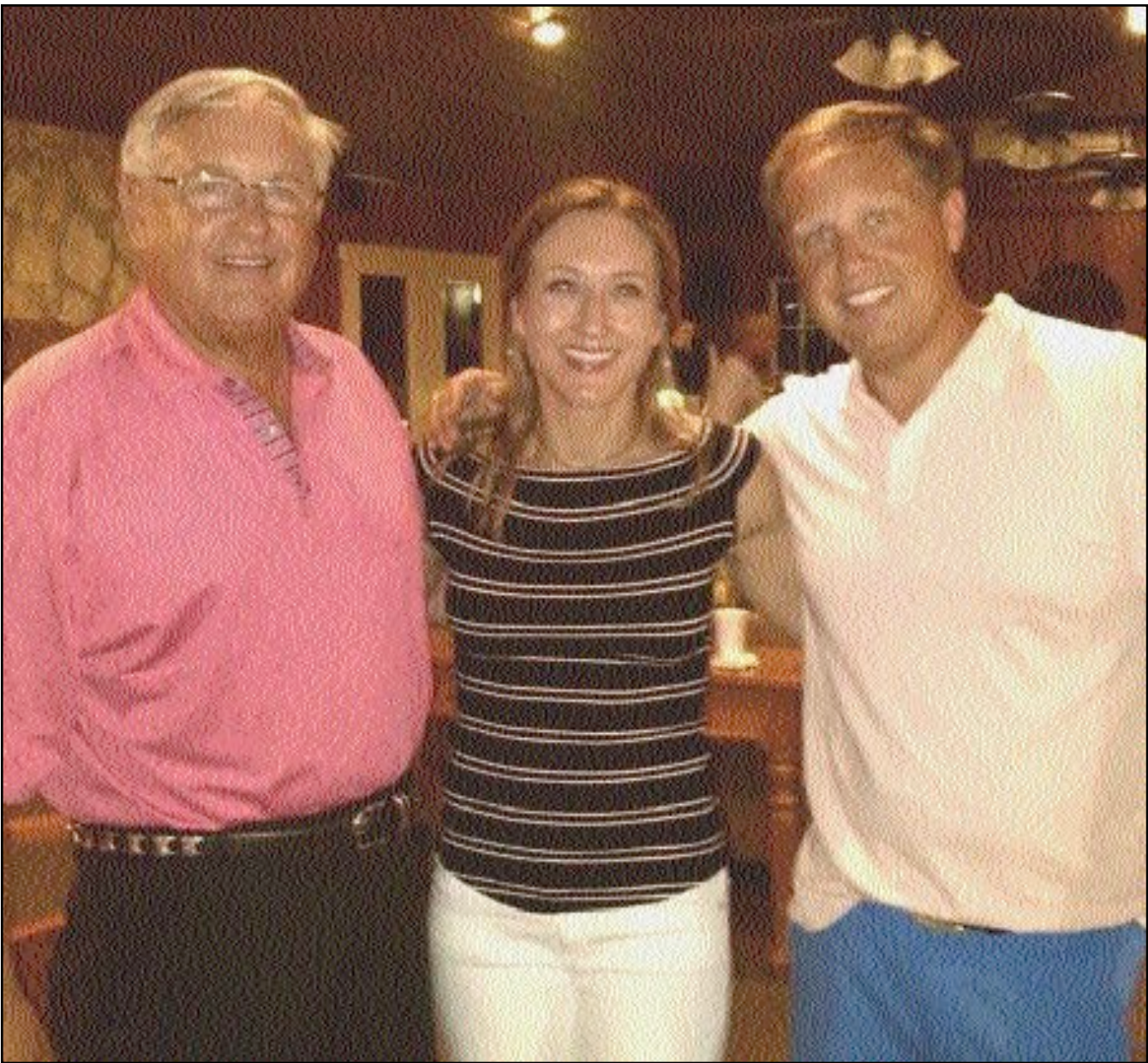
COVER: David Lane, Stevie Lane, Duke Lane, Jr. and Bobby Lane

Once a peach man... always a peach man. Even now in March there’s plenty to worry about, watch for and look upon. Although retired and supposedly out of the peach business, it’s in your blood and you can’t help but pay attention to every peach orchard you pass; notice the pink fuzz when it first starts; listen to the weather reports and check to see if there’s too much cold weather; or, not enough for a big hearty crop.

Duke Lane, Jr. says he’s happy not to be up and out at the break of day but he still keeps a watchful eye on Georgia’s Queen of Fruits and hopes for no bad weather around Easter.

Duke says, “Regardless of being retired, I keep up with the crops, often riding with brother Bobby and his nephew Phillip still knee-deep in peaches and pecans. We’ve expanded the area from Peach and Houston to Macon, Bleckley and Washington Counties which could not have

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Duke Lane, Jr., Liz Hudson and Duke Lane III



Duke Lane, Jr., Stevie Lane, Caroline Lane, Anne Lane Tribble, Bobby Lane. (Duke, Jr.’s mother, brothers and sister)



# Duke Lane, Jr.

from page 8

happened without the help of brothers Bobby and Stevie and first cousin David, a very important cog in the wheel!”

“The best part of retirement is having my grands close by in Perry and going with them to all of their games. Takes me back to my High School Days! I still live for the seasons... Softball, Baseball, Basketball, Football... all wonderful. Now I live it through my grandchildren!”

The Grands are John David, Duke Lane IV, eleven on March 15, and Elizabeth (Kate), 14 on March 8. These are the children of son, Duke Lane III next door. Daughter Liz in Warner Robins has one son, Hudson. He and first cousin Duke, being same age, are as close as brother and sister. Always a good thing in families. How lucky can you get? Both kids and grandkids in the same area. Duke said, “Easy to keep up with birthdays, all in close proximity!”

We just happened to ask Duke when his birthday was. “Today, he said, Feb. 27!” We got to say Happy Birthday on time. Amazing... all so close together! Duke reminds us that, “We have 35 varieties of Peaches and around 15 varieties of Pecans (more or less) which are high in antioxidants. They have the same oil as Avocados – heart healthy!”

He is still thrilled and in awe of the blessings of the Lord and how He

allows us to put a plant the size of a pencil into his good Earth, and some three years later to pick a beautiful and delicious Peach to nourish and bless our bodies.

Like we said, it’s in your blood. The only difference now is that you have your Grands with you, and the love and support you feel from them, and give to them, as you continue to drive around and check the beautiful peach orchards.

Happy Birthday... and, Best Wishes for many more to come!



Duke Lane III, Duke Lane, Jr. and Liz Lane



John David Lane, Kate Lane, Duke Lane, Jr. and Hudson Lane Hodge



Opinion

The Calamity of Insanity

Special to SeniorNewsGeorgia

by Daniel W Gatlyn, USN Ret.  
Minister/Journalist

Since day one on this planet, there have been voices and views of utter chaos; a portion of which suffered the defect from birth. Others appeared to entertain a twisted methodology that challenged all intellect; and, wrestled with a course that is as puzzling as a porcupine in a balloon factory. No need to pursue the multiple definitions offered for "insanity." Most have been there – seen that – and marvelled accordingly. The only profound excursion remaining is to observe what happens to humanity as we plod the sod! It seems that the various actions were borrowed from the script of Bugs Bunny, the Road Runner, or Tweety Bird! We have moved through the treks of Spider Man, the Hulk, Boy Wonder and the Shadow. The unscrupulous tricks of Zany Haney have been incorporated into Policies of Foreign Affairs, Battle Technique, and Political Referendums. A great percentage of every balanced protocol, or journey of substantial rationale, has been upended far beyond a sensible stance.

I have led a Christian Congregation next to a Regional Institution for the mentally deficient; and, have witnessed the unthinkable acts that were offered and which drew a blank. It is unconscionable that we now cope with a similar leadership across the globe... personalities that have gleaned a sound base from the elite Academies of expertise, ethics, and morality; and, who are now failing miserably in common sense supervision! In real life patterns of war and peace, a gigantic host cannot discern the certainties of destruction. Those of an acceptable IQ and civility are astounded at the unsettled practice of volatile acts of plunder, both in America and abroad. It is little wonder that with the praise for commendable acts, we also cringe at the dastardly deeds delivered to the electorate.

Because of the fact that we lean

toward corruptible features, a measure of erroneous treks are overlooked or forgiven; but, what we are now faced with is an increased number of flagrant journeys of prejudice, bogus reasoning, and conflict of interest. Billions of dollars are swindled in violations of rule, justified by persons in authority and sanctioned as acceptable conduct. Each year brings a new tier of gravity around governing principles – each one lending a chaotic trend toward an already fragmented manner. What has happened in Economics,

Immigration, Health Issues, Foreign Relations, Social Dimensions, Morality, and more, is diametrically opposed to sound processes! While many of the insanities will never make the Media, the Billboard, or even the Archives, all can be reminded that millions will go hungry, millions will be displaced, and millions more will die... from the nonchalant, illiterate or criminal conduct of those who are devoid of intellectual strength or compassion! The calamity of insanity will be experienced in all circles!

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# University Health Care System Joins Piedmont

Special to *Senior News Georgia*

Submitted by John Manasso  
John.Manasso@piedmont.org

Atlanta (March 1, 2022)

**T**he University Health Care System – formerly University Hospital, University Hospital Summerville, and University Hospital McDuffie and associated physician practices – officially joined the Piedmont system on Tuesday as Piedmont Augusta Hospital, Piedmont Augusta Hospital Summerville Campus, and Piedmont McDuffie Hospital.

In May 2021, the two systems announced they had signed a letter of intent that proposed an affiliation. The Piedmont system now comprises 19 hospitals.

“Piedmont’s model is to provide comprehensive care close to home and we are excited that a great system like University Health Care, which has been doing that for more than 200 years, is joining with us,” Piedmont President and CEO Kevin Brown said. “Our focus is always on changing healthcare, making it easier, more seamless and removing the hassle, which is what we will bring to this partnership.”

University Health Care System serves the greater Augusta region, anchored by University Hospital, founded in 1818 as City Hospital. The system includes University Hospital Summerville, also in downtown Augusta, and University Hospital McDuffie in Thomson, Ga.

In addition, University has two skilled nursing and rehabilitation centers, and serves ambulatory patients with physician practices and Prompt Care centers in downtown Augusta, Evans, South Richmond County and Grovetown in Georgia, and in Aiken and North Augusta in South Carolina.

“Today, we celebrate the beginning of a new chapter in the history of University Health Care System,” said James Davis, president and CEO of Piedmont Augusta and Piedmont McDuffie.

“We are excited about the many possibilities and new opportunities the partnership with Piedmont will bring to our patients, employees, physicians and the community. Becoming Piedmont ensures we secure high-quality care in our community into the future. This has

been our commitment for 204 years, and we’re excited the tradition of excellence will continue.”

“Piedmont Augusta and Piedmont McDuffie are both well positioned for growth,” Davis continued. “Being trusted by Piedmont to serve as their Augusta clinical hub for healthcare is a huge vote of confidence, and it took a lot of work to get to this day. It’s nice to celebrate and make it official.”

For additional information please visit [piedmont.org](http://piedmont.org).



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# Grandparent Scams Still Targeting Seniors

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

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- Columbus: 233 12th Street, Ste 911-B, Columbus, GA 31901

**T**he Better Business Bureau (BBB) is still warning well-meaning seniors about “emergency” scams designed to fool them into thinking that their grandchild is hurt, has been arrested or is stranded, and in need of money.

According to recent FBI reports, the “Grandparent Scam” has been around since 2008, but they continue to plague well-meaning seniors. Retirees are an attractive target for financial scammers since they may have more disposable income and they are less likely to report being scam victims. Emergency scams play off of peoples’ emotions and strong desire to help others in need. Scammers impersonate their victims and make up an urgent situation – “I’ve been arrested,” “I’ve been mugged,” “I’m in the hospital” – and target friends and family with urgent pleas for help, and money.

One victim reported sending four transactions totaling \$4,400 over a two-day period. She was duped after receiving calls alleging that her grandson had been arrested after being in an accident. The money was initially to cover fines and representation to get the grandson released. Soon, the caller needed money to cover the medical bills for a person injured in the accident. The victim claims that the scammer not only knew details about her grandson but also allowed her to briefly speak with someone that sounded like her

grandson.

We also see this scam target families with loved ones deployed overseas, claiming to need the money to get back from a week-end pass. If you don’t send the money, they face being arrested for being absent without leave (AWOL).

## BBB offers the following tips to avoid the Grandparent Scam:

- Communicate. Loved ones should share travel plans with family members before leaving the state or country. Also, discuss this scam with older family members so they are aware of how the scam works.
- Share information. Loved ones should provide the cell phone number and email address of a friend they are traveling with in the case of an emergency. Family members should remind students to be cautious when sharing details about travel plans on social media.
- Know the red flags. Typically, the grandparent receives a frantic phone call from a scammer posing as their grandchild or a so-called “officer of the court”. The caller explains that the grandchild has gotten into trouble and needs help, perhaps caused a car accident, or was arrested for DUI or drug possession. The “grandchild” pleads to the grandparents not to tell his or her parents and asks that they wire thousands of dollars for reasons of posting bail, repairing the car, covering lawyer’s fees, or even paying hospital bills for a person supposedly injured in a car accident.
- Ask a personal question, but don’t disclose too much information. If a grandparent receives a call from someone claiming to be their grandchild in distress, BBB advises that the grandparent not

disclose any information before confirming that it really is their grandchild. If a caller says, “It’s me, Grandma!” don’t respond with a name, but instead let the caller explain who he or she is. One easy way to confirm their identity is to ask a simple question that the grandchild would know such as their middle name or what gift they gave the grandchild for Christmas.

- Discuss with family members. Even though the scammer will plead with you to keep this a secret from the parents, discuss the situation with someone and chances are you will find that your grandchild is safe and secure at home.

For anyone victimized by this type of distressed loved-one call, BBB recommends reporting the incident immediately to your local police department and BBB Scam Tracker. For more consumer tips you can trust or to report a scam, visit [bbb.org](http://bbb.org).

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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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# Avoiding Fraudulent Tax Preparers!

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

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- **Columbus:** 233 12th Street, Ste 911-B, Columbus, GA 31901

**T**ax scams, including fraudulent tax return preparation, cost taxpayers billions of dollars every year and is continuing to grow. The Internal Revenue Service (IRS) reports that criminal investigations into fraudulent tax return preparers continue to rise.

Dishonest tax preparers can commit fraud in a number of ways. They can claim inflated personal or business expenses, false deductions, unallowable credits or excessive exemptions on returns prepared for their clients. Fraudulent preparers also may manipulate income figures to obtain fraudulent tax credits, such as the Earned Income Tax Credit or some of the new provisions created during the Covid-19 pandemic.

Missing the signs that a preparer could be abusive could cause the taxpayer considerable financial problems. Some of the most common signs include:

- Claiming that they can obtain larger refunds than other preparers.

- Basing their fee on a percentage of the amount of the refund. Fees should be based on the complexity of the return, never on the size of the tax savings or refund.
- Claiming they can get you immediate payment of your return. Keep in mind that this is a loan. Fraudulent tax preparers often pad their pockets by giving cash up front at a high interest rate while presenting it as an instant refund from the federal government.
- Refusing to sign the tax return or provide the taxpayer a copy for his or her records. Always make sure that you have something in hand that shows proof of what

transpired, and you should have a receipt for services rendered.

Taxpayers should be very careful when choosing tax preparers. While most preparers provide good service to their clients, a few unscrupulous tax preparers file false and fraudulent tax returns and ultimately defraud their clients. It is important for taxpayers to know that even if someone else prepares their return, they are ultimately responsible for all the information on the tax return. The Better Business Bureau, along with the IRS,

**continued on page 14**

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# Tax Preparers

from page 13

recommends that taxpayers follow these tips when hiring a preparer:

- Get referrals from satisfied clients and check their BBB Business Review.
- Ask the preparer about their training, experience and current knowledge of tax law.
- Find out whether the preparer has ever represented taxpayers in an audit or has ever been denied eligibility to do so.
- Consider whether the individual or firm will be around to answer questions about the prepa-

ration of the tax return months or even years after the return has been filed.

New tax laws related to Covid-19 can help create confusion that dishonest preparers will capitalize on, so taxpayers should always review their return before signing, ask questions on entries they do not understand. Also be sure to get a copy of the return for your records. Finally, do not ever sign a blank tax form or one filled out in pencil!

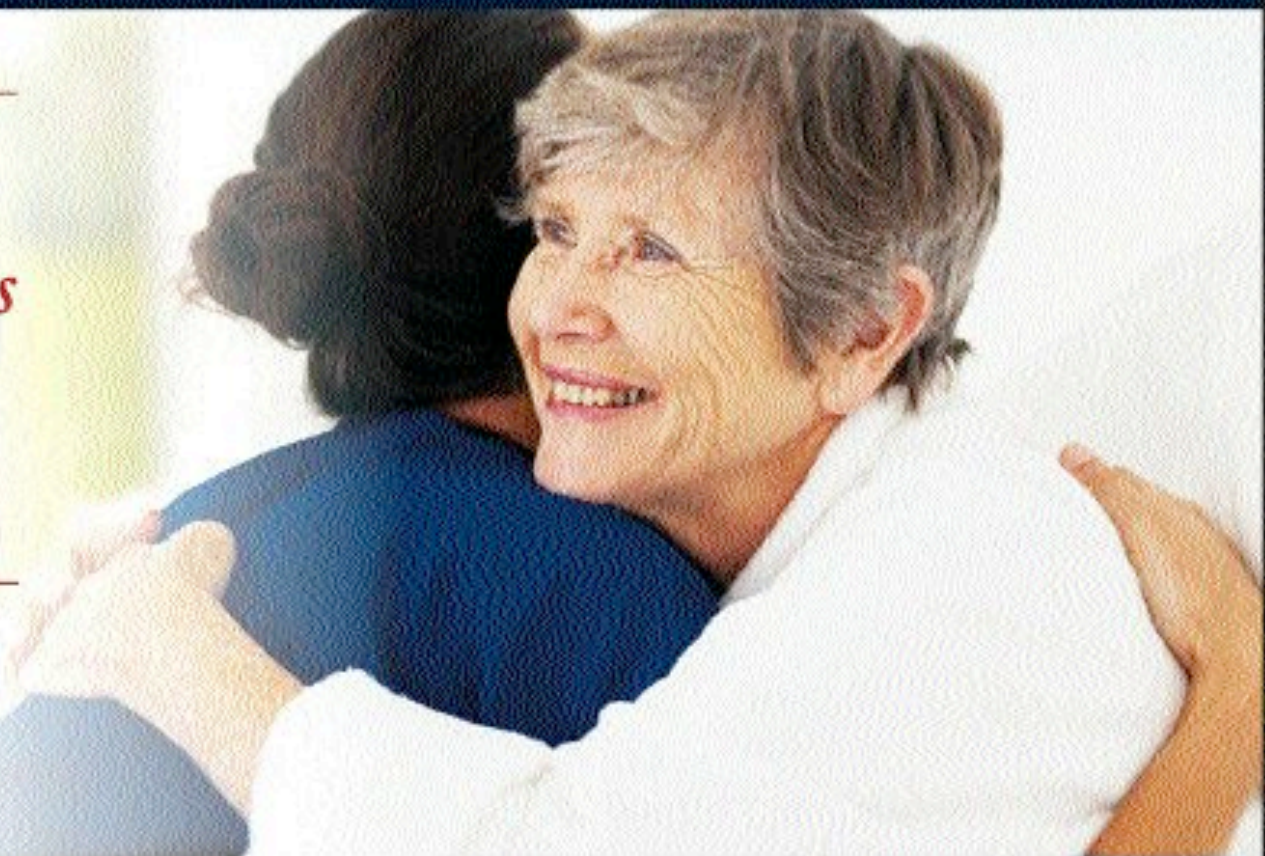
For more trustworthy consumer tips, visit [BBB.org](http://BBB.org).

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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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