

Senior News

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***Date
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story on page 5

May 2019
Vol. 33, No. 5

Taking Care Housebound? 16 Survival Strategies!

by LISA M. PETSCHKE

When someone is sidelined due to convalescence from an illness, recovery from surgery, or a major chronic illness or disability, their world shrinks considerably. It's all too easy to become disconnected from others and life in general.



Lisa Petschke

If you, or someone close to you, find yourself confined to home for a significant period of time, try not to despair. There are many things you can do to remain actively engaged in life. Sixteen ideas are included

below.

1. Make it a point to stay connected to important people in your life. Call friends up and invite

them over regularly. It's worth the time and energy.

2. Cultivate relationships with people who listen attentively, demonstrate compassion, and provide encouragement. Do be careful not to make your health problems, and any related frustrations, the focus of every conversation. Perpetual frustration or self-pity will only alienate others.

3. Seek help from your primary physician if you continually feel sad, angry, overwhelmed or unmotivated. There is no need to suffer, because depression is treatable.

4. Practice self-care by eating nutritiously, exercising (if appropriate), getting adequate rest, and avoiding unnecessary stress. Ensuring you're in the best possible health will help to maximize your quality of life.

5. Accept help. Be prepared when friends and neighbors ask if there's any kind of practical assis-

tance they can offer. Perhaps it's dusting and vacuuming, doing laundry, running errands, sweeping the walk or taking out the garbage. If necessary, ask for help rather than struggle alone. People in your life will likely be only too happy to provide assistance; they just need to know what you need.

6. Research and take advantage of businesses that offer home delivery – for example, grocery stores, drug stores, and dry cleaners, as well as personal concierge services. Do likewise regarding mobile services in your area, such as hairstyling, nail care, dental hygiene services, and dog grooming.

7. Purchase a treat by mail order now and then; you'll have something to look forward to while it's en route. The gift to yourself might be a book, movie, music CD, or seasonal décor item, for example. If you have limited income, find out if the public library has an outreach service.

8. Make the effort to feel good about your appearance. Paint your nails, have a friend set your hair, or order a new accessory. Put together a pamper kit of items to give you a lift when you're feeling down – for example, a relaxation CD containing soothing sounds of nature, scented candles, fragrant body lotion, or gourmet coffee or tea.

9. Cultivate some solitary pastimes – such as taking up word puzzles or jigsaw puzzles, writing, sketching, a handcraft, or playing a musical instrument – that bring pleasure or fulfillment and enable you to enjoy your own company.

10. Facilitate connections to the outside world by asking after family and friends and following current events. Arrange a subscription to a newspaper or newsmagazine if finances permit.

11. Get a computer and learn how to use it. Internet access can help you stay connected to loved ones, keep up with local and world news, shop, and gather health-related information, among other things. You can also take online education courses, play games like chess and bridge, and connect with others in a similar situation through Internet message boards and chat rooms.

12. Call the local volunteer office, or a non-profit organization that resonates with you, and find out if there's anything you can do from home to assist them in their work. For example, you might volunteer with a telephone reassurance program that serves isolated seniors, or, if applicable, coordinate a prayer network within your faith community.

13. If mobility issues prevent you from accessing the community, rent or purchase a walker, electric scooter, or wheelchair. Register with the local accessible transportation service if appropriate.

14. If you need an escort for outings and finances permit, hire a companion so you can regularly get out. Let loved ones know that a gift certificate to a home healthcare agency would be welcomed for special occasions.

15. Get information about community resources, such as meal delivery, friendly visiting, volunteer driver programs, and suitable leisure programs. Information can be obtained from the local office on aging.

16. If design issues make it hard to get in and out of your home, and your physical challenges will be ongoing, consider renovations if they're feasible, or move to a more accessible setting.

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

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Let us entertain you

by CLAIRE HOUSER DODD

We are among a select-ed group to attend Ribbon Cuttings at new businesses for The Chamber of Commerce in Peach County. Consequently, we were at the opening of a new bakery in Byron. The ribbon cutting was so much fun!

The name of the business is Ziggy and Tootie Cakes. They are 8 and 7 respectively. The cutest two sisters you ever saw – all decked out in adorable pink smocks. Their mother, Shiva Quinn, and grandmother, Lynda Belk, spoke before the ribbon was cut; but, don't think the girls were left out. Oh, no! These two are as relaxed and savvy as any grown up. They just love to bake cupcakes and celebratory cakes and were serving them at their opening. They were delicious! We learned that during Christmas they had orders from Africa,

Germany, and England. They take orders on the phone. Their business phone is 478-777-2771 and website is ZiggyandTootieCakes.com.

Just how did their enterprise start? We must find out so we can see about starting our Grand on a business of his own. He's nine and will have to play Catch-Up!

Actually, these two entrepreneurs were very active from the get-go, following Mommy around and mimicking her every move; especially in the kitchen. When she cooked dinner, so did they! On the floor in her pots and pans. When the girls were 3 and 4, Sheva gave in and taught Ziggy and Tootie how to bake a cake. They were in hog-heaven and Sheva put it all on the Internet. That's all it took; orders came in and a business was launched. A business in the floor turned into enterprise Ziggy and Tootie Cakes, helped by family

and friends.

After being home schooled, the girls now head to the bakery in Byron. The story goes this way... if you happen to stop by, you are immediately welcomed, handed an apron and given a job. The most ordered cakes are Red Velvet and Key Lime. It sounds like a lot of fun and love goes

into each cake.

Me thinks our next stop will be Byron. Reckon we'll get an apron and a job? Maybe they'll even let us sample? It's worth a try. If they are as good as the cupcakes at the opening were, it's a win-win situation all the way!

Congratulations, Ziggy and Tootie!



Historic Church to hold Old-Fashioned Bazaar

Special to Senior News

Park Memorial United Methodist Church, located at 5290 Arkwright Road in Macon, will have its first old-fashioned bazaar, on Saturday, May 18, from 9:00 am to 1:00 pm. This event will take place on the front lawn of the church and include hand-crafted items and baked goods from a variety of local vendors.

The bazaar has a limited number of booth spaces available. Interested vendors should

call the church office at (478) 477-3740, or email stephanieg-tyner@bellsouth.net

Tours of this historic, north Macon church will also be available every half hour during the bazaar. Originally part of the Holton community, Park Memorial was built by Captain Robert E. Park in 1890 as a tribute to his wife, Ella Holt Park, who passed away earlier that year.

For more information, call the office at Park Memorial United Methodist Church at 478-477-3740.

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Billy R. Tucker
478-929-3636
seniornewsga@cox.net

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Billy R. Tucker
478-929-3636
seniornewsga@cox.net

Columnists

Claire Houser-Dodd
Lisa Petsche

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CORPORATE OFFICE

Billy R. Tucker,
President/Publisher
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Senior News & Views of Georgia



Transportation Grant Opportunity for Area Schools to visit Andersonville National Historic Site

Special to Senior News

Area Title 1 schools are invited to partner with Andersonville National Historic Site (NHS) for the 2019-2020 Open Outdoors for Kids program. This grant program, funded by the National Park Foundation, will cover the cost of transportation for field trips to the park. Open Outdoors for Kids program focuses on providing unique learning opportunities and introducing national park sites to 4th grade aged students across America.

"I can still remember the excitement of exploring my first national park as a kid and it made me want to discover more," said National Park Foundation President Will Shafroth. "I'm thrilled that our National Park Foundation grants make it possible for hundreds of thousands of kids to experience the wonder of parks for the first time, sparking a lifelong love for national parks."

This past school year, Andersonville NHS partnered with Taylor County Upper Elementary School and Schley County Elementary School. Each school received a portion of the grant funds to help cover transportation costs. During a series of in-classroom and on-site visits led by park rangers, students learned about the Civil War and what happened at Andersonville. Each program met

Georgia performance standards for Social Studies.

For the 2019-2020 academic year we aim to expand the program and partner with additional Title 1 schools. Our hope is to reach more students and invite them to learn and experience their history first hand. We encourage other area schools to contact us to find out how they can partner with us for this grant opportunity.

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 www.nps.gov/ande. Visit us on Facebook at www.facebook.com/AndersonvilleNPS, Twitter www.twitter.com/andeNHS

About the National Park Service:

More than 20,000 National Park Service employees care for America's 409 national parks and

work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov Visit us on Facebook www.facebook.com/nationalpark-service, Twitter www.twitter.com/natlparkservice, and YouTube www.youtube.com/nationalparkservice.

About the National Park

Foundation: Celebrating 50 years, the National Park Foundation is the official charity of America's national parks and nonprofit partner to the National Park Service. Chartered by Congress in 1967, the National Park Foundation raises private funds to help PROTECT more than 84 million acres of national parks through critical conservation and preservation efforts, CONNECT all Americans with their incomparable natural landscapes, vibrant culture and rich history, and ENGAGE the next generation of park stewards. In 2016, commemorating the National Park Service's 100th anniversary, the Foundation launched The Centennial Campaign for America's National Parks, a comprehensive fundraising campaign to strengthen and enhance the future of these national treasures for the next hundred years. Find out more and become a part of the national park community at www.nationalparks.org.

On the Cover

Date With Del!

by CLAIRE HOUSER DODD

COVER: Del Ward

Carol Burnett ends her program with a twitch of the ear. Del Ward who has ties with producers of her 1950's to 1980's show at WMAZ in Macon, Georgia ends her speech with a "Trody Trow," but more about that later.

Del was born in Macon to Mr. and Mrs. R. H. Ward. She was an only child, and attended first, Whittle School, graduated from Miller High School, and then on to Miami University. She returned to graduate from Georgia Brenau in Gainesville. She worked at WNEX Macon Radio Station one summer and then attended New York University. Next, she worked at WHOT in South Bend, Indiana. From there she went to a 50,000 WATT radio station, WGN Chicago, as the first woman in the country to host an all-night record show. It was a hit as she was a Southern girl in a Northern city. They loved her voice and diction and cheery personality, not to mention her savvy and good looks!

But Del was homesick for her Georgia roots and never

planned to stay away for long. In the 1950's she returned to middle Georgia and married attorney Hendley Napier. In 1957, she went to work for WMAZ, first radio and TV station in Macon.

Del and Hendley had one daughter in 1962, Hannah Lee Napier, (now Warren) who also lives in Macon. She and her husband have two children, Mary Del and Hendley, and they are grandparents of one, making Del a Great-Grandmother... and proud as a peacock!

"A Date With Dell" was the name of Del's show at WMAZ. It came on every day at noon. She was newsy and winsome, and interviewed many people: keeping her loyal audience aware of Macon and middle Georgia happenings.

While Del thoroughly enjoyed her guests (as they did her), she had a few who really stood out. One, Carol Burnett, who was more into writing at the time; and, Del introduced her book. That was when Del was working on the Star Junket with CBS in various cities in the United States.

Of course, Del went to the Georgia Governor's Mansion in Atlanta to interview the

governors of that time and their wives. She fondly remembers Rosalynn Carter when Jimmie was Governor and remembers seeing them square dance together at a convention of Georgia square dancers held at the mansion.

Having kept up with Del's good works since the 1950's, we know there is more than a mere article... a book at best! There is a Del Ward collection at the University of Georgia on-going as she still does occasional interviews on TV.

Back to the aforementioned "Trody Trow." The story goes like this. A fan kept calling at the station to find out what in the world it meant and where was it from. After dozens of times calling, Del took the phone and told him it

was Delenese. He said "That's what I thought. I knew it wasn't Greek or Italian!"

And that was that. And still is!



Del working at WNEX Macon Radio Station in 1947.



Del joins WMAX Radio & TV in the 1950s.



Del on the air at WGN Radio Station, Chicago, 1950.

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.

Thank you for your support! For additional information please call 770-867-3603.

The 2019 Porter Fleming Literary Competition Award Winners

Special to Senior News

The 2019 Porter Fleming Literary Competition Award Winners

Fiction

1st Place: *Pastor Polar*, by Frank Honeycutt, Walhalla, South Carolina

2nd Place: *Elsie 'Peaches' Boulware, Age 69*, by Jon Tuttle, Florence, South Carolina

3rd Place: *Summertime* by William Phillips, Jr., Augusta, Georgia.

Honorable Mention: *Surely Not* by Alexander Lee, Nashville, Tennessee

Judge: Matthew Neill Null is a novelist (Honey from the Lion) and short story writer. A graduate of the Iowa Writers' Workshop, he is a winner of the O. Henry Award, the Mary McCarthy Prize, and the Joseph Brodsky Rome Prize from the American Academy of Arts and Letters. After a two-year residency at the American Academy in Rome, he is on the English Department faculty at Bryant University in Smithfield, Rhode Island.

Non-Fiction

1st Place: *An Artist's Manifesto: A Conversation with Myself*, by Marina Brown, Tallahassee, FL

2nd Place: *Vagabonding with the Parents in a Landlocked Sailboat*, by Timothy Brown, Spartanburg, South Carolina

3rd Place: *Learning to See*, by Frances Pearce, Mt. Pleasant, South Carolina

Judge: Barry Yeoman is an award-winning journalist and radio documentarian who has taught at Duke University's Sanford School of Public Policy and Center for Documentary Studies. Besides doing his own journalism, Barry currently teaches magazine writing to undergraduates at Wake Forest University and narrative non-fiction writing to adults at Duke University's Center for Documentary Studies. He works with the non-profit Images & Voices of Hope to coach media professionals who are telling stories of community resilience.

Plays

1st Place: *Riding the Dog*, by Chris Garcia, Martinez, Georgia

2nd Place: *Love, Death and Selfies*, Chris Garcia, Martinez Georgia

3rd Place: *Two Assholes and an Elephant*, By Rick Davis, Augusta, Georgia

Judge: Ellen Hemphill, an award-winning poet and playwright, is an Associate Professor in the Theater Studies Department at Duke University. She is also the Artistic Director of Archipelago, a professional theater company in Chapel Hill, North Carolina.

Poetry

1st Place: *Umbrella*, by Eric Nelson, Asheville, North Carolina

2nd Place: *Earth As It Is*, by Eric Nelson, Asheville, North Carolina

3rd Place: *Wishbone*, by Edward Wilson, Augusta, Georgia

Honorable Mentions:

• *January From the Window at Sunset*, Edward Wilson, Augusta, Georgia

• *Some Angels*, by Edward Wilson, Augusta, Georgia

• *Money Well Spent*, by Edward Wilson, Augusta, Georgia

• *Me and the Moon*, by Edward Wilson, Augusta, Georgia

• *29 December*, by Edward Wilson, Augusta, Georgia

• *Mr. Potato*, by Edward Wilson, Augusta, Georgia

• *Once We Had A Daughter*, by Danyne Powell, Charlotte, North Carolina

• *Call and Response*, by Pat Keller, Hawkinsville, Georgia

• *Columbia to Pawleys, After the Hurricane*, by Dale Bailes, Pawleys Island, South Carolina

• *Human Resources*, by Jo Angela Edwins, Florence, South Carolina

• *Cardboard Box*, by James Hill, Aiken, South Carolina

• *Our Hands Were Once Webbed*, by Valerie Nieman, Greensboro, North Carolina

• *Late Shift*, by Valerie Nieman, Greensboro, North Carolina

• *The Bridal Couple*, by Gloria Greenbaum, Augusta, Georgia

• *The Dove*, by Joseph Kitchens, Jasper, Georgia

• *War Stories from the Other Side*, by Roberta George, Valdosta, Georgia

Judge Alan Shapiro, the William R. Kenan, Jr. Distinguished Professor of English and Creative Writing at the University of North Carolina at Chapel Hill, is a distinguished American poet. He is the author of thirteen collections of poetry, including *Tantalus in Love*, *Song and Dance*, and *Dead Alive and Busy*, as well as two memoirs, *Vigil* and *The Last Happy Occasion*.

Opinion

An unprecedented journey... The Honor Flight

by DANIEL W. GATLYN, USN Ret.
Korean/Vietnam Veteran
Minister/Journalist

Saturday, April 6, 2019, will long be remembered (at least by me). Along with fifteen Veterans, eleven Guardians, four Staff Members of (HF Flight) and three Crew Members of the sleek EMB-135 (Brazilian twin engine jet), we departed the Macon, GA airport after breakfast at 7 a.m. for Baltimore. I could spend hours elevating the prep, courtesy, care, and respect of those responsible for the phenomenal treatment of America's Vets (and will later). By 9 a.m. (or so) we landed near the Capitol Beltway. Posing for photos at the Terminal, a host of Active Duty Military Personnel paid unexpected honors as we boarded a special Bus for the Nation's Capitol; (Complete with police escort equipped with "bells, buttons, and flashing lights" for the entire day!).

A running historical commentary was delivered on the way by Laura Nelson-Bolick, surrounding all major notables (she was immeasurable); with first stop being Arlington, where we observed a changing of the Guard... another photo Op; and, a fast view of Medal of Honor burial site of Audie Murphy. The rapid pace from there to the Memorial of Iwo Jima, (and

LOTR – "Lunch on the Run"); The Lincoln Memorial, Korean War Memorial, Vietnam Memorial (and Wall where we my son, Danny, and I located the name of Sgt. Ben Howell, 1968. Dan and I ministered in his service.

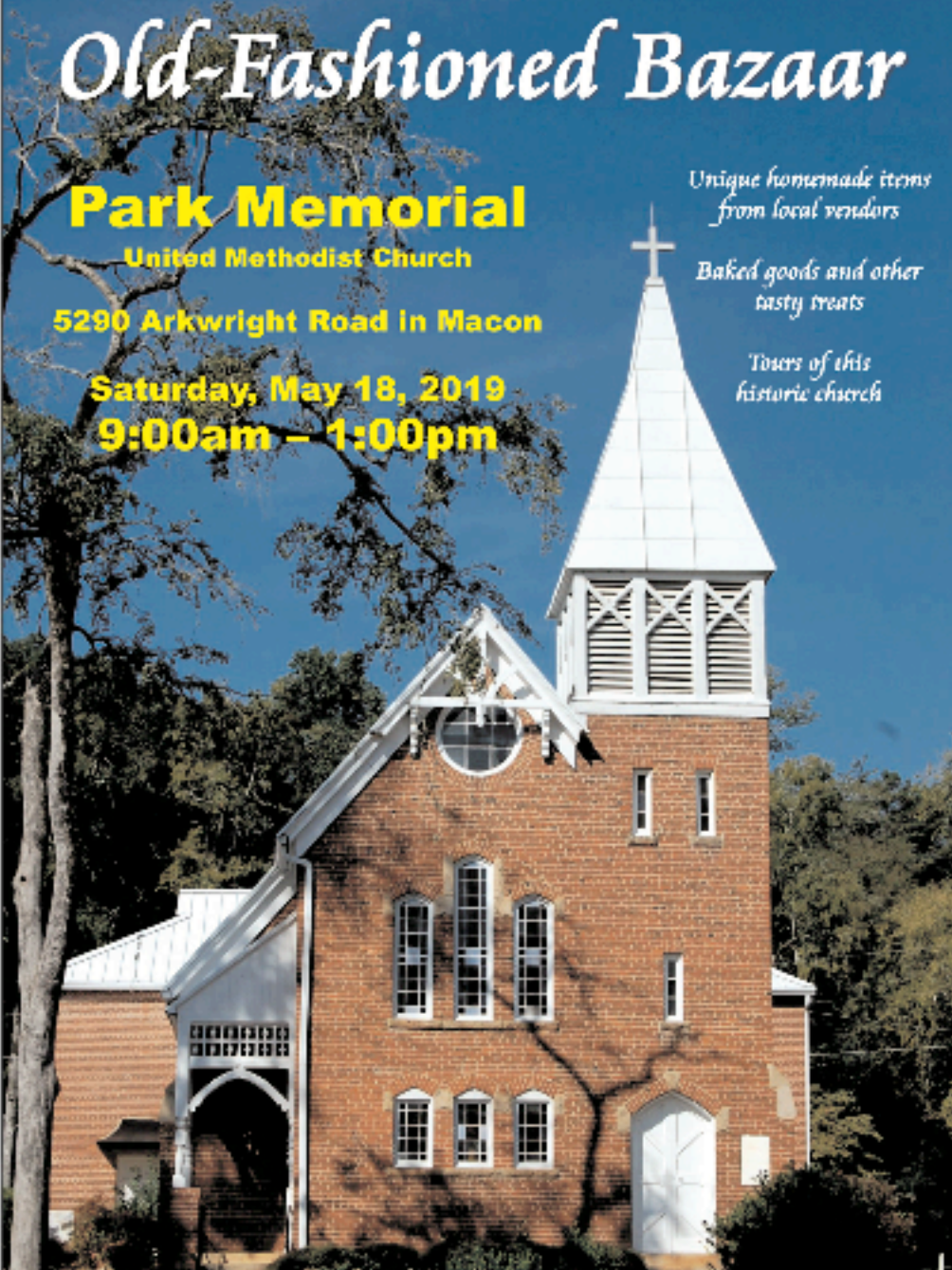
Circling the Washington Memorial several times; we viewed the expansive Franklin Roosevelt Memorial and other noted sites, including the "Lone Sailor," Navy, Air Force, Marine and Army Memorials.

The entire review was spectacular, with literally hundreds paying respect along the way.

Specifically noted was the obvious change in view of the Armed Forces over the past years. Scores willingly expressed openly their high regard for the Warriors and their feats of sacrifice and heroism. These veterans (The wheel chair brigade) reciprocally expressed gratitude for such recognition! My personal observation was, that we witnessed an unparalleled honor. There was not one incident to mar this impressive trek! Our thanks are extended to all... as a fast return to Baltimore; and, a beautiful and enjoyable flight back to Macon was experienced; arriving as greetings by another vast group were in attendance. A little weary

from a long day, but excited above measure!

Refer: middlegahonorflight@gmail.com for information.



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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 ScamTracker 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 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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