

Senior News

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*Butterflies...
Elizabeth
Strickland's
fascinating
hobby!*

story on page 4

October 2019
Vol. 33, No. 10

Taking Care

Being A Supportive Friend: 12 Ways to Help an Alzheimer's Caregiver

by LISA M. PETSCHÉ

One in eight Americans over the age of 65 and almost half of those over 85 have Alzheimer's disease or a related type of dementia – that is, loss of cognitive functioning.



Lisa Petsché

Alzheimer's disease (AD), the most common form of dementia, involves gradual breakdown of nerve cells in the brain. Affected persons lose the ability to interpret information and to send messages to their body to behave in certain ways. Over time they experience mental, emotional, behavioral and

physical changes, necessitating increasing amounts of supervision and, eventually, hands-on help with activities of daily living.

Family members, particularly wives and daughters, provide most – and in many cases all – of that care. They are at increased risk for depression and other health problems due to the emotional strain and physical toll of caregiving.

The following are some things that you, as a friend or relative, can do to help prevent an Alzheimer's caregiver you know from wearing down.

- 1. Keep in touch.** Recognize that you may have to make most of the effort in maintaining the relationship.
- 2. Become informed.** Educate yourself about AD – to help you understand the kinds of challenges caregivers can be faced with – and share

information with family and friends. Share findings with the caregiver as well – especially strategies for managing challenging behavior.

3. Lend an ear. Listen non-judgmentally and demonstrate compassion. Don't give unsolicited advice.

4. Connect them with other caregivers. Locate caregiver support groups (contact the local office on aging or Alzheimer's Association chapter) and encourage the caregiver to try one. Offer to stay with their relative while they attend meetings or, if concurrent care is provided, accompany them to the first meeting.

5. Promote self-care. Encourage the caregiver to eat nutritiously, exercise and get sufficient rest in order to maintain good health. Do whatever you can to help make this happen. For example, bring over a meal, or offer to sit with their relative while they go for a walk or take a nap. Also encourage them to get regular medical checkups. Offer to stay with their relative while they attend appointments.

6. Provide practical help. Determine what kind of assistance the caregiver could use most. Perhaps it's picking up groceries, running errands, or doing laundry or yard work. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or baked goods or, if you're a neighbor, sweep both walks or bring in both sets of garbage bins.

7. Surprise the caregiver with a treat. Ideas include a movie, a favorite magazine, fresh flowers or a plant, or a gift certificate to a restaurant that has delivery service. If you're on a limited income, sign out reading material, movies or music CDs from the local library.

8. Give the caregiver a break. Offer to sit with their relative for an hour while they go out to a hair appointment or to worship, or for a longer stretch so they can attend a social event.

9. Locate resources. Offer to obtain information about community support services – such as accessible transportation, home care, adult day care and residential respite programs – if none are in place, and encourage their use as appropriate.

10. Join the local chapter of the Alzheimer's Association. Your support will assist them in providing aid not only to your friend or relative but also to other AD caregivers like them. Typical chapter programs and services include a telephone hotline, support groups, a Safe Return program for those who wander, training for family and professional caregivers, a newsletter and a resource library. Membership also makes a thoughtful gift for the caregiver, connecting them to a key resource.

11. Watch for signs of trouble. Encourage the caregiver to seek help from their primary physician or a mental health worker if they feel overwhelmed or hopeless (possible signs of clinical depression), or if they start to fear for their safety or that of their loved one.

12. Stand by the caregiver. Praise their efforts and be an ongoing source of encouragement. In particular, support them if they decide to pursue placement in a long-term care facility. Do whatever you can to help them and their relative with the transition.

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

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Let us entertain you

by CLAIRE HOUSER-DODD

Although we did not get off for Labor Day, Dorian finally let up around Jacksonville, Fernandina and Amelia Island and we made it on down. We were visiting Patty and her boyfriend Scott in Fernandina. What a fun couple! They have a home practically on the beach and condo for guests pretty close behind them. Beth Clark, Elizabeth Hattin (we thought we were on a trip with Nick Strickland) and Yours Truly were invited down; and we might add, were happy to accept! The weather was back to its prevailing heat. Patty told us not to bring anything pressed, to stick to T-Shirts and that kind of thing as it was already 90 degrees. We were already packed by then! So what? Wet is Wet any way you cut it. When in Florida (or Georgia) DEAL!

Actually, the weather was perfect. No rain until we left. We did encounter rain on 95 and 16. Pouring to run to the air conditioning and then you freeze. It's a wonder we didn't catch pneumonia!

As we said, it was great on the beach. The pool was perfect, not many people this time of year. We really had it all to ourselves. Wonderful.

The condo was spacious with three bedrooms and a huge living area. Of course, Beth took food. Lots of food. Believe or not, she took Country Fried Steak and stuffed Baked Potatoes.

That was worth the trip! The rest of the time we were out for them to eat Fried Shrimp (every time)! Whatever floats your boat! We like variety, but Lobster most of all!

One night we met Scott and Patty at Sliders, the IN place to be in Fernandina at The Tiki Bar. Very nice outdoors, on the Beach

restaurant with a great singer. The entrance sign said something like this: "All dogs and some husbands must be On a Leash. Some Children may Need One." There were lots of dogs on leashes, but no husbands or children, that we saw! Shucks.

Amelia Island offers 12 miles of beach, surf fishing permitted with a \$17 license good for one year. The island is known to be rich in colorful history. It is a Tale of Eight Flags.

First, the French in May 1562. Jean Ribault was met by Native American, Timucuan, direct descendant of the first inhabitants who lived there in 2000 B.C.

In 1565, the Spanish, under the command of Pedro Menendez vanquished the French and set up the Santa Maria Mission which remained a Spanish possession until 1763.

Amelia Island got its name when the founder and Governor of Georgia was on a scouting expedition on the island in March 1736. He immediately renamed it in honor of King George III's daughter, Amelia.

He established a fort on the island but abandoned it in 1742 during the war between Spain and England. It then became uninhabited, a buffer between Spanish Florida and English Georgia.

In 1761, during the French and Indian War, the Spanish sided with the French which cost them the island. In 1763, The Treaty of Paris made Florida England's possession and the English flag was raised over the island.

Fearing the British build-up in Florida, President James Madison gave his blessings to a group of American "Patriots" from St. Mary's, Georgia to make a bloodless invasion and they raised their flag in March 1812. Before being driven out by the Spanish two months later, in

June of 1817, Sir Gregor MacGregor drove out the aging Spanish Garrison and raised his family flag; then in early September he departed upon hearing the Spaniards were readying an attack on Fernandina.

Meanwhile, back on Sake Island (now Galveston, Texas) a Frenchman, Luis Aury, who was plundering Spanish ships with the permission of Mexican revolutionaries ran into trouble, making his departure advisable, heard that MacGregor was having trouble in Fernandina; he sailed in with three ships.

MacGregor had already left. Aury the hoisted the red-bordered, blue and white checked flag of the Mexican revolutionaries and declared himself ruler of the Island. In December, five American ships sailed into Fernandina to reclaim the island and raised the American Flag.

President John Quincy Adams pressed Spain to relinquish her possession in Florida which she did on July 10, 1821.

While the American Flag was

flying over Amelia Island, one more flag was being hoisted. On January 8, 1861, The Third Regiment of Florida Volunteers marched into Ft. Clinch and raised the Confederate Flag. When word got to Fernandina in early 1862, that a Union Flotilla of 28 gunboats was on its way, the Confederate Flag was lowered and the Stars and Stripes have flown ever since.

As you can see, Amelia Island and especially Fernandina are both heavy with history. The Harbor Marina has an excellent restaurant, and while there we asked about our friend from years ago when we were down with Corky Holiday, Pajama Dave. Oh yes, he was still there and had opened a place of his own, Pajama Shop and Bar on a side street. No, we couldn't find him. Patty said he was probably piloting a boat to the Brunswick Harbor where this huge cargo ship had turned over. We did not get much information about this ship. Probably because it might discourage visitors to the coast. Next time PJD!

TINDALL FIELDS II IS NOW LEASING

This is to notify the public that Tindall Fields II, located at 1850 Tindall Avenue, Macon, GA., will begin accepting applications on September 3, 2019. **Those interested may call 478-259-1539 between the hours of 9:00 a.m. and 5:00 p.m. Monday-Thursday and 9:00- 12:00 p.m. on Fridays, or email tindallfields2@maconhousing.com and request that an application be mailed. Persons with hearing or speech impairments or limited English proficiency may call the Georgia Relay Service at 7-1-1 or go to their website at <http://georgiarelay.org>.**

Tindall Fields II is a Family property with LIHTC funding. The property contains 65 units consisting of 2 and 3BR units; 16 units have Section 8 Project Based Voucher rental assistance. All units are accessible and adaptable as defined by the Fair Housing Amendments Act. In addition, units are available that are designed specifically for persons with mobility, hearing, or visual impairments. **Persons with disabilities or those with limited English proficiency needing assistance filling out the application may call the above application line or Georgia Relay Service for assistance.**

To qualify for residency, applicants must be at least 18 years of age with a total family income within the 50% AMI (16 units) or 60% AMI (49 units) income limits for Macon-Bibb County, have a good rental history, pass a background check, credit check, and criminal history screening. **Tindall Fields II has established a waiting list priority for previous tenants of Tindall Heights Apartments who were in residency on September 9, 2015.**

Tindall Fields II is an Equal Housing Opportunity property and provides housing to all without regard to race, color, religion, sex, disability, familial status, age, or national origin.



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Senior NEWS

Serving the Macon Metro Area

Website

www.seniornewsga.com

Publisher

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Published monthly on our online website at www.seniornewsga.com. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Editorial and advertising copy deadline is the 15th of the month prior to desired month of publication. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers and/or editorial organizations including the use of trademarks, logotypes, slogans, or any other service marks, or any claims made by such organizations; and, such organizations indemnify and save harmless the publishers in the event of any lawsuit or litigation. In the event of any publishers' error in the content of any advertisement and/or in the content of any editorial presentations, maximum liability shall be limited to the cost of the advertising space in which the error occurred. Publishers reserve the rights to edit and/or reject any materials submitted for publication. Editorial information you would like considered for publication should be emailed in "text" format to: seniornewsga@cox.net.

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Senior News & Views of Georgia

On the Cover

Butterflies... Elizabeth Hattan Strickland's fascinating hobby!

by CLAIRE HOUSER-DODD

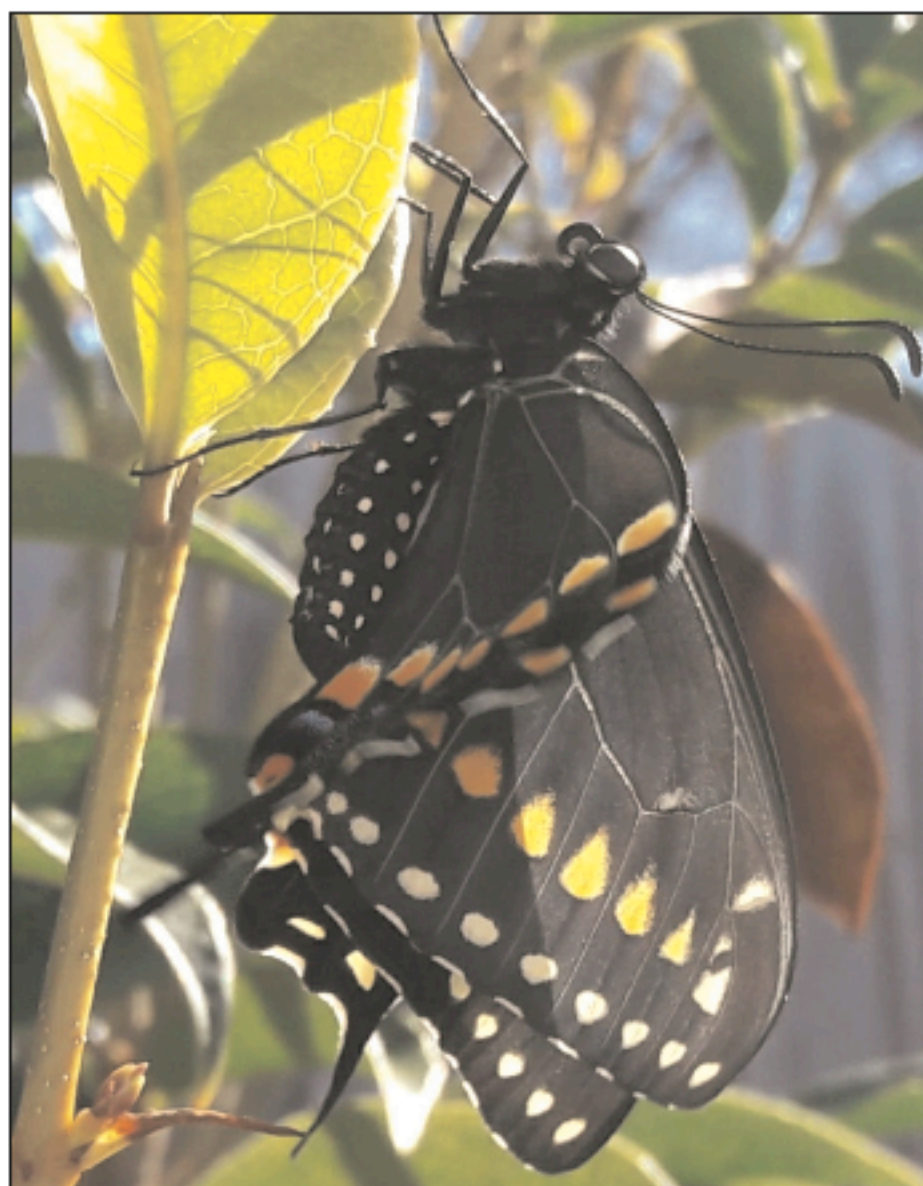
COVER: Elizabeth Hattan Strickland with "Happy Swallowtail Butterfly"

While we're down trying to get rid of "It" we caught coming back from the beach, we've been having fun thinking about Elizabeth Hattan Strickland's butterfly hobby. It is fascinating. We just got a picture of the caterpillar stage. It is huge, hanging on a limb, fuzzy and white all over, with gold and black dots. We immediately knew where some amazing couture designers get their inspirations!

Elizabeth is Nick Strickland's youngest daughter. We figure you can place her better if we relate her to one of the Old Guard of the Valley! She is a lot like Nick, too; always up and smiling, and reminding you of a good story. She graduated from Crandall with a legal secretarial diploma some twenty years ago when she and Caleb moved into their new home with a swimming pool. Caleb loved the metamorphous and so did his classmates. They have kept many classes entertained over the years.

In order to have this hobby, one must first have the host that nurtures the caterpillars. The Fennel Plant is Elizabeth's choice, then nectar plants such as a Butterfly Bush, Peonies or Lantana to raise these

continued on page 5



BUTTERFLIES

from page 4

beautiful Swallowtail Butterflies. Then you must have the incubator to hold them while they mature and turn into butterflies.

An interesting aside: in folklore, a Butterfly is thought to steal milk or butter. Actually, according to Webster, a

Butterfly is any of various lepidopteran insects active in the daytime, having a sucking mouthpart, slender body, rope like knobbed antennae, and four broad, unusually brightly colored, membranous wings. The ones Elizabeth raises are much more glamorous than the ones Webster studied.

Elizabeth bought a Butterfly Book, but says, "It's still a lot of trial and

error, but it is well worth it as it gave my son and me a fun hobby we share. Since that time, at least we have shared and sent to many classes our beautiful Butterflies."

All the pictures you see here have won a prize somewhere. Our favorite is the "Happy Swallowtail Butterfly" on Elizabeth's face. Good luck to you, and thank you for sharing this lovely story with us and our *Senior News* readers.



Opinion ETHICS... or improved mannerism!

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

The subject of Ethics goes far past the philosophy and commentary of Aristotle, Kant, Stuart, Nietzsche or Hobbes! While they each contributed a worthy phrase in explanation, such did not emanate with them... or their day. The concept and practice can be traced all the way to the Garden; and, indeed extends to the present hour. The powers that be define Ethics as "the moral principles which govern a person's behavior or the conducting of an activity." Whatever the take, such lines or rules are sorely missing around the globe. Only a small percentage of citizens endeavor to abide accordingly. I am not amiss when insisting that wars originate (for a great part) because of unthoughtful behavior.

Business arrangements suffer untold agonies when partners color contracts

outside the lines! Leaders in government walk away when the atmosphere turns sour! Referees call the game when players insist on illicit gain! And the constituency of churches world wide prune the schedule and agenda when patrons act more like clowns than counselors. It is tragic that we have been versed in proper paths and procedure but yet subvert all courteous conduct for a "caveman tactic." A perfectly orchestrated goal of gain, quickly dims the lights when an animalistic climate invades the music. Such tacky behavior cannot be justified or excused.

Opening doors, preferring elders or leaders, genial greetings, blending into the proper pecking order of leadership, (and those who are obviously adept), knowing when (and when not) to speak; dining habits, safe and sane operation of autos, applicable attire for the occasion, and much more, are all part of winning friends and acting the part of maturity. We can easily make or break the program, the task, the race, or communication by violating or adher-

ing to courteous posture or gesture. The common rule and tool is simply civility. It is taught in many sessions; but, more often discarded after the instructional class or seminar. A clear possibility is that the text books across America (and much of the world) are in need of a major revision. Video examples (and real life pursuits) showing absolute chaos is a grim testimony to my words.

Not only is an ethical process the decent manner; but, it lends authenticity to a methodical approach of operation or construction, bringing about a satisfaction derived under no alternate medium. The legacy of responsible individuals, throughout the globe, is indelibly etched in the sands of ethical ground. It's presence and flavor adds legitimacy and tone to every compilation; and, is a perpetual proof of desired morals and purpose. To refuse or deny the inclusion of compatible ethics is to openly invite flaw (or even demise) to an otherwise prosperous journey.

Macon's Favorite Street-Closure Bash: Open Streets Macon Scheduled for October 20th

Special to Senior News

Submitted by Koryn Young
Engagement Coordinator -
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917-412-4661

August 21, 2019, MACON, GA

Open Streets Macon invites Maconites to reclaim public streets once again this fall. The movement will close the streets to cars and open them to people as Open Streets Macon returns on Sunday, October 20, 2019 from 2 p.m. to 6 p.m. Nearly 1.5 miles of Downtown Macon streets will leap to life as a paved park on Ash St. (at Telfair St.), Coleman Ave., and Montpelier Ave. (at Birch St.). The stretch of streets will be closed to motorized traffic (except for intersections where cars will be free to cross). There is no registration, and Open Streets Macon is free and open to the public.

Expect to experience Macon's most beloved streets in a safer, healthier, more livable way while three Macon neighborhoods, Mercer University, and Mercer Village businesses are connected and activated by human-powered amusement for the afternoon. Organized by Bike Walk Macon, Open Streets Macon is a car-free celebration of public space, bringing people of all ages, abilities, and backgrounds together to walk, skate, bike, play, and re-imagine how we use our public streets.

Open Streets Macon joins an international movement of Open Streets initiatives. More than 200 cities worldwide have established ongoing Open Streets initiatives, many of which are modeled after Bogotá, Colombia's highly successfully Ciclovía, a weekly program that opens over 70 miles of city streets to citizens for outdoor physical activity and has attracted up to 2 million participants over the course of its 30-year run.

GET INVOLVED

• Organize an activity on the day: Participants will have the opportunity to take part in free activities, such as sports, exercise classes, and other health and wellness activities. Open Streets Macon will be seeking business and community partners

to provide programming such as yoga, dance, basketball and kid- and senior-friendly activities along the route.

• Join the volunteer team: In order to make this a safe and enjoyable event for all, Open Streets Macon needs dozens of dedicated volunteers to help bring the streets of Macon to life.

• Become a sponsor: Keep Open Streets Macon financially possible for years to come.

Visit openstreetsmacon.com to learn more,

sign up to volunteer, host an activity, and

find sponsorship opportunities. For questions, contact Koryn Young at 917-412-4661 or koryn@bikewalkmacon.com. For media inquiries, contact Koryn.

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 338 Poplar St., Macon, Ga. For more information, visit bikewalkmacon.com.



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Don't let Ransomware Hold You Hostage!

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

Ransomware scams are again becoming popular and seem to be more vicious than ever. Ransomware is a virus that freezes your computer, holding it hostage until you pay a ransom to unlock it. Victims are consumers, businesses, and even government offices are reporting losses up to \$10,000 in a version of this scam that encrypts your files. The larger losses are incurred by businesses due to requirements to protect their network and their customers' personal information.

The scam begins when you click on an infected advertisement, link or open an email attachment. Suddenly, a pop up appears. The screen tells you that all the files on your computer have been encrypted, making them useless unless you have a key to decode them.

For victims of ransomware, decoding your files doesn't come free or cheap. Victims report that total losses from the different versions range anywhere from \$200 to \$10,000.

Most versions of this scam demand payment in Bitcoin. Bitcoin is an online currency that is decentralized, unregulated and anonymous; making it a new favorite method of payment for scammers. Like pre-

paid debit cards and wire transfers, if you pay with Bitcoin, it's like paying in cash because it isn't tracked.

To remove the virus without paying the scammers, try running a full system scan on your computer to identify and delete the malicious files. If you are unable to remove the malware, you may need to contact a trustworthy computer repair shop for assistance. Victims may even have to wipe the machine's hard drive and reinstall files and software.

While completely avoiding ransomware scams may not be possible, you can take steps to minimize your risks by not downloading one. Here are some suggestions:

- Always use antivirus software and a firewall. Protect your computer (and your cell phone) by using antivirus software and a firewall from a reputable company.
- Update your software regularly. The regular reminders to update your browsers and other software are annoying, but they are for a good reason. These patches and updates protect against the constantly evolving viruses and system vulnerabilities. Most of these have automatic updates available.
- Enable popup blockers. Popups are regularly used by scammers to spread malware. Prevent them from appearing in the first place by adjusting your browser settings.
- Be skeptical. Don't click on email links or open attachments you don't recognize and avoid going to suspicious websites.
- Always back up the content on your

computer. If you back up your files, ransomware scams will have limited impact. If you are targeted, you can simply have your system wiped clean and reload your files.

• Change default passwords on devices connected to your network. Some hackers troll the Internet looking for easy access to devices that still have the default passwords. Take the time to change any factory default passwords to a stronger unique password that cannot be easily guessed.

Victims of ransomware scams can file complaints with the FBI's Internet Crime Complaint Center (IC3) at www.ic3.gov and find trustworthy computer repair shops at 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.

Spectra delivers budget savings to Macon-Bibb County for the third year running

MACON COLISEUM AND MACON CITY AUDITORIUM SEE HIGHER ATTENDANCE AND TICKET SALES

Special to *Senior News*

Submitted by **PEYTON JETER**
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MACON, GA

Spectra, the provider of Venue Management, Food Services & Hospitality, and Partnerships services to the Macon Coliseum and Macon City Auditorium, today presented to Macon-Bibb County Commissioners their annual report for fiscal year 2019. As for the previous two fiscal years, Spectra has decreased the annual operating subsidy, hitting a record low of a projected \$605,021.00. Prior to Spectra coming into management, the average annual operat-

ing subsidy was \$1.7 million. The cumulative savings exceeds \$2.5 million for these three years.

"Our primary focus is to substantially decrease Macon-Bibb County's annual operating subsidy for these two venues" says General Manager David Aiello. "We accomplish this by reducing our operating expenses, establishing strong relationships with local, regional, and national promoters to bring quality and high-caliber talent and events to the Middle Georgia community, and working alongside our partner institutions here in Macon-Bibb to collaboratively create opportunities to showcase Macon as a top destination in the south.

Other notable accomplishments from the year include an increase in event dates and event revenue coming to the Macon Coliseum and Macon City Auditorium. Sell out events to note include, Bob Dylan, Willie Nelson, Paw Patrol Live, Ron White, MercyMe, The Price is Right Live, and Alabama. The Macon Coliseum hosted four days of GHSA Basketball Championships along with both GHSA Traditional and Duals Wrestling Championships. The economic impact of bringing GHSA to Macon exceeds \$6.4 mil-

lion.

In looking to the future, Spectra Venue Management will continue to provide a diverse array of entertainment and programming coming to Middle Georgia. Already accomplished for fiscal year 2020 was a double sell-out for 85 South, who performed at the Macon City Auditorium September 15. Additional events slated for fiscal year 2020 include WWE Live, Monster Jam, Disney on Ice, Music of Randy Travis, Travis Tritt, Mannheim Steamroller, and more. All upcoming events can be found at www.maconcentreplex.org.

About Spectra

Spectra is an industry leader in hosting and entertainment, partnering with clients to create memorable experiences for millions of visitors every year. Spectra's unmatched blend of integrated services delivers incremental value for clients through several primary areas of expertise: Venue Management, Food Services & Hospitality, and Partnerships. Learn more at SpectraExperiences.com. Follow Spectra on Facebook, Instagram, Twitter, and LinkedIn.

Caller ID Spoofing!

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

As I make my rounds speaking to consumer groups, one question that I've noticed that frequently gets asked is, "why is my number calling me?" Unfortunately, scammers are using caller ID spoofing technology to impersonate the phone numbers of local businesses, neighbors and even you! Watch out for this wacky twist on the classic phishing phone scam.

Here is how this scam works. Your phone rings, and you look at the caller ID. You recognize the number. It may be from a local business or a neighbor down the street. But in a strange twist, you might even see your own name and phone number on the caller ID screen.

You answer the phone, and it's a robocall. Victims have reported several different phishing scams. In one common version, a recording prompts you to verify your credit

card number under the guise of lowering your interest rates.

With many people rejecting calls from unfamiliar numbers, scammers are increasingly posing as familiar businesses, government organizations or people. Scammers purchase lists of phone numbers and use spoofing technology to trick potential victims into picking up the phone. Posing as your own phone number is great for shock value, general curiosity and for ensuring the number isn't blocked. Who is going to block their own number?

What To Do If A Scammer Calls:

- Hang up, don't press any buttons and, if you received a voice mail message, don't call the scammer back. We all like to have the last word but returning the phone call may just give the con artist information he can use. Additionally, don't press a button to be removed from their calling list. This is typically just a ploy to see if there is a live person answering the phone and usually results in more unwanted calls.

- Don't trust Caller ID. Scammers have technology that lets them display any number or organization name on your screen. If you are unfamiliar with the number calling, let it go to voicemail so you can decide if the call is important enough to return.

- Never give out any financial information. If you did not initiate the call, do not provide bank account, credit card or Social Security numbers over the phone unless you have thoroughly done your research and verified the caller.

- Don't assume that your identity has been stolen. Scammers have the ability to spoof numbers very easily so unless you see unusual activity on your financial accounts, don't panic.

- Remember who owns the phone. Stopping scammers from calling you is almost impossible but ultimately, remember that you own the phone so don't allow anyone to use it as a tool to steal your hard-earned money or identity. It isn't rude to hang up on a thief.

Caller ID offers a multitude of conveniences but like anything that is designed for good, others seem to find a way to use it for evil.

For more consumer tips you can trust, visit bbb.org and to report a scam in our BBB Scam Tracker, visit www.bbb.org/scamtracker/central-georgia.

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.

In the end,
we believe *kindness*
can be the best
medicine.



When conventional medical treatments can no longer cure a disease, hospice provides the support that is needed. Pine Pointe at Home professionals can help control pain, reduce anxiety and offer kindness and emotional support to patients and their families.

Pine Pointe at Home, Navicent Health is focused on serving and comforting patients and their families. We offer a wide range of specialized care in the home environment that's most comfortable to *your* loved one.



PinePointe
at Home

NavicentHealth

6261 Peake Road
Macon, Georgia 31210

NavicentHealth.org

For more information on Medicare and Medicaid benefits, please call 478.633.5660