

# Senior News

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*Let's take a  
trip to Jekyll  
Island!*

Story on page 5

September 2019  
Vol. 33, No. 9



## **Taking Care**

# Misconceptions About Caregiving Add Stress

by LISA M. PETSCHÉ

**C**aring for a chronically ill or frail senior relative can offer many rewards, but it also involves physical, psychological and emotional demands. It can be particularly challenging when the care receiver has heavy hands-on needs, a difficult personality or mental impairment.



Lisa Petsché

Stress can be further compounded by certain thoughts and belief systems. Read on for some common misconceptions among caregivers and the unhealthy behaviors that typically result.

### **Faulty Thinking**

- They can and should provide all the care.

- No one else can take good care of their relative.
- Medical professionals are wrong about their relative's diagnosis, prognosis or health-care needs.

### **Maladaptive Behavior**

- Devoting all their time and energy to caregiving.
- Declining assistance.
- Promising the care receiver that they will never have to live in a long-term-care residence.
- Withholding from other family members information about their relative's condition and needs.

### **Healthy Coping**

The following are some adaptive coping strate-

gies caregivers can use to prevent falling into destructive behavior patterns.

### **Acceptance**

An important first step is to accept the reality of your relative's illness. Allow yourself to experience all emotions that surface. Make a conscious decision to let go of any bitterness resulting from unrealized plans and dreams, so you can move forward and channel your energy in constructive ways.

Accept that how your relative feels and what they can do may fluctuate, and be flexible about plans.

### **Information**

Ask a friend to research your relative's health condition. Share the information among family members. Knowledge is power.

Be open to learning practical skills, such as proper transferring and bathing techniques. Mastering these tasks will help make caregiving safer and less stressful. The local office on aging is a good resource.

Be patient and keep communication lines open as you and your relative adjust to the illness.

Ensure the family is kept current about changes in your relative's status and include them in decision-making.

### **Preparation**

Find a medical specialist whom you and your relative respect and trust. Ask what to expect during the course of the illness.

Help your relative get their affairs in order, including completing advance directives, powers of attorney and a will.

Talk with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, end-of-life-care and funeral arrangements. Be careful not to make promises you may not be able to keep.

### **Simplification**

Eliminate sources of stress in your life wherever possible. Set priorities, streamline tasks and learn to settle for less than perfection. Hire help with personal care or household chores if finances permit.

### **Self-Preservation**

Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

Set aside quiet time to nurture your spirituality and keep you grounded.

Do something that provides you with meaning and purpose outside the caregiving role, such as researching your family tree.

Find something relaxing you can do to give yourself a daily break – perhaps reading or listening to music. In addition, schedule regular time away from caregiving duties. By being kind to yourself this way, you'll also be more effective when you resume caregiving.

### **Connection**

Make an effort to stay connected to your friends. Find someone you can talk with openly, who will listen and empathize. It's important to express your thoughts and feelings.

Seek out other caregivers. They understand the best what you're going through. Join a support group in your community or on the Internet.

### **Assistance**

Accept offers of help. Ask other family members to share the load and be specific about the help you need. If you don't have family nearby or they're unwilling or unable to assist, make use of community respite services.

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

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# Investment Scams Targeting Seniors on the Rise

by **KELVIN COLLINS**

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

**T**he economic climate is ripe for investment scams. Such scams hit consumers of all ages, but seniors are particularly susceptible. The BBB and FINRA (Financial Industry Regulatory Authority) warns that older investors are being targeted with increasingly complex investment scams involving unregistered securities, promissory notes, charitable gift annuities, viatical settlements and Ponzi schemes, all promising inflated returns.

Opportunists who commit these scams know that seniors and others living on fixed incomes may have taken a hit in past years. Their products and pitches sound tempting to many seniors who may have seen their retirement nest egg dwindle.

Seniors, however, can educate themselves to avoid being taken. The Better Business Bureau, along with FINRA offers the following tips:

- Do not be a courtesy victim. It is not impolite to hang up on a con artist. They will not hesitate to exploit your good manners.

- Check out strangers touting too good to be true deals. Trusting strangers is a mistake anyone can make when it comes to their personal finances. Extensive information on investment salespeople and firms is always available by checking with the Securities Division for your state or also by using FINRA's BrokerCheck (brokercheck.finra.org)

- Always stay in charge of your money. Beware of anyone who suggests putting your money into something you do not understand or who urges that you leave everything in his or her hands. Be extremely skeptical if the person promoting the deal says, "Don't tell anyone else about this special deal!" A legitimate investment professional won't ask you to keep secrets.

- Do not judge a book by its cover. Successful con artists sound and look extremely professional and have the ability to make even the flimsiest investment deal sound as safe and sound as putting money in the bank. The sound of a voice, particularly on the phone, has no bearing on the soundness of an investment opportunity.

- Watch out for salespeople who prey on your fears. Con artists know that you worry about outliving your savings. Don't let fear cloud your good judgment. An investment that is right for you will make sense because you understand it and feel comfortable with the risk involved.

- Monitor your investments and ask questions. Do not compound the mistake of trusting an unscrupulous investment professional or a con artist by failing to keep an eye on the progress of your investment. Insist on regular written or oral reports. Look for signs of excessive or unauthorized trading of your funds. If you are

stalled when you want to withdraw your principal or profits from an investment, consider that a red flag.

- Do not let embarrassment or fear keep you from reporting investment fraud or abuse. Con artists know that you might hesitate to report that you have been victimized in financial schemes out of embarrassment or fear. Every day that you delay reporting fraud is one more day that the con artist is spending your money and finding new victims.

For more information on seniors and investments, contact FINRA's Securities Helpline for Seniors toll free at 844-574-3577 or visit their website at [www.finra.org](http://www.finra.org).

As always, you can also contact the Better Business Bureau at [bbb.org](http://bbb.org).

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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 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](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).*

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## Leadership Columbia County Class of 2020 Meet the Class

Special to *Senior News*

Submitted by Olivia Reich,  
Communications Coordinator

Evans, GA

**T**he Columbia County Chamber of Commerce's Columbia County Leadership Class of 2020, presented by TaxSlayer, had their orientation and meet the class on Tuesday, August 13th at the Meybohm Evans Town Center Building. Meet the Class was an event that welcomed past graduates of Leadership Columbia County to come and welcome the newest class.

On Saturday, August 23rd & 24th the Class of 2020 attended a weekend retreat at Pointes West Army Resort. The weekend was full of team building exercises and conquering the ropes course. They also heard from County Administrator Scott Johnson on becoming great leaders and chal-

lenges that face our County. Leadership Columbia County would not be possible without TaxSlayer and Herbert Homes, Inc. as sponsors of the program.

The chair of the 2020 Leadership Class is Elizabeth Lamb, with Doctors Hospital, and a Leadership Class of 2017 graduate. For more information about Leadership Columbia County, contact Beth Frits, Leadership Programs Coordinator, at beth@columbia-countychamber.com or 706-373-9009.

### Class of 2020 List:

Jeff Barrow, Budget Blinds of Grovetown; Jillian Begin, Doctors Hospital; Wade Caldwell, Augusta University; Jeremy Cope, Doctors Hospital; Tom D'Abruzzo, BrandStorm Promotions; Rhonda Davis, Goodwyn Mills Cawood; Becky Dearden, SME CPAs; Katie J. Douglas, Queensborough National Bank and Trust; Jacob Elliott, Brandon Wilde; Scott

Farlow, John Deere; Ben Guest, University Health System; Ashley Hock Smith, The Pinnacle Club; Kyria Jefferies, BHHS Beazley, REALTORS; Heather Johnson, The Augusta Chronicle; Brandy Jones, Harlem Merchants Association; Kari L. Jones, Augusta University Medical Center; Colby Kukelski, Rhodes Law Firm, P.C.; Rachel Moore, Ellefson Transportation Group; Jim Mumford, Pediatric Partners of Augusta; Thomas Parrott, Cranston Engineering; Jessica Pharr, Print It!; Lindsey Rosenlieb, University Health Care System; Jenny Samuelson, Meybohm Real Estate; Susan See, Nothing Bundt Cakes; Stephanie Sharpe, SRP; Van Simpson, South State Bank; Brooks Smith, Columbia County Schools; Erik Smith, Chick-fil-A at Grovetown; Amy Sowinski, Clean 'N Brite Home Improvements; Quynh Spicer, Harlem Family Dental; Jason Stott, Georgia Power; Zack Teffeteller, Edward Jones Investments; Daniel Wilson, Total Comfort Solutions; and, Kayla Wilson, Sherman & Hemstreet Real Estate.

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*The Columbia County Chamber of Commerce is a five-star accredited chamber representing over 1,000 businesses in the Greater Augusta area. As a member-driven, business-focused organization, the vision of the Columbia County Chamber of Commerce is to ensure and promote the beneficial growth of our community. For more information on the Columbia County Chamber, visit columbiacounty-chamber.com.*





## On the Cover

# Let's take a trip to Jekyll Island!

by CAROLYN BRENNEMAN

Cover Photo: The beautiful Driftwood Beach

What a great time of the year it is to plan an overnight visit to one of the Golden Isles not far from Augusta. It's Jekyll Island and it is a fantastic place to visit this September. It is only seven miles long and around two miles wide, but there is a load of fun stuff to do on this tiny island, only three hours from Augusta. With 10 miles of beaches to explore, bird watching, boating, dolphin and whale watching cruises, turtle viewing, and the annual Shrimp and Grits Festival this September 20th to 22nd, we can spend a few super fun days here... all on this small island.

Well, what is Jekyll's history? Many years ago, Jekyll Island was the playground for many wealthy Americans, including J.P. Morgan and William K. Vanderbilt; and, it gained a reputation as "the richest, most inaccessible club island in the world." Today, there is an Historic District, with many 19th and 20th century structures that have been restored into cottages, bookstores, museums, and hotels. And on September 20th, right in the Historic District, is the annual Shrimp and Grits Festival; free, with many delicious southern

shrimp and grits dishes, family-friendly entertainment, an artist market, live music to entertain us, and a craft brew fest. Voted the best shrimp festival in the Southeast, we don't want to miss this fabulous event!

Many of my friends and I attended the last festival and took a trip on the Dolphin Cruise, where we had many viewings of these playful creatures. The cruise leaves from the Historic District and we are guaranteed to see lots of dolphins and learn some interesting facts about the whole island.

But there is more! Much more to do on this tiny island. A visit to Driftwood Beach is a must to see some of the most beautiful gnarly pine and oak trees that rest on their sides. We can walk under, climb on or sit on the branches of the distressed wood. It is the most beautiful site to view and to photograph anytime of the day.

There are many resorts and hotels to stay at and all are within walking distance of Beach Village which has a great variety of stores to pick up gourmet food items, fresh produce and apparel and accessories and nice outdoor restaurants. Down the street a bit, we can spend some time at the Georgia Sea Turtle Center, a rehabilitation and research center, and learn and see many of the turtles in the hospital habitats receiving

treatment; and, while there, check out the marine exhibits in the museum.

Of course, if you like a good game of golf, there is the fabulous golf club and the scenery is amazing with many holes near the water

and plenty of wildlife, including deer.

So let's plan a trip to Jekyll Island this September and enjoy all that beauty and fun that it has to offer; and, of course, the fabulous annual Shrimp Festival!



Enjoying a walk along Driftwood Beach



A sea turtle going through rehab



Walking through the Shrimp and Grits Festival



The Jekyll Island golf course



## The Day After A Christmas Carol opens Nov. 22nd

Special to Senior News

**W**ANT TO BE PART OF THE ENOPION FAMILY AND SOMETHING TRULY INSPIRATIONAL?

Auditions are always open! We'd love to hear from you if you are interested in being part of one of our upcoming productions.

The story goes that Ebenezer Scrooge had a night of "ghostly" visitations the evening before Christmas Day. It supposedly changed his mind about what Christmas really meant and on Christmas Day he visited the home of his nephew and family. It was a wonderful celebration as they dined on Christmas dinner and shared memories of days gone by. It truly seemed that Ebenezer had changed his mind, but had his heart been changed?

Our setting is the day after Christmas and we will soon see if that night of "ghostly" visitations had done the trick or if it is going to take another night of sleeplessness for our Mr. Scrooge and a visitation by another ghost – The Holy Ghost.

We are always looking to join hands with dependable, dedicated, and disciplined actors. Through rehearsals and our productions you will be supported, encouraged, and truly able to use your gifts for the glory of God. We are a theatre company unlike any other! The stage is a great catalyst for spreading the gospel message, making each actor an ambassador for Christ. We are a volunteer-based group run by a professional theatre staff and each production is thoughtfully put together to include all original scripts, music, modern light and sound technology and sets that are professionally built by a team of volunteers. In our 19th year, we have a loyal and growing audience and produce three shows per year. The ENOPION way is God-oriented. Our vehicle is the stage, but the purpose is always to glorify God. We end each production with a bow and "To God Be The Glory!" Every role in our company is essential with

the sole purpose of bringing the truth of God's Word to our audience.

"I enjoy producing an art form alongside those sharing my core beliefs for not only fun, but as also a ministry; demonstrating biblical principles through a great medium."

Joel, Actor with Enopion Theatre Company

The show will have two separate casts for daytime and evening productions. Rehearsals begin August 15. The daytime cast will practice Monday and Wednesday at 2 p.m. and the evening cast will meet Monday and Thursday at 6 p.m.

### Daytime Cast

- Friday Nov. 22 at 3 p.m.
- Saturday, Nov. 30 at 3:30 p.m.
- Monday, Dec. 9 at 1 p.m.
- Friday Dec. 13 at 1 p.m.
- Saturday, Dec. 14 at 1 p.m. & 3:30 p.m.
- Monday, Dec. 16 at 1PM
- Saturday, Dec. 21 at 1 p.m. & 3:30 p.m.

### Evening Cast

- Friday Nov. 22 at 7 p.m.



- Saturday, Nov. 29 at 7 p.m.
- Saturday, Nov. 23 at 1 p.m. & 3:30 p.m.
- Friday, Dec. 6 at 7 p.m.
- Saturday, Dec. 7 at 1 p.m. & 3:30 p.m.
- Thursday, Dec. 19 at 7 p.m.
- Friday, Dec. 20 at 7 p.m.

For complete details call (706) 771-7777 or visit [www.ivoryboxtheatre.com](http://www.ivoryboxtheatre.com). The Ivory Box Theatre By Enopion is located at 3814 Commercial Court, Martinez, GA 30907.

### ~ ADVERTISING INFORMATION ~

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# Chamber to host Annual State of the Community Address

Special to Senior News

Submitted By:  
**Olivia Reich, Communications  
 Coordinator, Columbia County  
 Chamber of Commerce**

EVANS, Ga.

**T**he Columbia County Chamber of Commerce will host the ninth annual State of the Community Address on Thursday, September 12 at the Columbia County Exhibition Center in Grovetown.

The event begins at 4:00 p.m., with a Business Expo and a cash bar. The barbecue dinner provided by Shane's Rib Shack begins at 5:45 p.m. The program will begin promptly at 6:30 p.m., and community leaders will give an update on the future growth and goals of Columbia County and our region. Vendors will be on site with free giveaways and other prizes. Tickets will be sold to raffle off a John Deere ZTrak Zero-Turn Lawn Mower.

This event is presented by South State Bank and the City of Grovetown. Premier sponsors include AT&T, Shane's Rib Shack, Columbia County Commissioners and the City of Harlem. Executive Sponsors include Petsch Respiratory, Berkshire Hathaway HomeServices Beazley, REALTORS and Allegra Marketing-Print-Mail/Image 360.



This year's panel of speakers will include: Scott Johnson, County Administrator, Columbia County Board of Commissioners; Dr. Sandra Carraway, Superintendent, Columbia County School District; John Waller, City Administrator, City of Grovetown; Brett Cook, City Manager, City of Harlem; and Colonel James Clifford, Garrison Commander, Fort Gordon.

The event is open to the public. Registration, which is required in advance for this event, is \$35 for Chamber members and \$45 for non-members. For more information and reservations, contact the

Columbia County Chamber at 706-651-0018 or [columbiacountychamber.com](http://columbiacountychamber.com).

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*The Columbia County Chamber of Commerce is a five-star accredited chamber representing over 1,000 businesses in the Greater Augusta area. As a member-driven, business-focused organization, the vision of the Columbia County Chamber of Commerce is to ensure and promote the beneficial growth of our community. For more information on the Columbia County Chamber, visit [columbiacountychamber.com](http://columbiacountychamber.com).*

# Chamber unveils Youth Leadership Columbia County Class of 2020 30 Area high school students slated to participate in nine-month program

Special to Senior News

Submitted By:  
**Olivia Reich, Communications Coordinator,  
 Columbia County Chamber of Commerce**

EVANS, Ga.

**T**he Columbia County Chamber of Commerce is pleased to announce the Youth Leadership Columbia County Class of 2020.

The 2020 class is comprised of 30 students, who represent five Columbia County public schools and two private schools in our area. The juniors and sophomores are some of the best and brightest among their peers, excelling in leadership, academics, athletics, music and the arts.

Youth Leadership Columbia County is a program designed to educate through experience and motivate young leaders and enable them to take an active role in their community. Students interact with community leaders and decision makers and are exposed to community needs, issues and resources. Throughout the nine-month program, students focus on different aspects of our community including law enforcement, government, business and industry, technology, media, marketing and healthcare. For more information about the Youth Leadership program, visit [columbiacountychamber.com](http://columbiacountychamber.com).

The Youth Leadership Columbia

County Class of 2020 includes: Madison Brueilly, Greenbrier; Peter Christine, Greenbrier; Thomas Dowling, Greenbrier; Pryce Drafts, Augusta Christian; Marisa Gallo, Lakeside; Kyla Gray, Greenbrier; Emorie Holland, Greenbrier; James Ivey, Greenbrier; Connor Javaheri, Augusta Prep; Nathan Judson, Harlem; Mackenzie Klecha, Greenbrier; Shivum Lal, Lakeside; Christine Lee, Greenbrier; Riley Macisak, Greenbrier; Jack Matthews, Lakeside; Medina McCowin, Greenbrier; Hartley McKinzie, Greenbrier; Alexandria Meyers, Greenbrier; Olivia Neely, Greenbrier; Caroline Nowatowski, Greenbrier; Julia Osborn, Greenbrier; Emma Page, Harlem; Aaron Quashie, Evans; Annie Rippy, Greenbrier;

Kendall Swafford, Greenbrier; Morgan-Ashley Symonds, Harlem; Etta Thomas, Greenbrier; Breonda Turner, Grovetown; Spencer Wiley, Augusta Christian; and, Addison Wilson, Greenbrier

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# Traveling this summer? New Phishing Emails look like airline alerts

by KELVIN COLLINS

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

**S**cammers know that summer is high travel season, and they are capitalizing on it with phishing emails that look like airline notifications. Whether you are flying this summer or not, look out for these phony surveys and flight change alerts that appear to come from major airline companies.

Here's how the scam works. You receive an unsolicited email that appears to be from an airline. BBB has seen scammers use the names of American Airlines, Delta Air Lines, and Southwest Airlines, but any company can be impersonated. The email may be asking you to take a survey about your recent flight, alerting you to a flight change, or asking you to download your recent ticket purchase.

The email looks so real! It uses the company logo and has a professional design and well-written copy. Some scams emails even contain convincing details like the line: "If you are experiencing difficulty viewing this message, click here." Of course, this is really just another scam link.

No matter the exact message, the scam email instructs you to click a link to learn more. As curious as you may be, don't fall for it. Scammers hide malware in these email links or attachments. When you click, they can gain access to your computer and steal your sensitive personal information.

A variation on this scheme is fake website that look like an airline's reservation center. If your flight is cancelled and you are standing in an airport frantically searching on your phone, you can easily be fooled by these scam sites. Best to talk to a desk agent at the airport or check your ticket or app for the airline's real contact information.

## Avoid Falling for Email Phishing Scams

- Never click on links or download attachments from unknown emails. Out-of-the-blue emails are often attempts to install malware on your computer and/or steal your personal information.

- Don't take unsolicited emails at face value. Scammers often send out mass emails that contain little or no personal information. If the email doesn't mention you by name or include any personal information, be wary.

- Hover on links to see their destination. Before clicking, place your mouse over links to discover their true destination.

- Go to the source. Whenever possible, use the customer service information that was provided to you when you made your purchase, rather than searching online.

For more information about phishing scams, visit [BBB.org/PhishingScam](http://BBB.org/PhishingScam). If you've gotten a phony airline email (whether you lost money or not), help others avoid the same pitfall by filing a scam report at [BBB.org/ScamTracker](http://BBB.org/ScamTracker).

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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 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](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).*

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