

Senior News

Georgia

Providing Helpful Information for Mature Adults in GEORGIA!

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Dublin VAMC Build New Primary Care and Women's Health Clinic to Meet Rising Demand!

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Help a Frail or Isolated Senior Enjoy the Summer

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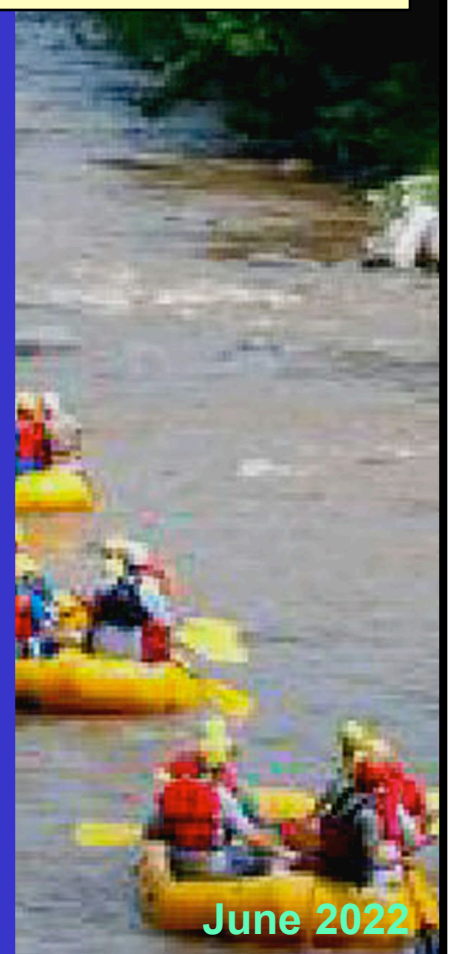
BBB Alert: Watch out for "Free Roof Inspections!"

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Darlene Dugan is an "active" lady!

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June 2022
Vol. 36, No. 6

However, women warriors are facing significant challenges during their transitions to civilian life, according to our 2021 Annual Warrior Survey. Women veterans feel largely invisible. Nearly 91% of women warriors registered with WWP agreed that civilians don't understand their experience.

On the Cover

Let Us Entertain You!

by CLAIR HOUSER-DODD

As a child we remember Stuckey's. It started out as a pecan stand by the road in Eastman, Georgia. As my Daddy and Granddaddy knew almost everybody in the state, we visited, stopped by, and met almost everybody through them. We remember that roadside stand on Highway 341 and were so glad to see the good-looking stores pop up on the way to Atlanta, Rome and Florida. Those were our frequently traveled routes, and we stopped for gas and snacks. Our very favorite was the PECAN ROLL... gooey and sweet on the inside and crispy and pecanny on the outside. Don't remember the price, but do remember that it was way more expensive than a regular chocolate bar. No matter! It was far better and had the plus of lots of pecans which Mother said were good for us!

What brings this back to mind? We were reading "GaBIZ" and read an article about Stuckey's CEO Stephanie Stuckey resurrecting a Georgia Empire that her grandfather, Sylvester Stuckey, started in 1937 on a loan of \$35.00 and a borrowed car. In the 60's Stuckey's had spread to 30 states and tickled us pink when we sent out-of-state and could stop at a home-grown store.

Unfortunately, in the 70's a large corporation took over and things went South. There was only a handful of Stuckey's stores left and they looked like poor stepchildren. It was so sad to see them on our travels out West, as well as here in the South.

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Senior News & Views of Georgia

Taking Care

Help a Frail or Isolated Senior Enjoy the Summer

by LISA M. PETSCHÉ
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Many people look forward to the mild temperatures and increased daylight of summer, which can positively affect their mood and allow new opportunities for enjoyment. Unfortunately, though, seniors who are chronically ill, disabled or physically frail, may find it difficult to reap the benefits of the season on their own.



Lisa Petsche

The good news is that there are numerous ways to help a relative in this situation partake of summer's pleasures. Of course, the following tips could also apply to a friend or neighbor, as well as to a senior in your life who is relatively well but has limited social supports.

Provide Practical Help

Prepare extra foods or beverages to share with them – for example, homemade lemonade or iced tea, pasta salad, sliced watermelon, strawberry shortcake or blueberry pie.

Offer to help with gardening or lawn care.

Take them out to the mall for shopping – perhaps for a new summer outfit – and lunch. If they use a wheelchair for mobility, investigate accessible taxi options or help them register with the local accessible transportation service. If they can get in and out of a car and walk short distances, park in a designated “handicapped” space and arrange to borrow a wheelchair from the mall’s customer service kiosk.

Let the person know when you are heading out to the grocery store or on other errands, and ask what you can drop off or pick up to make things easier.

If they don’t drive (or you don’t think they should be driving), offer the person transportation so they can get their hair done, do banking or attend a special event.

Do Some Pampering

Share fresh fruit, vegetables or flowers from your garden or the market. Include a vase with the latter, so they’re ready to display.

Buy them some toiletries or home fragrance products in a summery scent.

Get them a box of favorite ice cream treats the next time you’re at the grocery store. Or take them out to the local dairy for an ice cream cone or sundae.

Buy a seasonal outdoor gift for them to enjoy – for example, wind chimes, a hanging plant, decorative flower pots, a bird feeder or solar garden accents.

Ideas For Activities

The following are some ideas for enjoying quality time together, as appropriate:

Invite them over for a barbecue or to watch a favorite summer-themed movie.

Have a picnic in their backyard or yours, or at a nearby park.

Go for a stroll around the neighborhood.

Take them to the local farmers’ market for fresh fruits and vegetables, as well as favorite meat, cheeses and baked goods.

Go to a park or other outdoor public space and people-watch.

Take them to an outdoor concert or summer arts festival.

Go for a drive in the country.

Take turns reminiscing about summers from your youth.

Heatwave Hints

Make daily checks during heatwaves to ensure the person is eating and especially drinking sufficiently. Buy them precooked foods that only require warming, and arrange for more groceries as necessary. Seek emergency medical attention if you have concerns about their physical or mental state.

If they don’t have central air conditioning, ensure they have in place - or help them to obtain - fans or window air conditioners. Encourage them to stay on the lowest possible floor of their home, preferably on the shaded side, and to open windows in the evening if there’s a breeze.

If their cooling system breaks down, arrange during a heatwave for them to stay with someone (you, a relative or a friend) whose home is climate controlled. If that is not feasible, provide transportation to a cool public place –such as a seniors’ center--so they can get relief during the hottest part of the day.

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

On the Cover

June is for River Rafting!

By Carolyn Brenneman

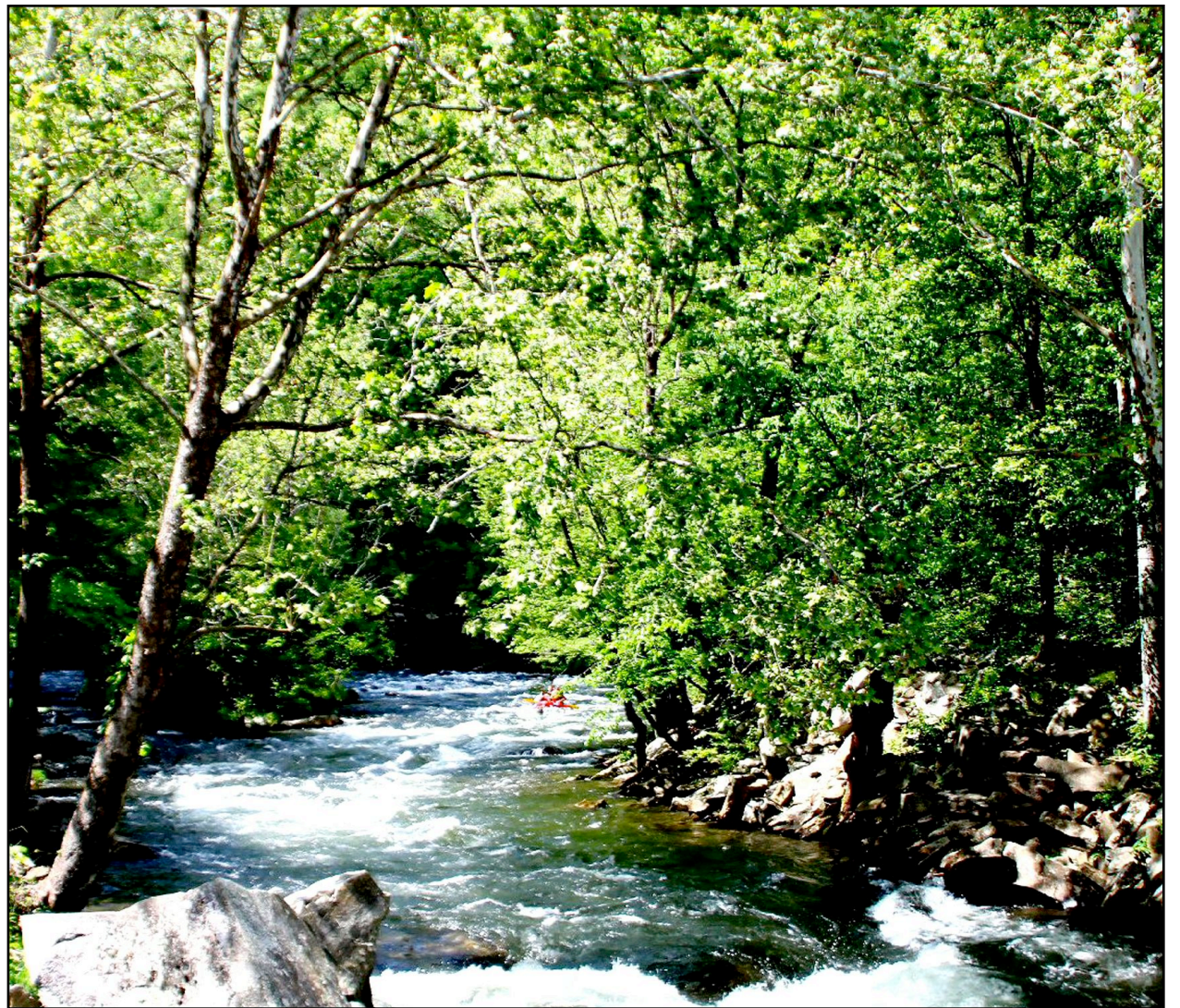
Cover: The calm section of the river!

Now with our very warm weather ahead of us, let's all take a whitewater river rafting trip! Yes, it is a great adventure and so much fun with our friends and family. As a matter of fact, recently I joined my friends from our senior center to travel to our sister state, North Carolina, for an exciting and exhilarating venture of whitewater rafting. We took the senior center's bus from the activity center and drove to Nantahala Outdoor Center (NOC) in the beautiful Great Smoky Mountains. Just north of Atlanta, we reached our destination in less than 3 hours. Our bus driver, who is also our senior center director, Kevin, had picked our outfitter, Fast Rivers, which was only three minutes from the "put in" of the river. The "put in" is the term used for the location to get into the boat and start rafting. And, the "take-out" is the term used when we finish our trip and get out of the boat.

Whitewater is very exciting and not as scary as it looks. Everyone on my raft was 60+ years old, except for our guide Jeremy. It is a very fun-filled and exciting sport. And, even if we are part of the mature age group, it still is great for first timers. Our group consisted of 12 people, 3 of which – Betty, Maryanne and Steven – had never rafted before... but the rest of us are seasoned rafters!

After getting on our life vests,

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The river trip in the beautiful mountains.



Jeremy catching a big rapid.

RAFTING

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and listening to the terrific instructions on how to use the oar by our guide Jeremy, we traveled to our “put-in,” and jumped into one of the two rafts. We each held onto an oar and helped guide the boat through the fast-moving waters with waves and those parts of the river without waves. Of course, in some spots in the river, we went through some fast-moving rapids with very irregular waves and in other areas we encountered medium or low-sized rapids in gentle flowing water.

We all felt very confident and secure with our expert, who sat in the back of the raft. Our guide, Jeremy, stood or sat in the back of the raft and maneuvered the boat with great skill. He told us that he has 15 years’ experience and a vast knowledge of rafting, knows the personality of the river, and is trained in First Aid and CPR.

Jeremy, who lives nearby with his wife, Angie, who is also a river guide, and their 12-year-old son, had many fascinating stories to share with us. It was an awesome experience for everyone, even Martha, who will be a young 72

next month.
So, let’s plan on a day of outdoor adventure sometime this June for the pleasure and excitement of whitewater rafting! Check out *Fast Rivers* website and let’s get more friends to join!



Focused and prepared for the next one.



Two guides talking to fellow rafters.

On the Cover

Darlene Dugan is an “active” lady!

by CLAIR HOUSER-DODD

COVER

**Beautiful 1832 Victorian Cottage
in Fort Valley, Georgia!**

There is a house on West Church Street in Fort Valley, Georgia that is fabulous to pass. It is a beautiful old 1832 Victorian Cottage owned by Butch and Darlene Dugan. The exquisitely colored stained glass on the front is original to the house and was imported from England.

Darlene is a retired nurse, but still practices among her many friends. Only because “we know she knows,” we corner her at parties and ply her with our health queries. I must add that she is always expert, nice, kind and helpful.

Darlene was born in Columbus, Ohio to Geneva and Dwight Steele of West Jefferson, Ohio. She graduated from Jonathon Alder High School in Plains City, Ohio; but received her associate degree in Nursing from Macon College here in Georgia. She retired in 2015 after twenty-five years of service. She has lived in Fort Valley since 1980 where she raised her two boys. She and Butch married in 1986 and held their wedding reception across the street at the Marchman/Freshwater house. This is one place where we run into the Dugans and get to visit, as we are both friends of Frank and Connie Freshwater. In fact, we just bought a beautiful and ornate Indian pillowcase from the Camellia Society’s last meeting, *The Auction and Dinner Party*. A great success!

As you can tell by the pictures, Darlene does an awful lot of work in the front yard to keep it beautiful. Now retired, Butch does the mowing. It is a shared experience. She plants her peppers and tomatoes in the back with her egg-laying chickens!

Other than all that, Darlene knits, crochets, quilts, sews, cans and loves to read! Busy! Busy! She says, “I like to stay busy and accomplish things!”

Darlene’s boys were very active in High School. Both played Football, Basketball and Baseball. Derrick Pinney, the youngest, is a Veterinarian in Morrisville, North Carolina. He has two children; Gabriel, who just graduated with his Masters in Animogenics (study of animal genetics) and Taylor, who graduated, as you can tell by the pictures, from the University of North Carolina, and is on his way to Wake Forrest with a scholarship for earning his MBA. Her older son, Rodger Pinney, is a Measurements Specialist in Marietta, Georgia.

Darlene is a member of the Fort Valley Historical Society where she helps with entertain-

ment and makes and designs the most beautiful, as well as delectable, cakes and cookies. She is now volunteering for the Historical Society’s famous Chicken Salad Luncheon scheduled on June 4 at the Georgia Peach Festival in Fort Valley, Georgia. Thanks, Darlene!



Darlene and Butch Dugan



Derrick Pinney (left) and Rodger Pinney

OPINION

Why I Am Voting Republican!

by Daniel W. Gatlyn USN Ret
Minister/Journalist

This a notice to all citizens, aliens, menders, blenders, State Officers, Beltway residents, Democrats, Republicans, illiterates, beliggerants, paupers, prognosticators, adherants of pro-life, pro-choice, infidels, Christians, and a million "wannabees!!!" I will not now, nor ever, cast a ballot for those who have declared war on the Oil Industry and have caused the elevation of gasoline price for my carriage. So you will clearly understand where I am coming from, you lose all my interest, and my vote, because of the strings pulled to see an increase in gasoline. I don't like you (and to quote the former comedian Don Rickles, I don't like your family). I don't like your stand on Morals, Medicine, Military, nor the manner in which gasoline is out of reach for most of humanity. I don't care who aids the parade toward "travel impossibilities..." I am holding Democrats responsible. I don't like your "green theme;" or, the way you handle the borders! And, I am therefore casting a ballot for you to be political history! I don't like spinach... Opera music... AND, I DON'T LIKE THE PRICE OF GAS!!!

I feel very qualified to make known my feelings; for I am a born native! To my knowledge... water is wet, the desert is dry, and tumble weeds are capable of tumbling (or rolling). Humpty didn't fall... he was pushed! I don't shake hands with imaginary figures, China residents speak an Oriental language; I can count to nineteen without a skip or repetition; and, I am very much aware fossil fuel will survive the desperate aspirations of the Green Gurus. Cats purr, lions roar, prices soar (AS IN FUEL)... MY CHARIOT IS EMPTY... and I am not a happy camper!

I don't care that the Republicans have flaws, that Trump made errors, that rainbows come and go (as does the mind of POTUS), that we are entering storm season, that God doesn't do windows, that dunes and drones appear intermittently, my trolley is out of petrol... my pockets are without substance; and, the fault rests squarely with the "Big House!" You did it!

The economy stinks; but, it's not the economy (stupid); IT'S THE PRICE OF GASOLINE!!! May the fleas of a thousand camels invade your teepee... and remind you to take note that gas prices are OUT OF SIGHT.

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BBB Tip: How to avoid imposter scams

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

An imposter is a person who pretends to be someone else. They may pretend to be someone you know; like a family member, a friend, a person you feel like you know but have not met in person. They may pretend to be working for the government or from a company you trust, or a company with which you do business on a regular basis, such as a computer software company.

Impostors are dishonest people who want to steal your money or personal information and will try to do this through a phone call, text message, or email. The phone calls may appear to be a local number, text messages appear to be from real companies, or emails with entirely believable government logos or a familiar business on them.

Impersonation is a very common tactic used by scammers, according to the BBB Scam Tracker Risk Report. Impostor scams come in all shapes and sizes with the same intent - to trick you out of your money and/or personal information.

IMPOSTOR SCAMS & HOW THEY WORK:


• **Power/utility scam:** Utility company impostors typically reach out via a telephone call or knock on your door claiming to be a representative from the local water, electric, or gas company. In the most common scenario, the fraudster will say a payment is overdue and the utility will be shut off if you don't pay up immediately.

• **Phony banking texts/Phishing schemes:** You receive a text message allegedly from a bank, alerting you of fraudulent activity on your account. You may or may not have an account at

that bank. The con artists might even know your account number. They use a variety of messages and techniques, but the desired outcome is the same. They want you to give them information, the key to your money.

• **IRS impostors:** There are many ways to tell if a call about tax debt is a fraudulent IRS call. According to the IRS, people with overdue taxes will

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NORTHSIDE SENIOR VILLAGE

A Macon Housing Authority Property

~ TAKING APPLICATIONS ~


This is to notify the public that **Northside Senior Village**, located at 3568 Northside Drive, Macon, GA, will begin accepting applications on **Tuesday, May 3, 2022**. There are several ways to obtain an application as follows:

- (1) Call **478-752-5033** between 9:00 a.m.-5:00 p.m. Monday-Thursday and Friday from 9:00 a.m.-12:00 p.m.
Or
- (2) Send a request with your name and mailing address via email at **northside@maconhousing.com**;
Or
- (3) Pick up an application packet from the drop box at the **front of the MIIA CO** located at 2015 Felton Ave.
Or
- (4) Print an application packet from the MIIA website at: **<https://www.maconhousing.com>**.


Assistance for persons with hearing or speech impairments or limited English proficiency may be requested through **Georgia Relay Service at 7-1-1** or their website at **<http://georgiarelay.org>**. Applications must be submitted with a **non-refundable application fee of \$25.00/adult** via check or money order. The pre-application packet must be filled out completely and all documents signed by each adult household member.

The property contains 72 units consisting of 48-1BR, and 24-2BR units. All units have **Section 8 Project Based Voucher** rental assistance. All units are **accessible and adaptable** as defined by the Fair Housing Act and Section 504 Rehabilitation Act. In addition, units are available that are designed specifically for **persons with mobility, hearing, or visual impairments**. Persons with disabilities or those with limited English proficiency needing assistance filling out the application may call the above application line or contact the Georgia Relay Service for assistance as listed above.

To qualify for residency, applicants must be **at least 62 years of age** with a total family income **at or below 50% AMI for Macon-Bibb County**, have a good rental history, and pass a background check, credit history check, and criminal history screening.



Northside Senior Village is an Equal Housing Opportunity property and provides housing to all without regard to race, color, religion, sex, disability, familial status, or national origin.



IMPOSTER

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always receive multiple contacts, including letters and phone calls, from the IRS first. The IRS will also notify taxpayers before sending their accounts to a private collection agency. If you get a call first and had no idea you owed taxes, be cautious and skeptical.

- Emergency scam (also called grandparent scams or family/friend scams): This scheme involves the impersonation of a friend or family member in a fabricated urgent or dire situation. Emergency calls prey on a person’s kind nature and willingness to help friends and family in need. Con artists impersonate their targets’ loved ones, make up an urgent situation, and plead for help and money. Thanks to social media sites, these people can offer plausible stories and incorporate nicknames and real travel plans into the con to convince their targets.

- Favor for a friend scam. This is a version of an emergency scam. However, instead of a major crisis, the scammers is asking for a small favor. It can be easy to fall for these cons because the stories are believable, and the money amounts are much lower. For example, in the "cash app scam", a "friend" needs money for groceries after misplacing their wallet. Just like with an emergency scam, always check directly with your friend before sending any cash.

- Tech Support scams: A tech support rep calls you at home and offers to fix a computer bug that you haven’t even noticed, or a popup warning appears on your screen instructing you to dial a number for help. In this con, scammers pose as tech support employees of well-known computer companies and hassle victims into paying for their “support.”

TIPS TO AVOID IMPOSTOR SCAMS:

- Stay calm. If you receive any of these impostor calls, resist the urge to act immediately, no matter how dramatic the story is or how threatening or intimidating the caller sounds.
- Don't reply directly. Don’t respond to the call, text, or email. Instead, call the company or person directly to ver-


fy the message that was sent or the phone call received.

- Go to the source or get help. When in doubt, call a friend, loved one or your local BBB to ask for a second opinion. Regardless of what is said in the phone conversation, tell someone.

For more information or to learn more tips on how to avoid scams by going to BBB.org/ScamTips. If you have been the victim of this or another scam, make others aware by filing a report on BBB.org/ScamTracker.

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 local BBBs 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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6 Ways Summer Can Be a Season of Heart Health

Special to SeniorNewsGeorgia

Family vacations, inviting swimming pools, refreshing fruit and backyard barbecues with friends are some of your favorite things about summer. They can also be big hits with your heart.

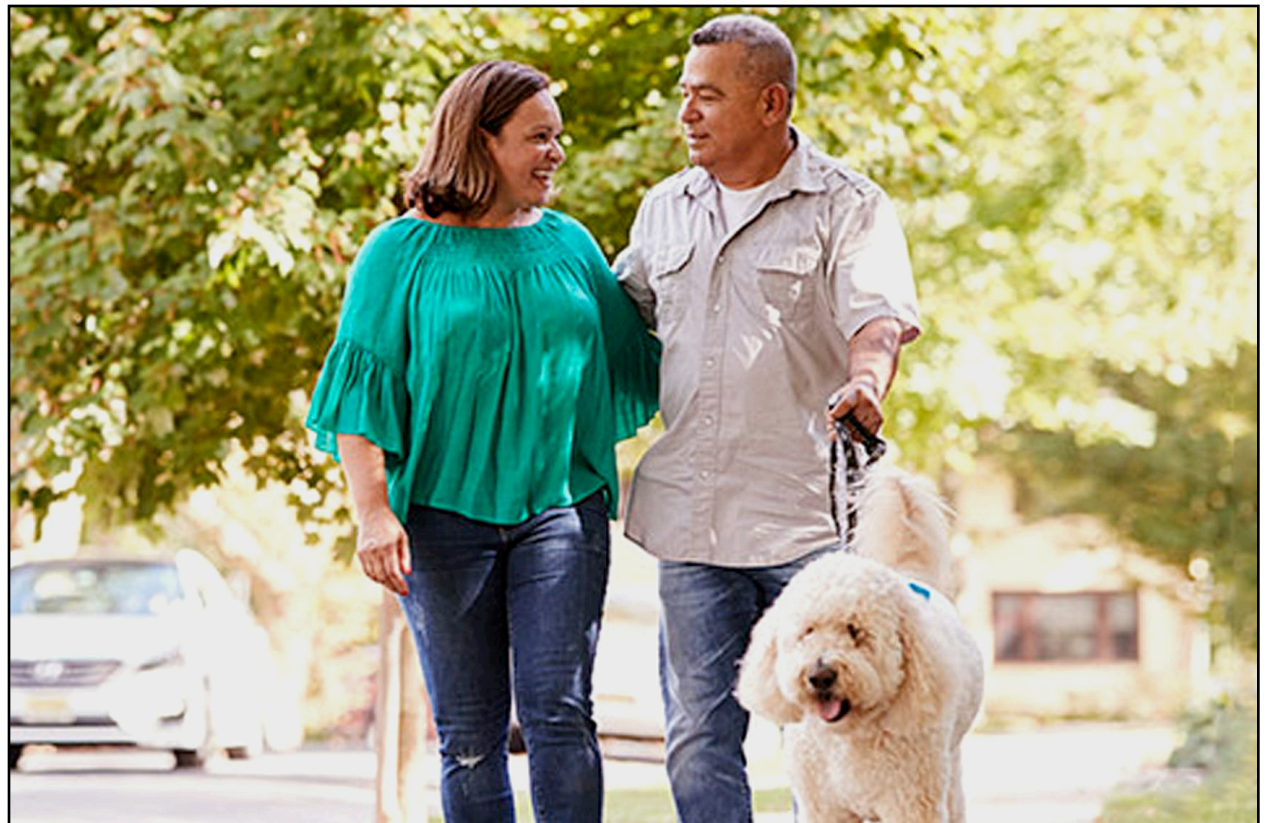
Summer heat can cause problems for your heart if you forget to stay hydrated or push yourself too much on a midday run or bike ride. With the proper precautions, however, summer can be a beneficial season for your body's hardest-working muscle. Consider these tips to make your heart pump for joy during the dog days:

1. Enjoy the slower pace of life. A variety of factors – more daylight, hotter temperatures, your children's lighter schedules – combine to lend summer a more relaxed air than other seasons. Take advantage of this refreshing change to slow down, take more time for you and reduce your stress. Unchecked stress may contribute to high blood pressure and other heart disease risk factors.

2. Indulge in the fruits (and veggies) of the season. From sweet blueberries and crisp bell peppers to tasty peaches and juicy tomatoes, there's no better time of year to practice farm-to-table eating.

3. Make good use of the after-work sunlight. Finding enough light for evening runs, walks, tennis games and backyard dance parties with your children isn't a problem in summer. Bonus: Exercising late in the day protects you from the sun's most intense ultraviolet (UV) rays.

4. Boost your grilling skills. You already grill a terrific burger. Why



not expand your cookout horizons with some healthier fare?

Experiment with grilling fish and vegetables or combine the two to

make delicious kabobs. For dessert, toss some peaches or pineapple

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HEART HEALTH
from page 11

slices on the grill.

5. Nurture your relationships. Staying socially connected helps prevent depression – a condition that could put you at risk for heart disease. Use some of your spare time this summer to have fun with the important people in your life, whether it’s running a 5K with your family or meeting your girlfriends for an alfresco lunch.

6. Check in on your overall health. Have an extra hour or two on your hands after work now that you don’t have to contend with your children’s extracurricular schedule? Use the time to get back on track with important medical appointments, including your annual wellness exam

with your primary care physician.

Packing With Heart

Your summer trip is just days away! Whether you’re heading to the beach, lake or mountains, here’s what to pack to have a hearthealthy time:

- Board games for spending fun nights with the people you love.
- Breathable activewear and athletic shoes for runs, hikes and outdoor games
- Favorite healthy recipes, so you can eat in on a few occasions
- Item(s) for your go-to stress-reduction activities, such as books, a journal, a yoga mat, art supplies, a camera or binoculars for birding.

- Items to make outdoor activities safer and more enjoyable, including

sunscreen and insect repellant

- Necessary medical supplies, such as a first aid kit and any medications you take
- Nutritious snacks, such as almonds, granola, bananas and carrot sticks
- Swimwear that’s comfortable for aquatic exercise and stress-relieving, poolside relaxation
- Water bottle – use and refill often

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