

Senior News

Georgia

Providing Helpful Information for Mature Adults in GEORGIA!

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Vol. 36, No. 9

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BBB Scam Alert: Airfare scams are cashing in on cancelled flights

Special to *SeniorNewsGeorgia*

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

Airline travel is back in full swing, but scammers are taking advantage of increased flight cancellations with a new con. BBB Scam Tracker has received multiple reports of scammers creating fake airline ticket booking sites or customer service numbers to charge travelers for rescheduling fake flights. If you are buying airfare, use caution and double-check the URL or phone number before providing your credit card information.

How the scam works

While doing an online search for cheap flights, you come across what seems like a great

deal with a major airline. You book the flight – either through the website or by calling a customer support number.

But shortly after making the payment, you receive a call from the company saying there's been a sudden price increase or an extra charge to finalize your booking. This is something a legitimate company would never do! It turns out that you accidentally purchased tickets through a scam website or a phony customer service number. The price increase is a way to get more money out of you.

In another similar con, your original flight was real, but the cancellation notice is fake. You get an email or text message claiming that your upcoming flight has been canceled and you need to rebook. When you call the number provided, the “airline” offers to book you a new ticket – for a price. However, if you follow up with real airline support, you’ll discover that nothing was wrong with your original flight.

The message was a scam, and you just gave your credit card details to a con artist.

One victim told BBB Scam Tracker: "I thought that I bought airline tickets with United Airlines through a company that sells at discounted prices. They called me shortly after I bought my tickets and said that the flight had been canceled. They wanted permission to put me on another flight with Southwest and said it would be 80 dollars extra... It turned out that United Airlines never canceled a flight. I tried to call this company and leave a message, and I tried to email them to no avail. It turns out that the airlines were unaware of this ticket purchase."

How to avoid travel scams

- Do your research. If you come across a company you haven't dealt with before, research it before making any purchases. Look on BBB.org for reviews and feedback from previous customers.
- Double check flight details before calling support. Scammers are blasting out fake airline cancellation emails and text messages that can easily be mistaken for the real deal. Confirm the information in the message – such as the flight and reservation numbers – is correct before calling customer support.
- Confirm the URL before you enter personal and payment information. It can be easy to click on a sponsored ad or impostor website without noticing. Before entering any sensitive information, double-check that you are on the right website and that the link is secure. (Secure links start with “HTTPS//” and include a lock icon on the purchase page. Learn more at BBB.org/BBBSecure)
- Be wary of third-party websites. Some websites appear to offer a legitimate service but are only fronts for a scam. Be suspicious of websites with no working customer service number or physical address. Typos and grammatical errors can be indications of a scammer's handiwork.
- Make online purchases with your credit card. Fraudulent charges on a credit card can usually be disputed, whereas that might not be the case with other payment methods. Unfortunately, there is no way to get back the personal information you may have shared.

For ways to protect yourself from travel scams, go to BBB.org/Travel. Read more about customer service number scams.

If you've been a victim of an airline ticket or other travel scam, please report your experience at [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). By doing so, you can help others to avoid falling prey to scammers.

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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Let Us Entertain You!

by CLAIR HOUSER-DODD

Praise the Lord! The
Operation Was a Success, AND... The
Patient Lived!!!

I finally gave up and had hip surgery. Dr. Dustin Hoffman said, “You’ll know when you are ready.” How right he was. When you can’t stand the pain of trying to walk and can’t, you are ready. Unfortunately, they can’t take you in right that minute. That was the worst part of the whole deal.

Dr. Hoffman operates at the Perry Hospital, and that was so convenient – like twelve minutes from home and easy to get to! All the nurses were so nice and sweet and concerned. Understandably, we can't remember their names, but Kelly and Beth seem to ring a bell and we do remember the Physical Therapists, Ronnie and Lizella, from the Philippines were funny and a hoot while pulling on or pushing back something, but making me laugh all at the same time. Everybody was as great as we had heard they were. Praise the Lord for that!

Daughter Emily went in with me and brought me home to her house the next day where I stayed for one week. What's that they say about visitors? Something like fish, on the third day... wrap 'em up in a newspaper and throw them out! Well, that didn't happen. I was treated like a Queen B by both Emily and Mike. 'Course, we trained Mike on Dr. Dodd when he was sick and I was trying to finish a quarter at Fort Valley State University.

I really couldn't have had better treatment at the Ritz, and honestly the food was better than anywhere. They should open a restaurant! Healthy too! Exactly what you are supposed to be eating. I got stronger and well in a hurry.

After a week, I was able to handle it on my own. What with all the goodies and food and everything my friends were loading me with: Cake and candy and peaches from Kathy Parham; and, Beth Lanyon set me up with food before and after with

casseroles and the like. We had lots of cards and well-wishing phone calls – all so important and appreciated. It really is a perk to know your friends really care to put themselves out to let you know.

As only my neighbor, Ed, could say, “Glad you’re home, do you look any better?” Well, no, we had to admit! We have not had a thought about LOOKS. Ed said, “Well, guess you’d better go back then!” Nope, don’t think I’ll go back, but I will hide!

Sandee Khoury sent Shane over to

mow my grass and spruce-up my little P.O. Box area. Lord knows it needed it. It had turned into a mess as had all my plants. Thanks to Barbara D. She has a green thumb and brought them back to life.

Many thanks to all my friends who prayed before, during and after for me. I could feel their love along with my angels and the Lord's presence. If I had not had these feelings and that faith, I would have not been able to handle any of this. Many thanks and God Bless you all.



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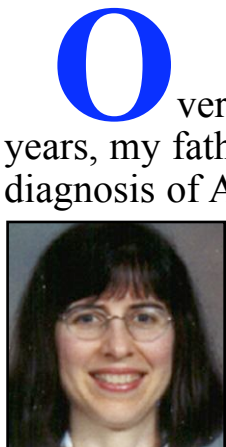
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Senior News & Views of Georgia

Taking Care

Adult day programs are a win-win!

by LISA M. PETSCHE
lmepetsche@gmail.com



Lisa Petsche

Over the span of numerous years, my father, widowed and with a diagnosis of Alzheimer's disease, attended a variety of adult day programs (ADPs for short). Although the retirement home where he lived had a schedule of regular activities and special events, Dad was not participating in them.

Owing to a lack of initiative and motivation arising from his disease, he spent his days--apart from meal time in the dining room--sitting or lying down in his room, at the most watching TV and often dozing off. I was concerned about the negative effects of Dad's relative isolation and inactivity. This led me to contact the local office on aging to inquire about adult day services.

Fortunately, there were numerous options from which to choose. Dad and I took some tours, then signed him up for a couple of days a week of programming.

Each program mailed out a monthly calendar of activities. Some also included a monthly menu for the snacks and lunch offerings. This was a great way to keep caregivers in the loop.

Dad's geriatrician told us that these programs can help just as much, if not more, than any existing medication, in terms of maximizing the physical, mental and social functioning of people with Alzheimer's disease. In turn, their quality of life is enhanced. This certainly turned out to be true for Dad.

So what exactly is an adult day program?

In the words of The National Adult Day Services Association (NADSA), ADPs offer "activities, health monitoring, socialization, and assistance with daily activities, which allows individuals to continue to live in their homes and receive needed care in a supportive, professionally staffed, community-based setting." There's a daily fee, but some programs have subsidies available.

Dad's most recent program offered,

among other things, chair-based group exercise, laughter yoga, word games, crafts, pet therapy and a rotating list of musical entertainers. A foot care nurse visited monthly.

Such programs also benefit family caregivers, by giving them a regular break--helping to prevent burnout--or perhaps enabling them to remain in the workforce. One of the programs Dad attended provided overnight respite for an additional fee. It also offered direct services to caregivers in the form of educational sessions and support groups.

Without question, ADPs are a win all around. As the NADSA puts it, "They provide cost-effective care while supporting individual autonomy, allowing individuals to "age in place," and enhancing the quality of life for both participants and family caregivers."

ADPs are aimed at seniors, but the age cut-off may vary. Some have flexibility--for example, if an applicant is in their 50s but has early onset dementia.

Some ADPs are tailored to a certain diagnosis or special needs--for example, seniors with Alzheimer's disease or a related type of dementia, or people who've had a stroke that has impacted their ability to communicate.

Certain programs require clients to be at a relatively high level of functioning. Others can accommodate a wide variety of abilities and needs and thus retain clients who decline, as Dad slowly but inevitably did.

There are many factors to consider when selecting an ADP for a relative, such as staffing, hours of service, cost, wait list, location, transportation, accessibility, building security (if the senior has a tendency to wander) and onsite amenities (for example, a gym or extensive gardens).

The NADSA has a tool on their website to help locate adult day centers in your area, plus guidelines for choosing from among the options. They also offer a checklist for site visits. All of this and more can be found at www.nadsa.org.

Lisa M. Petsche is a social worker and a freelance writer specializing in elder care.

OPINION

GLOBALISM VERSUS NATIONALISM

by Daniel W. Gatlyn USN Ret, Minister/Journalist

Some would much rather that I refer to such planetary arrangement with alternate vernacular; but, I have a point to make. Before I finish, there may be more than one. A full generation ago the Orient, Africa, and a host of Nations were mega miles away... in Economies, in Government, in Academics, in Cultural Issues, in Theology; and, more. In recent years that distance has been drastically reduced through technology, travel, and communications; so much so that it would seem highly beneficial to corporately manage affairs. Such mentality carries a sense of rationale – a plus if you will! It also waves a Red Flag from various quarters, in that the age old adage of "when in Rome, do as the Romans do," is included. The hitch is that every place is Rome... a global connotation on Universal behavior. You may not agree with my pitch of various features, but at least you will understand my finished product.

Nationalism speaks of "Regional Management, Culture, and Government." While such ideology may seem restrictive, antiquated, and a deficit to progress, it does carry a precautionary signal for all who would introduce their product for global utilization. Some would even use the reference that "it is good to dwell together in unity." Obviously, there is more power when all pull together! The problem exists when the question is posed concerning destination, which is what happened when the pyramids were constructed. But do be reminded; that all you have is a pyramid! It matters greatly what direction you are headed, and with what results will ultimately bring equity, balance, and vindication.

In one respect, the "globalists" are to be commended; but, the direction in which they are travelling cancels all reasonability; for the aim, goal, and ideology of most of the world is steeped in Socialism, distinctly pointed in the direction of Communism. Without rehearsing the disingenuous stance of Communism, or the historical failures of such, let me turn to the Nationalism of America, of Democracy, and of the most sound foundations of rule. Nationalism is not just some fancy idea, but a pattern and concept that affords every citizen an opportunity of a personal contribution and a tactical collaboration. May the powers which speak continue to turn a deaf ear toward globalistic features and embrace the entrepreneurial qualities of our great Nation. We are not perfect; but, we are the best in the loop!

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On the Cover

This Month Let's Travel to Savannah!

By Carolyn Brenneman

Cover:
A reconstructed house!

In August, we visited the beautiful Jekyll Island, south of Savannah and this month we are traveling to Savannah to visit the breathtaking historical site with hiking trails and roads displaying large live oak trees draped in overflowing Spanish moss. Yes, it is the most attractive, family-fun state park around this area, the Wormsloe State Park.

Many hundreds of years ago, Wormsloe was the colonial estate of Noble Jones, a carpenter who arrived in Savannah as a member of the first group of settlers from England. Back then, in 1733, it was indeed a new and rugged environment for the settlers, yet Noble survived the newcomers' hardships and received permission to build a fortified house; and, he later created a small plantation. And further, he served as a

doctor, constable, Indian agent, Royal Councilor for England, and a surveyor. Wormsloe became a multi-acre agricultural plantation that Noble maintained; growing cotton, grains and vegetables for years.

Fast forward to the 20th century, the state of Georgia acquired the 500+ acres of property in 1973, and today Wormsloe is a famous state historical site and the venue for many events like weddings, parties, business gatherings and the like. It is truly an adventure everyone should experience.

The park is open every-day from 9:00 a.m. to 5:00 p.m. Entrance fees are: \$9 for seniors; \$10 for adults; and \$4.50 for children ages 6 to 17. It is worth the fee because we travel/drive along the avenue of the Spanish moss draped oaks, and see the colonial sites... buildings and artifacts as they were back in the 1770's. Upon entering the site, we will see two very long rows of

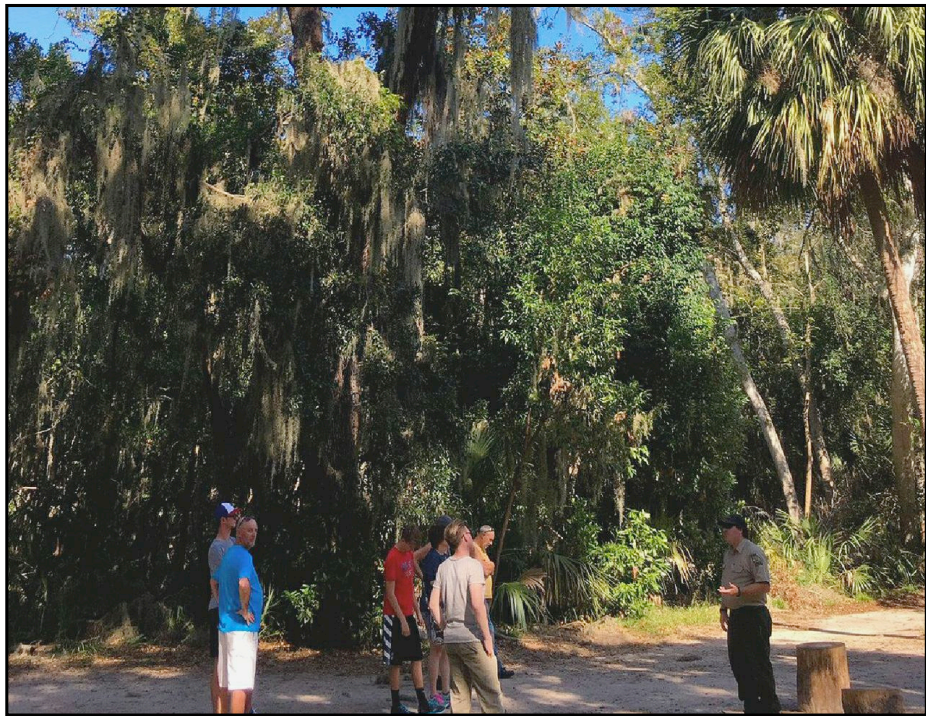
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The entrance to the Wormsloe Historic area



Beautiful oaks draped with Spanish moss near the marsh



Visitors speaking to a ranger



A house with a camping site

SAVANNAH
from page 6

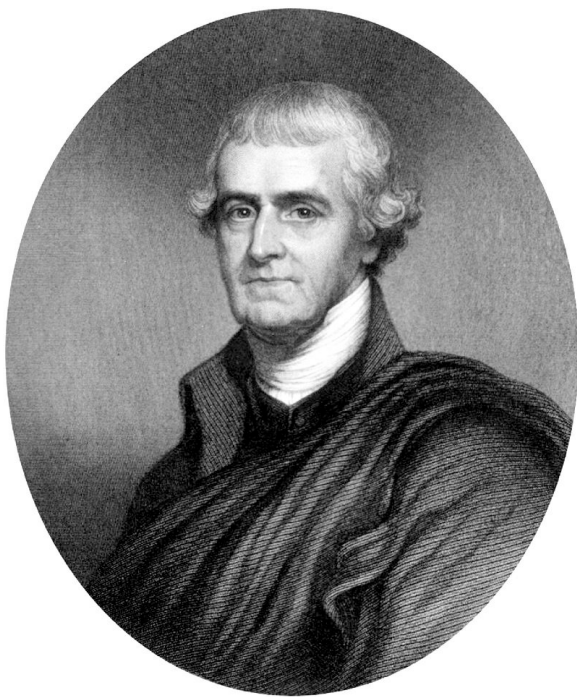
live oaks on each side of the avenue. The sweeping branches create a spectacular archway over the avenue as we drive through this breathtaking road. Then there is a nice short walking trail leading to the visitor center where we can watch an historical film, tour the museum and spend time in the unique gift shop.

One of the walking trails leads to the 1737 tabby ruins of the oldest remaining structure in Savannah. A few of the trails meander past the marshes to the marvelous Colonial Life Area, where costumed interpreters provide living history demonstrations most afternoons! Then, there's five more miles of nature trails are available for those of us who are more adventurous.

Now at the Colonial Life Area, which is a center stage for demonstrations, events and special pr-

grams, these volunteer costumed interpreters show us the tools, lifestyle and skills of the peoples of colonial Georgia. Also, the site hosts several events throughout the year, including the "Colonial Faire and Muster" in February, which highlights aspects of 18th-century life including music, dancing, crafts and military drills.

So, let's all take a trip down to Savannah with our grandkids and enjoy the park and learn more about our historical past! Wormsloe is located at 7601 Skidaway Road, Savannah, GA 31406.



A portrait of Nobel Jones



Staged enactments for entertainment



A firing demonstration at the park



Nature trail bridge for an easy hike



Avenue of the Oaks

On the Cover

Leigh Giles... Retired Again!

by CLAIR HOUSER-DODD

COVER PHOTO: (l-r) Leigh Giles, Leigh’s daughter Mandy Walker and Leigh’s Granddaughters Ellas Walker, Lily Walker and Ava Walker visit the Grand Canyon!

Leigh retires, travels and gets talked into going back to school again. Our guess is that there’s a great demand for really good Guidance Counselors.

This reincarnation of Leigh’s was at Perry High and Veteran’s High, which gives her a retirement of 37 years while dreaming and planning on all the trips she could take with her girls. Me thinks travel is the first, second and last thing everybody thinks about for retirement. That is, unless it is to “just set a spell on

the front porch in a rockin’ chair and watch the people ride by!” That’s OK, too! Whatever floats your boat!

Speaking of boats... that was one of Leigh’s dreams... to run the rapids on the Colorado River through the Grand Canyon. And, she has! She and “The Girls;” her daughter, Mandy Walker, and her beautiful Grands, Lily, Ava, and Ellas. This was Ava’s High School graduation trip... as promised!

Leigh went out sev-
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Leigh Giles

from page 8

eral years ago and road the rapids down the north rim sides of the canyon. And, she loved it.

This year Leigh was planning on going to Niagara Falls but the news about the Colorado sinking so much lower than it had been just a few years ago made her rethink this trip and return to the Grand Canyon with the girls and reservations to repeat her prior journey “one more time!”

They flew into Phoenix, Arizona and drove up by the Arizona Snow Bowl, a great little Indian town; and on to the South Rim of the Grand Canyon. They took a plane ride over the whole Canyon, a mile deep and miles wide... later to find their reservations had been canceled. There was no “running the rapids” at this time of a low river. Our guess is that the rocks would literally slice the bottoms from the rubber rafts.

Our friends in Telluride, Colorado are hoping the lack of water flowing down the Colorado is due to the lack of snow in the higher mountains for skiing the last few years – especially the last two.

The news media is blaming it all on Earth Warning. Leigh said, “I think it’s just a cycle of dry weather in the last few years. Not enough rain or snow. We did a nice little float down the river. That was all that was allowed.”

They finished the trip at the Palace in Las Vegas where they enjoyed one of the most outstanding happenings of the whole trip... Carrot Cake French Toast for Breakfast. It was divine and the perfect ending for a dream vacation!



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Get Involved with Open Street Macon 2022

Open Street Macon is Accepting Volunteers and Activity Partners This Fall!

Special to *SeniorNewsGeorgia*

Submitted by Kaylee Pruitt
Education & Engagement Manager
Bike Walk Macon
www.bikewalkmacon.com

Macon-Bibb County, GA

Open Streets Macon invites Maconites to reclaim public streets once again this fall. The movement will close the streets to cars and open them to people as part of a greater initiative to create safer, healthier, and more welcoming streets for pedestrians and bicyclists. Open Streets Macon will take place on two dates this fall along residential streets in the historic Pleasant Hill and Vineville neighborhoods. A map of both routes can be found on the Open Streets Macon website. The event details are as follows:

• **SUNDAY, OCTOBER 2, 2022, 2 - 5 PM; PLEASANT HILL (PURSLEY ST. + 3RD AVE. + WARD ST.)**

• **SUNDAY, NOVEMBER 6, 2022, 2 - 5 PM; WALNUT/CLAYTON STREET (WALNUT ST. + CLAYTON ST. + BUFORD PL. + OAK HAVEN AVE.)**

In its 7th consecutive year, local non-profit Bike Walk Macon will host Open Streets Macon. Stretches of streets will be closed to motorized traffic, except for intersections where cars will be free to cross with guidance from crosswalk volunteers to ensure the safety of attendees. There is no registration, and Open Streets Macon is free and open to the public.

Open Streets Macon is encouraging local individuals, groups, and organiza-

tions to support the initiative by signing up to volunteer during the event, hosting an activity, or simply joining in on the fun of walking or biking on car-free streets.

HERE IS HOW TO GET INVOLVED:

- Organize an activity on the day - Participants will have the opportunity to take part in free activities, such as sports games, exercise classes, and other health and wellness activities. Open Streets Macon will be seeking business and community partners to provide programming such as yoga, dancing, basketball, and child- and senior-friendly activities along the route.
- Join the volunteer team - In order to make this a safe and enjoyable event for all, Open Streets Macon needs dozens of dedicated volunteers to help bring the streets of Macon to life.

“Open Streets Macon is the perfect opportunity to get involved while also enjoying a car-free community,” says Bike Walk Macon Board President and Keep Macon-Bibb Beautiful volunteer, Greg Brown. “Keep Macon-Bibb Beautiful is collaborating with Open Streets on community cleanups and as an activity partner during the 2022 routes. We’re excited to beautify our streets with the help of neighborhood residents and community volunteers!”

Visit www.openstreetsmacon.com to

learn more, sign up to volunteer, host an activity, and find sponsorship and donation opportunities. For questions or media inquiries, contact Kaylee Pruitt at kaylee@bikewalkmacon.com or 478-832-3324.

ABOUT BIKE WALK MACON

Bike Walk Macon is a non-profit organization leading the movement to make bicycling and walking a safe, healthy, and convenient option for transportation and recreation for everyone in Macon-Bibb County. Bike Walk Macon’s office is located at 830 High St., Macon, GA. For more information, visit www.bikewalkmacon.com.



BBB Tip: Avoid hidden fees when booking your next trip!

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

Even when you carefully plan and budget for a vacation, additional travel expenses often crop up, thanks to a sneaky technique called drip pricing. BBB recommends the following tips to predict, prepare for, and even avoid the hidden travel fees buried in the fine print.

Identifying and avoiding hidden travel fees

- Watch out for resort fees. These fees – sometimes called “destination fees” or “urban fees” – are often not listed on hotel aggregator websites, which means you need to click through several pages to find the hotel’s final price. If you want to avoid these fees, you have a couple of options: book hotels that don’t charge resort fees; get elite status at a large hotel chain if you travel often; or use loyalty points for your stay. The last option only works with certain hotel chains, so make sure you double-check before booking.
- Look for hospitality tax. Some cities charge hotel or hospitality taxes, which aren’t included in the hotel’s nightly rate. Check the total amount you’ll be charged before paying to see if you are charged any extra taxes.
- Not all airport shuttle services are free. Just because a hotel says it offers an airport shuttle service doesn’t mean it is complementary. If you have to pay for this service, compare prices with other transportation services to get the best deal. You might pay less and have a shorter wait by booking an Uber or Lyft.
- Find out about parking. Not all hotels offer free parking, so ensure

- this is included before you book, especially in high-traffic areas with limited parking space.
- Don’t assume hotel amenities are complimentary. Poolside towels, early check-in, in-room snacks, and even a continental breakfast may not be included in your room rate. Avoid getting hit with a bigger bill than you expected by asking before using any of these services.
 - Pack as little as possible when flying. Avoid baggage fees by reducing your luggage to a single carry-on if possible. Keep in mind that some airlines also charge for carry-on bags. Always research baggage fees before booking a flight since baggage charges vary from airline to airline.
 - Find out precisely what is included in the price of your airline ticket. Picking your seats, for example, and even in-flight entertainment, head-

- phones, snacks and beverages, airline pillows and blankets, and in-flight Wi-Fi are not always free services. More and more, airlines are adding extra fees for services that used be included in the price of a ticket. Think about what you’ll need, bring what you can yourself, and ask if that blanket is free before you bundle up.
- Check in and print your boarding pass before going to the airport. Some airlines now charge steep fees to check you in and print a physical boarding pass at the airport. If you prefer checking in in person, speak with the airline ahead of time to find out if there is a fee. Otherwise, do it ahead of time online and use the self-check-in kiosks to avoid extra fees.
 - Understand your airline’s change

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HIDDEN FEES

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and cancellation rules. Many airlines advertise free cancellations and change policies, especially since COVID-19 made traveling much more unpredictable. However, there are usually time limits or other limitations. For example, a free cancellation might not mean you'll be reimbursed with cash. Many airlines simply offer a voucher to fly with them another time, usually within a year.

- Don't get hit with roaming charges. If you are traveling outside your home country, don't forget to check with your cellular provider about roaming charges—before you travel. Your provider may have reasonable packages, but you likely need to sign up in advance. Another option is to completely turn off your phone's data and use Wi-Fi when

you need to communicate. If your phone is unlocked, you can purchase a local SIM card for calls in your destination country.

- Get the most from currency exchanges. Changing currency at the airport or a big hotel is not your best bet. Both places charge steep exchange rates and may charge you extra transaction fees too. Instead, get local currency out of a local ATM. Just find out what kind of international fees your bank charges beforehand. Some credit cards don't charge foreign transaction fees, so this might be a better option instead.

For more information

For more ways to get the most out of your next vacation, visit the BBB Travel Page. Avoid getting scammed while traveling by reading up on the top 5 vacation scams to watch out for.

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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