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Berry Time is Finally Here!

by CAROLYN BRENNEMAN

Cover: Freshly picked blueberries

Calling all actively engaged adults age 50 and better! June is the time for some quality family recreation for ourselves, with our kids and grandkids. So let's head on out to one of the pick your own farms or take a short trip to one of our local farm markets for some fun and togetherness to taste the delicious local produce.

So, where should we find the best information for our outings? My favorite website is Blake Slemmer's website, www.pickyourown.org. He has a great list of Georgia and South Carolina farms near us where we can pick our own fruit or explore a road side market where we can get freshly picked fruits and vegetables. Be sure to check out all the exciting and useful information on Blake's website www.pickyourown.org for addresses and phone numbers of the various farms and markets.

Berry picking or simply visiting one of the roadside markets is a fun family bonding activity that all ages enjoy. One of the most popular pick your own farms is Gurosiks Berry Plantation in North Augusta on Briggs Road where there are rows of strawberries, blackberries, tomatoes, herbs, beautiful zinnias and sunflowers. We can even take a walk down the rows to enjoy them.

Love those tasty blueberries? Blake's website gives us great information on blueberry facts, canning techniques, some delicious recipes and general picking tips. Blake says that it takes only about 1 hour for us to pick a gallon of blueberries. Once picked, place the berries in an open container or plate for awhile so that moisture does not get into the container. When we get home, it's best to place the berries unwashed in a large closed container and put into the

continued on page 5

June 2016
Vol. 30, No. 6

Taking Care

Flexibility is Key for Parkinson's Caregivers

by LISA M. PETSCHÉ

Parkinson disease (PD) is a progressive disorder involving damage to nerve cells in the brain that control muscle movement.



Lisa Petsche

According to the American Parkinson Disease Association, 164 Americans are diagnosed with PD every day. Incidence increases with age and the majority of cases develop after age 60.

The main symptoms of PD are shaking (known as tremors), slow movements, rigidity and balance problems. Other symptoms may include fatigue, excessive sweating, loss of coordination, loss of facial expression, difficulty initiating or continuing movement (freezing), stooped posture, a shuffling walk, difficulty with handwriting, decreased speech volume, swallowing problems, sleep problems and depression. Dementia may occur in the later stages.

Although symptoms and the rate of progression vary considerably among individuals, PD usually advances slowly and patients can lead active lives for some time. Disease progression tends to be more rapid in older adults.

Currently there is no cure for PD. Medications are available to alleviate certain symptoms, but their effectiveness can decrease over time. In cases where med-

ication does not work, surgery may be considered. Lifestyle modifications are an important part of any treatment plan.

Coping Strategies

If you have a loved one with PD, read on for a variety of tips for coping with caregiver stress, including uncertainty about what the future holds.

Mental Well-Being

- Accept the reality of the illness and the need for ongoing adjustments. Let go of any bitterness resulting from unrealized plans and dreams, so you can channel your energy in constructive ways.

- Learn as much as possible about PD and its management and educate family and friends. The American Parkinson Disease Association at 1-800-223-2732 or www.apdaparkinson.org is a good resource.

- Accept that how your relative feels and what they can do may vary throughout the day, and from one day to the next. Be flexible about plans and expectations.

- Concentrate on what your relative can rather than can't do.

- Cultivate a focus on living in the moment and enjoying life's many simpler pleasures.

Emotional Self-Care

- Stay connected to people who care.
- Allow yourself to experience all emotions that surface, including resentment and guilt. Do get help immediately if you feel an urge to harm your relative or yourself.

- Find an outlet for expressing your thoughts and feelings – talking with a friend, keeping a journal or attending a caregiver support group.

- Seek help from your primary physician or a counselor if you continually feel anxious, sad or angry. Depression is a legitimate medical condition and is treatable.

Spiritual Well-Being

- Set aside quiet time each day, to nurture your spirituality and help keep you grounded. Do things that center you and bring inner peace, such as meditating or getting out in nature.

- Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone less fortunate. Just be careful not to take on too much.

- If applicable, turn to your religious faith for comfort and strength.

Practical Tips For Daily Living

Because PD is incurable, the goal, from a medical perspective, is to achieve the highest possible level of functioning and prevent or minimize complications. The following strategies can help:

- Find a neurologist with PD expertise, whom you and your relative respect and trust.

- Help your relative follow the management plan prescribed by medical profes-

sionals, which might include medication, diet changes, exercise, rest, adaptive aids, lifestyle changes, stress management techniques and regular medical checkups. Let care providers know if a plan stops working.

- Encourage your relative to do as much as possible, to maintain their abilities and independence.

- If mobility issues prevent your relative from getting around in the community, help them obtain a suitable mobility device.

- Set up a record-keeping system to organize health information.

- Be prepared to advocate for your relative in the hospital and other care settings, to ensure they receive their Parkinson medication on time.

- Make home as safe as possible – for example, remove scatter mats and install handrails along stairs. If accessibility is an issue, renovate or develop a plan to move.

- Accept offers of help and ask for assistance as needed. Find out about services in your community that can help you and your relative now or in the future.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior health matters. She has a parent with Parkinson's disease.

Need help paying your Medicare costs? Need help figuring out which plan is the best for

Submitted by
JEANETTE CUMMINGS
Director, Area Agency on Aging
A Division of the CSRA Regional
Development Center

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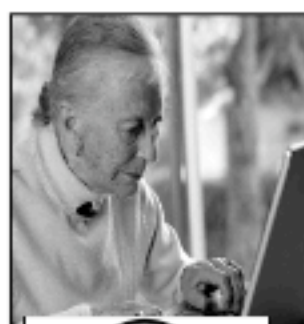
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AGENCY ALERT

Medicare's Annual Wellness Visit – What is the difference between the Welcome to Medicare exam and the Annual Wellness Visit?

by KATHLEEN ERNCE
Executive Director, The Senior
Citizens Council Augusta, Georgia
kernce@seniorcitizenscouncil.org

The Welcome to Medicare exam is a one-time examination available during the first 12 months after a person has enrolled in Part B. While similar in content, the Annual Wellness Visit (AWV) is a preventive benefit that is offered to anyone with Medicare Part B and is performed every year after the first year of Part B enrollment.

The AWV provides an opportunity for the beneficiary and healthcare provider to discuss and develop or update a personalized prevention plan to help prevent disease and disability based on current health and risk factors.

Information Needed: The beneficiary should be prepared to provide the provider a summary of:

- Information (if known) about his/her family's health history.
- Personal history of immunizations,

illnesses, hospitalizations, surgeries, etc., including any new symptoms or treatments since the prior visit.

- A list of all prescription, over-the-counter, vitamins, and supplemental medication taken by the beneficiary.
- A list of the beneficiary's providers and suppliers of medical equipment, if applicable.

The health care provider will conduct the following assessments during the AWV:

- Routine body measurements and assessments
- Height
- Weight
- Body mass index
- Vital signs including blood pressure, pulse, and temperature
- Depression screening (no specific test/tool is required; this may be accomplished through probing for sadness, loss of feelings of pleasure, changes in sleep or appetite, feelings of isolation, suicidal ideation)
- Detection of cognitive impairment (no specific tool or test specified)
- Review of the individual's functional ability and level of safety

A health risk assessment

- Establish a 5-10 year schedule of screening and preventive services
- Provide personalized health advice and referrals related to:

- o Health education
- o Disease self-management
- o Falls prevention
- o Smoking cessation
- o Nutrition
- o Weight loss
- o Physical activity

A health risk assessment (HRA) includes questions about chronic diseases, injury risks, modifiable risk factors, and urgent health needs. An HRA generally asks about overall health and functional matters such as ability to engage in activities of daily living (ADLs), level of physical activity, history with regards to falling, any experience with pain, eating patterns, fatigue, alcohol or tobacco use, and medication use.

The HRA may be mailed to patients before their visit, completed in the office prior to seeing the health care professional, or completed during the actual visit. Additionally, the HRA can be completed through interactive telephonic or web-based programs or through community-based prevention programs. Sometimes a health care professional asks the questions and records the patient's responses during the course of the visit.

The healthcare provider may also ask the beneficiary about advance care planning and/or screenings and preventive services such as:

- Flu shot
- Cervical cancer screening
- Prostate cancer screening
- Evaluation and management of an acute or chronic condition
- Lab tests
- Referrals for additional screening or prevention services

The beneficiary pays nothing if the provider accepts Medicare assignment. However, if the AWV is performed at the same time as other tests/services (e.g., lab tests or screening) that are subject to Part B cost-sharing, then the beneficiary may be responsible for those costs, including meeting the Part B deductible and 20% co-insurance.

The AWV can be delivered by a Medical doctor (MD), Nurse practitioner (NP), Physician assistant (PA), and, under the supervision of a physician (meaning the MD is on the premises and immediately available to guide or intervene) another medical professional (e.g., health educator, registered dietitian, nutrition professional, or other licensed professional) or team of medical professionals.

As always should you have comments or have questions, please call the office at 706-868-0120 for assistance. We look forward to hearing from you.

Source- The Centers for Medicare & Medicaid Services; Kathleen J. Ernce

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Senior NEWS

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Published monthly. Business Office is located at 214 Wilsons Creek Bend, Bonaire, GA 31005. Approximate Monthly Readership: Metro Atlanta, 65,000; Augusta, 27,000; Macon/Central Georgia, 21,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest. Publishers do not accept any liability whatsoever for any material supplied by advertisers or editorial organizations including the use of trademarks, logotypes, slogans, or 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, maximum liability shall be limited to the cost of the advertising area in which the error occurred. Publishers reserve the rights to edit or reject any materials submitted for publication. Editorial information you would like considered for publication should be mailed to: Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005.

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Senior News & Views of Georgia

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please email it to seniornewsga@cox.net or mail it to Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

ALLEGIANCE

by Henry N. Goldman

*No one asked, "why send me?"
When they were sent across the sea,
Our country to serve, to keep us free,
With allegiance they did serve.
Away from home many did go,
And so quickly the young did grow,
Into men, and into battles did flow -
Never a moment from duty swerve.*

*Salesmen, college boys, fathers
were sent,
Fighting and dying for freedom,
they went,
Stood their ground with bravery
unbent -
Knowing well the task they had.
On foreign fields so many did fall,
For God and country, they gave all,
That tyrants and madmen they
forestall -
In a world seemingly gone mad.*

Now our world is a much better

*place,
Because these refused to turn their
face,
From duty and allegiance - did
not disgrace -
Yes to all these our glasses we raise.
For all who fought in wars before,
Protecting ideals from foreign foe,
May we on them our gratitude
bestow -
To these we owe our eternal praise.*

HAPPY FATHER'S DAY

by Ron Dennard

*I hope that you will have a great
time today.
Filled with God's blessings coming
your way.
You've been good to me through
the years,
You helped me conquer life's fears.*

*Have a happy day surrounded by
those you love.
You reared me and taught me the
meaning of love.
You are a strong man and gave
me strength,
Teaching me to straighten things
that were out of shape and bent.*

*Happy Father's Day to a wonderful
guy.
You understood when I had the
need to cry.
I love you Dad and know you
love me,
Your hand was there leading me
to victory.*

*This is a good time to let you
know how I feel,
I love you Dad, it's for real.
Have a good day and may it be
well spent,
You are really a deserving gent.*

TO MY DAD

by Michael Riles

*In 1987, the Lord took him away.
A quiet man, with little to say.
To Chicago he trekked,
from the field's of Monroe.
In the 1920's,
Louisiana to Chicago.*

*A true raconteur,
that was my dad.
I heard all his stories,
the surreal, the good and the bad.
The Flappers, the strikes,
labor riots and Al Capone.
With his brother, my uncle,
the two were never alone.*

*He was drafted into the Army,
in 1942,
My dad, like many others,
to their nation true blue.*

*Dad survived Normandy,
Bastogne and Ramagen
liberated Dachau,
in a war long since forgotten.*

*Dad arose at 430,
every morning he'd go.
to work so we'd be fed,*

come rain, heat or snow.

*In 1960,
on his shoulder's I'd see,
a parade passed by,
Ike Eisenhower waved to me,*

*Saw many dads,
salute as he passed by,
and on many of their faces,
I saw grown vets cry.*

*That generation of dad's,
they did what they did.
Today dad's numbers have dwindled,
resulting in so many lost and sad
kids.*

*On this father's day,
Dad, I'd like to say.
Thanks for saving the world,
and giving me the life I've loved,
each and every day.*

Michael Riles is a baby boomer and the author of numerous books. He is a US Army vet who served as a Russian interpreter and analyst in what was West Berlin, Germany from 1977-1981. He has one son, a mechanical engineer, and is a retired TV advertising sales-representative living with his wife of 36 years in Stone Mountain, Georgia.

CRITES-GOULD REUNION

by Barbara Crites

*Every year, the 2nd Sunday in June,
the Crites' and Goulds' are getting
together for the Reunion tune.*

*Young and old are coming from near
and far, enjoying the family fun on
Jeff and Kathy's farm, to get it done.*

*We start off with a Service at the lit-
tle old church across the lawn, the
new arrivals are announced, and to
hear to our sorrow, the family mem-
bers that are gone.*

*It is time to eat! The farm wagon is
set with food, from vegetables to
fruit, from chicken and dumplings
and meat. The desserts are a pleas-
ure for the eye, there are cakes and
all sorts of pie.*

*We sit around on blankets and chairs
around the trees and canopies.*

*We talk and laugh and the children
play, on this great piece of earth, on
this beautiful day.*

*Let's not forget the Auction, which is
a lot of fun, to earn a little money for
the next Reunion to come.*

*Then comes the highlight of the day;
it is the old hand cranked ice cream
maker, that keeps some of us busy,
until it is time for the taker.*

*The day is almost over, and every-
body had a great time seeing their
kinfolks, that are so dear. We hope to
see each other again, and every
other year!!!*

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Giant sunflower blooming at a farm

BERRY TIME from cover

refrigerator as they will keep up to 14 days. Looking for a great blueberry recipe? Check out his recipes for blueberry pie, blueberry buckle coffee cake, and cobblers.

More in the mood to just spend fun together exploring one of the roadside markets? There's the Good Earth, on Davis Road, which is opened from 8 in the morning to

8 in the evening, where we can get fresh produce such as South Carolina blackberries, strawberries, blueberries, cantaloupes, sweet smelling Edgefield County peaches, as well as butterbeans, peas, squash, peppers, zucchini, local silver queen white corn, and a beautiful assortment of plants and flowers. This stand is very popular these days and also displays gorgeous plants and flowers.

Of course, in downtown Augusta, there is great variety



Ryan loves picking berries

every Saturday morning at the Farmers Market. And wherever we go, at one of our stands that we visit, let's enjoy some icy cold refreshments with our kids and grandkids! So let's spend some family recreation time and create our summer memories together with our families and friends. Be sure to check out Blake's website, www.picky-ourown.org.

Photo of the young child is provided by Blake.



Strawberries are in season

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seniornewsga.com.

The Senior Citizens Council
4210 Columbia Road, Suite 13A,
Martinez, GA 30907; 706-868-0120
www.seniorcitizenscouncil.org
The Senior Citizens Council is open
Monday through Friday for the following services:
• Advocacy Programs Department – including: Caseworker Services - Caregiver Respite, Referral Information and Support (CRRIS); Bill and Money Management (MAP); Senior Health Insurance and Education (SHINE) - the Center for the Prevention of Elder Abuse, Neglect and Exploitation.
• The Senior Corps Department: Foster Grandparent Program (FGP) and Senior Companion Program (SCP) for income-eligible persons age 55 and older who "serve up to 20 hours a week with special needs children or adults." Call us at 706-868-0120 for complete details. The Retired and Senior Volunteer Program (RSVP) for individuals looking for "fun and rewarding ways to make a difference in the community" or just get out-of-the-house a few hours a month. RSVP recruits individuals age 55 and over for the opportunity to apply their skills, expertise, and experience to help meet critical community needs while meeting other like-minded folks in our community. RSVP pairs talented volunteers with a variety of local nonprofit, health care, governmental, and faith based organizations to assist these groups with meeting the needs of those they serve. Please call us at 706-868-0120 for details on any of our programs or make an appointment for a needed

service. Our physical address is 4210 Columbia Road, Suite 13A, Martinez, GA 30907, Monday through Friday, 8:30 a.m. to 5:00 p.m.

CSRA Senior Centers

Over 60? Enjoy socializing, parties, cards, crafts, Bingo and travel? Interested in staying healthy and active? Tired of eating lunch alone? If you answered YES to these questions, then you need to check out a Senior Center near you!

- Blythe Area Recreation Department Patricia Strakosch; 3129 Highway 88, Blythe, GA 30805; 706-592-6668
- Carrie J. Mays Recreation Center Sheryl Jones; 1015 11th Ave., Augusta, GA 30901; 706-821-2831
- East View Community Center Roberta Sullivan; 644 Aiken St., Augusta, GA 30901; 706-722-2302
- HH Brigham Senior Center Heather Kooms; 2463 Golden Camp Rd., Augusta, GA 30906; 706-772-5456
- McBean Community Center Willamie Shaheed; 1155 Hephzibah-McBean Rd., Hephzibah, GA 30815; 706-560-1814 or 706-560-2628
- Sand Hills Community Center Lillie Rosier; 2540 Wheeler Rd., Augusta, GA 30904; 706-842-1912 or 706-842-1916
- New Bethlehem Community Center, Inc. Millicent E. West; 1336 Conklin Ave., Augusta, GA 30901; 706-722-0086
- Bessie Thomas Community Center Jeff Asman; 5913 Euclaw Creek Dr., Grovetown, GA 30813; 706-556-0308
- Burke County Senior Center Jackie Brayboy; 717 W. 6th St., Waynesboro, GA 30830; 706-437-8007
- Glascock County Senior Center Anita May; 568 Brassell Park Ln., Gibson, GA 30810; 706-598-3050
- Grovetown Senior Center Jennifer Thomas; 103 W. Robinson Ave., Grovetown, GA 30813; 706-210-8699
- Betty Hill Senior Citizens Center Cathie Birdsong; 330 Waters Work Rd., Sparta, GA 31087; 706-444-7532
- Harlem Senior Center Tina Sidener; 405 B West Church St., Harlem, GA 30814; 706-449-8400
- Jefferson County Senior Center Marie Swint; 209 E. 7th St., Louisville, GA 30434; 478-625-8820
- McDuffie Senior Center

- Melinda Hill; 304 Greenway St., Thomson, GA 30824; 706-595-7502
- Jenkins County Senior Center Shirley Chance; 998 College Ave., Millen, GA 30442; 478-982-4213
- Lincoln County Senior Center Pam Parton; 160 May Ave., Lincolnton, GA 30817; 706-359-3760
- Sylvania Senior Center Cathy Forehand; 209 E. Ogeechee St., Sylvania, GA 30467; 912-564-7727
- Taliaferro County Senior Center Allene Oliver; 119 Commerce St., Crawfordville, GA 30631; 706-456-2611
- Warren County Senior Center Gwanda Murray; 48 Warren St., Warrenton, GA 30828; 706-465-3539
- Washington County Council on Aging Jane Colson; 466 Maurice Friedman Rd., Sandersville, GA 31082; 478-552-0898 (Mon., Tues., and Thurs.) 478-552-0013
- Wilkes County Diana Hall; 108 Marshall St., Washington, GA 30673; 706-678-2518
- Shiloh Comprehensive Community Center Elizabeth Jones; 1635 15th St., Augusta, GA 30901; 706-738-0089

H. H. Brigham Senior Center

2463 Golden Camp Rd., Augusta
Contact: Patricia A. Jenner
706-772-5456; 1 a.m.-3 p.m.

Aiken County Parks, Recreation & Tourism

902 Vaulcluse Rd., Aiken, SC 29801; 803-642-7559;
www.aikencountysc.gov/tourism
Courtney Senior Center
49 Roy St., Wagener, SC; 564-5211
• Senior Bingo: 3rd Fri., 2 p.m., Free
• Canasta Club: Wednesdays, 12 noon, Free
Harrison-Caver Park
4181 Augusta Rd., Clearwater, SC; 593-4698
Aiken County Recreation Center
917 Jefferson Davis Hwy., Graniteville, SC; 663-6142
Roy Warner Park
4287 Festival Trail Rd., Wagener, SC; 564-6149

Hephzibah Lions Club

Meets the 2nd & 4th Thursdays, 7 p.m.,
Jesse Carroll Community Center,
Windsor Spring Rd., Hephzibah. For

additional information contact Lion Frank Spinney, President, at 706-592-5618 or Jon Winters at 706-592-9622 or 706-833-0458.

Morris Museum of Art

1 Tenth Street at Riverwalk in Augusta Riverfront Center. Call 706-724-7501 for more information or visit the Museum's website at www.the-morris.org.

Augusta Museum of History

560 Reynolds Street in downtown Augusta. Call 706-722-8454 for events information.

• Brown Bag History Series: *Immigration Reflected in Museum's Collections*: Wed., June 8, 12:30 p.m.

Lucy Craft Laney Museum of Black History

www.lucycraftlaneymuseum.com
Call 706-724-3576 for events information.

USA DANCE Augusta Chapter 6074 Every Third Saturday of the Month

The USA Dance is a National Dance Organization. Our Chapter 6074 focuses on the Augusta and Aiken areas. Our dances are held on the THIRD SATURDAY of each month. The dance is held at American Legion Post 63, 90 Milledge Rd., Augusta, from 7:30 to 11 p.m. Lessons at 8 p.m. If you are able, please bring something sweet or savory for the goody table. Tasty food, the best dance floor in the CSRA, great music, a friendly and welcoming atmosphere all add up to a perfect Saturday evening experience. Cost is \$8.00 for USA Dance members or \$10.00 for non-members. For additional information call Kay Cooke at 706-210-8780 or Rudy Brostrom at 803-442-9337. Join us for

continued on page 7

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EVENTS

from page 6

an evening of fun and fellowship! Monthly dance details below:

- June 18: Hawaiian Luau Hula
- July 16: Independence Day Fox Trot
- Aug. 20: Ice Cream Bolero
- Oct. 15: Halloween Salsa
- Nov. 19: Thanksgiving West Coast Swing
- Dec. 17: Christmas (No Dance Instructor)

Augusta Christian Singles Dance
Dances are at 7:30 p.m. with complimentary dance lessons at 6:30 p.m.

Admission will be \$10.00 for guests and \$8.00 for members. Light refreshments will be served.

Located at The Ballroom Dance Center, 525 Grand Slam Drive, Evans, GA 30809.

Friday Night Dance
Every Friday, 8-11 p.m., American Legion Post 63, 90 Milledge Rd., Augusta. With band or DJ. \$10 cost. Free coffee and cake. Everyone welcome. Call 706-733-5184.

Find Your Voice
Aiken Toastmasters meet on the first and third Thursday of each month, 6:45 p.m., at Odell Weeks Center on Whiskey Road in Aiken. Guests are always wel-

come. For additional information call 803-648-7833.

Alzheimer's Caregiver Support Group
Meets 3rd Tues., 6:30 p.m., Brandon Wilde Retirement Community, Evans. For details call 706-854-3591 or 706-854-3501.

CSRA Parkinson Support Group
Meets monthly, St. John Towers Dining Room, 724 Greene St., Augusta. For details call 706-364-1662.

Area Agency on Aging Offerings

Learn through a 30-Minute session, 3rd Thurs. each month, 1 p.m., KROC Center Augusta, Senior Lounge, 1833 Broad St. Registration not required. Contact Lee Walker, Resource Specialist, 706-922-8348 or 706-210-2018.

Augusta Bel Canto to perform on the 2nd to Celebrate the 4th at the Augusta Museum of History

Special to *Senior News*

The river region's popular choral ensemble, Augusta Bel Canto, will perform American Stories in Song at the Augusta Museum of History on Saturday, July 2nd at 1:30 pm. The performance will be celebrating and honoring America's birthday. The group will perform in the Museum's Rotunda and is free to the public!

Augusta Bel Canto is primarily made up of Augusta University alumni. There are additional singers that complete the current ensemble who live and work in Augusta, and bring superb musical credentials to

the group!

The concert will have a widely-varied program that includes patriotic selections, some with audience participation, songs from the American songbook, American folk songs, and spirituals. In short, this music tells the American story in song. There will be something for every musical taste.

Regarding the music theme for this season, founder and conductor Bill Hobbins indicates, "We look forward to returning to the Augusta Museum of History. This concert has become a tradition for us."

Augusta Museum of History, the only Museum in the CSRA accredited by the American Alliance of Museums, was established in 1937

for the purpose of preserving and sharing the material history of Augusta and the region. From a 10,000 year-old projectile point to a 1914 locomotive, to James Brown memorabilia the collections chronicle a rich and fascinating past. The museum is located at 560 Reynolds Street in downtown Augusta. Please call (706) 722-8454 for more information or visit www.augusta-museum.org.

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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 of Central Georgia & the CSRA, Inc., serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. 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 or info@csra.bbb.org.

Tip'n Toss Campaign to prevent spread of Zika in Georgia

ATLANTA –

Submitted by **Nancy White**
Administrator, Macon-Bibb
County Health Department

The Georgia Department of Public Health (DPH) is urging residents to clean up around their homes, their yards and their communities and discard unnecessary items that can hold water. Tip 'n Toss after every rainfall to

reduce the number of mosquitoes and prevent the spread of Zika virus in Georgia. As of this date, no locally transmitted Zika cases have been reported in the state, but cases have been reported in returning travelers.

Zika virus is transmitted primarily through the bite of infected *Aedes aegypti* and *Aedes albopictus* mosquitoes – both species are found in Georgia. *Aedes* mosquitoes typically bite during the day, especially in the early morning and late afternoon hours but some bite at night. They are called "container breeders" because they lay eggs in any type of container with water – even something as small as a bottle cap if it has water in it.

One of the most effective ways of preventing the spread of Zika virus is controlling the mosquito population by eliminating standing water around the home and in the yard.

Tip 'n Toss! After every rainfall, tip out water in flowerpots, planters, children's toys and wading pools, and buckets. If it holds water and you don't need it (old tires, bottles, cans), toss it out. Look for small bodies of water such as drainage ponds, tree stumps and tire ruts. Clean out gutters, remove piles of leaves and keep vegetation cut low to prevent landing sites for adult mosquitoes.

For containers without lids or that are too big to Tip 'N Toss (bird baths, garden pools), use larvicides such as mosquito dunks or mosquito torpedoes and follow the label instructions. Used properly, larvicides will not hurt birds or animals.

Homeowners associations and neighborhoods, along with city and county governments, are encouraged to sponsor community cleanup days.

"Mosquitoes don't recognize prop-

erty lines, so controlling their numbers has to be a collaborative effort among neighbors," said Brenda Fitzgerald, commissioner of the Georgia Department of Public Health. "DPH is increasing mosquito surveillance and educating residents throughout the state, but the greatest impact will be when individuals take personal responsibility for their homes, yards and communities."

It is also important to protect yourself from mosquito bites. Use EPA-registered insect repellents containing 20%-30% DEET or Picaridin, IR3535, and Oil of Lemon Eucalyptus. Follow all label instructions for safe and effective use. Wear light colored clothing with long sleeves, long pants and socks to help prevent mosquito bites.

To learn more about Zika protection and prevention or Tip 'n Toss, visit dph.ga.gov/zika or cdc.gov/zika.

The 2016 Georgia Golden Olympics

Special to *Senior News*

The 2016 Georgia Golden Olympics is scheduled for September 21-24, 2016 in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department. Join us for the 2016 event and qualify for the 2017 National Senior Games scheduled for June 2-15, 2017 in Birmingham, AL.

Registration will continue through August 1, 2016. If you have competed in the Georgia event in previous years, you may register online (after May 1, 2016) from the website: www.georgiagoldenolympics.org

If this is your first time to compete, you may print the form from the website and mail with your fees and age verification to Georgia Golden Olympics, PO box 958, Winder, GA.

For more information about the games you may go to website or call 770-867-3603.

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