

Senior News

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Story on page 5

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Taking Care

Tips for communicating with your doctor

by LISA M. PETSCHKE

These days, health care is viewed as a partnership between patient and provider, with both parties responsible for ensuring a constructive relationship. Patients – also now referred to as health care consumers – are taking a more active role than ever in this regard.



Lisa Petschke

Good communication is essential, of course, to any positive doctor-patient relationship, whether it involves your family physician or a specialist recommended by him or her. Following are some ways you can do your part to make the most of medical visits.

Before an appointment

Make a list of the things you want to discuss, in order of priority. Also jot down any symptoms you're experiencing, including their frequency, duration and intensity, and how they are affecting your daily life. Note, too, any treatments you have tried. Always bring a list of the medications you're taking – pre-

scription and over-the-counter drugs as well as any natural remedies – including the dosage.

Bring along a note pad and pen to jot down key information.

Consider asking a good friend or family member to accompany you; they can help with processing information and remembering instructions. They may also have questions that hadn't occurred to you.

During the visit

If you have a hearing or visual impairment, let the doctor know at the outset of the visit. If you have a language impairment from a stroke or other condition, such that it's hard for others to understand you, bring along someone who knows you well and can interpret your responses if necessary, or ask questions on your behalf.

Share information. Provide as much detail as possible about any problems you are experiencing and how these are affecting you. Don't leave out anything – let the doctor decide what's relevant. Share your list of medications, too. Be honest about your lifestyle and habits – for example, if you're diabetic but you don't stick to the recommended diet, or you haven't been taking medications as prescribed. Let the doctor

know about anything going on in your life that may be contributing to your situation—for example, a recent loss or other traumatic event that's causing significant stress.

Write down important information provided to you. If you have brought someone along, ask him or her to do this so you can give the doctor your undivided attention.

Ask for details. If you're diagnosed with a medical condition, inquire about what to expect, including how long it's likely to last, treatment or management options, and where you can get more information. For any recommended test or treatment, inquire about cost, where it must be done, what's involved, benefits and risks, and alternatives.

Request a layperson's explanation if you don't understand medical jargon used by the doctor. Summarize aloud the information he or she gives you, to check if you have interpreted it correctly.

Don't try to be an expert. While there's a wealth of medical information readily available to consumers these days (especially via the Internet), and it's good to be informed, don't act as if you know more than the doctor does. Be tactful if you wish to challenge findings or recommendations. For example, it's

much less threatening to say, "I've read about a new medication called X; what do you think of it for my situation?" rather than, "Why aren't you prescribing X?"

Don't hesitate to voice doubts, worries or fears. If, after your doctor addresses them, you're still uncomfortable with a diagnosis or the treatment options presented to you, request a second opinion.

Don't worry about taking up too much of your doctor's time. Ask all of your questions and express any concerns. However, prioritize your issues (lower priority ones may have to wait for another appointment), be concise and don't get off topic.

Before leaving, make sure you are clear about any next steps – for example, whether you should schedule another appointment, when and how you'll learn of test results, and what you should do if your condition worsens or you experience an adverse reaction to a new medication.

Ask about the best time to call if any more questions occur to you after you leave the office.

Lisa M. Petschke is a medical social worker and a freelance writer specializing in boomer and senior health matters.



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Agency Alert

"How To Find A Replicable Tax Preparer!"

KATHLEEN ERNCE
Executive Director, The Senior
Citizens Council Augusta, Georgia
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706-868-0120

If you don't have hours to spend filling out your own tax forms, if you don't have complicated taxes, or if you don't know where to begin, you will probably need to hire a tax preparer; however don't give your hard earned money to just anyone. Ask questions first so you can find a champ – someone who will look out for your best interest. **ASK QUESTIONS!!**



Kathleen Ernce

QUESTIONS TO ASK:

1. Do you have a PTIN? If they look at you with a question on their face – walk away! What is PTIN? The Director of Texas Research and Government Relations at the National Association of Tax Professionals says "PTIN is our Preparer Tax Identification Number" which is issued by the IRS to all tax preparers. This number is required for any one

who collects compensation for preparing your taxes. To be certain, look up the preparer on IRS'PTIN and directory at IRS.treasury.gov.

2. What do the letters after your name mean? What you're looking for here is **COMPETENCE**. Formal training and education are not required to prepare tax returns; getting that PTIN may have just taken 15 minutes online. But "good preparers have it anyway," says the president of the Wisconsin Society of Enrolled Agents, Certified Public Accountants (CPA), or current completion of IRS Annual Filing Season Program (AFSP).

3. How long have you been at this location? What you are looking for here is Fly-By-Night Operations. While it's normal for a tax preparer to move to a bigger or better office – an alarm; however watch out for preparing to move a lot. "Preparers that are looking to be scammers usually hop around a lot and then go to another state to set up shop again! Check your local Chamber of Commerce and the Better Business Bureau for complaints against this tax preparer.

4. Where should I have my refund deposited? What you're looking for here is **THIEVES!** In fact, this is a trick question. If the preparer wants you to have the IRS to deposit your tax refund in an account they control – that should be a big red flag!

According to bank officials, if the preparer says, "we have a bank account set up where you can deposit your refund and then we take care of our fee directly from that account." Remember, they are controlling your deposit and this is illegal! In fact, run away from this preparer. Involving a third-party bank as part of a refund-anticipation loan is one thing but you need to know who has control over the account where your money will be deposited.

5. When will you complete my return? What you are looking for here is **ACCOUNTABILITY** and **ORGANIZATIONAL SKILLS**. If the preparer is taking on too many clients at tax time, chances are good he or she will not get to your return by the deadline. That could mean the preparer has to get you to ask for an extension, or worse, you just might be left hanging, wondering what happened to my return and your information. If you owe money, the preparer's backlog may also mean you have to make an estimated tax payment in April and possibility face penalties and interest later when the preparer finally calc

lates your real tax bill.

Like we said in last month's issue, if you need an honest Tax Professional, contact Robert Piercy at 706-840-9195 for an consultation.

Senior Resources Expo of Services, Resources, and Information

The Senior Citizens Council of Augusta will sponsor a Community Resources Fair March 8th and 9th, 9:00 AM until noon, at St. Augustine's Episcopal Church, 3321 Wheeler Rd. Augusta, GA 30909. Twenty-six vendors will present information and resources to help you navigate caregiver support; physical, emotional, and behavioral health; wellness planning; safety, security, and protection; private pay options; and community education and supports. The event is free and will offer refreshments and door prizes! For more information, contact Nancy Moak, 706-833-8626.

Opinion

ABORTION: The Push is On!

by **DANIEL W. GATLYN, USN Ret. Minister/Journalist**

When Justice Harry Andrew Blackmun wrote the majority opinion for *Roe vs. Wade* in 1973, he had no idea where all this would go. One would have to wonder if his vision of the future was that of progress, or of mayhem. But know this: When any human being short circuits the workings of Almighty God, the price of safety and sanity is immediately elevated.

Forty six years after the fact, questions are still being posed as the world moves precipitously toward the attempted genocide of the human race.

For the past half century, we have digressed to the point that the darkest tones are now being whispered as to the acceptability of terminating a live fetus... after birth. New York State has just approved the abortion procedure minutes before normal delivery; and, other states are following the pattern. Officials in Virginia (and others) are now discussing the rationale surrounding abortion (or the termination of life) after a live birth. The largest portion of these diabolical affirmations are within the Democratic Party. It is likely that this latest round of sadistic error, will lead to another stint in the Supreme Court, where one more opportunity to "right a wrong" will be offered. The original curse is undebatable. Possible decisions

could easily culminate in euthanasia of the aged, crippled, and demented. We have now arrived at a juncture that is totally unconscionable.

All alert individuals are aware of the unthinkable plight of millions who are physically or mentally impaired – rationally institutionalized – but with lingering faculty. Granted, such presents a sad state of affairs; but, we do not have the prerogative, or spiritual option to terminate life. Valid decisions concerning the sanctity of life were made long ago; and, by a voice substantially ignored.

What is happening in the world of human reproduction is abhorant. For the most part, men and women face intimate relations with careless planning and senseless behavior – followed by actions that are unthinkable. All parents, parties, and physicians suffer with abortion.

Even the social strata of the land cries out for direction in this senseless act against the posture of our Creator.

Just months ago, inhabitants of the most blessed nation on earth would never have dreamed that we would witness the wholesale slaughter of millions. We decried the unspeakable massacre of multitudes under the animalistic leadership of Adolph Hitler a century ago. The sin of gradualism, and apathy, has invaded our land once again; while we acquiesced to a standard akin to Moloch. As sure as daylight follows darkness condemnation will arrive at the door of this satanic violation. It can be no other way!

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Senior News & Views of Georgia



Artillery Demonstration during Living History Weekend

Living History Weekend at Andersonville National Historic Site

History comes alive at Camp Sumter Civil War Prison during this annual event

Special to *Senior News*

Submitted by JODY MAYS
Chief, Interpretation & Resource
Management, Andersonville
National Historic Site,
Andersonville National Cemetery,
National Prisoner of War Museum

ANDERSONVILLE, Georgia

Andersonville National Historic Site will host its annual Civil War Living History Weekend on Saturday, March 16 and Sunday, March 17, 2019. This living history program offers visitors the opportunity to gain a better understanding of what life was like at Camp Sumter, the infamous military prison near Andersonville, during the last days of the Civil War. Volunteer Living Historians will portray Union prisoners, Confederate guards, and civilians.

A variety of programs will be offered on both days, including guard drill and artillery demonstrations. Living historians will be present in the area of the prison site from 10:00 a.m. to 4:00 p.m. on Saturday, and from 10:00 a.m. to 3:00 p.m. on Sunday. Junior Ranger Programs and tours of the Prison Site will occur each afternoon. Angie Zombek will give a special presentation on both days about Catholics in Captivity: Finding God at Andersonville. There is no

admission fee and this event is open to the public. For more information about this annual event, go to nps.gov/ande/planyourvisit/livinghistoryweekend.htm

Angela M. Zombek is Assistant Professor of History at UNC-Wilmington. She is the author of numerous articles and essays, including "Paternalism and Imprisonment at Castle Thunder: Reinforcing Gender Norms in the Confederate Capital," which appeared in the scholarly journal, *Civil War History* in September of 2017; "Citizenship - Compulsory or Convenient: Federal Officials, Confederate Prisoners, and the Oath of Allegiance," in Paul J. Ougley's edited volume, *The American Civil War and the Transformation of Citizenship*, (LSU Press, forthcoming, Summer 2018); and "Catholics in Captivity: Priests, Prisoners, and the Living Faith in Civil War Military Prisons," in Michael P. Gray's edited volume, *Civil War Prisons II* (forthcoming from Kent State University Press). Her first book, *Penitentiaries, Punishment, and Military Prisons: Familiar Responses to an Extraordinary Crisis during the American Civil War*, is forthcoming from Kent State University Press in June, 2018. Zombek's current research focuses on the Civil War's impact on the Florida Gulf Coast and Key West. She has presented some of her research on Unionism in Civil War Era Tampa Bay, and is current-

ly researching prisoners of war at Fort Taylor (Key West), and Key West under martial law.

Andersonville National Historic Site is located 10 miles south of Oglethorpe, GA and 10 miles northeast of Americus, GA on Georgia Highway 49. The national park features the National Prisoner of War Museum, Andersonville National Cemetery and the site of the historic Civil War prison, Camp Sumter. Andersonville National Historic Site is the only national park within the National Park System to serve as a memorial to all American prisoners of war. Park grounds are open from 8:00 a.m. until 5:00 p.m. The National Prisoner of War Museum is open 9:30 a.m. to 4:30 p.m., daily. Admission is free. For more information on the park, call 229 924-0343, or visit at nps.gov/ande/. Visit us on Facebook at facebook.com/AndersonvilleNPS, or Twitter at twitter.com/andeNHS

About the National Park Service. More than 20,000 National Park Service employees care for America's 401 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at nps.gov visit us on Facebook facebook.com/nationalparkservice, Twitter twitter.com/natlpservice, and YouTube youtube.com/nationalparkservice.

On the Cover

Let's Explore Augusta's Garden Centers!

by CAROLYN BRENNEMAN

Now that it is March, the weather will soon warm up and we'll want to explore two of the best produce and gardening centers around our town. The renovated Good Earth, located at 150 Davis Road in Augusta, has a great selection of produce from local farms and has a wonderful outdoor garden center. Inside we can find many unique packaged items including speckled butter beans, delicious butters of many varieties, home baked products and of course, fresh vegetables and fruits. We can find in season fruits, heirloom tomatoes, yellow squash, green and yellow peppers, spring and Vidalia onions, and pickling cucumbers, just to name a few. There is even a wide selection of honey and homemade sweets. Take a look at the many varieties of oils, including pecan oil, and try one out.

Outdoors, the covered area houses rows and rows of seasonal flowers, outdoor plants, potted flowers, hanging baskets of many varieties, ferns, annuals and perennials. Good Earth is an amazing store and is family owned. It is open year-round – so be sure to visit soon.

Let's also take a trip this March to Bedford Greenhouses. Tucked away in Augusta on Oleander Drive, is the most lovely and exquisite garden center we can find. Bedford Greenhouses also called Bedford's Specialties include an extensive selection of "Bedford Grown" plants including flowering plants, shrubbery

and indoor foliage plants. There are annuals, perennials, herbs of many varieties, vegetable plants, hanging baskets, bougainvilleas and much much more.

There are also gorgeous mixed containers of plants and flowers, each uniquely designed. The Bedford family also offers made to order beautiful mixed containers and offers custom designs as well.

One visitor, Jane, describes Bedford as, "an amazing place! They have the greatest selection and the staff is so kind! They even have a Terrarium Bar! It's so much fun." Jane will be frequenting here many times a year, as Bedford Greenhouses is open year-round.

When we visited last week, we were amazed of the size and selection of this place. It is a bit of a hidden gem, tucked away behind neighborhoods, and the greenhouses are overflowing with awesomeness. Inside and outside, this place is beautiful and beyond belief! They have a wonderful selection of perennials and annuals. We bought some small trees and several beautiful glazed pots for our plants. We bought local fruits and veggies that were in season and explored the Terrarium Bar which was fabulous.

Bedford Greenhouses is located in a tucked away spot that is not very easy to find. It is locally owned and family operated. Check out google maps or call them before driving out toward Lake Olmstead. They are located at 1023 Oleander Drive, Augusta, GA 30904. Call them at 706.733.2269.



Bedford has great selection of plants



A great selection of honey



Great fruits and veggies at Good Earth



Gorgeous plants and flowers at Bedford

Disability Does Not Equal Liability

by MARTY TURCIOS, MS
Executive Director
Marty Turcios' Therapeutic Golf

With all the experience I've had working with special populations while having severe cerebral palsy, one might think that others would take advantage of what I may have to offer. Although this was evident in the educational environment, in the work environment there seems to be more competition. While having a disability, often it feels like I'm supposed to act like a participant rather than a leader.

I really like to focus on the mental attitude that surrounds disability. I remember my Therapeutic Recreation professor in undergraduate school saying that people who choose a career in the health care field are usually looking for ways to

help themselves. Often this is reflected in the way they serve the population of elderly and disabled individuals.

When one has a disability, either from birth or acquired, for example from a stroke, one is often treated like there is no longer control of one's mental faculties. It has been my experience as well as my observation when this happens the individual will get frustrated and voice such feelings. I often see this in my golf programs working with stroke survivors. While it is already difficult to motivate post-stroke patients to do physical activity, it becomes even more difficult when one feels he/she is being told to be overly careful not to get hurt. Once I heard an elderly gentleman respond by saying "you bring us out here to become more independent and yell at us if we do anything on our own!" Obviously he was making very good

sense. Still, he was reprimanded for being a trouble maker. It was hard for me to watch someone voice his strong feelings just to be minimized in front of a group of his peers. Of course I was not about to step in and say anything even though I was the program director. I too did not want to be minimized by those who believed they had control of the situation!

I have seen a lot of incidents where the leisure frame-of-mind is destroyed by over-cautious practices. But often such practices stem from a need to control a situation. There continues to be a need to avoid situations of liability to the point where participants are afraid to try to do something on their own.

While providing a golf program for stroke survivors of a nearby rehabilitation hospital, I noticed that patients were being asked to sign release forms as they got off the van

at the driving range of the local golf course. First of all, a release form is as worthless as the paper it is printed on. If a participant is injured, liability belongs to whoever caused the injury! The fact that patients were signing the document at the golf course would make them more conscious of their liability which will inhibit their participation as well as feeling welcomed! For those participating in golf for the first time, they may assume they need to sign a release form if they come back on their own, again with an overbearing feeling of being a liability.

Marty Turcios of Marty Turcios Therapeutic Golf which provides therapeutic at Wedges & Woods in Augusta, Georgia. Marty Turcios provides free therapeutic recreation to anyone with disabilities. Call (706) 854-0360 today and get out and play.

BBB urges people to be wary of Promises of Easy Money in Vehicle Wrap Schemes

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

A flurry of inquiries to Better Business Bureau (BBB) about vehicle wrap offers has prompted a warning for consumers considering the promotions.

The jobs, which claim easy money and are usually connected to popular soft drink, energy drink or cell phone companies, are often fraudulent, and BBB suggests consumers use extreme caution when dealing with those offering the jobs. The "car wrap scam" has been active for several years and has been the focus of previous warnings by BBB and other agencies.

One woman told BBB she found a listing in a Facebook group about a job where she could be paid to put a popular energy drink's logo on her vehicle. The woman said she would have been paid \$400 a week for a six-month period to have the logo on her vehicle.

"I figured something was up because it seemed too good to be true," she told BBB.

The woman said the company

would only communicate with her via text message. She then received a check in the mail for \$1,900. She was instructed to keep \$400 for her first week's wages and then send the rest of the money to a person who was to wrap her car with the logo. Fortunately, she did not cash the check. If she had gone through with the plan, she would have lost the \$1,500 she would have sent back to the scammers.

The "car wrap scam" is a combination of two of the riskiest scams reported to BBB's Scam Tracker last year – an employment scam and a fake check scam. Employment scams were ranked as the third-riskiest scam in 2018, while fake check scams ranked ninth.

BBB has received multiple reports about "car wrap scams" over the last month. While the majority of those who have reported the scam did not lose money, there have been some victims. One consumer reported losing nearly \$3,000, while a another reported losing nearly \$2,000 in January.

BBB offers the following tips for those contacted about vehicle wrap offers:

- Understand that offers, which

includes a "fake" check, to advertise for a company by wrapping your vehicle with their ad is a scam. The check you receive may be counterfeit.

- Avoid sending money to someone you have not met face-to-face. Do not use a wire transfer, prepaid debit card or gift card to complete a transaction with a stranger.

- Beware of unsolicited emails, phone calls, texts or postal letters. These are usually scams.

- Don't believe everything you see or hear. Scammers can fake caller ID numbers to make it seem like they are someone else. They also mimic official seals and other deals. Just because something looks official, it doesn't mean that it is.

- Make sure to check other resources like BBB and your state's attorney general's office.

For more information on this or other popular scams, visit bbb.org.

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 Council of Better Business Bureaus. 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: www.bbb.org or E-mail: info@centralgeorgia.bbb.org.

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BBB follow-up study shows how Romance Scams often lead to further fraud for victims

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

As with most years, this Valentine's Day brought a surge of activity on dating websites, with singles looking to the internet for a love connection. Many learned that these sites are rife with fraudsters who use affection to manipulate their victims out of their money. Worse, a new BBB report finds online romance scams often escalate as scammers turn their victims into unwitting accomplices to fraud, known as "money mules."

In February 2018, BBB issued an in-depth investigative study on romance scams, describing how fraudsters target people who are looking for romance. BBB's follow-up study – "Fall in Love – Go to Jail: A BBB Report on How Romance Fraud Victims Become Money Mules" – describes how fraudsters then exploit that relationship further. It digs into the scope of the problem, who is behind it, and the need for law enforcement and consumer education to address the issue. Read the complete report here.

As detailed in the original study, romance scammers typically contact their victims through dating websites, apps or social media, often using fake profiles and even stolen credit card information. Using these false identities, scammers may spend months grooming their victims, building what the victim believes to be a loving relationship, before asking for money to handle an emergency or travel expenses.

The financial damage inflicted by these scams, which is often accompanied by far greater emotional harm, is often just the tip of the iceberg. According to the new BBB report, 20 to 30 percent of romance scam victims were used as "money mules" in 2018 alone, with these victims numbering in the thousands.

Money mules act as financial middlemen in a variety of scams, launder-

ing money from other victims by receiving money or goods purchased with stolen credit cards and sending them on to the fraudsters, often out of the country. This often happens when the romance scam victim has no money or already has given all of their money to the scammer. The victim may be a willing accomplice or may have a variety of other motives – love, fear, financial compensation for their own losses – but the outcome is the same: By providing this type of aid to the fraudster instead, the victim aids and abets a variety of other frauds, muddying the scope of a fraud and the identity of the real perpetrator.

The scams and crimes in which money mules may become embroiled include business email compromises, fake check scams (the subject of an in-depth BBB investigative study in 2018), credit card reshipping, grandparent scams and even illegal drug transportation. These frauds have in common that the money mules frequently are romance scam victims.

As law enforcement cracks down on romance and other frauds, prosecuting more and more of these scams' perpetrators in recent years, money mules at times have been prosecuted as well, facing jail time and hundreds of thousands of dollars in fines and restitution payments. In most cases, however, there is no desire to take criminal action against unwitting participants who had no financial gain and who stop transferring money for crooks as soon as they realize the role they have been playing.

According to the new BBB report, cybersecurity experts have traced the bulk of online romance scams to Nigeria, though Nigerian nationals operating these frauds are based in several countries around the world, including the U.S. The same groups involved in romance scams frequently operate other frauds on a worldwide scale. One expert reports that at any given time, there may be more than 25,000 scammers online with victims.

In addition, law enforcement officials say that Jamaican groups that

operate sweepstakes and lottery frauds – the subject of an in-depth BBB investigative study in 2018 – have begun running romance frauds as well, using those victims to help launder money from sweepstakes and lottery fraud victims.

The report recommends:

- It is important to warn people about romance frauds before they get invested in an online relationship. Alert them that the loss of their money is not the end of the matter because fraudsters may try to enlist them as money mules. It also is important to exercise caution in one's own online dating ventures in order to avoid falling for a romance fraud at the outset.
- More warnings to money mules may help alert romance fraud victims that they are engaged in assisting frauds and encourage them to stop.
- More prosecutions of romance fraudsters would help deter romance fraud.
- Change existing restrictions to let banks share information with law enforcement, regulators and other financial institutions about possible money mule accounts.
- Increase cooperation and sharing of information between law enforcement officials in different jurisdictions working on the same cases.
- More training and cooperation is needed internationally to recognize and combat romance fraud.

What to do if you are the victim of a romance scam:

- Report the fraud. You can file a complaint bbb.org, or you can file reports at bbb.org/scamtracker, Federal Trade Commission (FTC.gov). You can also report it to the Internet Crime Complaint Center, (www.IC3.gov), and the Senate Aging Committee Fraud Hotline at 1-855-303-9470.
- Alert money transfer services. Victims who have sent money through Western Union should

complain directly to them at 1-800-448-1492. Victims who have sent money through MoneyGram should notify them directly at 1-800-926-9400.

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 Council of Better Business Bureaus. 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: www.bbb.org or E-mail: info@centralgeorgia.bbb.org.

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2019 Georgia Golden Olympics

Special to Senior News

The dates for the 2019 Georgia Golden Olympics are September 25-28, 2019. The games will be held in Warner Robins, GA. Registration materials will be available by May 1st by mail, email and on the website: www.georgiagoldenolympic.org. Start training now and join us for the 37th Georgia Golden Olympics.

National Senior Games

The 2019 National Senior Games is scheduled for June 14-25, 2019 in Albuquerque, NM. Georgia qualified over 600 athletes to attend the National Games. Information on the event schedules is available on the National Senior Games website: www.nsga.com. Albuquerque has planned a spectacular event for all of the senior athletes.

If you are not competing but

would like to volunteer for the games you may register as a volunteer on the NSGA website.

2018 Georgia Golden Olympics Awards

Each year three awards are given at the Georgia Golden Olympics. The Barney Ochs Sportsmanship Award, the Ruth Gaylor Spirit Award and the Lola Frost Volunteer Award.

For the year 2018 the very deserving people who received these awards are: Robert Jackson, Lawrenceville, GA: Barney Ochs Sportsmanship Award; Carol Waddell-Rome, GA: Ruth Gaylor Spirit Award; and, Jeni Hixon-Americus, GA: Lola Frost Volunteer Award.

Jeni also serves as the Chair of the Georgia Golden Olympics Board of Directors and has worked with the games for a number of years. She is a true asset to committee. She is the Event Director for the Track and



Field Events as well as director for several other events.

The games would not happen without Jeni. Thank you Jeni for all you do.

Congratulations to all of the 2018 award winners.

Make A Contribution to the Georgia Golden Games

The Georgia Golden games are funded by contributions from



individuals, agencies and companies that have an interest in the health and well being of older adults. If you would like to make a tax deductible contribution you may do so by check or on the website at www.nsga.com.

You may mail your contribution to: Georgia Golden Games, Inc, PO Box 958, Winder, GA 30680.

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