

# Senior News

## Georgia

*Providing Helpful Information for Mature Adults in GEORGIA!*

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**January 2023  
Vol. 37, No. 1**

# BIKE WALK

## macon

EST. 2015



## Governor's Office of Highway Safety Awards Bicycle and Pedestrian Safety Grant to Bike Walk Macon

Special to *SeniorNewsGeorgia*

Submitted by Kaylee Pruitt  
Education & Engagement Manager Bike  
Walk Macon; [www.bikewalkmacon.com](http://www.bikewalkmacon.com)

MACON-BIBB COUNTY, GA

**B**ike Walk Macon is pleased to announce it has received a \$50,154.81 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 Governor's Office of Highway Safety is working with all of our highway safety partners to reverse the increase in traffic deaths we have seen in the United States in the last two years and the goal of this project is to prevent crashes and save lives on our roads," Allen Poole, Director of the



Governor's Office of Highway Safety said. "We ask everyone to join the mission of saving lives on our roads by driving the speed limit, wearing your seat belt, staying off the phone when driving, and never driving under the influence of alcohol or drugs."

"Thanks to the Governor's Office of Highway Safety, Bike Walk Macon will continue to offer opportunities for quality bicycle and pedestrian classes, resources, and programs for hundreds of Macon-Bibb County adults, youth, and law enforcement," said Rachel Umana, Executive Director of

Bike Walk Macon. "This funding will help us achieve our goal of reducing bicycle and pedestrian crashes and improve safety for everyone on Macon-Bibb County's streets."

The grant year for this award will be October 1, 2022 to September 30, 2023.

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](http://www.gahighwaysafety.org).

### 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](http://www.bikewalkmacon.com).

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# Let Us Entertain You

by CLAIR HOUSER-DODD

**H**aving passed the Holidays and come to terms with weight gained, we're happy to go on with regular life.

It was wonderful to go to parties and dinners with family and friends. The food is always great and so is the comradery. Especially next door at the Wasson's. Ed had the first Gourmet Club meeting since COVID raised its ugly head and everybody took shelter. Most of the people we had not seen in a while. The get together was certainly special.

The Camellia Society's Christmas Party was quite an occasion. We have so many new members that the Fetterman Building was filled up with people and good cheer. The dinner was catered by Mike Jeffery. We had the choice of Rosemary Chicken or Beef Tips with Mushroom Gravy, Garlic Mashed Potatoes, Green Beans, Rolls, Tea or Lemonade. Each member or family unit took their favorite dessert. Those members creating a beautiful and delicious cake, pie or whatever entered the contest. There were quite a few entering, and they all looked scrumptious, but only one could win. The winner was Leigh Giles, again this year. Congratulations, Leigh!

We felt "kinda" lazy. We took a bakery baked beautiful Coconut. It was delicious too! As I'm sure they all were! I didn't, but I would have liked to, have had a bite out each one! Actually, Sandee Khoury may have! We got as many samples as would fit on a dinner plate. Leigh's gorgeous cake was not only beautiful; it was delicious, too!

Naturally, in our Middle Georgia Area, the biggest event and Merriest Christmas Party is at The Freshwater's (Connie and Frank) big old rambling and beautiful home at the corner of Church and Miller Streets. There are so many spacious rooms to meet and greet in; and a surrounding porch if the weather is warm enough to celebrate the New Year outside. Food and drinks are fantastic and it is so wonderful to mingle with family and friends; many you haven't seen for a while. You

know we don't visit like we used to! We should, but we don't. However, one night during the holidays, Connie came over for a delightful visit, and we promised to do it more often. "Just like old times!"

Our actual Christmas celebration this year was wonderful, but departmentalized as Grand, Denver, and husband, Blake, have a new baby; and, between one getting off work and the other with a six-month baby, there's no easy traveling time for them. So, we had to go to the house on the river, and

were invited next to Susan Payne's home for Christmas dinner. Wonderful, but all so segmented.

We had day and night hook ups with other members off and on. Then on New Years Day we had our real family get together at daughter Emily's home in Fort Valley. Nice to start the year off right... Black-eyed Peas and Ham. All set for a busy, enjoyable and prosperous 2023.

We hope you enjoyed a very Merry Christmas and that you have a very Happy New Year!



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## Taking Care

# Many Reasons for Moving to A Retirement Residence!

by LISA M. PETSCHÉ  
lmepetsche@gmail.com

**A**s people age, there's a good chance that at some point their home will no longer suit their lifestyle or their needs.



Lisa Petsche

Moving to a different house, a condo or an apartment is not always the solution, though. In some situations, a retirement home turns out to be the best choice.

Retirement residences are private pay, wellness-oriented facilities that enable active seniors to maintain or improve their independence, health and overall quality of life.

### Reasons for Moving

The following are common reasons that seniors choose a retirement home.

**Freedom** – To reduce responsibilities associated with home ownership, allowing allow more time for preferred activities.

**Independence** – To offload responsibilities of daily living, in order to continue to live independently in spite of decreased physical abilities. People in this situation may wish to eliminate not only property maintenance tasks but also housecleaning, laundering, grocery shopping and meal preparation.

**Accessibility** – To increase the physical accessibility of their living space.

**Finances** – To reduce expenses associated with home ownership. Another reason for moving is that the cost of home adaptations to improve safety and accessibility is beyond their means or is not a wise investment from a real estate market perspective.

**Peace of mind** – To ensure help is available if they run into difficulty. This can provide them, as well as concerned loved ones, with reassurance.

**Socialization** – To increase social contact, which is known to significantly affect health and wellness.

**Recreation** – To engage in new and previously enjoyed activities that are stimulating and provide meaning or entertainment value, while maintaining mental and physical abilities.

**Security** – To reduce the risk of being victimized, increasing peace of mind e.g. for those who are anxious about mail theft

("porch pirates"), answering the door, leaving their home unattended or coming home to an empty house.

**Community Access** – To improve access to shopping and other businesses, medical resources, places of worship and other amenities such as parks and community centers, especially without the need for a vehicle. In addition to a walkable neighborhood, some retirement homes offer shuttle service to medical appointments, errands, shopping and community events.

**Health** – To ensure ongoing health care needs are met, beginning with the basics: nutritiously balanced meals and opportunities to stay physically active and mentally stimulated. Other needs may include medication management, a special diet and assistance with bathing. Many retirement homes offer assisted living packages for residents who need some degree of help with daily personal care.

**Lifestyle** – To enjoy an all-inclusive lifestyle. Seniors who have the financial means and wish to enjoy life to the fullest may seek a luxury setting that simulates a country club atmosphere. Amenities may include elegant spaces, concierge service, fine dining, a cocktail lounge or pub, café, fitness center, swimming pool and hot tub, spa, well-stocked library, Internet lounge, in-house theater, convenience store, greenhouse, putting green and more.

Retirement homes vary considerably in terms of price, size, amenities and services, which can make it difficult to choose from among them. If you--or a loved one--are in the market for one, carefully consider your financial situation and preferred lifestyle to determine which places to focus on.

When making a choice, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places and bring a notebook and pen so you can take notes. Also bring along a friend for a second opinion.

Many residences offer a complimentary lunch: take them up on it. Before making a final decision, you may wish to consider a trial stay at the place that appeals the most to you.

\*\*\*\*\*

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

**OPINION**

# Catch 22... And Away We Go!

by Daniel W. Gatlyn USN Ret,  
Minister/Journalist

To Be... or Not To Be! That is the question! Catch 22... Chapter 41... plus or minus! Your choice!

Duplication... innovation... stipulation... implication? To have... or have not! Lost and Found... when will we learn?

History has filled the coffers with trial and error, course and cause, twisted methodology and one more mega fix! Each formula has been tried, discarded, revised, incorporated.

Americans are front runners in most dimensions; each with preposterous reversals hanging in the balance. Wars, Economics, Politics, Engineering feats, Discovery, Secrets dared and shared... mistakes a plenty; and, repetition parallel with daybreak.

Despicable predictions are unfolding before us! What Foreign entities and powers have failed to accomplish is now surfacing through "home grown antics!" A self-destruct journey! We "tole" you! And, still you are confused.

We have spent a grand amount of hours and dollars (and ideology) surrounding the idea of transparency, of truth and fable, of viable preeminence; and, the jury remains sequestered. The options of "stop and go; of what to say; when to say it; and, to whom?" are questionable! Success or failure is predicated upon the "shake or take" rendered before the fact... or after the ball is thrown.

If my print thus far has been confusing, it is simply because the terminologies of Colonel Flagg, Miss Piggy, or Mr. Haney, has entered the script. Just how much will you part with, to witness an overgrown flea, "punt the pig," past the pole? Rub a dub, dub... fill the tub with the mud; and, dispatch the same to multiple routes. Do not fret as we add to the debt... now some THIRTY TWO TRILLION AND COUNTING! And, NO-ONE seems to care!

Crazy, you say? Just who opened the faucet?

I can hear the rumble from every quarter! The writer has "flipped a cork" and has meshed with the weeds. A looney bin is just ahead?

My correction please! If you surmise that my declaration is off the charts, please consider the National Games

being forced upon all citizens!  
Economics through the roof...  
Immigration being orchestrated by sub-humans... Academics bottomed out...  
Governmental supervision obviously in deficit... Civility and Rationale transposed into morbidity... Morality bashed and trashed at every turn... Crime at unprecedented levels... Conspiracy and bribery at pandemic dimensions...  
Positions and Offices bought and sold perpetually; and, methodology (previously dismissed) now accepted as "the norm!"

Citizens distrusts the Media, and

rightfully so, for the largest portions are in error. Law and Order stands antiquated; and, America, the most benevolent Nation on the planet, has taken a hit from all directions.

Saying that my appraisal is wrong will not adjust the wholesale errors which exist! Money flows in all directions, while millions (globally) die of hunger. Admitting an obvious guilt would bring about some sense of sanity; and, perhaps, a preface to a virtuous "turnaround!"

Praying "The Force" will seek rehab in 2023!

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## COME ON HOME!

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On the Cover

Let's visit the King Center this month!

By Carolyn Brenneman

Cover  
The Eternal Flame!

Martin Luther King, Jr.'s Day is a federal holiday in the United States marking the birth-day of Martin Luther King, Jr. It is observed this year on January 16th. This is the perfect month to visit The King Center, here in Atlanta.

Open every day, it is located at 449 Auburn Avenue, NE, Atlanta, GA 30312; and, it is free for everyone to visit. Plan a day this month to venture over to The King Center.

The King Center has a

bookstore, a gift shop and a resource center on the ground level. Exhibits on the second-floor honor Dr. and Mrs. King, as well as Mahatma Gandhi and Rosa Parks. There is so much more to see and enjoy!

Established in 1968 by Mrs. Coretta King, The King Center (The Martin Luther King, Jr. Center for Nonviolent Social Change), has been a global destination, a resource center, and a community institution for over a quarter century. It was originally established at a different location and then moved to its present location adjacent to the Ebenezer Baptist Church and the Dr. Martin Luther King, Jr. National Historic

Site in 1981. Every year almost a million people journey to the historic site to pay their respects to Dr. King's legacy and to enjoy and learn so much about the historic site.

Upon arriving at the Center we see a beautiful outdoor memorial with Dr. King and his wife Coretta's crypt surrounded by many reflecting pools and the Eternal Flame. The Eternal Flame symbolizes the continual effort to realize Dr. King's dream of the "Beloved Community," which was his

vision for a world of justice, peace and equality for all mankind.

Then there is the walkway that leads us into Freedom Hall. Freedom Hall is the area for the

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Dr. Martin Luther King, Jr.



Ebenezer Church plaque



Entrance to Freedom Hall



Outside of Ebenezer Church next to the King Center

KING CENTER  
from page 6

special events and activities and it contains a grand foyer, the Yolanda D. King Theatre for the Performing Arts, a bookstore and resource center, and many different works of art from across the globe. The second floor of Freedom Hall shows us glorious exhibits of the life of Dr. King, Mrs.

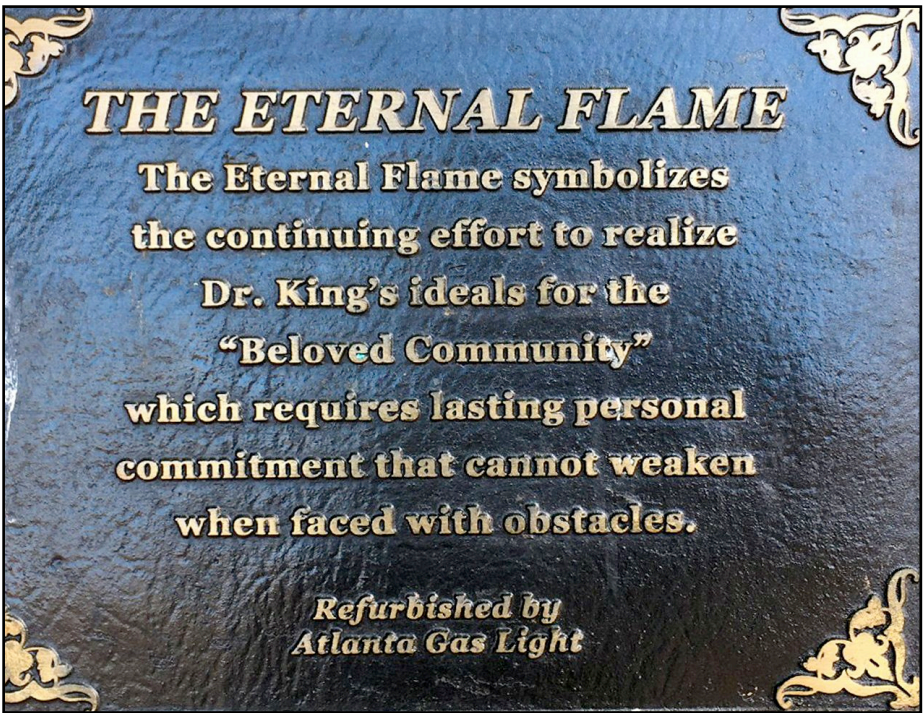
King, Mahatma Gandhi, and Rosa Parks. The King Center was envisioned by its founder to be a “living memorial filled with all the vitality that was his, a center of human endeavor committed to the causes for which he lived and died.” This January, let’s take the day to experience this great center in Atlanta! Open every day; and, remember, it’s free.



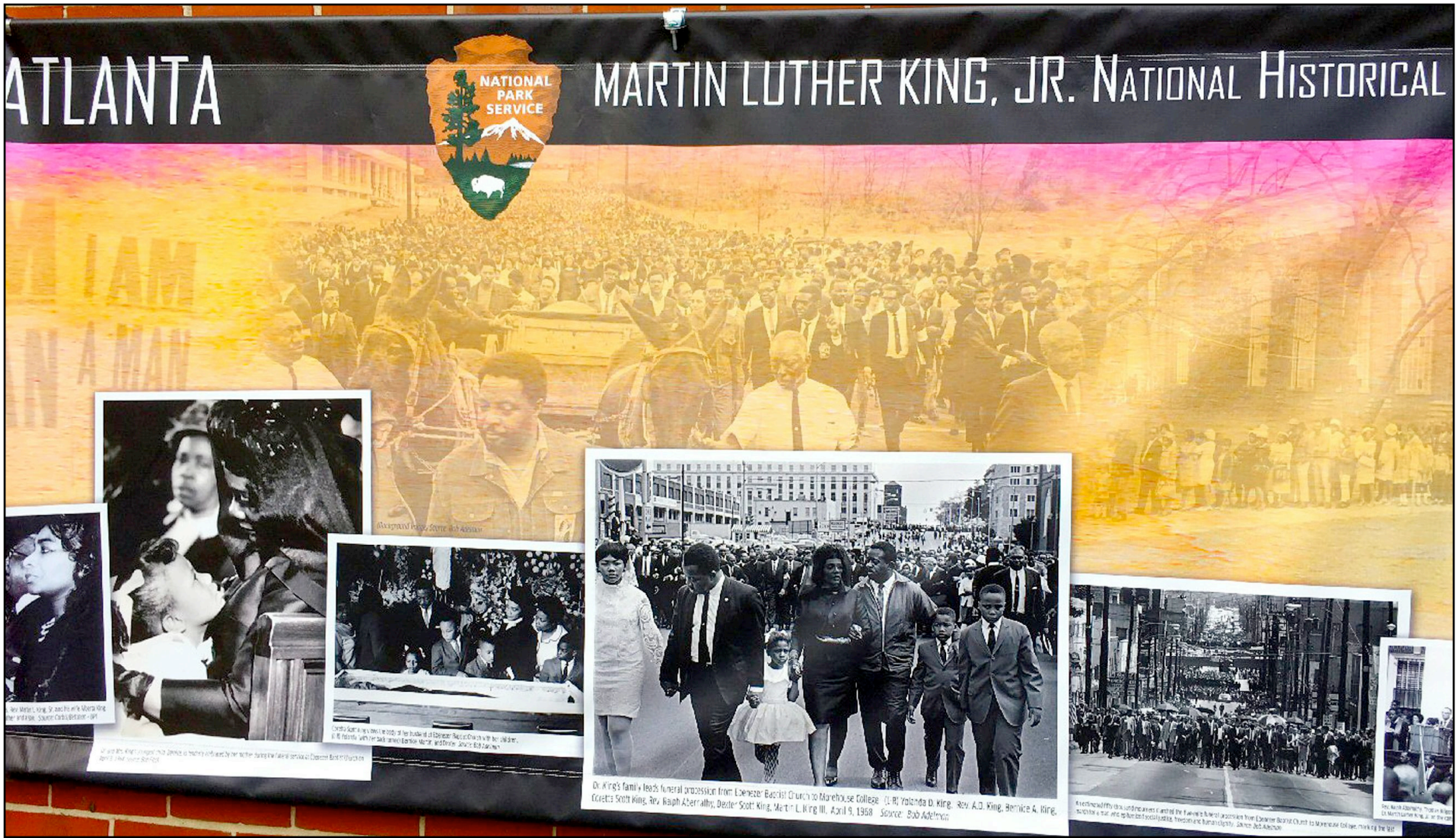
Outside in the Walkway



Dr. King and his Wife Coretta’s Crypt



The Eternal Flame Plaque



Outside Display on the Building

On the Cover

Kathy Parham restores Macon home!

by CLAIR HOUSER-DODD

COVER: Front of Macon house restored by Kathy Parham!

Kathy P., as we of the Beach Bum Society call her, has just returned from bumming on Roatan. She invited a couple from Macon, Georgia to join her. The guy had told Kathy he was going to pop the question to his girlfriend, and wouldn't it be fun on the roof-top of her condo in Honduras? And it was! This is the kind of thing Miss Kathy does for friends!

Having been born in Fort Valley, Georgia to Tommy and Doris Parham, and graduating from Beechwood School and Wesleyan College (the Oldest and the Best), Kathy taught for the required thirty

years before retiring and getting into the fun world of Real Estate. She had inherited a few rental houses from her parents, purchased a few more, and voila she was in business.

Now the fun times have really begun. Kathy bought this beautiful house in the historical district of Macon, Georgia that belonged to Dr. Ed Mallory, a psychiatrist, when he retired.

She is now practically through with her renovation, rebuilds, and add on. That is to say, it needs a little help from years of wear and tear; but, mainly Kathy wanted to turn it into a luxurious first-class apartment home. It is beautiful and has kept all the glamour of the original home built in 1880.

All this is the responsibility of

continued on page 9



Friends' engagement!



Front of House with Azaleas Blooming!



Friends in Roatan!

**Kathy Parham**  
from page 8

Jeremy Rosier, wife Audrey, and a very good crew. Some of us have known Jeremy for many years, and know him to be an excellent designer, carpenter; and, even, like this time, a contractor. He is a perfectionist, and the kitchen, breakfast room and back porch that he added on are perfect, as is the rest of the home. It now has three full apartments and one mansion on the first floor. All living places which make her two sons, Zach and Casey, so proud of their mother. They have their own entrances and parking spaces.

This gorgeous home is now a real point of beauty for Macon and a point of pride for Miss Kathy Parham.

We congratulate you, Kathy, for having a very successful second career. We say, “Go Girl!” This is truly something, especially for a "Beach Bum!"



**Jeremey Rosier, Contractor!**



**Kathy Young!**



**Jeremy and Audry Rosier!**



**Sloth in Roatan!**



**Kathy Young and Jeremy Rosier!**

# BBB Tip: Holiday Returns and Exchanges!

Special to SeniorNewsGeorgia

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

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 pres-

ent 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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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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# If you’ve been denied VA benefits resulting from burn pits and other toxic exposures, please contact the Carl Vinson VA Medical Center for PACT Act provided information!

Special to *SeniorNewsGeorgia*

Information shared in this column was submitted by James W. Huckfeldt Deputy Public Affairs Officer Carl Vinson VA Medical Center Dublin, GA 31021 James.Huckfeldt@va.gov

DUBLIN, GA. – December 14, 2022

The Carl Vinson VA Medical Center hosted a PACT Act Open House in December to inform Middle- and South-Georgia Veterans, their families, caregivers, and survivors in our 49-county catchment area about the PACT Act and encouraged them to apply for the toxic exposure-related health care and benefits they have earned.

This event included a 30-minute PACT Act Town Hall, featuring Dublin VAMC Executive Medical Center Director Manuel M. Davila. Local VA staff presented information to help Veterans apply for benefits, complete toxic exposure screenings, and enroll in VA health care. VBA representatives were also on-site to help file claims.

The PACT Act is the largest expansion of Veteran health care and benefits in decades. The December event was part of VA’s broader efforts to ensure that every eligible Veteran and survivor gets their PACT Act-related health care and benefits.

To receive helpful information, you may contact the Carl Vinson VA Medical Center.

### What’s the PACT Act and how will it affect my VA benefits and care?

The PACT Act is perhaps the largest health care and benefit expansion in VA history. The full name of the law is The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act.

### The PACT Act will bring these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras.
- Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures.

- Adds more presumptive-exposure locations for Agent Orange and radiation.
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care.
- Helps us improve research, staff education, and treatment related to toxic exposures.

If you’re a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits.

### Gulf War era and post-9/11 Veteran eligibility

VA has added more than 20 burn pit and other toxic exposure presumptive conditions based on the PACT Act. This change expands benefits for Gulf War era and post-9/11 Veterans.

### These cancers are now presumptive:

- Brain cancer
- Gastrointestinal cancer of any type
- Glioblastoma
- Head cancer of any type
- Kidney cancer
- Lymphatic cancer of any type
- Lymphoma of any type
- Melanoma
- Neck cancer of any type
- Pancreatic cancer
- Reproductive cancer of any type
- Respiratory (breathing-related) cancer of any type

### These illnesses are now presumptive:

- Asthma that was diagnosed after

- service
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Chronic rhinitis
- Chronic sinusitis
- Constrictive bronchiolitis or obliterative bronchiolitis
- Emphysema
- Granulomatous disease
- Interstitial lung disease (ILD)
- Pleuritis
- Pulmonary fibrosis
- Sarcoidosis

### Vietnam era Veteran eligibility:

Based on the PACT Act, VA has added two new Agent Orange presumptive conditions:

- High blood pressure (also called hypertension)
- Monoclonal gammopathy of undetermined significance (MGUS)

You may also be eligible for disability compensation based on other Agent Orange presumptive conditions. These conditions include certain cancers, type 2 diabetes, and other illnesses.

\*\*\*\*\*

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# Repticon Atlanta: A Walk Among the Wild Things

Special to *SeniorNewsGeorgia*  
Submitted by Angela Pullian  
angie@repticon.com; info@repticon.com  
Lawrenceville, GA  
January 7 & 8, 2023

Repticon brings the amazing world of reptiles and exotic animals back to Lawrenceville, GA, January 7 & 8, 2023, with a fun and educational exposition suitable for all ages and personalities. 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.

A recognized leader in hosting reptile and exotic animal expos throughout the United States, Repticon is coming 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, offers a unique family outing suitable for all ages and for a very

diverse range of enthusiasts.

The show hours are Saturday: 9:00 a.m. - 4:00 p.m. Sunday: 10:00 a.m. - 4:00 p.m. Ticket options are only sold online: \$15 Super Ticket, \$12 Sat, \$10 Sat

After 1 p.m., \$12 Sun, \$6 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>.



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